

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

Report Date: May 25, 2017 08:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Proximates			
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
Minerals			
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
Vitamins			
Lipids			
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
Amino Acids			
Other			