NDB No. 15137
Crustaceans, crab, alaska king, cooked, moist heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.55	0.606	4		1		103.92	65.92	
Energy....kcal	97		0	NC	4		130	82	
Energy....kJ	406				4		544	345	
Protein (N x 6.25)....g	19.35	0.779	4		1		25.93	16.45	
Total lipid (fat)....g	1.54	0.082	18		1		2.06	1.31	
Ash....g	1.85		2		1		2.48	1.57	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	59		0		1		79	50	
Iron, Fe....mg	0.76		0		1		1.02	0.65	
Magnesium, Mg....mg	63		0		4		84	54	
Phosphorus, P....mg	280		0		1		375	238	
Potassium, K....mg	262		0		1		351	223	
Sodium, Na....mg	1072		0		1		1436	911	
Zinc, Zn....mg	7.62		0		1		10.21	6.48	
Copper, Cu....mg	1.182		0		1		1.584	1.005	
Manganese, Mn....mg	0.040		0		4		0.054	0.034	
Selenium, Se....µg	40.0		0	BFSN	4		53.6	34.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.6		0		4		10.2	6.5	
Thiamin....mg	0.053		0		1		0.071	0.045	
Riboflavin....mg	0.055		0		1		0.074	0.047	
Niacin....mg	1.340		0		1		1.796	1.139	
Pantothenic acid....mg	0.400		0		4		0.536	0.340	
Vitamin B-6....mg	0.180		0		4		0.241	0.153	
Folate, total....µg	51		0		4		68	43	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	51		0		4		68	43	
Folate, DFE....mcg_DFE	51		0	NC	4		68	43	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	11.50		0		4		15.41	9.78	
Vitamin A, RAE....mcg_RAE	9		0		1		12	7	
Retinol....µg	9		0		1		12	7	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	29		0		1		39	25	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.133		0		1		0.178	0.113	
4:0....g									

NDB No. 15137
Crustaceans, crab, alaska king, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g	0.003		2		1		0.004	0.003	
12:0 g	0.004		2		1		0.005	0.003	
13:0 g									
14:0 g	0.015	0.002	10		1		0.020	0.013	
15:0 g									
16:0 g	0.087	0.009	10		1		0.117	0.074	
17:0 g									
18:0 g	0.019	0.003	14		1		0.025	0.016	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.185		0		1		0.248	0.157	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.041	0.004	10		1		0.055	0.035	
17:1 g									
18:1 undifferentiated g	0.089	0.010	12		1		0.119	0.076	
20:1 g	0.014	0.004	12		1		0.019	0.012	
22:1 undifferentiated g	0.038	0.001	4		1		0.051	0.032	
24:1 c g									
Fatty acids, total polyunsaturated g	0.536		0		1		0.718	0.456	
18:2 undifferentiated g	0.020	0.002	12		1		0.027	0.017	
18:3 undifferentiated g	0.014	0.005	10		1		0.019	0.012	
18:4 g	0.015	0.002	14		1		0.020	0.013	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.043	0.007	10		1		0.058	0.037	
20:5 n-3 (EPA) g	0.295	0.021	12		1		0.395	0.251	
22:5 n-3 (DPA) g	0.031	0.005	12		1		0.042	0.026	
22:6 n-3 (DHA) g	0.118	0.008	10		1		0.158	0.100	
Fatty acids, total trans g									
Cholesterol mg	53		0		1		71	45	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.269		0		1		0.360	0.229	
Threonine g	0.783		0		1		1.049	0.666	
Isoleucine g	0.938		0		1		1.257	0.797	
Leucine g	1.536		0		1		2.058	1.306	
Lysine g	1.684		0		1		2.257	1.431	
Methionine g	0.545		0		1		0.730	0.463	
Cystine g	0.217		0		1		0.291	0.184	
Phenylalanine g	0.817		0		1		1.095	0.694	
Tyrosine g	0.644		0		1		0.863	0.547	
Valine g	0.910		0		1		1.219	0.774	
Arginine g	1.690		0		1		2.265	1.437	
Histidine g	0.393		0		1		0.527	0.334	
Alanine g	1.096		0		1		1.469	0.932	
Aspartic acid g	2.000		0		1		2.680	1.700	
Glutamic acid g	3.300		0		1		4.422	2.805	
Glycine g	1.167		0		1		1.564	0.992	
Proline g	0.638		0		1		0.855	0.542	
Serine g	0.762		0		1		1.021	0.648	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 134g: 1 leg

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Crustaceans, crab, alaska king, cooked, moist heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15138
Crustaceans, crab, alaska king, imitation, made from surimi

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.66		2	A	1		63.46		
Energy....kcal	95		0	NC	4		81		
Energy....kJ	396		0	NC	4		337		
Protein (N x 6.25)....g	7.62		2	A	1		6.48		
Total lipid (fat)....g	0.46		2	A	1		0.39		
Ash....g	2.26		2	A	1		1.92		
Carbohydrate, by difference....g	15.00		0	NC	4		12.75		
Fiber, total dietary....g	0.5		2	A	1		0.4		
Sugars, total....g	6.25		2	A	1		5.31		
Sucrose....g	2.95		2	A	1		2.51		
Glucose (dextrose)....g	2.68		2	A	1		2.28		
Fructose....g	0.62		2	A	1		0.52		
Lactose....g	0.00		2	A	1		0.00		
Maltose....g	0.00		2	A	1		0.00		
Galactose....g	0.00		2	A	1		0.00		
Starch....g	7.60		2	A	1		6.46		
Minerals:									
Calcium, Ca....mg	13	4.734	3		1		11		
Iron, Fe....mg	0.39	0.052	3		1		0.33		
Magnesium, Mg....mg	43		0		4		37		
Phosphorus, P....mg	282		0		4		240		
Potassium, K....mg	90	2.309	3		1		77		
Sodium, Na....mg	841	158.776	3		1		715		
Zinc, Zn....mg	0.33		0		4		0.28		
Copper, Cu....mg	0.032		0		4		0.027		
Manganese, Mn....mg	0.011		0		4		0.009		
Selenium, Se....µg	22.3		0	BFPN	4		19.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0		
Thiamin....mg	0.030		2	A	1		0.025		
Riboflavin....mg	0.080		2	A	1		0.068		
Niacin....mg	0.620		2	A	1		0.527		
Pantothenic acid....mg	0.000		2	A	1		0.000		
Vitamin B-6....mg	0.130		2	A	1		0.110		
Folate, total....µg	0		2	A	1		0		
Folic acid....µg	0		2	A	1		0		
Folate, food....µg	0		0	AS	1		0		
Folate, DFE....mcg_DFE	0		0	NC	4		0		
Choline, total....mg	13.0		0	AS	1		11.0		
Betaine....mg	1.8		1	A	1		1.6		
Vitamin B-12....µg	0.57		2	A	1		0.49		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.17		2	A	1		0.14		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		2	A	1		0.00		
Tocopherol, gamma....mg	0.10		2	A	1		0.08		
Tocopherol, delta....mg	0.04		2	A	1		0.03		
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									

NDB No. 15138
Crustaceans, crab, alaska king, imitation, made from surimi

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.4		2	A	1		0.3		
Dihydrophylloquinone....µg	0.0		2	A	1		0.0		
Menaquinone-4....µg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	0.176		0	NC	4		0.150		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.002		2	A	1		0.002		
10:0....g	0.002		2	A	1		0.002		
12:0....g	0.014		2	A	1		0.012		
13:0....g									
14:0....g	0.015		2	A	1		0.013		
15:0....g	0.001		2	A	1		0.001		
16:0....g	0.087		2	A	1		0.074		
17:0....g	0.001		2	A	1		0.001		
18:0....g	0.038		2	A	1		0.032		
20:0....g	0.002		2	A	1		0.001		
22:0....g	0.001		2	A	1		0.001		
24:0....g	0.014		2	A	1		0.012		
Fatty acids, total monounsaturated....g	0.117		0	NC	4		0.100		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.007		0	AS	1		0.006		
16:1 c....g	0.007		2	A	1		0.006		
16:1 t....g	0.000		2	A	1		0.000		
17:1....g	0.000		2	A	1		0.000		
18:1 undifferentiated....g	0.105		0	AS	1		0.090		
18:1 c....g	0.099		2	A	1		0.084		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.007		2	A	1		0.006		
18:1-11t (18:1t n-7)....g									
20:1....g	0.002		2	A	1		0.002		
22:1 undifferentiated....g	0.002		0	AS	1		0.002		
22:1 c....g	0.002		2	A	1		0.002		
22:1 t....g	0.000		2	A	1		0.000		
24:1 c....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.102		0	NC	4		0.087		
18:2 undifferentiated....g	0.072		0	AS	1		0.061		
18:2 n-6 c,c....g	0.072		2	A	1		0.061		
18:2 CLAs....g	0.000		2	A	1		0.000		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		2	A	1		0.000		
18:3 undifferentiated....g	0.007		0	AS	1		0.006		
18:3 n-3 c,c,c (ALA)....g	0.007		2	A	1		0.006		
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.000		2	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		2	A	1		0.000		
20:3 n-6....g	0.000		2	A	1		0.000		
20:4 undifferentiated....g	0.000		0	Z	7		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
21:5....g									
22:4....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA)....g	0.001		2	A	1		0.001		

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Crustaceans, crab, alaska king, imitation, made from surimi

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.022		2	A	1		0.019		
Fatty acids, total trans....g									
Cholesterol....mg	20	1.386	3		1		17		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.075		0	A	1		0.064		
Threonine....g	0.285		0	A	1		0.242		
Isoleucine....g	0.230		0	A	1		0.196		
Leucine....g	0.607		0	A	1		0.516		
Lysine....g	0.707		0	A	1		0.601		
Methionine....g	0.261		0	A	1		0.222		
Cystine....g	0.080		0	A	1		0.068		
Phenylalanine....g	0.260		0	A	1		0.221		
Tyrosine....g	0.219		0	A	1		0.186		
Valine....g	0.286		0	A	1		0.243		
Arginine....g	0.488		0	A	1		0.415		
Histidine....g	0.156		0	A	1		0.132		
Alanine....g	0.432		0	A	1		0.367		
Aspartic acid....g	0.894		0	A	1		0.760		
Glutamic acid....g	1.438		0	A	1		1.222		
Glycine....g	0.276		0	A	1		0.235		
Proline....g	0.328		0	A	1		0.279		
Serine....g	0.457		0	A	1		0.389		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15136

Crustaceans, crab, alaska king, raw

Paralithodes camtschatica (Tilesius)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	79.57	0.466	54		1		136.86	67.63	
Energy ... kcal	84		0	NC	4		144	71	
Energy ... kJ	351				4		605	299	
Protein (N x 6.25) ... g	18.29	0.383	51		1		31.46	15.55	
Total lipid (fat) ... g	0.60	0.049	54		1		1.03	0.51	
Ash ... g	1.80	0.042	50		1		3.10	1.53	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	46	2.587	36		1		79	39	
Iron, Fe ... mg	0.59	0.075	3		1		1.01	0.50	
Magnesium, Mg ... mg	49		0		4		84	42	
Phosphorus, P ... mg	219	7.187	43		1		377	186	
Potassium, K ... mg	204	5.774	3		1		351	173	
Sodium, Na ... mg	836	40.992	3		1		1438	711	
Zinc, Zn ... mg	5.95	0.516	29		1		10.23	5.06	
Copper, Cu ... mg	0.922	0.110	29		1		1.586	0.784	
Manganese, Mn ... mg	0.035		1		1		0.060	0.030	
Selenium, Se ... µg	36.4		0	BFSN	4		62.6	30.9	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	7.0		0		4		12.0	6.0	
Thiamin ... mg	0.043	0.006	3		1		0.074	0.037	
Riboflavin ... mg	0.043	0.003	3		1		0.074	0.037	
Niacin ... mg	1.100	0.029	3		1		1.892	0.935	
Pantothenic acid ... mg	0.350		0		4		0.602	0.298	
Vitamin B-6 ... mg	0.150		0		4		0.258	0.128	
Folate, total ... µg	44		0		4		76	37	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	44		0		4		76	37	
Folate, DFE ... mcg_DFE	44		0	NC	4		76	37	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	9.00		0		4		15.48	7.65	
Vitamin A, RAE ... mcg_RAE	7		1		1		12	6	
Retinol ... µg	7		1		1		12	6	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	24		1		1		41	20	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.090		0		4		0.155	0.077	
Fatty acids, total monounsaturated ... g	0.080		0		4		0.138	0.068	

NDB No. 15136
Crustaceans, crab, alaska king, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	0.130		0		4		0.224	0.111	
Fatty acids, total trans.....g									
Cholesterol.....mg	42	0.808	3		1		72	36	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.255		23		1		0.439	0.217	
Threonine.....g	0.741		27		1		1.275	0.630	
Isoleucine.....g	0.887		27		1		1.526	0.754	
Leucine.....g	1.452		27		1		2.497	1.234	
Lysine.....g	1.592		29		1		2.738	1.353	
Methionine.....g	0.515		28		1		0.886	0.438	
Cystine.....g	0.205		24		1		0.353	0.174	
Phenylalanine.....g	0.773		27		1		1.330	0.657	
Tyrosine.....g	0.609		27		1		1.047	0.518	
Valine.....g	0.861		27		1		1.481	0.732	
Arginine.....g	1.598		21		1		2.749	1.358	
Histidine.....g	0.372		27		1		0.640	0.316	
Alanine.....g	1.036		21		1		1.782	0.881	
Aspartic acid.....g	1.891		21		1		3.253	1.607	
Glutamic acid.....g	3.120		21		1		5.366	2.652	
Glycine.....g	1.103		21		1		1.897	0.938	
Proline.....g	0.603		21		1		1.037	0.513	
Serine.....g	0.720		21		1		1.238	0.612	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 172g: 1 leg

