

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

Report Date: July 25, 2017 14:44 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 | | | |