

## Basic Report 15267, Fish, pollock, Alaska, cooked (not previously frozen)

Report Date: September 25, 2017 23:45 EDT

Nutrient values and weights are for edible portion.

| Nutrient                           | Unit | 1<br>Value<br>Per100 g | 3.0 oz<br>85g |
|------------------------------------|------|------------------------|---------------|
| <b>Proximates</b>                  |      |                        |               |
| Water                              | g    | 79.34                  | 67.44         |
| Energy                             | kcal | 80                     | 68            |
| Protein                            | g    | 19.42                  | 16.51         |
| Total lipid (fat)                  | g    | 0.26                   | 0.22          |
| Carbohydrate, by difference        | g    | 0.00                   | 0.00          |
| <b>Minerals</b>                    |      |                        |               |
| Calcium, Ca                        | mg   | 13                     | 11            |
| Iron, Fe                           | mg   | 0.29                   | 0.25          |
| Magnesium, Mg                      | mg   | 37                     | 31            |
| Phosphorus, P                      | mg   | 206                    | 175           |
| Potassium, K                       | mg   | 364                    | 309           |
| Sodium, Na                         | mg   | 166                    | 141           |
| Zinc, Zn                           | mg   | 0.44                   | 0.37          |
| <b>Vitamins</b>                    |      |                        |               |
| <b>Lipids</b>                      |      |                        |               |
| Fatty acids, total saturated       | g    | 0.053                  | 0.045         |
| Fatty acids, total monounsaturated | g    | 0.059                  | 0.050         |
| Fatty acids, total polyunsaturated | g    | 0.097                  | 0.082         |
| Fatty acids, total trans           | g    | 0.001                  | 0.001         |
| Cholesterol                        | mg   | 74                     | 63            |
| <b>Amino Acids</b>                 |      |                        |               |
| <b>Other</b>                       |      |                        |               |