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15141
Crustaceans, crab, blue, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.69		0	RA	4		107.59	22.59	99.62
Energy....kcal	83		0	NC	4		112	24	104
Energy....kJ	347		0	RA	4		469	98	434
Protein (N x 6.25)....g	17.88		0	RA	4		24.13	5.07	22.34
Total lipid (fat)....g	0.74		0	RA	4		1.00	0.21	0.93
Ash....g	1.96		0	RA	4		2.65	0.56	2.45
Carbohydrate, by difference....g	0.00		0	RA	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	RA	4		0.0	0.0	0.0
Sugars, total....g	0.00		0	RA	4		0.00	0.00	0.00
Sucrose....g	0.00		0	RA	4		0.00	0.00	0.00
Glucose (dextrose)....g	0.00		0	RA	4		0.00	0.00	0.00
Fructose....g	0.00		0	RA	4		0.00	0.00	0.00
Lactose....g	0.00		0	RA	4		0.00	0.00	0.00
Maltose....g	0.00		0	RA	4		0.00	0.00	0.00
Galactose....g	0.00		0	RA	4		0.00	0.00	0.00
Starch....g	0.00		0	RA	4		0.00	0.00	0.00
Minerals:									
Calcium, Ca....mg	91		0	RA	4		123	26	114
Iron, Fe....mg	0.50		0	RA	4		0.67	0.14	0.62
Magnesium, Mg....mg	36		0	RA	4		49	10	45
Phosphorus, P....mg	234		0	RA	4		315	66	292
Potassium, K....mg	259		0	RA	4		349	73	323
Sodium, Na....mg	395		0	RA	4		533	112	493
Zinc, Zn....mg	3.81		0	RA	4		5.15	1.08	4.76
Copper, Cu....mg	0.814		0	RA	4		1.098	0.231	1.017
Manganese, Mn....mg	0.074		0	RA	4		0.100	0.021	0.093
Selenium, Se....µg	42.9		0	RA	4		58.0	12.2	53.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.3		0	RA	4		4.5	0.9	4.1
Thiamin....mg	0.023		0	RA	4		0.031	0.007	0.029
Riboflavin....mg	0.093		0	RA	4		0.126	0.026	0.117
Niacin....mg	2.747		0	RA	4		3.708	0.779	3.433
Pantothenic acid....mg	0.997		0	RA	4		1.346	0.283	1.246
Vitamin B-6....mg	0.156		0	RA	4		0.211	0.044	0.195
Folate, total....µg	51		0	RA	4		69	14	64
Folic acid....µg	0		0	RA	4		0	0	0
Folate, food....µg	51		0	RA	4		69	14	64
Folate, DFE....mcg_DFE	51		0	NC	4		69	14	64
Choline, total....mg	80.9		0	RA	4		109.2	22.9	101.1
Betaine....mg	12.6		1	A	1		17.0	3.6	15.7
Vitamin B-12....µg	3.33		0	RA	4		4.50	0.94	4.17
Vitamin B-12, added....µg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	1		0	RA	4		1	0	1
Retinol....µg	1		0	RA	4		1	0	1
Carotene, beta....µg	0		0	RA	4		0	0	0
Carotene, alpha....µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	0
Vitamin A, IU....IU	2		0	RA	4		2	0	2
Lycopene....µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin....µg	0		0	RA	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	1.84		0	RA	4		2.48	0.52	2.30
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	RA	4		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		0	RA	4		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	RA	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 15141
Crustaceans, crab, blue, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	0.0		0	RA	4		0.0	0.0	0.0
Vitamin D....IU	0		0	RA	4		0	0	0
Vitamin K (phylloquinone)....µg	0.3		0	RA	4		0.3	0.1	0.3
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	0.0
Menaquinone-4....µg	0.0		0	RA	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.201		0	RA	4		0.271	0.057	0.251
4:0....g	0.000		0	RA	4		0.000	0.000	0.000
6:0....g	0.000		0	RA	4		0.000	0.000	0.000
8:0....g	0.000		0	RA	4		0.000	0.000	0.000
10:0....g	0.000		0	RA	4		0.000	0.000	0.000
12:0....g	0.002		0	RA	4		0.002	0.000	0.002
13:0....g									
14:0....g	0.008		0	RA	4		0.011	0.002	0.010
15:0....g	0.004		0	RA	4		0.005	0.001	0.005
16:0....g	0.098		0	RA	4		0.132	0.028	0.123
17:0....g	0.010		0	RA	4		0.013	0.003	0.012
18:0....g	0.072		0	RA	4		0.098	0.021	0.090
20:0....g	0.004		0	RA	4		0.006	0.001	0.005
22:0....g	0.002		0	RA	4		0.003	0.001	0.003
24:0....g	0.000		0	RA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.129		0	RA	4		0.174	0.036	0.161
14:1....g	0.001		0	RA	4		0.002	0.000	0.002
15:1....g	0.000		0	RA	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.027		0	RA	4		0.036	0.008	0.034
17:1....g	0.002		0	RA	4		0.003	0.001	0.003
18:1 undifferentiated....g	0.092		0	RA	4		0.124	0.026	0.115
20:1....g	0.006		0	RA	4		0.009	0.002	0.008
22:1 undifferentiated....g	0.000		0	RA	4		0.000	0.000	0.000
24:1 c....g	0.000		0	RA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.258		0	RA	4		0.349	0.073	0.323
18:2 undifferentiated....g	0.020		0	RA	4		0.027	0.006	0.025
18:3 undifferentiated....g	0.009		0	RA	4		0.012	0.003	0.011
18:4....g	0.002		0	RA	4		0.002	0.000	0.002
20:2 n-6 c,c....g	0.005		0	RA	4		0.007	0.001	0.006
20:3 undifferentiated....g	0.005		0	RA	4		0.006	0.001	0.006
20:4 undifferentiated....g	0.037		0	RA	4		0.050	0.010	0.046
20:5 n-3 (EPA)....g	0.101		0	RA	4		0.137	0.029	0.127
22:5 n-3 (DPA)....g	0.009		0	RA	4		0.012	0.002	0.011
22:6 n-3 (DHA)....g	0.067		0	RA	4		0.091	0.019	0.084
Fatty acids, total trans....g	0.014		0	RA	4		0.018	0.004	0.017
Cholesterol....mg	97		0	RA	4		131	28	122
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.226		0	RA	4		0.305	0.064	0.283
Threonine....g	0.727		0	RA	4		0.982	0.206	0.909
Isoleucine....g	0.776		0	RA	4		1.048	0.220	0.971
Leucine....g	1.307		0	RA	4		1.765	0.371	1.634
Lysine....g	1.386		0	RA	4		1.871	0.393	1.732
Methionine....g	0.452		0	RA	4		0.610	0.128	0.565
Cystine....g	0.187		0	RA	4		0.252	0.053	0.233
Phenylalanine....g	0.708		0	RA	4		0.955	0.201	0.885
Tyrosine....g	0.658		0	RA	4		0.889	0.187	0.823
Valine....g	0.806		0	RA	4		1.088	0.228	1.007
Arginine....g	1.759		0	RA	4		2.375	0.499	2.199
Histidine....g	0.393		0	RA	4		0.531	0.111	0.491
Alanine....g	0.894		0	RA	4		1.207	0.254	1.118
Aspartic acid....g	1.690		0	RA	4		2.282	0.479	2.113
Glutamic acid....g	2.634		0	RA	4		3.556	0.747	3.292
Glycine....g	1.071		0	RA	4		1.446	0.304	1.339
Proline....g	0.678		0	RA	4		0.915	0.192	0.848
Serine....g	0.678		0	RA	4		0.915	0.192	0.848

NDB No. 15141
Crustaceans, crab, blue, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 125g: 1 can (6.5 oz), drained

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15140
Crustaceans, crab, blue, cooked, moist heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.69	0.822	3	A	1		94.04	107.59	22.59
Energy....kcal	83		0	NC	4		98	112	24
Energy....kJ	347		0	NC	4		410	469	98
Protein (N x 6.25)....g	17.88	0.827	3	A	1		21.09	24.13	5.07
Total lipid (fat)....g	0.74	0.045	3	A	1		0.88	1.00	0.21
Ash....g	1.96	0.086	3	A	1		2.32	2.65	0.56
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		1	A	1		0.00	0.00	0.00
Sucrose....g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00		1	A	1		0.00	0.00	0.00
Fructose....g	0.00		1	A	1		0.00	0.00	0.00
Lactose....g	0.00		1	A	1		0.00	0.00	0.00
Maltose....g	0.00		1	A	1		0.00	0.00	0.00
Galactose....g	0.00		1	A	1		0.00	0.00	0.00
Starch....g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca....mg	91	10.762	3	A	1		108	123	26
Iron, Fe....mg	0.50	0.048	3	A	1		0.59	0.67	0.14
Magnesium, Mg....mg	36	4.691	3	A	1		43	49	10
Phosphorus, P....mg	234	45.407	3	A	1		276	315	66
Potassium, K....mg	259	36.834	3	A	1		305	349	73
Sodium, Na....mg	395	55.727	3	A	1		466	533	112
Zinc, Zn....mg	3.81	0.437	3	A	1		4.50	5.15	1.08
Copper, Cu....mg	0.814	0.193	3	A	1		0.960	1.098	0.231
Manganese, Mn....mg	0.074	0.025	3	A	1		0.088	0.100	0.021
Selenium, Se....µg	42.9	5.660	3	A	1		50.7	58.0	12.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.3		0		4		3.9	4.5	0.9
Thiamin....mg	0.023	0.003	3	A	1		0.028	0.031	0.007
Riboflavin....mg	0.093	0.054	3	A	1		0.110	0.126	0.026
Niacin....mg	2.747	0.717	3	A	1		3.241	3.708	0.779
Pantothenic acid....mg	0.997	0.171	3	A	1		1.176	1.346	0.283
Vitamin B-6....mg	0.156	0.030	3	A	1		0.184	0.211	0.044
Folate, total....µg	51		0		4		60	69	14
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	51		0		4		60	69	14
Folate, DFE....mcg_DFE	51		0	NC	4		60	69	14
Choline, total....mg	80.9		0	T	4		95.5	109.2	22.9
Betaine....mg									
Vitamin B-12....µg	3.33	0.498	3	A	1		3.93	4.50	0.94
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	1		0	AS	1		1	1	0
Retinol....µg	1		1	A	1		1	1	0
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	2		0	AS	1		2	2	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	1.84		0	NR	4		2.17	2.48	0.52
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0	0.002	3	AS	1		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									

NDB No. 15140
Crustaceans, crab, blue, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	0.0	0.002	3	A	1		0.0	0.0	0.0
Vitamin D....IU	0	0.067	3	A	1		0	0	0
Vitamin K (phylloquinone)....µg	0.3		1	A	1		0.3	0.3	0.1
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.0		1	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.201		0	NC	4		0.237	0.271	0.057
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		1	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0....g	0.000		0	Z	7		0.000	0.000	0.000
12:0....g	0.002	0.000	3	A	1		0.002	0.002	0.000
13:0....g									
14:0....g	0.008	0.003	3	A	1		0.009	0.011	0.002
15:0....g	0.004	0.001	3	A	1		0.005	0.005	0.001
16:0....g	0.098	0.008	3	A	1		0.116	0.132	0.028
17:0....g	0.010	0.002	3	A	1		0.011	0.013	0.003
18:0....g	0.072	0.015	3	A	1		0.085	0.098	0.021
20:0....g	0.004	0.001	3	A	1		0.005	0.006	0.001
22:0....g	0.002	0.001	3	A	1		0.003	0.003	0.001
24:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.129		0	NC	4		0.152	0.174	0.036
14:1....g	0.001	0.000	3	A	1		0.002	0.002	0.000
15:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.027	0.005	3	AS	1		0.032	0.036	0.008
16:1 c....g	0.024	0.006	3	A	1		0.028	0.032	0.007
16:1 t....g	0.003	0.001	3	A	1		0.004	0.004	0.001
17:1....g	0.002	0.002	3	A	1		0.002	0.003	0.001
18:1 undifferentiated....g	0.092	0.008	3	AS	1		0.109	0.124	0.026
18:1 c....g	0.086	0.008	3	A	1		0.101	0.116	0.024
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.006	0.003	3	A	1		0.007	0.009	0.002
18:1-11t (18:1t n-7)....g									
20:1....g	0.006	0.000	3	A	1		0.007	0.009	0.002
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.258		0	NC	4		0.305	0.349	0.073
18:2 undifferentiated....g	0.020	0.003	3	AS	1		0.024	0.027	0.006
18:2 n-6 c,c....g	0.016	0.004	3	A	1		0.018	0.021	0.004
18:2 CLAs....g	0.001	0.000	3	A	1		0.001	0.001	0.000
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.004	0.002	3	A	1		0.005	0.005	0.001
18:3 undifferentiated....g	0.009	0.004	3	AS	1		0.011	0.012	0.003
18:3 n-3 c,c,c (ALA)....g	0.009	0.004	3	A	1		0.010	0.012	0.002
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.002	0.000	3	A	1		0.002	0.002	0.000
20:2 n-6 c,c....g	0.005	0.001	3	A	1		0.006	0.007	0.001
20:3 undifferentiated....g	0.005	0.002	3	AS	1		0.006	0.006	0.001
20:3 n-3....g	0.002	0.001	3	A	1		0.002	0.002	0.000
20:3 n-6....g	0.003	0.002	3	A	1		0.004	0.004	0.001
20:4 undifferentiated....g	0.037	0.011	3	A	1		0.044	0.050	0.010
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.101	0.024	3	A	1		0.120	0.137	0.029
21:5....g									
22:4....g	0.003	0.001	3	A	1		0.004	0.004	0.001
22:5 n-3 (DPA)....g	0.009	0.001	3	A	1		0.010	0.012	0.002

NDB No. 15140
Crustaceans, crab, blue, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.067	0.007	3	A	1		0.079	0.091	0.019
Fatty acids, total trans....g	0.014		0	NC	4		0.016	0.018	0.004
Fatty acids, total trans-monoenoic....g	0.010		0	NC	4		0.011	0.013	0.003
Fatty acids, total trans-polyenoic....g	0.004		0	NC	4		0.005	0.005	0.001
Cholesterol....mg	97	18.385	3	A	1		115	131	28
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.226		0	A	1		0.267	0.305	0.064
Threonine....g	0.727		0	A	1		0.858	0.982	0.206
Isoleucine....g	0.776		0	A	1		0.916	1.048	0.220
Leucine....g	1.307		0	A	1		1.542	1.765	0.371
Lysine....g	1.386		0	A	1		1.635	1.871	0.393
Methionine....g	0.452		0	A	1		0.533	0.610	0.128
Cystine....g	0.187		0	A	1		0.220	0.252	0.053
Phenylalanine....g	0.708		0	A	1		0.835	0.955	0.201
Tyrosine....g	0.658		0	A	1		0.777	0.889	0.187
Valine....g	0.806		0	A	1		0.951	1.088	0.228
Arginine....g	1.759		0	A	1		2.076	2.375	0.499
Histidine....g	0.393		0	A	1		0.464	0.531	0.111
Alanine....g	0.894		0	A	1		1.055	1.207	0.254
Aspartic acid....g	1.690		0	A	1		1.995	2.282	0.479
Glutamic acid....g	2.634		0	A	1		3.108	3.556	0.747
Glycine....g	1.071		0	A	1		1.264	1.446	0.304
Proline....g	0.678		0	A	1		0.800	0.915	0.192
Serine....g	0.678		0	A	1		0.800	0.915	0.192
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 118g: 1 cup, flaked and pieces

Measure 2 = 135g: 1 cup (not packed)

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15142
Crustaceans, crab, blue, crab cakes

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	71.00		0		1		42.60		
Energy ... kcal	155		0	NC	4		93		
Energy ... kJ	649				4		389		
Protein (N x 6.25) ... g	20.21		0		1		12.13		
Total lipid (fat) ... g	7.52		0		1		4.51		
Ash ... g	2.10		0		1		1.26		
Carbohydrate, by difference ... g	0.48		0	NC	4		0.29		
Fiber, total dietary ... g	0.0		0	Z	7		0.0		
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	105		0		1		63		
Iron, Fe ... mg	1.08		0		1		0.65		
Magnesium, Mg ... mg	33		0		1		20		
Phosphorus, P ... mg	213		0		1		128		
Potassium, K ... mg	324		0		1		194		
Sodium, Na ... mg	330		0		1		198		
Zinc, Zn ... mg	4.09		0		1		2.45		
Copper, Cu ... mg	0.610		0		1		0.366		
Manganese, Mn ... mg	0.190		0		4		0.114		
Selenium, Se ... µg	40.7		0	RA	4		24.4		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	2.8		0		4		1.7		
Thiamin ... mg	0.090		0		4		0.054		
Riboflavin ... mg	0.080		0		4		0.048		
Niacin ... mg	2.900		0		4		1.740		
Pantothenic acid ... mg	0.500		0		4		0.300		
Vitamin B-6 ... mg	0.170		0		4		0.102		
Folate, total ... µg	53		0	RA	4		32		
Folic acid ... µg	12		0	NC	4		7		
Folate, food ... µg	42		0		4		25		
Folate, DFE ... mcg_DFE	61		0	NC	4		37		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	5.94		0		1		3.56		
Vitamin A, RAE ... mcg_RAE	57		0	NC	4		34		
Retinol ... µg	53		0	NC	4		32		
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	252		0		4		151		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	1.483		0		1		0.890		
4:0 ... g									

