

## Basic Report 15274, Fish, trout, brook, raw, New York State

Report Date: June 25, 2017 18:22 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 filet 149g	1 fish 332g
<b>Proximates</b>				
Water	g	75.67	112.75	251.22
Energy	kcal	110	164	365
Protein	g	21.23	31.63	70.48
Total lipid (fat)	g	2.73	4.07	9.06
Carbohydrate, by difference	g	0.00	0.00	0.00
<b>Minerals</b>				
Calcium, Ca	mg	25	37	83
Iron, Fe	mg	0.38	0.57	1.26
Magnesium, Mg	mg	28	42	93
Phosphorus, P	mg	246	367	817
Potassium, K	mg	417	621	1384
Sodium, Na	mg	45	67	149
Zinc, Zn	mg	0.55	0.82	1.83
<b>Vitamins</b>				
Thiamin	mg	0.137	0.204	0.455
Riboflavin	mg	0.101	0.150	0.335
Niacin	mg	5.293	7.887	17.573
Vitamin B-6	mg	0.273	0.407	0.906
Vitamin B-12	µg	2.77	4.13	9.20
<b>Lipids</b>				
Fatty acids, total saturated	g	0.595	0.887	1.975
Fatty acids, total monounsaturated	g	0.815	1.214	2.706
Fatty acids, total polyunsaturated	g	0.772	1.150	2.563
Fatty acids, total trans	g	0.019	0.028	0.063
Cholesterol	mg	60	89	199

### Amino Acids

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 filet 149g</b>	<b>1 fish 332g</b>
<b>Other</b>				