

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

Report Date: September 20, 2017 12:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 143g	3.0 oz 85g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
Fatty acids, total saturated	g	0.744	1.064	0.632

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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
<b>Amino Acids</b>				
<b>Other</b>				