NDB No. 15142
Crustaceans, crab, blue, crab cakes

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.032		0		1		0.019		
15:0....g									
16:0....g	0.956		0		1		0.574		
17:0....g									
18:0....g	0.491		0		1		0.295		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.815		0		1		1.689		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.121		0		1		0.073		
17:1....g									
18:1 undifferentiated....g	2.655		0		1		1.593		
20:1....g	0.035		0		1		0.021		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.273		0		1		1.364		
18:2 undifferentiated....g	1.578		0		1		0.947		
18:3 undifferentiated....g	0.087		0		1		0.052		
18:4....g	0.018		0		1		0.011		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.088		0		1		0.053		
20:5 n-3 (EPA)....g	0.227		0		1		0.136		
22:5 n-3 (DPA)....g	0.050		0		1		0.030		
22:6 n-3 (DHA)....g	0.216		0		1		0.130		
Fatty acids, total trans....g									
Cholesterol....mg	150		0		4		90		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.281		0		1		0.169		
Threonine....g	0.828		0		1		0.497		
Isoleucine....g	0.996		0		1		0.598		
Leucine....g	1.617		0		1		0.970		
Lysine....g	1.733		0		1		1.040		
Methionine....g	0.569		0		1		0.341		
Cystine....g	0.239		0		1		0.143		
Phenylalanine....g	0.870		0		1		0.522		
Tyrosine....g	0.682		0		1		0.409		
Valine....g	0.980		0		1		0.588		
Arginine....g	1.730		0		1		1.038		
Histidine....g	0.414		0		1		0.248		
Alanine....g	1.145		0		1		0.687		
Aspartic acid....g	2.083		0		1		1.250		
Glutamic acid....g	3.396		0		1		2.038		
Glycine....g	1.180		0		1		0.708		
Proline....g	0.676		0		1		0.406		
Serine....g	0.841		0		1		0.505		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: 1 cake

NDB No. 15142
Crustaceans, crab, blue, crab cakes

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 3.68

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15139

Crustaceans, crab, blue, raw

Callinectes sapidus Rathbun

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.02	0.388	47		1		67.17	16.59	
Energy....kcal	87		0	NC	4		74	18	
Energy....kJ	364				4		309	76	
Protein (N x 6.25)....g	18.06	0.347	43		1		15.35	3.79	
Total lipid (fat)....g	1.08	0.044	44		1		0.92	0.23	
Ash....g	1.81	0.055	39		1		1.54	0.38	
Carbohydrate, by difference....g	0.04		0	NC	4		0.03	0.01	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	89	7.939	30		1		76	19	
Iron, Fe....mg	0.74	0.077	17		1		0.63	0.16	
Magnesium, Mg....mg	34	1.468	17		1		29	7	
Phosphorus, P....mg	229	10.139	37		1		195	48	
Potassium, K....mg	329	17.242	15		1		280	69	
Sodium, Na....mg	293	19.212	15		1		249	62	
Zinc, Zn....mg	3.54	0.181	112		1		3.01	0.74	
Copper, Cu....mg	0.669	0.035	113		1		0.569	0.140	
Manganese, Mn....mg	0.150		0		1		0.128	0.032	
Selenium, Se....µg	37.4		0	BFSN	4		31.8	7.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.0		0		4		2.6	0.6	
Thiamin....mg	0.080		0		4		0.068	0.017	
Riboflavin....mg	0.040		0		4		0.034	0.008	
Niacin....mg	2.700		0		4		2.295	0.567	
Pantothenic acid....mg	0.350		0		4		0.298	0.074	
Vitamin B-6....mg	0.150		0		4		0.128	0.032	
Folate, total....µg	44		0		4		37	9	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	44		0		4		37	9	
Folate, DFE....mcg_DFE	44		0	NC	4		37	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	9.00		0		4		7.65	1.89	
Vitamin A, RAE....mcg_RAE	2		0		4		1	0	
Retinol....µg	2		0		4		1	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	5		0		4		4	1	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.222		0		1		0.189	0.047	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 15139
Crustaceans, crab, blue, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.000		0		1		0.000	0.000	
15:0 g									
16:0 g	0.141	0.006	3		1		0.120	0.030	
17:0 g									
18:0 g	0.081	0.016	3		1		0.069	0.017	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.192		0		1		0.163	0.040	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.059	0.006	3		1		0.050	0.012	
17:1 g									
18:1 undifferentiated g	0.104	0.012	3		1		0.088	0.022	
20:1 g	0.029	0.012	3		1		0.025	0.006	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.387		0		1		0.329	0.081	
18:2 undifferentiated g	0.012	0.002	3		1		0.010	0.003	
18:3 undifferentiated g	0.000		0		1		0.000	0.000	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.055	0.023	3		1		0.047	0.012	
20:5 n-3 (EPA) g	0.170	0.003	3		1		0.145	0.036	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.150	0.016	3		1		0.128	0.032	
Fatty acids, total trans g									
Cholesterol mg	78	8.431	6		1		66	16	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.251		0		1		0.213	0.053	
Threonine g	0.731		0		1		0.621	0.154	
Isoleucine g	0.875		0		1		0.744	0.184	
Leucine g	1.433		0		1		1.218	0.301	
Lysine g	1.572		0		1		1.336	0.330	
Methionine g	0.508		0		1		0.432	0.107	
Cystine g	0.202		0		1		0.172	0.042	
Phenylalanine g	0.763		0		1		0.649	0.160	
Tyrosine g	0.601		0		1		0.511	0.126	
Valine g	0.849		0		1		0.722	0.178	
Arginine g	1.577		0		1		1.340	0.331	
Histidine g	0.367		0		1		0.312	0.077	
Alanine g	1.023		0		1		0.870	0.215	
Aspartic acid g	1.866		0		1		1.586	0.392	
Glutamic acid g	3.080		0		1		2.618	0.647	
Glycine g	1.089		0		1		0.926	0.229	
Proline g	0.595		0		1		0.506	0.125	
Serine g	0.711		0		1		0.604	0.149	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 15139
Crustaceans, crab, blue, raw

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 21g: 1 crab

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15226
Crustaceans, crab, dungeness, cooked, moist heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.31		0		1		62.31	93.10	
Energy....kcal	110		0	NC	4		94	140	
Energy....kJ	460				4		391	585	
Protein (N x 6.25)....g	22.32		0		1		18.97	28.35	
Total lipid (fat)....g	1.24		0		1		1.05	1.57	
Ash....g	2.18		0		1		1.85	2.77	
Carbohydrate, by difference....g	0.95		0	NC	4		0.81	1.21	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	59		0		1		50	75	
Iron, Fe....mg	0.43		0		1		0.37	0.55	
Magnesium, Mg....mg	58		0		1		49	74	
Phosphorus, P....mg	175		0		1		149	222	
Potassium, K....mg	408		0		1		347	518	
Sodium, Na....mg	378		0		1		321	480	
Zinc, Zn....mg	5.47		0		1		4.65	6.95	
Copper, Cu....mg	0.734		0		1		0.624	0.932	
Manganese, Mn....mg	0.097		0		1		0.082	0.123	
Selenium, Se....µg	47.6		0	BFSN	4		40.5	60.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.6		0		1		3.1	4.6	
Thiamin....mg	0.057		0		1		0.048	0.072	
Riboflavin....mg	0.203		0		1		0.173	0.258	
Niacin....mg	3.623		0		1		3.080	4.601	
Pantothenic acid....mg	0.404		0		1		0.343	0.513	
Vitamin B-6....mg	0.173		0		1		0.147	0.220	
Folate, total....µg	42		0		1		36	53	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	42		0		1		36	53	
Folate, DFE....mcg_DFE	42		0	NC	4		36	53	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	10.38		0		1		8.82	13.18	
Vitamin A, RAE....mcg_RAE	31		0		1		27	40	
Retinol....µg	31		0		1		27	40	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	104		0		1		88	132	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.168		0		1		0.143	0.213	
4:0....g									

NDB No. 15226
Crustaceans, crab, dungeness, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g									
8:0 ... g									
10:0 ... g									
12:0 ... g	0.000		0		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.001		0		1		0.001	0.001	
15:0 ... g									
16:0 ... g	0.114		0		1		0.097	0.145	
17:0 ... g									
18:0 ... g	0.053		0		1		0.045	0.067	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.214		0		1		0.182	0.272	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.055		0		1		0.047	0.070	
17:1 ... g									
18:1 undifferentiated ... g	0.119		0		1		0.101	0.151	
20:1 ... g	0.014		0		1		0.012	0.018	
22:1 undifferentiated ... g	0.026		0		1		0.022	0.033	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.407		0		1		0.346	0.517	
18:2 undifferentiated ... g									
18:3 undifferentiated ... g									
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) ... g	0.281		0		1		0.239	0.357	
22:5 n-3 (DPA) ... g	0.013		0		1		0.011	0.017	
22:6 n-3 (DHA) ... g	0.113		0		1		0.096	0.144	
Fatty acids, total trans ... g									
Cholesterol ... mg	76		0		1		65	97	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.311		0		1		0.264	0.395	
Threonine ... g	0.900		0		1		0.765	1.143	
Isoleucine ... g	1.079		0		1		0.917	1.370	
Leucine ... g	1.768		0		1		1.503	2.245	
Lysine ... g	1.939		0		1		1.648	2.463	
Methionine ... g	0.629		0		1		0.535	0.799	
Cystine ... g	0.250		0		1		0.213	0.318	
Phenylalanine ... g	0.939		0		1		0.798	1.193	
Tyrosine ... g	0.743		0		1		0.632	0.944	
Valine ... g	1.046		0		1		0.889	1.328	
Arginine ... g	1.946		0		1		1.654	2.471	
Histidine ... g	0.454		0		1		0.386	0.577	
Alanine ... g	1.261		0		1		1.072	1.601	
Aspartic acid ... g	2.303		0		1		1.958	2.925	
Glutamic acid ... g	3.800		0		1		3.230	4.826	
Glycine ... g	1.343		0		1		1.142	1.706	
Proline ... g	0.736		0		1		0.626	0.935	
Serine ... g	0.875		0		1		0.744	1.111	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15226

Crustaceans, crab, dungeness, cooked, moist heat

Measure 2 = 127g: 1 crab

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15143

Crustaceans, crab, dungeness, raw

Cancer magister Dana

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.18	0.281	32		1		67.30	129.06	
Energy....kcal	86		0	NC	4		73	140	
Energy....kJ	360				4		306	587	
Protein (N x 6.25)....g	17.41	0.334	36		1		14.80	28.38	
Total lipid (fat)....g	0.97	0.052	24		1		0.82	1.58	
Ash....g	1.70	0.050	28		1		1.45	2.77	
Carbohydrate, by difference....g	0.74		0	NC	4		0.63	1.21	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	46	9.752	8		1		39	75	
Iron, Fe....mg	0.37	0.061	8		1		0.31	0.60	
Magnesium, Mg....mg	45	5.285	8		1		38	73	
Phosphorus, P....mg	182	9.581	12		1		155	297	
Potassium, K....mg	354	9.011	8		1		301	577	
Sodium, Na....mg	295	39.570	8		1		251	481	
Zinc, Zn....mg	4.27	0.225	57		1		3.63	6.96	
Copper, Cu....mg	0.674	0.044	58		1		0.573	1.099	
Manganese, Mn....mg	0.080		0		1		0.068	0.130	
Selenium, Se....µg	37.1		0	BFSN	4		31.5	60.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.5		0		4		3.0	5.7	
Thiamin....mg	0.047	0.010	3		1		0.040	0.077	
Riboflavin....mg	0.167	0.050	3		1		0.142	0.272	
Niacin....mg	3.140	0.081	3		1		2.669	5.118	
Pantothenic acid....mg	0.350		0		4		0.298	0.571	
Vitamin B-6....mg	0.150		0		4		0.128	0.245	
Folate, total....µg	44		0		4		37	72	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	44		0		4		37	72	
Folate, DFE....mcg_DFE	44		0	NC	4		37	72	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	9.00		0		4		7.65	14.67	
Vitamin A, RAE....mcg_RAE	27		0		4		23	44	
Retinol....µg	27		0		4		23	44	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	90		0		4		77	147	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.132		0		1		0.112	0.215	
4:0....g									

NDB No. 15143
Crustaceans, crab, dungeness, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		2		1		0.000	0.000	
13:0....g									
14:0....g	0.001		2		1		0.001	0.002	
15:0....g									
16:0....g	0.089		2		1		0.076	0.145	
17:0....g									
18:0....g	0.041		2		1		0.035	0.067	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.167		0		1		0.142	0.272	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.043		2		1		0.037	0.070	
17:1....g									
18:1 undifferentiated....g	0.093		2		1		0.079	0.152	
20:1....g	0.011		2		1		0.009	0.018	
22:1 undifferentiated....g	0.020		2		1		0.017	0.033	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.317		0		1		0.269	0.517	
18:2 undifferentiated....g									
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		2		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.219		2		1		0.186	0.357	
22:5 n-3 (DPA)....g	0.010		2		1		0.009	0.016	
22:6 n-3 (DHA)....g	0.088		2		1		0.075	0.143	
Fatty acids, total trans....g									
Cholesterol....mg	59	3.219	5		1		50	96	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.242		0		1		0.206	0.394	
Threonine....g	0.705		0		1		0.599	1.149	
Isoleucine....g	0.844		0		1		0.717	1.376	
Leucine....g	1.381		0		1		1.174	2.251	
Lysine....g	1.515		0		1		1.288	2.469	
Methionine....g	0.490		0		1		0.417	0.799	
Cystine....g	0.195		0		1		0.166	0.318	
Phenylalanine....g	0.735		0		1		0.625	1.198	
Tyrosine....g	0.579		0		1		0.492	0.944	
Valine....g	0.819		0		1		0.696	1.335	
Arginine....g	1.521		0		1		1.293	2.479	
Histidine....g	0.354		0		1		0.301	0.577	
Alanine....g	0.986		0		1		0.838	1.607	
Aspartic acid....g	1.799		0		1		1.529	2.932	
Glutamic acid....g	2.969		0		1		2.524	4.839	
Glycine....g	1.050		0		1		0.893	1.712	
Proline....g	0.574		0		1		0.488	0.936	
Serine....g	0.685		0		1		0.582	1.117	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15143

