

Basic Report 15232, Fish, roughy, orange, cooked, dry heat

Report Date: June 24, 2017 06:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Proximates			
Water	g	66.97	56.92
Energy	kcal	105	89
Protein	g	22.64	19.24
Total lipid (fat)	g	0.90	0.77
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
Minerals			
Calcium, Ca	mg	11	9
Iron, Fe	mg	1.13	0.96
Magnesium, Mg	mg	18	15
Phosphorus, P	mg	102	87
Potassium, K	mg	181	154
Sodium, Na	mg	69	59
Zinc, Zn	mg	0.32	0.27
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.045	0.038
Riboflavin	mg	0.063	0.054
Niacin	mg	1.820	1.547
Vitamin B-6	mg	0.067	0.057
Folate, DFE	µg	5	4
Vitamin B-12	µg	0.47	0.40
Vitamin A, RAE	µg	24	20
Vitamin A, IU	IU	80	68
Vitamin E (alpha-tocopherol)	mg	1.87	1.59

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Vitamin K (phylloquinone)	µg	1.1	0.9
Lipids			
Fatty acids, total saturated	g	0.034	0.029
Fatty acids, total monounsaturated	g	0.439	0.373
Fatty acids, total polyunsaturated	g	0.184	0.156
Cholesterol	mg	80	68
Amino Acids			
Other			
Caffeine	mg	0	0