

Full Report (All Nutrients) 15223, Fish, whitefish, mixed species, cooked, dry heat

Report Date: July 25, 2017 20:51 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 154g
Proximates						
Water	g	65.09	--	--	55.33	100.24
Energy	kcal	172	--	--	146	265
Energy	kJ	720	--	--	612	1109
Protein	g	24.47	--	--	20.80	37.68
Total lipid (fat)	g	7.51	--	--	6.38	11.57
Ash	g	1.44	--	--	1.22	2.22
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
Copper, Cu	mg	0.092	--	--	0.078	0.142
Manganese, Mn	mg	0.086	--	--	0.073	0.132
Selenium, Se	µg	16.2	--	--	13.8	24.9
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.171	--	--	0.145	0.263

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Riboflavin	mg	0.154	--	--	0.131	0.237
Niacin	mg	3.846	--	--	3.269	5.923
Pantothenic acid	mg	0.865	--	--	0.735	1.332
Vitamin B-6	mg	0.346	--	--	0.294	0.533
Folate, total	µg	17	--	--	14	26
Folic acid	µg	0	--	--	0	0
Folate, food	µg	17	--	--	14	26
Folate, DFE	µg	17	--	--	14	26
Vitamin B-12	µg	0.96	--	--	0.82	1.48
Vitamin A, RAE	µg	39	--	--	33	60
Retinol	µg	39	--	--	33	60
Vitamin A, IU	IU	131	--	--	111	202
Lipids						
Fatty acids, total saturated	g	1.162	--	--	0.988	1.789
14:0	g	0.140	--	--	0.119	0.216
16:0	g	0.768	--	--	0.653	1.183
18:0	g	0.254	--	--	0.216	0.391
Fatty acids, total monounsaturated	g	2.559	--	--	2.175	3.941
16:1 undifferentiated	g	0.667	--	--	0.567	1.027
18:1 undifferentiated	g	1.727	--	--	1.468	2.660
20:1	g	0.133	--	--	0.113	0.205
22:1 undifferentiated	g	0.032	--	--	0.027	0.049
Fatty acids, total polyunsaturated	g	2.755	--	--	2.342	4.243
18:2 undifferentiated	g	0.349	--	--	0.297	0.537
18:3 undifferentiated	g	0.235	--	--	0.200	0.362
18:4	g	0.064	--	--	0.054	0.099
20:4 undifferentiated	g	0.286	--	--	0.243	0.440
20:5 n-3 (EPA)	g	0.406	--	--	0.345	0.625
22:5 n-3 (DPA)	g	0.209	--	--	0.178	0.322
22:6 n-3 (DHA)	g	1.206	--	--	1.025	1.857
Cholesterol	mg	77	--	--	65	119
Amino Acids						
Tryptophan	g	0.274	--	--	0.233	0.422

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Threonine	g	1.073	--	--	0.912	1.652
Isoleucine	g	1.128	--	--	0.959	1.737
Leucine	g	1.989	--	--	1.691	3.063
Lysine	g	2.248	--	--	1.911	3.462
Methionine	g	0.724	--	--	0.615	1.115
Cystine	g	0.262	--	--	0.223	0.403
Phenylalanine	g	0.955	--	--	0.812	1.471
Tyrosine	g	0.826	--	--	0.702	1.272
Valine	g	1.261	--	--	1.072	1.942
Arginine	g	1.465	--	--	1.245	2.256
Histidine	g	0.721	--	--	0.613	1.110
Alanine	g	1.480	--	--	1.258	2.279
Aspartic acid	g	2.506	--	--	2.130	3.859
Glutamic acid	g	3.654	--	--	3.106	5.627
Glycine	g	1.175	--	--	0.999	1.810
Proline	g	0.865	--	--	0.735	1.332
Serine	g	0.999	--	--	0.849	1.538
Other						