Crustaceans, crab, dungeness, raw

Measure 2 = 163g: 1 crab

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15227
Crustaceans, crab, queen, cooked, moist heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.10		0		1		63.84		
Energy	kcal	115		0	NC	4		98		
Energy	kJ	481				4		409		
Protein (N x 6.25)	g	23.72		0		1		20.16		
Total lipid (fat)	g	1.51		0		1		1.28		
Ash	g	2.56		0		1		2.18		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	33		0		1		28		
Iron, Fe	mg	2.88		0		1		2.45		
Magnesium, Mg	mg	63		0		1		54		
Phosphorus, P	mg	128		0		1		109		
Potassium, K	mg	200		0		1		170		
Sodium, Na	mg	691		0		1		587		
Zinc, Zn	mg	3.59		0		1		3.05		
Copper, Cu	mg	0.621		0		1		0.528		
Manganese, Mn	mg	0.037		0		1		0.031		
Selenium, Se	µg	44.4		0	BFSN	4		37.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.2		0		1		6.1		
Thiamin	mg	0.097		0		1		0.082		
Riboflavin	mg	0.244		0		1		0.207		
Niacin	mg	2.885		0		1		2.452		
Pantothenic acid	mg	0.404		0		1		0.343		
Vitamin B-6	mg	0.173		0		1		0.147		
Folate, total	µg	42		0		1		36		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	42		0		1		36		
Folate, DFE	mcg_DFE	42		0	NC	4		36		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	10.38		0		1		8.82		
Vitamin A, RAE	mcg_RAE	52		0		1		44		
Retinol	µg	52		0		1		44		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	173		0		1		147		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.183		0		1		0.156		
4:0	g									

NDB No. 15227
Crustaceans, crab, queen, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.005		0		1		0.004		
15:0....g									
16:0....g	0.152		0		1		0.129		
17:0....g									
18:0....g	0.026		0		1		0.022		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.328		0		1		0.279		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.064		0		1		0.054		
17:1....g									
18:1 undifferentiated....g	0.236		0		1		0.201		
20:1....g	0.028		0		1		0.024		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.540		0		1		0.459		
18:2 undifferentiated....g	0.008		0		1		0.007		
18:3 undifferentiated....g	0.003		0		1		0.003		
18:4....g	0.001		0		1		0.001		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.042		0		1		0.036		
20:5 n-3 (EPA)....g	0.332		0		1		0.282		
22:5 n-3 (DPA)....g	0.010		0		1		0.009		
22:6 n-3 (DHA)....g	0.145		0		1		0.123		
Fatty acids, total trans....g									
Cholesterol....mg	71		0		1		60		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.330		0		1		0.281		
Threonine....g	0.956		0		1		0.813		
Isoleucine....g	1.146		0		1		0.974		
Leucine....g	1.878		0		1		1.596		
Lysine....g	2.061		0		1		1.752		
Methionine....g	0.668		0		1		0.568		
Cystine....g	0.266		0		1		0.226		
Phenylalanine....g	0.998		0		1		0.848		
Tyrosine....g	0.789		0		1		0.671		
Valine....g	1.112		0		1		0.945		
Arginine....g	2.068		0		1		1.758		
Histidine....g	0.482		0		1		0.410		
Alanine....g	1.340		0		1		1.139		
Aspartic acid....g	2.448		0		1		2.081		
Glutamic acid....g	4.038		0		1		3.432		
Glycine....g	1.427		0		1		1.213		
Proline....g	0.782		0		1		0.665		
Serine....g	0.930		0		1		0.791		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15227
Crustaceans, crab, queen, cooked, moist heat

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15144

Crustaceans, crab, queen, raw

Chionoectes opilio (O. Fabricius)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	80.58	0.790	5		1		68.49		
Energy ... kcal	90		0	NC	4		77		
Energy ... kJ	377				4		320		
Protein (N x 6.25) ... g	18.50	1.384	4		1		15.73		
Total lipid (fat) ... g	1.18	0.146	6		1		1.00		
Ash ... g	2.00	0.097	4		1		1.70		
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00		
Fiber, total dietary ... g	0.0		0	Z	7		0.0		
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	26	6.071	4		1		22		
Iron, Fe ... mg	2.50		0		4		2.13		
Magnesium, Mg ... mg	49		0		4		42		
Phosphorus, P ... mg	133	34.972	4		1		113		
Potassium, K ... mg	173	23.558	4		1		147		
Sodium, Na ... mg	539	67.000	4		1		458		
Zinc, Zn ... mg	2.80		0		4		2.38		
Copper, Cu ... mg	0.570		0		4		0.485		
Manganese, Mn ... mg	0.030		0		4		0.026		
Selenium, Se ... µg	34.6		0	BFSN	4		29.4		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	7.0		0		4		6.0		
Thiamin ... mg	0.080		0		4		0.068		
Riboflavin ... mg	0.200		0		4		0.170		
Niacin ... mg	2.500		0		4		2.125		
Pantothenic acid ... mg	0.350		0		4		0.298		
Vitamin B-6 ... mg	0.150		0		4		0.128		
Folate, total ... µg	44		0		4		37		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	44		0		4		37		
Folate, DFE ... mcg_DFE	44		0	NC	4		37		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	9.00		0		4		7.65		
Vitamin A, RAE ... mcg_RAE	45		0		4		38		
Retinol ... µg	45		0		4		38		
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	150		0		4		128		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.143		0		1		0.122		
4:0 ... g									

NDB No. 15144
Crustaceans, crab, queen, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.004		1		1		0.003		
15:0....g									
16:0....g	0.119		1		1		0.101		
17:0....g									
18:0....g	0.020		1		1		0.017		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.256		0		1		0.218		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.050		1		1		0.043		
17:1....g									
18:1 undifferentiated....g	0.184		1		1		0.156		
20:1....g	0.022		1		1		0.019		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.422		0		1		0.359		
18:2 undifferentiated....g	0.006		1		1		0.005		
18:3 undifferentiated....g	0.002		1		1		0.002		
18:4....g	0.001		1		1		0.001		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.033		1		1		0.028		
20:5 n-3 (EPA)....g	0.259		1		1		0.220		
22:5 n-3 (DPA)....g	0.008		1		1		0.007		
22:6 n-3 (DHA)....g	0.113		1		1		0.096		
Fatty acids, total trans....g									
Cholesterol....mg	55		1		1		47		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.258		0		1		0.219		
Threonine....g	0.749		0		1		0.637		
Isoleucine....g	0.897		0		1		0.762		
Leucine....g	1.468		0		1		1.248		
Lysine....g	1.610		0		1		1.369		
Methionine....g	0.521		0		1		0.443		
Cystine....g	0.207		0		1		0.176		
Phenylalanine....g	0.781		0		1		0.664		
Tyrosine....g	0.616		0		1		0.524		
Valine....g	0.870		0		1		0.740		
Arginine....g	1.616		0		1		1.374		
Histidine....g	0.376		0		1		0.320		
Alanine....g	1.048		0		1		0.891		
Aspartic acid....g	1.912		0		1		1.625		
Glutamic acid....g	3.155		0		1		2.682		
Glycine....g	1.116		0		1		0.949		
Proline....g	0.610		0		1		0.519		
Serine....g	0.728		0		1		0.619		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15144
Crustaceans, crab, queen, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15243

Crustaceans, crayfish, mixed species, farmed, cooked, moist heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	80.80	0.464	4		1		68.68		
Energy ... kcal	87		0	NC	4		74		
Energy ... kJ	364				4		309		
Protein (N x 6.25) ... g	17.52	0.335	4		1		14.89		
Total lipid (fat) ... g	1.30	0.041	4		1		1.11		
Ash ... g	1.07	0.048	4		1		0.91		
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00		
Fiber, total dietary ... g	0.0		0	Z	7		0.0		
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	51	7.437	4		1		43		
Iron, Fe ... mg	1.11	0.108	4		1		0.94		
Magnesium, Mg ... mg	33	1.572	4		1		28		
Phosphorus, P ... mg	241	11.413	4		1		205		
Potassium, K ... mg	238	4.756	4		1		202		
Sodium, Na ... mg	97	6.641	4		1		82		
Zinc, Zn ... mg	1.48	0.165	3		1		1.26		
Copper, Cu ... mg	0.580	0.075	4		1		0.493		
Manganese, Mn ... mg	0.217	0.035	4		1		0.184		
Selenium, Se ... µg	34.2		0	BFSN	4		29.1		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.5	0.000	4		1		0.4		
Thiamin ... mg	0.047	0.005	4		1		0.040		
Riboflavin ... mg	0.080	0.015	4		1		0.068		
Niacin ... mg	1.667	0.031	4		1		1.417		
Pantothenic acid ... mg	0.512	0.030	4		1		0.435		
Vitamin B-6 ... mg	0.134	0.055	4		1		0.114		
Folate, total ... µg	11	0.334	3		1		9		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	11	0.334	3		1		9		
Folate, DFE ... mcg_DFE	11		0	NC	4		9		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	3.10	0.041	4		1		2.64		
Vitamin A, RAE ... mcg_RAE	15	0.000	4		1		13		
Retinol ... µg	15	0.000	4		1		13		
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	50	0.000	4		1		43		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.216		0		1		0.184		
4:0 ... g									

NDB No. 15243

Crustaceans, crayfish, mixed species, farmed, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.006		4		1		0.005		
15:0....g									
16:0....g	0.137		4		1		0.116		
17:0....g									
18:0....g	0.050		4		1		0.043		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.251		0		1		0.213		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.037		4		1		0.031		
17:1....g									
18:1 undifferentiated....g	0.194		4		1		0.165		
20:1....g	0.007		4		1		0.006		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.413		0		1		0.351		
18:2 undifferentiated....g	0.156		4		1		0.133		
18:3 undifferentiated....g	0.022		4		1		0.019		
18:4....g	0.002		4		1		0.002		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.062		4		1		0.053		
20:5 n-3 (EPA)....g	0.124		4		1		0.105		
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.038		4		1		0.032		
Fatty acids, total trans....g									
Cholesterol....mg	137	3.772	4		1		116		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.244		0		1		0.207		
Threonine....g	0.707		0		1		0.601		
Isoleucine....g	0.847		0		1		0.720		
Leucine....g	1.388		0		1		1.180		
Lysine....g	1.523		0		1		1.295		
Methionine....g	0.494		0		1		0.420		
Cystine....g	0.196		0		1		0.167		
Phenylalanine....g	0.737		0		1		0.626		
Tyrosine....g	0.583		0		1		0.496		
Valine....g	0.822		0		1		0.699		
Arginine....g	1.528		0		1		1.299		
Histidine....g	0.356		0		1		0.303		
Alanine....g	0.990		0		1		0.842		
Aspartic acid....g	1.809		0		1		1.538		
Glutamic acid....g	2.983		0		1		2.536		
Glycine....g	1.054		0		1		0.896		
Proline....g	0.578		0		1		0.491		
Serine....g	0.690		0		1		0.587		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15243

Crustaceans, crayfish, mixed species, farmed, cooked, moist heat

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15242

Crustaceans, crayfish, mixed species, farmed, raw

Astacus, Orconectes, and Procambarus spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	84.05	0.177	4		1		71.44	22.69	
Energy ... kcal	72		0	NC	4		61	19	
Energy ... kJ	301				4		256	81	
Protein (N x 6.25) ... g	14.85	0.050	4		1		12.62	4.01	
Total lipid (fat) ... g	0.97	0.085	4		1		0.82	0.26	
Ash ... g	1.00	0.000	4		1		0.85	0.27	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	25	1.728	4		1		21	7	
Iron, Fe ... mg	0.55	0.040	4		1		0.47	0.15	
Magnesium, Mg ... mg	30	1.358	4		1		26	8	
Phosphorus, P ... mg	218	4.041	4		1		185	59	
Potassium, K ... mg	261	8.365	4		1		222	70	
Sodium, Na ... mg	62	2.031	4		1		53	17	
Zinc, Zn ... mg	1.01	0.011	4		1		0.86	0.27	
Copper, Cu ... mg	0.237	0.042	4		1		0.201	0.064	
Manganese, Mn ... mg	0.146	0.031	4		1		0.124	0.039	
Selenium, Se ... µg	28.4		0	BFSN	4		24.1	7.7	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.5	0.000	4		1		0.4	0.1	
Thiamin ... mg	0.045	0.003	4		1		0.038	0.012	
Riboflavin ... mg	0.032	0.003	4		1		0.027	0.009	
Niacin ... mg	1.867	0.023	4		1		1.587	0.504	
Pantothenic acid ... mg	0.570	0.046	4		1		0.485	0.154	
Vitamin B-6 ... mg	0.076	0.003	4		1		0.065	0.021	
Folate, total ... µg	30	0.013	3		1		26	8	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	30	0.013	3		1		26	8	
Folate, DFE ... mcg_DFE	30		0	NC	4		26	8	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	2.10	0.178	4		1		1.79	0.57	
Vitamin A, RAE ... mcg_RAE	15	0.000	4		1		13	4	
Retinol ... µg	15	0.000	4		1		13	4	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	50	0.000	4		1		43	14	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.163		0		1		0.139	0.044	
4:0 ... g									

NDB No. 15242
Crustaceans, crayfish, mixed species, farmed, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.002		10		1		0.002	0.001	
15:0....g									
16:0....g	0.103		10		1		0.088	0.028	
17:0....g									
18:0....g	0.044		10		1		0.037	0.012	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.178		0		1		0.151	0.048	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.031		10		1		0.026	0.008	
17:1....g									
18:1 undifferentiated....g	0.134		10		1		0.114	0.036	
20:1....g	0.005		10		1		0.004	0.001	
22:1 undifferentiated....g	0.002		10		1		0.002	0.001	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.313		0		1		0.266	0.085	
18:2 undifferentiated....g	0.076		10		1		0.065	0.021	
18:3 undifferentiated....g	0.025		10		1		0.021	0.007	
18:4....g	0.005		10		1		0.004	0.001	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		10		1		0.043	0.014	
20:5 n-3 (EPA)....g	0.117		10		1		0.099	0.032	
22:5 n-3 (DPA)....g	0.005	0.000	10		1		0.004	0.001	
22:6 n-3 (DHA)....g	0.027		10		1		0.023	0.007	
Fatty acids, total trans....g									
Cholesterol....mg	107	3.182	4		1		91	29	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.207		0		1		0.176	0.056	
Threonine....g	0.599		0		1		0.509	0.162	
Isoleucine....g	0.718		0		1		0.610	0.194	
Leucine....g	1.176		0		1		1.000	0.318	
Lysine....g	1.290		0		1		1.097	0.348	
Methionine....g	0.418		0		1		0.355	0.113	
Cystine....g	0.166		0		1		0.141	0.045	
Phenylalanine....g	0.625		0		1		0.531	0.169	
Tyrosine....g	0.494		0		1		0.420	0.133	
Valine....g	0.696		0		1		0.592	0.188	
Arginine....g	1.295		0		1		1.101	0.350	
Histidine....g	0.302		0		1		0.257	0.082	
Alanine....g	0.839		0		1		0.713	0.227	
Aspartic acid....g	1.533		0		1		1.303	0.414	
Glutamic acid....g	2.528		0		1		2.149	0.683	
Glycine....g	0.893		0		1		0.759	0.241	
Proline....g	0.489		0		1		0.416	0.132	
Serine....g	0.584		0		1		0.496	0.158	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15242

