

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

Report Date: February 25, 2018 10:38 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>3.0 oz 85g</b>
Vitamin K (phylloquinone)	µg	1.1	0.9
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0