

Basic Report 15269, Fish, cod, Pacific, cooked (not previously frozen)

Report Date: November 20, 2017 12:10 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Proximates			
Water	g	78.37	66.61
Energy	kcal	84	71
Protein	g	20.42	17.36
Total lipid (fat)	g	0.25	0.21
Carbohydrate, by difference	g	0.00	0.00
Minerals			
Calcium, Ca	mg	17	14
Iron, Fe	mg	0.16	0.14
Magnesium, Mg	mg	35	30
Phosphorus, P	mg	205	174
Potassium, K	mg	372	316
Sodium, Na	mg	134	114
Zinc, Zn	mg	0.43	0.37
Vitamins			
Lipids			
Fatty acids, total saturated	g	0.048	0.041
Fatty acids, total monounsaturated	g	0.055	0.047
Fatty acids, total polyunsaturated	g	0.108	0.092
Fatty acids, total trans	g	0.001	0.001
Cholesterol	mg	61	52
Amino Acids			
Other			