Crustaceans, crayfish, mixed species, farmed, raw

Measure 2 = 27g: 8 crayfish

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15146

Crustaceans, crayfish, mixed species, wild, cooked, moist heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.37	0.542	4		1		67.46		
Energy....kcal	82		0	NC	4		70		
Energy....kJ	343		0		4		292		
Protein (N x 6.25)....g	16.77	0.738	4		1		14.25		
Total lipid (fat)....g	1.20	0.041	4		1		1.02		
Ash....g	1.20	0.091	4		1		1.02		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	60	11.344	4		1		51		
Iron, Fe....mg	0.83	0.223	4		1		0.71		
Magnesium, Mg....mg	33	1.274	4		1		28		
Phosphorus, P....mg	270	28.039	4		1		230		
Potassium, K....mg	296	41.316	4		1		252		
Sodium, Na....mg	94	4.824	4		1		80		
Zinc, Zn....mg	1.76	0.217	4		1		1.50		
Copper, Cu....mg	0.685	0.080	4		1		0.582		
Manganese, Mn....mg	0.522	0.283	4		1		0.444		
Selenium, Se....µg	36.7		0	BFSN	4		31.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9	0.235	4		1		0.8		
Thiamin....mg	0.050	0.004	4		1		0.043		
Riboflavin....mg	0.085	0.010	4		1		0.072		
Niacin....mg	2.280	0.569	4		1		1.938		
Pantothenic acid....mg	0.580	0.120	4		1		0.493		
Vitamin B-6....mg	0.076	0.017	4		1		0.065		
Folate, total....µg	44	18.644	4		1		37		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	44	18.644	4		1		37		
Folate, DFE....mcg_DFE	44		0	NC	4		37		
Choline, total....mg	80.9		0	T	4		68.8		
Betaine....mg									
Vitamin B-12....µg	2.15	0.240	4		1		1.83		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	15		0	NC	4		13		
Retinol....µg	15		0	T	4		13		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	50		0	NC	4		43		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	1.50		0	NR	4		1.28		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.1		0	T	4		0.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15146

Crustaceans, crayfish, mixed species, wild, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.181		0		1		0.154		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.005		4		1		0.004		
15:0....g									
16:0....g	0.111		4		1		0.094		
17:0....g									
18:0....g	0.049		4		1		0.042		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.244		0		1		0.207		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.027		4		1		0.023		
17:1....g									
18:1 undifferentiated....g	0.147		4		1		0.125		
20:1....g	0.012		4		1		0.010		
22:1 undifferentiated....g	0.050		4		1		0.043		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.367		0		1		0.312		
18:2 undifferentiated....g	0.090		4		1		0.077		
18:3 undifferentiated....g	0.028		4		1		0.024		
18:4....g	0.001		4		1		0.001		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.056		4		1		0.048		
20:5 n-3 (EPA)....g	0.119		4		1		0.101		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.047		4		1		0.040		
Fatty acids, total trans....g									
Cholesterol....mg	133	4.608	4		1		113		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.234		0		1		0.199		
Threonine....g	0.676		0		1		0.575		
Isoleucine....g	0.811		0		1		0.689		
Leucine....g	1.329		0		1		1.130		
Lysine....g	1.457		0		1		1.238		
Methionine....g	0.472		0		1		0.401		
Cystine....g	0.188		0		1		0.160		
Phenylalanine....g	0.706		0		1		0.600		
Tyrosine....g	0.558		0		1		0.474		
Valine....g	0.786		0		1		0.668		
Arginine....g	1.463		0		1		1.244		
Histidine....g	0.341		0		1		0.290		
Alanine....g	0.947		0		1		0.805		
Aspartic acid....g	1.731		0		1		1.471		
Glutamic acid....g	2.856		0		1		2.428		
Glycine....g	1.009		0		1		0.858		
Proline....g	0.553		0		1		0.470		
Serine....g	0.660		0		1		0.561		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15146

Crustaceans, crayfish, mixed species, wild, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15145

Crustaceans, crayfish, mixed species, wild, raw

Astacus, Orconectes, and Procambarus spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	82.24	0.598	5		1		69.90	22.20	
Energy ... kcal	77		0	NC	4		65	21	
Energy ... kJ	322		0		4		274	87	
Protein (N x 6.25) ... g	15.97	0.808	5		1		13.57	4.31	
Total lipid (fat) ... g	0.95	0.046	5		1		0.81	0.26	
Ash ... g	1.34	0.169	5		1		1.14	0.36	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	27	6.515	17		1		23	7	
Iron, Fe ... mg	0.84	0.405	5		1		0.71	0.23	
Magnesium, Mg ... mg	27	1.359	16		1		23	7	
Phosphorus, P ... mg	256	13.737	20		1		218	69	
Potassium, K ... mg	302	17.005	5		1		257	82	
Sodium, Na ... mg	58	3.407	11		1		49	16	
Zinc, Zn ... mg	1.30	0.038	20		1		1.11	0.35	
Copper, Cu ... mg	0.419	0.048	32		1		0.356	0.113	
Manganese, Mn ... mg	0.226	0.120	5		1		0.192	0.061	
Selenium, Se ... µg	31.6		0	BFSN	4		26.9	8.5	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.2	0.460	5		1		1.0	0.3	
Thiamin ... mg	0.070	0.020	5		1		0.060	0.019	
Riboflavin ... mg	0.032	0.007	5		1		0.027	0.009	
Niacin ... mg	2.208	0.271	5		1		1.877	0.596	
Pantothenic acid ... mg	0.546	0.074	5		1		0.464	0.147	
Vitamin B-6 ... mg	0.108	0.018	5		1		0.092	0.029	
Folate, total ... µg	37	14.963	5		1		31	10	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	37	14.963	5		1		31	10	
Folate, DFE ... mcg_DFE	37		0	NC	4		31	10	
Choline, total ... mg	80.9		0	T	4		68.8	21.8	
Betaine ... mg									
Vitamin B-12 ... µg	2.00	0.396	5		1		1.70	0.54	
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	16		0	NC	4		14	4	
Retinol ... µg	16		0	T	4		14	4	
Carotene, beta ... µg	0		0	Z	7		0	0	
Carotene, alpha ... µg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... µg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	53		0	NC	4		45	14	
Lycopene ... µg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	2.85		0	NR	4		2.42	0.77	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg	0.0		0	Z	7		0.0	0.0	
Vitamin D ... IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) ... µg	0.1		0	T	4		0.1	0.0	
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 15145
Crustaceans, crayfish, mixed species, wild, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.159		0		1		0.135	0.043	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.002		11		1		0.002	0.001	
15:0....g									
16:0....g	0.102		11		1		0.087	0.028	
17:0....g									
18:0....g	0.042		11		1		0.036	0.011	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.174		0		1		0.148	0.047	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.028		11		1		0.024	0.008	
17:1....g									
18:1 undifferentiated....g	0.113		11		1		0.096	0.031	
20:1....g	0.010		11		1		0.009	0.003	
22:1 undifferentiated....g	0.018		11		1		0.015	0.005	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.293		0		1		0.249	0.079	
18:2 undifferentiated....g	0.052		11		1		0.044	0.014	
18:3 undifferentiated....g	0.032		11		1		0.027	0.009	
18:4....g	0.005		11		1		0.004	0.001	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.045		11		1		0.038	0.012	
20:5 n-3 (EPA)....g	0.104		11		1		0.088	0.028	
22:5 n-3 (DPA)....g	0.010	0.000	11		1		0.009	0.003	
22:6 n-3 (DHA)....g	0.038		11		1		0.032	0.010	
Fatty acids, total trans....g									
Cholesterol....mg	114	7.137	5		1		97	31	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.222		0		1		0.189	0.060	
Threonine....g	0.644		0		1		0.547	0.174	
Isoleucine....g	0.772		0		1		0.656	0.208	
Leucine....g	1.265		0		1		1.075	0.342	
Lysine....g	1.388		0		1		1.180	0.375	
Methionine....g	0.450		0		1		0.383	0.122	
Cystine....g	0.179		0		1		0.152	0.048	
Phenylalanine....g	0.672		0		1		0.571	0.181	
Tyrosine....g	0.532		0		1		0.452	0.144	
Valine....g	0.749		0		1		0.637	0.202	
Arginine....g	1.393		0		1		1.184	0.376	
Histidine....g	0.325		0		1		0.276	0.088	
Alanine....g	0.902		0		1		0.767	0.244	
Aspartic acid....g	1.648		0		1		1.401	0.445	
Glutamic acid....g	2.719		0		1		2.311	0.734	
Glycine....g	0.961		0		1		0.817	0.259	
Proline....g	0.526		0		1		0.447	0.142	
Serine....g	0.629		0		1		0.535	0.170	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15145
Crustaceans, crayfish, mixed species, wild, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 27g: 8 crayfish

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15148
Crustaceans, lobster, northern, cooked, moist heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.11	0.527	3	A	1		113.26	66.39	
Energy	kcal	89		0	NC	4		129	76	
Energy	kJ	372		0	NC	4		539	316	
Protein (N x 6.25)	g	19.00	0.157	3	A	1		27.55	16.15	
Total lipid (fat)	g	0.86	0.050	3	A	1		1.25	0.73	
Ash	g	2.14	0.076	3	A	1		3.11	1.82	
Carbohydrate, by difference	g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		1	A	1		0.00	0.00	
Sucrose	g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose)	g	0.00		1	A	1		0.00	0.00	
Fructose	g	0.00		1	A	1		0.00	0.00	
Lactose	g	0.00		1	A	1		0.00	0.00	
Maltose	g	0.00		1	A	1		0.00	0.00	
Galactose	g	0.00		1	A	1		0.00	0.00	
Starch	g	0.00		1	A	1		0.00	0.00	
Minerals:										
Calcium, Ca	mg	96	7.318	3	A	1		139	81	
Iron, Fe	mg	0.29	0.042	3	A	1		0.43	0.25	
Magnesium, Mg	mg	43	3.059	3	A	1		63	37	
Phosphorus, P	mg	185	10.682	3	A	1		268	157	
Potassium, K	mg	230	4.041	3	A	1		334	196	
Sodium, Na	mg	486	31.104	3	A	1		705	413	
Zinc, Zn	mg	4.05	0.350	3	A	1		5.88	3.45	
Copper, Cu	mg	1.550	0.085	3	A	1		2.248	1.318	
Manganese, Mn	mg	0.065	0.001	3	A	1		0.094	0.055	
Selenium, Se	µg	73.1	8.105	3	A	1		106.0	62.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.023	0.003	3	A	1		0.034	0.020	
Riboflavin	mg	0.017	0.002	3	A	1		0.024	0.014	
Niacin	mg	1.830	0.055	3	A	1		2.654	1.556	
Pantothenic acid	mg	1.667	0.167	3	A	1		2.417	1.417	
Vitamin B-6	mg	0.119	0.011	3	A	1		0.173	0.101	
Folate, total	µg	11		2		1		16	9	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	11		2		1		16	9	
Folate, DFE	mcg_DFE	11		0	NC	4		16	9	
Choline, total	mg	80.9		0	T	4		117.3	68.8	
Betaine	mg									
Vitamin B-12	µg	1.43	0.033	3	A	1		2.08	1.22	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	AS	1		2	1	
Retinol	µg	1		1	A	1		2	1	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	4		0	AS	1		6	4	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	1.00		0	NR	4		1.45	0.85	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									

NDB No. 15148
Crustaceans, lobster, northern, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	0.0		2	A	1		0.0	0.0	
Vitamin D....IU	1		2	A	1		1	1	
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.208		0	NC	4		0.302	0.177	
4:0....g	0.000		1	A	1		0.000	0.000	
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.003	0.000	3	A	1		0.004	0.002	
13:0....g									
14:0....g	0.011	0.002	3	A	1		0.016	0.009	
15:0....g	0.005	0.000	3	A	1		0.008	0.005	
16:0....g	0.126	0.012	3	A	1		0.183	0.107	
17:0....g	0.005	0.000	3	A	1		0.007	0.004	
18:0....g	0.052	0.005	3	A	1		0.075	0.044	
20:0....g	0.005	0.001	3	A	1		0.007	0.004	
22:0....g	0.001	0.001	3	A	1		0.001	0.001	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.253		0	NC	4		0.366	0.215	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.034	0.003	3	AS	1		0.049	0.029	
16:1 c....g	0.030	0.002	3	A	1		0.044	0.026	
16:1 t....g	0.004	0.001	3	A	1		0.005	0.003	
17:1....g	0.004	0.001	3	A	1		0.005	0.003	
18:1 undifferentiated....g	0.180	0.008	3	AS	1		0.261	0.153	
18:1 c....g	0.174	0.007	3	A	1		0.252	0.148	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.006	0.001	3	A	1		0.009	0.005	
18:1-11t (18:1t n-7)....g									
20:1....g	0.031	0.005	3	A	1		0.045	0.026	
22:1 undifferentiated....g	0.003	0.001	3	AS	1		0.004	0.002	
22:1 c....g	0.003	0.001	3	A	1		0.004	0.002	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.001	0.001	3	A	1		0.001	0.001	
Fatty acids, total polyunsaturated....g	0.340		0	NC	4		0.493	0.289	
18:2 undifferentiated....g	0.038	0.006	3	AS	1		0.055	0.032	
18:2 n-6 c,c....g	0.033	0.009	3	A	1		0.048	0.028	
18:2 CLAs....g	0.002	0.001	3	A	1		0.003	0.002	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.003	0.003	3	A	1		0.004	0.002	
18:3 undifferentiated....g	0.050	0.020	3	AS	1		0.072	0.042	
18:3 n-3 c,c,c (ALA)....g	0.050	0.020	3	A	1		0.072	0.042	
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.002	0.000	3	A	1		0.003	0.002	
20:2 n-6 c,c....g	0.006	0.002	3	A	1		0.009	0.005	
20:3 undifferentiated....g	0.012	0.004	3	AS	1		0.017	0.010	
20:3 n-3....g	0.006	0.002	3	A	1		0.008	0.005	
20:3 n-6....g	0.006	0.002	3	A	1		0.009	0.005	
20:4 undifferentiated....g	0.030	0.005	3	A	1		0.044	0.026	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.117	0.012	3	A	1		0.170	0.099	
21:5....g									
22:4....g	0.002	0.001	3	A	1		0.003	0.002	
22:5 n-3 (DPA)....g	0.006	0.002	3	A	1		0.009	0.005	

NDB No. 15148
Crustaceans, lobster, northern, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.078	0.011	3	A	1		0.113	0.066	
Fatty acids, total trans....g	0.013		0	NC	4		0.018	0.011	
Fatty acids, total trans-monoenoic....g	0.010		0	NC	4		0.015	0.009	
Fatty acids, total trans-polyenoic....g	0.003		0	NC	4		0.004	0.002	
Cholesterol....mg	146	8.185	3	A	1		212	124	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.248		0	A	1		0.359	0.210	
Threonine....g	0.753		0	A	1		1.091	0.640	
Isoleucine....g	0.832		0	A	1		1.206	0.707	
Leucine....g	1.376		0	A	1		1.996	1.170	
Lysine....g	1.426		0	A	1		2.068	1.212	
Methionine....g	0.475		0	A	1		0.689	0.404	
Cystine....g	0.208		0	A	1		0.302	0.177	
Phenylalanine....g	0.782		0	A	1		1.134	0.665	
Tyrosine....g	0.673		0	A	1		0.976	0.572	
Valine....g	0.852		0	A	1		1.235	0.724	
Arginine....g	1.753		0	A	1		2.541	1.490	
Histidine....g	0.475		0	A	1		0.689	0.404	
Alanine....g	1.010		0	A	1		1.465	0.859	
Aspartic acid....g	1.842		0	A	1		2.671	1.566	
Glutamic acid....g	2.802		0	A	1		4.063	2.382	
Glycine....g	1.267		0	A	1		1.838	1.077	
Proline....g	0.852		0	A	1		1.235	0.724	
Serine....g	0.733		0	A	1		1.063	0.623	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 cup

