

Basic Report 15233, Fish, catfish, channel, wild, cooked, dry heat

Report Date: November 17, 2017 19:58 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 143g	3.0 oz 85g
Proximates				
Water	g	77.67	111.07	66.02
Energy	kcal	105	150	89
Protein	g	18.47	26.41	15.70
Total lipid (fat)	g	2.85	4.08	2.42
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	11	16	9
Iron, Fe	mg	0.35	0.50	0.30
Magnesium, Mg	mg	28	40	24
Phosphorus, P	mg	304	435	258
Potassium, K	mg	419	599	356
Sodium, Na	mg	50	72	42
Zinc, Zn	mg	0.61	0.87	0.52
Vitamins				
Vitamin C, total ascorbic acid	mg	0.8	1.1	0.7
Thiamin	mg	0.227	0.325	0.193
Riboflavin	mg	0.067	0.096	0.057
Niacin	mg	2.385	3.411	2.027
Vitamin B-6	mg	0.106	0.152	0.090
Folate, DFE	µg	10	14	8
Vitamin B-12	µg	2.90	4.15	2.46
Vitamin A, RAE	µg	15	21	13
Vitamin A, IU	IU	50	72	42
Lipids				
Fatty acids, total saturated	g	0.744	1.064	0.632

Nutrient	Unit	1 Value Per100 g	1 fillet 143g	3.0 oz 85g
Fatty acids, total monounsaturated	g	1.099	1.572	0.934
Fatty acids, total polyunsaturated	g	0.636	0.909	0.541
Cholesterol	mg	72	103	61
Amino Acids				
Other				