

Basic Report 15222, Fish, turbot, european, cooked, dry heat

Report Date: July 26, 2017 06:42 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 3.0 oz 85g | 0.5 fillet 159g |
|--------------------------------|------|------------------------|---------------|--------------------|
| Proximates | | | | |
| Water | g | 70.45 | 59.88 | 112.02 |
| Energy | kcal | 122 | 104 | 194 |
| Protein | g | 20.58 | 17.49 | 32.72 |
| Total lipid (fat) | g | 3.78 | 3.21 | 6.01 |
| Carbohydrate, by difference | g | 0.00 | 0.00 | 0.00 |
| Fiber, total dietary | g | 0.0 | 0.0 | 0.0 |
| Minerals | | | | |
| Calcium, Ca | mg | 23 | 20 | 37 |
| Iron, Fe | mg | 0.46 | 0.39 | 0.73 |
| Magnesium, Mg | mg | 65 | 55 | 103 |
| Phosphorus, P | mg | 165 | 140 | 262 |
| Potassium, K | mg | 305 | 259 | 485 |
| Sodium, Na | mg | 192 | 163 | 305 |
| Zinc, Zn | mg | 0.28 | 0.24 | 0.45 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 1.7 | 1.4 | 2.7 |
| Thiamin | mg | 0.076 | 0.065 | 0.121 |
| Riboflavin | mg | 0.097 | 0.082 | 0.154 |
| Niacin | mg | 2.679 | 2.277 | 4.260 |
| Vitamin B-6 | mg | 0.242 | 0.206 | 0.385 |
| Folate, DFE | µg | 9 | 8 | 14 |
| Vitamin B-12 | µg | 2.54 | 2.16 | 4.04 |
| Vitamin A, RAE | µg | 12 | 10 | 19 |
| Vitamin A, IU | IU | 40 | 34 | 64 |
| Lipids | | | | |
| Cholesterol | mg | 62 | 53 | 99 |

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|--------------------|-------------|---------------------------------|-----------------------|----------------------------|
| Amino Acids | | | | |
| Other | | | | |