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15147

Crustaceans, lobster, northern, raw

Homarus americanus Milne-Edwards

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	80.95		0	RA	4		121.43	68.81	
Energy ... kcal	77		0	NC	4		116	66	
Energy ... kJ	324		0	RA	4		485	275	
Protein (N x 6.25) ... g	16.52		0	RA	4		24.78	14.04	
Total lipid (fat) ... g	0.75		0	RA	4		1.13	0.64	
Ash ... g	1.88		0	RA	4		2.82	1.60	
Carbohydrate, by difference ... g	0.00		0	RA	4		0.00	0.00	
Fiber, total dietary ... g	0.0		0	RA	4		0.0	0.0	
Sugars, total ... g	0.00		0	RA	4		0.00	0.00	
Sucrose ... g	0.00		0	RA	4		0.00	0.00	
Glucose (dextrose) ... g	0.00		0	RA	4		0.00	0.00	
Fructose ... g	0.00		0	RA	4		0.00	0.00	
Lactose ... g	0.00		0	RA	4		0.00	0.00	
Maltose ... g	0.00		0	RA	4		0.00	0.00	
Galactose ... g	0.00		0	RA	4		0.00	0.00	
Starch ... g	0.00		0	RA	4		0.00	0.00	
Minerals:									
Calcium, Ca ... mg	84		0	RA	4		125	71	
Iron, Fe ... mg	0.26		0	RA	4		0.38	0.22	
Magnesium, Mg ... mg	38		0	RA	4		57	32	
Phosphorus, P ... mg	161		0	RA	4		241	136	
Potassium, K ... mg	200		0	RA	4		300	170	
Sodium, Na ... mg	423		0	RA	4		635	360	
Zinc, Zn ... mg	3.53		0	RA	4		5.29	3.00	
Copper, Cu ... mg	1.349		0	RA	4		2.023	1.147	
Manganese, Mn ... mg	0.056		0	RA	4		0.084	0.048	
Selenium, Se ... µg	63.6		0	RA	4		95.3	54.0	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	RA	4		0.0	0.0	
Thiamin ... mg	0.020		0	RA	4		0.030	0.017	
Riboflavin ... mg	0.014		0	RA	4		0.022	0.012	
Niacin ... mg	1.591		0	RA	4		2.387	1.353	
Pantothenic acid ... mg	1.449		0	RA	4		2.174	1.232	
Vitamin B-6 ... mg	0.104		0	RA	4		0.156	0.088	
Folate, total ... µg	10		0	RA	4		14	8	
Folic acid ... µg	0		0	RA	4		0	0	
Folate, food ... µg	10		0	RA	4		14	8	
Folate, DFE ... mcg_DFE	10		0	NC	4		14	8	
Choline, total ... mg	70.3		0	RA	4		105.5	59.8	
Betaine ... mg									
Vitamin B-12 ... µg	1.25		0	RA	4		1.87	1.06	
Vitamin B-12, added ... µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	1		0	RA	4		2	1	
Retinol ... µg	1		0	RA	4		2	1	
Carotene, beta ... µg	0		0	RA	4		0	0	
Carotene, alpha ... µg	0		0	RA	4		0	0	
Cryptoxanthin, beta ... µg	0		0	RA	4		0	0	
Vitamin A, IU ... IU	4		0	RA	4		6	3	
Lycopene ... µg	0		0	RA	4		0	0	
Lutein + zeaxanthin ... µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.87		0	RA	4		1.30	0.74	
Vitamin E, added ... mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	RA	4		0.0	0.0	
Vitamin D2 (ergocalciferol) ... µg									

NDB No. 15147
Crustaceans, lobster, northern, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	0.0		0	RA	4		0.0	0.0	
Vitamin D....IU	1		0	RA	4		1	1	
Vitamin K (phylloquinone)....µg	0.0		0	RA	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg	0.0		0	RA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.181		0	RA	4		0.271	0.154	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.002		0	RA	4		0.003	0.002	
13:0....g									
14:0....g	0.010		0	RA	4		0.014	0.008	
15:0....g	0.005		0	RA	4		0.007	0.004	
16:0....g	0.110		0	RA	4		0.164	0.093	
17:0....g	0.004		0	RA	4		0.007	0.004	
18:0....g	0.045		0	RA	4		0.068	0.038	
20:0....g	0.004		0	RA	4		0.007	0.004	
22:0....g	0.001		0	RA	4		0.001	0.001	
24:0....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total monounsaturated....g	0.220		0	RA	4		0.330	0.187	
14:1....g	0.000		0	RA	4		0.000	0.000	
15:1....g	0.000		0	RA	4		0.000	0.000	
16:1 undifferentiated....g	0.030		0	RA	4		0.044	0.025	
17:1....g	0.003		0	RA	4		0.005	0.003	
18:1 undifferentiated....g	0.157		0	RA	4		0.235	0.133	
20:1....g	0.027		0	RA	4		0.040	0.023	
22:1 undifferentiated....g	0.002		0	RA	4		0.003	0.002	
24:1 c....g	0.001		0	RA	4		0.001	0.000	
Fatty acids, total polyunsaturated....g	0.296		0	RA	4		0.444	0.252	
18:2 undifferentiated....g	0.033		0	RA	4		0.049	0.028	
18:3 undifferentiated....g	0.043		0	RA	4		0.065	0.037	
18:4....g	0.002		0	RA	4		0.003	0.001	
20:2 n-6 c,c....g	0.006		0	RA	4		0.008	0.005	
20:3 undifferentiated....g	0.010		0	RA	4		0.015	0.009	
20:4 undifferentiated....g	0.026		0	RA	4		0.039	0.022	
20:5 n-3 (EPA)....g	0.102		0	RA	4		0.153	0.086	
22:5 n-3 (DPA)....g	0.006		0	RA	4		0.008	0.005	
22:6 n-3 (DHA)....g	0.068		0	RA	4		0.101	0.057	
Fatty acids, total trans....g	0.011		0	RA	4		0.017	0.009	
Cholesterol....mg	127		0	RA	4		190	108	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.215		0	RA	4		0.323	0.183	
Threonine....g	0.654		0	RA	4		0.982	0.556	
Isoleucine....g	0.723		0	RA	4		1.085	0.615	
Leucine....g	1.197		0	RA	4		1.795	1.017	
Lysine....g	1.240		0	RA	4		1.860	1.054	
Methionine....g	0.413		0	RA	4		0.620	0.351	
Cystine....g	0.181		0	RA	4		0.271	0.154	
Phenylalanine....g	0.680		0	RA	4		1.020	0.578	
Tyrosine....g	0.586		0	RA	4		0.878	0.498	
Valine....g	0.741		0	RA	4		1.111	0.629	
Arginine....g	1.524		0	RA	4		2.286	1.295	
Histidine....g	0.413		0	RA	4		0.620	0.351	
Alanine....g	0.878		0	RA	4		1.317	0.747	
Aspartic acid....g	1.602		0	RA	4		2.402	1.361	
Glutamic acid....g	2.437		0	RA	4		3.655	2.071	
Glycine....g	1.102		0	RA	4		1.653	0.937	
Proline....g	0.741		0	RA	4		1.111	0.629	
Serine....g	0.637		0	RA	4		0.956	0.542	

NDB No. 15147
Crustaceans, lobster, northern, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 lobster

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15152
Crustaceans, shrimp, mixed species, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.85		1	A	1		97.09	21.50	97.09
Energy....kcal	100		0	NC	4		127	28	127
Energy....kJ	416		0	NC	4		533	118	533
Protein (N x 6.25)....g	20.42		1	A	1		26.14	5.79	26.14
Total lipid (fat)....g	1.36		1	A	1		1.74	0.39	1.74
Ash....g	2.54		1	A	1		3.24	0.72	3.24
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	145		1	A	1		186	41	186
Iron, Fe....mg	2.13		1	A	1		2.73	0.60	2.73
Magnesium, Mg....mg	33		1	A	1		42	9	42
Phosphorus, P....mg	195		1	A	1		250	55	250
Potassium, K....mg	80		1	A	1		102	23	102
Sodium, Na....mg	777		1	A	1		995	220	995
Zinc, Zn....mg	1.96		1	A	1		2.51	0.56	2.51
Copper, Cu....mg	0.262		1	A	1		0.335	0.074	0.335
Manganese, Mn....mg	0.396		1	A	1		0.507	0.112	0.507
Selenium, Se....µg	47.5		1	A	1		60.8	13.5	60.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.1		1	A	1		5.2	1.2	5.2
Thiamin....mg	0.007		1	A	1		0.009	0.002	0.009
Riboflavin....mg	0.015		1	A	1		0.019	0.004	0.019
Niacin....mg	0.558		1	A	1		0.714	0.158	0.714
Pantothenic acid....mg	0.141		1	A	1		0.180	0.040	0.180
Vitamin B-6....mg	0.010		1	A	1		0.013	0.003	0.013
Folate, total....µg	9		1	A	1		11	3	11
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	9		1	A	1		11	3	11
Folate, DFE....mcg_DFE	9		0	NC	4		11	3	11
Choline, total....mg	80.9		0	AS	1		103.5	22.9	103.5
Betaine....mg									
Vitamin B-12....µg	0.74		1	A	1		0.95	0.21	0.95
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	1.10	0.120	7	A	1		1.41	0.31	1.41
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.10	0.037	7	A	1		0.13	0.03	0.13
Tocopherol, delta....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0	0.0	0.0
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									

NDB No. 15152
Crustaceans, shrimp, mixed species, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.188		0	NC	4		0.241	0.053	0.241
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.001		1	A	1		0.001	0.000	0.001
12:0....g	0.001		1	A	1		0.001	0.000	0.001
13:0....g									
14:0....g	0.003		1	A	1		0.004	0.001	0.004
15:0....g	0.006		1	A	1		0.008	0.002	0.008
16:0....g	0.083		1	A	1		0.106	0.024	0.106
17:0....g	0.015		1	A	1		0.019	0.004	0.019
18:0....g	0.070		1	A	1		0.090	0.020	0.090
20:0....g	0.005		1	A	1		0.006	0.001	0.006
22:0....g	0.005		1	A	1		0.006	0.001	0.006
24:0....g									
Fatty acids, total monounsaturated....g	0.108		0	NC	4		0.138	0.031	0.138
14:1....g	0.000		1	A	1		0.000	0.000	0.000
15:1....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.020		1	A	1		0.025	0.006	0.025
17:1....g	0.007		1	A	1		0.009	0.002	0.009
18:1 undifferentiated....g	0.069		1	A	1		0.088	0.020	0.088
20:1....g	0.006		1	A	1		0.008	0.002	0.008
22:1 undifferentiated....g	0.006		0		1		0.008	0.002	0.008
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.684		0	NC	4		0.875	0.194	0.875
18:2 undifferentiated....g	0.015		1	A	1		0.019	0.004	0.019
18:3 undifferentiated....g	0.008		0	A	1		0.010	0.002	0.010
18:3 n-3 c,c,c (ALA)....g	0.004		1	A	1		0.005	0.001	0.005
18:3 n-6 c,c,c....g	0.004		1	A	1		0.005	0.001	0.005
18:3i....g									
18:4....g	0.007		0		1		0.009	0.002	0.009
20:2 n-6 c,c....g	0.005		1	A	1		0.006	0.001	0.006
20:3 undifferentiated....g	0.001		1	A	1		0.001	0.000	0.001
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.043		1	A	1		0.055	0.012	0.055
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.293		0		1		0.375	0.083	0.375
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.052		0		1		0.067	0.015	0.067
22:6 n-3 (DHA)....g	0.252		0		1		0.323	0.071	0.323
Fatty acids, total trans....g									
Cholesterol....mg	252		1	A	1		323	71	323
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.186		0	A	1		0.238	0.053	0.238
Threonine....g	0.824		0	A	1		1.055	0.234	1.055
Isoleucine....g	0.974		0	A	1		1.247	0.276	1.247
Leucine....g	1.681		0	A	1		2.152	0.477	2.152
Lysine....g	1.813		0	A	1		2.321	0.514	2.321
Methionine....g	0.557		0	A	1		0.713	0.158	0.713
Cystine....g	0.242		0	A	1		0.310	0.069	0.310
Phenylalanine....g	0.946		0	A	1		1.211	0.268	1.211
Tyrosine....g	0.810		0	A	1		1.037	0.230	1.037
Valine....g	0.935		0	A	1		1.197	0.265	1.197
Arginine....g	1.631		0	A	1		2.088	0.462	2.088
Histidine....g	0.485		0	A	1		0.621	0.137	0.621
Alanine....g	1.135		0	A	1		1.453	0.322	1.453
Aspartic acid....g	2.217		0	A	1		2.838	0.629	2.838
Glutamic acid....g	3.429		0	A	1		4.389	0.972	4.389
Glycine....g	1.066		0	A	1		1.364	0.302	1.364

NDB No. 15152
Crustaceans, shrimp, mixed species, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline....g	0.671		0	A	1		0.859	0.190	0.859
Serine....g	0.866		0	A	1		1.108	0.245	1.108
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 128g: 1 can (4.5 oz), drained

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15150

Crustaceans, shrimp, mixed species, cooked, breaded and fried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.86	0.450	11		1		44.93	15.86	
Energy	kcal	242		0	NC	4		206	73	
Energy	kJ	1013		0	NC	4		861	304	
Protein (N x 6.22)	g	21.39	0.480	11		1		18.18	6.42	
Total lipid (fat)	g	12.28	0.240	11		1		10.44	3.68	
Ash	g	1.99	0.170	11		1		1.69	0.60	
Carbohydrate, by difference	g	11.47		0	NC	4		9.75	3.44	
Fiber, total dietary	g	0.4		0	RC	4		0.3	0.1	
Sugars, total	g	0.80		0	RA	4		0.68	0.24	
Starch	g	6.70		0	RA	4		5.69	2.01	
Minerals:										
Calcium, Ca	mg	67		0		1		57	20	
Iron, Fe	mg	1.26	0.090	11		1		1.07	0.38	
Magnesium, Mg	mg	40		0		1		34	12	
Phosphorus, P	mg	218		0		1		185	65	
Potassium, K	mg	225	13.800	11		1		191	68	
Sodium, Na	mg	344	33.600	11		1		292	103	
Zinc, Zn	mg	1.38	0.050	11		1		1.17	0.41	
Copper, Cu	mg	0.274		0		1		0.233	0.082	
Manganese, Mn	mg	0.100		0		4		0.085	0.030	
Selenium, Se	µg	41.7	1.959	40	A	1		35.4	12.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		0		4		1.3	0.5	
Thiamin	mg	0.129	0.006	11		1		0.110	0.039	
Riboflavin	mg	0.136	0.007	11		1		0.116	0.041	
Niacin	mg	3.070	0.160	11		1		2.610	0.921	
Pantothenic acid	mg	0.350		0		4		0.298	0.105	
Vitamin B-6	mg	0.098		0		1		0.083	0.029	
Folate, total	µg	33		0	RA	4		28	10	
Folic acid	µg	9		0	RA	4		8	3	
Folate, food	µg	23		0	RA	4		20	7	
Folate, DFE	mcg_DFE	39		0	NC	4		33	12	
Choline, total	mg	91.2		0	RA	4		77.5	27.4	
Betaine	mg									
Vitamin B-12	µg	1.87	0.350	11		1		1.59	0.56	
Vitamin B-12, added	µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	56		0	NR	4		48	17	
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	189		0		4		161	57	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	1.30		0	RA	4		1.11	0.39	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.1		0	RA	4		0.1	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.1		0	RA	4		0.1	0.0	
Vitamin D	IU	5		0	RA	4		5	2	
Vitamin K (phylloquinone)	µg	1.0		0	RA	4		0.8	0.3	
Dihydrophylloquinone	µg	0.1		0	RA	4		0.1	0.0	
Menaquinone-4	µg	0.3		0	RA	4		0.2	0.1	
Lipids:										
Fatty acids, total saturated	g	2.087		0		1		1.774	0.626	

