

## Basic Report 15223, Fish, whitefish, mixed species, cooked, dry heat

Report Date: December 11, 2017 23:29 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 fillet 154g
<b>Proximates</b>				
Water	g	65.09	55.33	100.24
Energy	kcal	172	146	265
Protein	g	24.47	20.80	37.68
Total lipid (fat)	g	7.51	6.38	11.57
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
<b>Minerals</b>				
Calcium, Ca	mg	33	28	51
Iron, Fe	mg	0.47	0.40	0.72
Magnesium, Mg	mg	42	36	65
Phosphorus, P	mg	346	294	533
Potassium, K	mg	406	345	625
Sodium, Na	mg	65	55	100
Zinc, Zn	mg	1.27	1.08	1.96
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.171	0.145	0.263
Riboflavin	mg	0.154	0.131	0.237
Niacin	mg	3.846	3.269	5.923
Vitamin B-6	mg	0.346	0.294	0.533
Folate, DFE	µg	17	14	26
Vitamin B-12	µg	0.96	0.82	1.48
Vitamin A, RAE	µg	39	33	60
Vitamin A, IU	IU	131	111	202
<b>Lipids</b>				
Fatty acids, total saturated	g	1.162	0.988	1.789

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>3.0 oz 85g</b>	<b>1 fillet 154g</b>
Fatty acids, total monounsaturated	g	2.559	2.175	3.941
Fatty acids, total polyunsaturated	g	2.755	2.342	4.243
Cholesterol	mg	77	65	119
<b>Amino Acids</b>				
<b>Other</b>				