

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

Report Date: October 21, 2017 06:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 fillet 154g
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
Fatty acids, total saturated	g	1.162	0.988	1.789

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 fillet 154g
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
Amino Acids				
Other				