NDB No. 15150
Crustaceans, shrimp, mixed species, cooked, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.035		11		1		0.030	0.011	
15:0 g									
16:0 g	1.463		11		1		1.244	0.439	
17:0 g									
18:0 g	0.541		11		1		0.460	0.162	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.812		0		1		3.240	1.144	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.076		11		1		0.065	0.023	
17:1 g									
18:1 undifferentiated g	3.753		11		1		3.190	1.126	
20:1 g	0.105		11		1		0.089	0.032	
22:1 undifferentiated g	0.022		11		1		0.019	0.007	
24:1 c g									
Fatty acids, total polyunsaturated g	5.085		0		1		4.322	1.526	
18:2 undifferentiated g	4.511		11		1		3.834	1.353	
18:3 undifferentiated g	0.267		11		1		0.227	0.080	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.059		11		1		0.050	0.018	
20:5 n-3 (EPA) g	0.109		11		1		0.093	0.033	
22:5 n-3 (DPA) g	0.035		11		1		0.030	0.011	
22:6 n-3 (DHA) g	0.124		11		1		0.105	0.037	
Fatty acids, total trans g									
Cholesterol mg	138		0	RA	4		117	41	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.299		0		1		0.254	0.090	
Threonine g	0.860		0		1		0.731	0.258	
Isoleucine g	1.042		0		1		0.886	0.313	
Leucine g	1.698		0		1		1.443	0.509	
Lysine g	1.764		0		1		1.499	0.529	
Methionine g	0.591		0		1		0.502	0.177	
Cystine g	0.258		0		1		0.219	0.077	
Phenylalanine g	0.928		0		1		0.789	0.278	
Tyrosine g	0.719		0		1		0.611	0.216	
Valine g	1.025		0		1		0.871	0.308	
Arginine g	1.784		0		1		1.516	0.535	
Histidine g	0.437		0		1		0.371	0.131	
Alanine g	1.183		0		1		1.006	0.355	
Aspartic acid g	2.132		0		1		1.812	0.640	
Glutamic acid g	3.878		0		1		3.296	1.163	
Glycine g	1.238		0		1		1.052	0.371	
Proline g	0.829		0		1		0.705	0.249	
Serine g	0.890		0		1		0.757	0.267	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RA	4		0.0	0.0	
Caffeine mg	0		0	RA	4		0	0	
Theobromine mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 15150

Crustaceans, shrimp, mixed species, cooked, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 30g: 4 large

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 3.68

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15151
Crustaceans, shrimp, mixed species, cooked, moist heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.56		0	RA	4		60.83	15.74	
Energy	kcal	119		0	NC	4		101	26	
Energy	kJ	497		0	NC	4		423	109	
Protein (N x 6.25)	g	22.78		0	RA	4		19.36	5.01	
Total lipid (fat)	g	1.70		0	RA	4		1.44	0.37	
Ash	g	3.11		0	RA	4		2.65	0.68	
Carbohydrate, by difference	g	1.52		0	RA	4		1.29	0.34	
Fiber, total dietary	g	0.0		0	RA	4		0.0	0.0	
Sugars, total	g	0.00		0	RA	4		0.00	0.00	
Sucrose	g	0.00		0	RA	4		0.00	0.00	
Glucose (dextrose)	g	0.00		0	RA	4		0.00	0.00	
Fructose	g	0.00		0	RA	4		0.00	0.00	
Lactose	g	0.00		0	RA	4		0.00	0.00	
Maltose	g	0.00		0	RA	4		0.00	0.00	
Galactose	g	0.00		0	RA	4		0.00	0.00	
Starch	g	0.00		0	RA	4		0.00	0.00	
Minerals:										
Calcium, Ca	mg	91		0	RA	4		77	20	
Iron, Fe	mg	0.32		0	RA	4		0.27	0.07	
Magnesium, Mg	mg	37		0	RA	4		32	8	
Phosphorus, P	mg	306		0	RA	4		260	67	
Potassium, K	mg	170		0	RA	4		144	37	
Sodium, Na (1)	mg	947		0	RA	4		805	208	
Zinc, Zn	mg	1.63		0	RA	4		1.38	0.36	
Copper, Cu	mg	0.258		0	RA	4		0.220	0.057	
Manganese, Mn	mg	0.049		0	RA	4		0.041	0.011	
Selenium, Se	µg	49.5		0	RA	4		42.1	10.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4		0.0	0.0	
Thiamin	mg	0.032		0	RA	4		0.027	0.007	
Riboflavin	mg	0.024		0	RA	4		0.020	0.005	
Niacin	mg	2.678		0	RA	4		2.276	0.589	
Pantothenic acid	mg	0.519		0	RA	4		0.441	0.114	
Vitamin B-6	mg	0.242		0	RA	4		0.206	0.053	
Folate, total	µg	24		0	RA	4		21	5	
Folic acid	µg	0		0	RA	4		0	0	
Folate, food	µg	24		0	RA	4		21	5	
Folate, DFE	mcg_DFE	24		0	NC	4		21	5	
Choline, total	mg	135.4		0	RA	4		115.1	29.8	
Betaine	mg									
Vitamin B-12	µg	1.66		0	RA	4		1.42	0.37	
Vitamin B-12, added	µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	90		0	RA	4		77	20	
Retinol	µg	90		0	RA	4		77	20	
Carotene, beta	µg	0		0	RA	4		0	0	
Carotene, alpha	µg	0		0	RA	4		0	0	
Cryptoxanthin, beta	µg	0		0	RA	4		0	0	
Vitamin A, IU	IU	301		0	NC	4		256	66	
Lycopene	µg	0		0	RA	4		0	0	
Lutein + zeaxanthin	µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	2.20		0	RA	4		1.87	0.48	
Vitamin E, added	mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, gamma	mg	0.20		0	RA	4		0.17	0.04	
Tocopherol, delta	mg	0.05		0	RA	4		0.04	0.01	
Vitamin D (D2 + D3)	µg	0.1		0	RA	4		0.1	0.0	
Vitamin D2 (ergocalciferol)	µg									

NDB No. 15151
Crustaceans, shrimp, mixed species, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	0.1		0	RA	4		0.1	0.0	
Vitamin D....IU	4		0	RA	4		3	1	
Vitamin K (phylloquinone)....µg	0.4		0	RA	4		0.4	0.1	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg	0.4		0	RA	4		0.4	0.1	
Lipids:									
Fatty acids, total saturated....g	0.521		0	RA	4		0.443	0.115	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.010		0	RA	4		0.009	0.002	
13:0....g									
14:0....g	0.022		0	RA	4		0.018	0.005	
15:0....g	0.014		0	RA	4		0.012	0.003	
16:0....g	0.284		0	RA	4		0.241	0.062	
17:0....g	0.024		0	RA	4		0.020	0.005	
18:0....g	0.157		0	RA	4		0.133	0.034	
20:0....g	0.003		0	RA	4		0.003	0.001	
22:0....g	0.000		0	RA	4		0.000	0.000	
24:0....g	0.008		0	RA	4		0.007	0.002	
Fatty acids, total monounsaturated....g	0.361		0	RA	4		0.307	0.079	
14:1....g	0.000		0	RA	4		0.000	0.000	
15:1....g	0.000		0	RA	4		0.000	0.000	
16:1 undifferentiated....g	0.040		0	RA	4		0.034	0.009	
17:1....g	0.092		0	RA	4		0.078	0.020	
18:1 undifferentiated....g	0.224		0	RA	4		0.190	0.049	
20:1....g	0.006		0	RA	4		0.005	0.001	
22:1 undifferentiated....g	0.000		0	RA	4		0.000	0.000	
24:1 c....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.590		0	RA	4		0.502	0.130	
18:2 undifferentiated....g	0.191		0	RA	4		0.162	0.042	
18:3 undifferentiated....g	0.012		0	RA	4		0.011	0.003	
18:4....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c....g	0.012		0	RA	4		0.011	0.003	
20:3 undifferentiated....g	0.012		0	RA	4		0.011	0.003	
20:4 undifferentiated....g	0.067		0	RA	4		0.057	0.015	
20:5 n-3 (EPA)....g	0.135		0	RA	4		0.115	0.030	
22:5 n-3 (DPA)....g	0.012		0	RA	4		0.011	0.003	
22:6 n-3 (DHA)....g	0.141		0	RA	4		0.120	0.031	
Fatty acids, total trans....g	0.035		0	RA	4		0.030	0.008	
Cholesterol....mg	211		0	RA	4		179	46	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.260		0	RA	4		0.221	0.057	
Threonine....g	0.904		0	RA	4		0.768	0.199	
Isoleucine....g	1.050		0	RA	4		0.892	0.231	
Leucine....g	1.950		0	RA	4		1.657	0.429	
Lysine....g	2.172		0	RA	4		1.846	0.478	
Methionine....g	0.665		0	RA	4		0.565	0.146	
Cystine....g	0.272		0	RA	4		0.231	0.060	
Phenylalanine....g	0.992		0	RA	4		0.843	0.218	
Tyrosine....g	0.862		0	RA	4		0.733	0.190	
Valine....g	1.067		0	RA	4		0.907	0.235	
Arginine....g	2.247		0	RA	4		1.910	0.494	
Histidine....g	0.501		0	RA	4		0.426	0.110	
Alanine....g	1.410		0	RA	4		1.198	0.310	
Aspartic acid....g	2.540		0	RA	4		2.159	0.559	
Glutamic acid....g	4.001		0	RA	4		3.401	0.880	
Glycine....g	1.341		0	RA	4		1.140	0.295	
Proline....g	1.047		0	RA	4		0.890	0.230	
Serine....g	0.929		0	RA	4		0.790	0.204	

NDB No. 15151
Crustaceans, shrimp, mixed species, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 22g: 4 large

Footnotes:

1 Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 224 mg sodium/100g.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15153

Crustaceans, shrimp, mixed species, imitation, made from surimi

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.91	0.225	3		1		63.67		
Energy	kcal	101		0	NC	4		86		
Energy	kJ	423				4		359		
Protein (N x 6.25)	g	12.39	0.456	3		1		10.53		
Total lipid (fat)	g	1.47	0.191	3		1		1.25		
Ash	g	2.11	0.058	3		1		1.79		
Carbohydrate, by difference	g	9.13		0	NC	4		7.76		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19	5.485	3		1		16		
Iron, Fe	mg	0.60	0.191	3		1		0.51		
Magnesium, Mg	mg	43		0		4		37		
Phosphorus, P	mg	282		0		4		240		
Potassium, K	mg	89	1.155	3		1		76		
Sodium, Na	mg	705	24.827	3		1		599		
Zinc, Zn	mg	0.33		0		4		0.28		
Copper, Cu	mg	0.032		0		4		0.027		
Manganese, Mn	mg	0.011		0		4		0.009		
Selenium, Se	µg	22.9		0	BFPN	4		19.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.024	0.006	3		1		0.020		
Riboflavin	mg	0.034	0.007	3		1		0.029		
Niacin	mg	0.170	0.069	3		1		0.145		
Pantothenic acid	mg	0.070		0		4		0.060		
Vitamin B-6	mg	0.030		0		4		0.026		
Folate, total	µg	2		0		4		1		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	2		0		4		1		
Folate, DFE	mcg_DFE	2		0	NC	4		1		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.60		0		4		1.36		
Vitamin A, RAE	mcg_RAE	20		0		4		17		
Retinol	µg	20		0		4		17		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	66		0		4		56		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.290		0		4		0.247		
Fatty acids, total monounsaturated	g	0.220		0		4		0.187		

NDB No. 15153

Crustaceans, shrimp, mixed species, imitation, made from surimi

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	0.750		0		4		0.638		
Fatty acids, total trans.....g									
Cholesterol.....mg	36	3.695	3		1		31		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.075		0		1		0.064		
Threonine.....g	0.599		0		1		0.509		
Isoleucine.....g	0.579		0		1		0.492		
Leucine.....g	0.981		0		1		0.834		
Lysine.....g	1.132		0		1		0.962		
Methionine.....g	0.420		0		1		0.357		
Cystine.....g	0.133		0		1		0.113		
Phenylalanine.....g	0.486		0		1		0.413		
Tyrosine.....g	0.499		0		1		0.424		
Valine.....g	0.628		0		1		0.534		
Arginine.....g	0.823		0		1		0.700		
Histidine.....g	0.285		0		1		0.242		
Alanine.....g	0.727		0		1		0.618		
Aspartic acid.....g	1.239		0		1		1.053		
Glutamic acid.....g	1.956		0		1		1.663		
Glycine.....g	0.480		0		1		0.408		
Proline.....g	0.462		0		1		0.393		
Serine.....g	0.541		0		1		0.460		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15149

Crustaceans, shrimp, mixed species, raw

Penaeidae and Pandalidae

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	83.01	0.851	4	A	1		4.98	4.15	70.56
Energy ... kcal	71		0	NC	4		4	4	60
Energy ... kJ	297		0	NC	4		18	15	253
Protein (N x 6.25) ... g	13.61	0.312	4	A	1		0.82	0.68	11.57
Total lipid (fat) ... g	1.01	0.064	4	A	1		0.06	0.05	0.86
Ash ... g	1.86	0.124	4	A	1		0.11	0.09	1.58
Carbohydrate, by difference ... g	0.91		0	NC	4		0.05	0.05	0.77
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total ... g	0.00		1	A	1		0.00	0.00	0.00
Sucrose ... g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose) ... g	0.00		1	A	1		0.00	0.00	0.00
Fructose ... g	0.00		1	A	1		0.00	0.00	0.00
Lactose ... g	0.00		1	A	1		0.00	0.00	0.00
Maltose ... g	0.00		1	A	1		0.00	0.00	0.00
Galactose ... g	0.00		1	A	1		0.00	0.00	0.00
Starch ... g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca ... mg	54	9.111	4	A	1		3	3	46
Iron, Fe ... mg	0.21	0.046	4	A	1		0.01	0.01	0.18
Magnesium, Mg ... mg	22	1.316	4	A	1		1	1	19
Phosphorus, P ... mg	244	17.173	4	A	1		15	12	207
Potassium, K ... mg	113	15.505	4	A	1		7	6	96
Sodium, Na (1) ... mg	566	29.067	4	A	1		34	28	481
Zinc, Zn ... mg	0.97	0.106	4	A	1		0.06	0.05	0.83
Copper, Cu ... mg	0.182	0.029	4	A	1		0.011	0.009	0.154
Manganese, Mn ... mg	0.029	0.010	4	A	1		0.002	0.001	0.025
Selenium, Se ... µg	29.6	3.340	4	A	1		1.8	1.5	25.1
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin ... mg	0.020	0.004	4	A	1		0.001	0.001	0.017
Riboflavin ... mg	0.015	0.000	4	A	1		0.001	0.001	0.013
Niacin ... mg	1.778	0.271	4	A	1		0.107	0.089	1.511
Pantothenic acid ... mg	0.310		2	A	1		0.019	0.016	0.264
Vitamin B-6 ... mg	0.161	0.018	4	A	1		0.010	0.008	0.136
Folate, total ... µg	19	1.493	4	A	1		1	1	16
Folic acid ... µg	0		0	Z	7		0	0	0
Folate, food ... µg	19	1.493	4	AS	1		1	1	16
Folate, DFE ... mcg_DFE	19		0	NC	4		1	1	16
Choline, total ... mg	80.9		0	T	4		4.9	4.0	68.8
Betaine ... mg									
Vitamin B-12 ... µg	1.11	0.088	4	A	1		0.07	0.06	0.94
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE ... mcg_RAE	54		0	NC	4		3	3	46
Retinol ... µg	54		0	T	4		3	3	46
Carotene, beta ... µg	0		0	Z	7		0	0	0
Carotene, alpha ... µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta ... µg	0		0	Z	7		0	0	0
Vitamin A, IU ... IU	180		0	NC	4		11	9	153
Lycopene ... µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin ... µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) ... mg	1.32	0.070	4	A	1		0.08	0.07	1.12
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta ... mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma ... mg	0.12	0.021	4	A	1		0.01	0.01	0.10
Tocopherol, delta ... mg	0.03	0.013	4	A	1		0.00	0.00	0.02
Vitamin D (D2 + D3) ... µg	0.1		5	AS	1		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) ... µg									

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Crustaceans, shrimp, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	0.1	0.033	5	A	1		0.0	0.0	0.0
Vitamin D....IU	2	1.315	5	A	1		0	0	2
Vitamin K (phylloquinone)....µg	0.3	0.170	4	A	1		0.0	0.0	0.2
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.3	0.250	4	A	1		0.0	0.0	0.2
Lipids:									
Fatty acids, total saturated....g	0.115		0	NC	4		0.007	0.006	0.098
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.000		2	A	1		0.000	0.000	0.000
12:0....g	0.002	0.000	4	A	1		0.000	0.000	0.002
13:0....g									
14:0....g	0.005	0.000	4	A	1		0.000	0.000	0.004
15:0....g	0.003	0.000	4	A	1		0.000	0.000	0.003
16:0....g	0.063	0.008	4	A	1		0.004	0.003	0.053
17:0....g	0.005	0.001	4	A	1		0.000	0.000	0.004
18:0....g	0.035	0.011	4	A	1		0.002	0.002	0.029
20:0....g	0.001	0.001	4	A	1		0.000	0.000	0.001
22:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:0....g	0.002	0.000	4	A	1		0.000	0.000	0.001
Fatty acids, total monounsaturated....g	0.080		0	NC	4		0.005	0.004	0.068
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.009	0.001	4	AS	1		0.001	0.000	0.007
16:1 c....g	0.007	0.000	4	A	1		0.000	0.000	0.006
16:1 t....g	0.002	0.000	4	A	1		0.000	0.000	0.001
17:1....g	0.020	0.007	4	A	1		0.001	0.001	0.017
18:1 undifferentiated....g	0.049	0.007	4	AS	1		0.003	0.002	0.042
18:1 c....g	0.046	0.006	4	A	1		0.003	0.002	0.039
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.004	0.001	4	A	1		0.000	0.000	0.003
18:1-11t (18:1t n-7)....g									
20:1....g	0.001	0.000	4	A	1		0.000	0.000	0.001
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.130		0	NC	4		0.008	0.007	0.111
18:2 undifferentiated....g	0.042	0.009	4	AS	1		0.003	0.002	0.036
18:2 n-6 c,c....g	0.039	0.009	4	A	1		0.002	0.002	0.033
18:2 CLAs....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.003	0.000	4	A	1		0.000	0.000	0.002
18:3 undifferentiated....g	0.003	0.000	4	AS	1		0.000	0.000	0.002
18:3 n-3 c,c,c (ALA)....g	0.003	0.000	4	A	1		0.000	0.000	0.002
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.003	0.000	4	A	1		0.000	0.000	0.002
20:3 undifferentiated....g	0.003	0.001	4	AS	1		0.000	0.000	0.002
20:3 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6....g	0.003	0.001	4	A	1		0.000	0.000	0.002
20:4 undifferentiated....g	0.015	0.001	4	A	1		0.001	0.001	0.013
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.030	0.003	4	A	1		0.002	0.001	0.025
21:5....g									
22:4....g	0.002	0.001	4	A	1		0.000	0.000	0.001
22:5 n-3 (DPA)....g	0.003	0.000	4	A	1		0.000	0.000	0.002

NDB No. 15149
Crustaceans, shrimp, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.031	0.003	4	A	1		0.002	0.002	0.026
Fatty acids, total trans....g	0.008		0	NC	4		0.000	0.000	0.007
Fatty acids, total trans-monoenoic....g	0.005		0	NC	4		0.000	0.000	0.004
Fatty acids, total trans-polyenoic....g	0.003		0	NC	4		0.000	0.000	0.002
Cholesterol....mg	126	4.854	4	A	1		8	6	107
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.155		0	A	1		0.009	0.008	0.132
Threonine....g	0.540		0	A	1		0.032	0.027	0.459
Isoleucine....g	0.627		0	A	1		0.038	0.031	0.533
Leucine....g	1.165		0	A	1		0.070	0.058	0.990
Lysine....g	1.297		0	A	1		0.078	0.065	1.103
Methionine....g	0.397		0	A	1		0.024	0.020	0.338
Cystine....g	0.162		0	A	1		0.010	0.008	0.138
Phenylalanine....g	0.593		0	A	1		0.036	0.030	0.504
Tyrosine....g	0.515		0	A	1		0.031	0.026	0.438
Valine....g	0.637		0	A	1		0.038	0.032	0.542
Arginine....g	1.342		0	A	1		0.081	0.067	1.141
Histidine....g	0.300		0	A	1		0.018	0.015	0.255
Alanine....g	0.842		0	A	1		0.051	0.042	0.716
Aspartic acid....g	1.517		0	A	1		0.091	0.076	1.289
Glutamic acid....g	2.390		0	A	1		0.143	0.119	2.031
Glycine....g	0.801		0	A	1		0.048	0.040	0.681
Proline....g	0.626		0	A	1		0.038	0.031	0.532
Serine....g	0.555		0	A	1		0.033	0.028	0.472
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.0g: 1 medium

Measure 2 = 5.0g: 1 small

Measure 3 = 85g: 3 oz

Footnotes:

1 Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 148 mg sodium/100g.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15228

Crustaceans, spiny lobster, mixed species, cooked, moist heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.76		0		1		108.82	56.75	
Energy....kcal	143		0	NC	4		233	122	
Energy....kJ	598				4		975	509	
Protein (N x 6.25)....g	26.41		0		1		43.05	22.45	
Total lipid (fat)....g	1.94		0		1		3.16	1.65	
Ash....g	1.78		0		1		2.90	1.51	
Carbohydrate, by difference....g	3.12		0	NC	4		5.09	2.65	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	63		0		1		103	54	
Iron, Fe....mg	1.41		0		1		2.30	1.20	
Magnesium, Mg....mg	51		0		1		83	43	
Phosphorus, P....mg	229		0		1		373	195	
Potassium, K....mg	208		0		1		339	177	
Sodium, Na....mg	227		0		1		370	193	
Zinc, Zn....mg	7.27		0		1		11.85	6.18	
Copper, Cu....mg	0.415		0		1		0.676	0.353	
Manganese, Mn....mg	0.018		0		1		0.029	0.015	
Selenium, Se....µg	59.2		0	BFSN	4		96.5	50.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.1		0		1		3.4	1.8	
Thiamin....mg	0.009		0		1		0.015	0.008	
Riboflavin....mg	0.056		0		1		0.091	0.048	
Niacin....mg	4.898		0		1		7.984	4.163	
Pantothenic acid....mg	0.404		0		1		0.659	0.343	
Vitamin B-6....mg	0.173		0		1		0.282	0.147	
Folate, total....µg	1		0		1		2	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		1		2	1	
Folate, DFE....mcg_DFE	1		0	NC	4		2	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	4.04		0		1		6.59	3.43	
Vitamin A, RAE....mcg_RAE	6		0		1		10	5	
Retinol....µg	6		0		1		10	5	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	20		0		1		33	17	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.303		0		1		0.494	0.258	
4:0....g									

NDB No. 15228

Crustaceans, spiny lobster, mixed species, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.008		0		1		0.013	0.007	
15:0....g									
16:0....g	0.192		0		1		0.313	0.163	
17:0....g									
18:0....g	0.103		0		1		0.168	0.088	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.353		0		1		0.575	0.300	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.050		0		1		0.082	0.043	
17:1....g									
18:1 undifferentiated....g	0.268		0		1		0.437	0.228	
20:1....g	0.035		0		1		0.057	0.030	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.756		0		1		1.232	0.643	
18:2 undifferentiated....g	0.017		0		1		0.028	0.014	
18:3 undifferentiated....g	0.010		0		1		0.016	0.009	
18:4....g	0.006		0		1		0.010	0.005	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.198		0		1		0.323	0.168	
20:5 n-3 (EPA)....g	0.341		0		1		0.556	0.290	
22:5 n-3 (DPA)....g	0.044		0		1		0.072	0.037	
22:6 n-3 (DHA)....g	0.139		0		1		0.227	0.118	
Fatty acids, total trans....g									
Cholesterol....mg	90		0		1		147	77	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.368		0		1		0.600	0.313	
Threonine....g	1.065		0		1		1.736	0.905	
Isoleucine....g	1.276		0		1		2.080	1.085	
Leucine....g	2.092		0		1		3.410	1.778	
Lysine....g	2.295		0		1		3.741	1.951	
Methionine....g	0.744		0		1		1.213	0.632	
Cystine....g	0.296		0		1		0.482	0.252	
Phenylalanine....g	1.111		0		1		1.811	0.944	
Tyrosine....g	0.879		0		1		1.433	0.747	
Valine....g	1.238		0		1		2.018	1.052	
Arginine....g	2.303		0		1		3.754	1.958	
Histidine....g	0.537		0		1		0.875	0.456	
Alanine....g	1.492		0		1		2.432	1.268	
Aspartic acid....g	2.726		0		1		4.443	2.317	
Glutamic acid....g	4.496		0		1		7.328	3.822	
Glycine....g	1.589		0		1		2.590	1.351	
Proline....g	0.870		0		1		1.418	0.740	
Serine....g	1.035		0		1		1.687	0.880	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 163g: 1 lobster

NDB No. 15228

Crustaceans, spiny lobster, mixed species, cooked, moist heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15154

Crustaceans, spiny lobster, mixed species, raw

Jasus spp. and Panulirus spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.07	0.218	28		1		154.81	62.96	
Energy....kcal	112		0	NC	4		234	95	
Energy....kJ	469				4		979	398	
Protein (N x 6.25)....g	20.60	1.116	27		1		43.05	17.51	
Total lipid (fat)....g	1.51		8		1		3.16	1.28	
Ash....g	1.39	0.074	23		1		2.91	1.18	
Carbohydrate, by difference....g	2.43		0	NC	4		5.08	2.07	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	49	10.190	20		1		102	42	
Iron, Fe....mg	1.22	0.613	4		1		2.55	1.04	
Magnesium, Mg....mg	40		0		4		84	34	
Phosphorus, P....mg	238	31.739	21		1		497	202	
Potassium, K....mg	180		0		4		376	153	
Sodium, Na....mg	177		0		4		370	150	
Zinc, Zn....mg	5.67	3.769	40		1		11.85	4.82	
Copper, Cu....mg	0.381	0.027	40		1		0.796	0.324	
Manganese, Mn....mg	0.015		0		1		0.031	0.013	
Selenium, Se....µg	46.2		0	BFSN	4		96.6	39.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0		0		4		4.2	1.7	
Thiamin....mg	0.007		2		1		0.015	0.006	
Riboflavin....mg	0.046		2		1		0.096	0.039	
Niacin....mg	4.245		2		1		8.872	3.608	
Pantothenic acid....mg	0.350		0		4		0.732	0.298	
Vitamin B-6....mg	0.150		0		4		0.314	0.128	
Folate, total....µg	1		0		4		1	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		4		1	1	
Folate, DFE....mcg_DFE	1		0	NC	4		1	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.50		0		4		7.32	2.98	
Vitamin A, RAE....mcg_RAE	5		0		4		11	4	
Retinol....µg	5		0		4		11	4	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	17		0		4		36	14	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.237		0		1		0.495	0.201	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 15154
Crustaceans, spiny lobster, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		1		0.000	0.000	
8:0 ... g	0.000		0		1		0.000	0.000	
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.000		0		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.006		1		1		0.013	0.005	
15:0 ... g									
16:0 ... g	0.149		1		1		0.311	0.127	
17:0 ... g									
18:0 ... g	0.080		1		1		0.167	0.068	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.275		0		1		0.575	0.234	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.039		1		1		0.082	0.033	
17:1 ... g									
18:1 undifferentiated ... g	0.208		1		1		0.435	0.177	
20:1 ... g	0.027		1		1		0.056	0.023	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.590		0		1		1.233	0.502	
18:2 undifferentiated ... g	0.013		1		1		0.027	0.011	
18:3 undifferentiated ... g	0.008		1		1		0.017	0.007	
18:4 ... g	0.005		1		1		0.010	0.004	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.154		1		1		0.322	0.131	
20:5 n-3 (EPA) ... g	0.265		1		1		0.554	0.225	
22:5 n-3 (DPA) ... g	0.034		1		1		0.071	0.029	
22:6 n-3 (DHA) ... g	0.108		1		1		0.226	0.092	
Fatty acids, total trans ... g									
Cholesterol ... mg	70		1		1		146	60	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.287		0		1		0.600	0.244	
Threonine ... g	0.834		0		1		1.743	0.709	
Isoleucine ... g	0.998		0		1		2.086	0.848	
Leucine ... g	1.634		0		1		3.415	1.389	
Lysine ... g	1.792		0		1		3.745	1.523	
Methionine ... g	0.580		0		1		1.212	0.493	
Cystine ... g	0.231		0		1		0.483	0.196	
Phenylalanine ... g	0.870		0		1		1.818	0.740	
Tyrosine ... g	0.685		0		1		1.432	0.582	
Valine ... g	0.969		0		1		2.025	0.824	
Arginine ... g	1.799		0		1		3.760	1.529	
Histidine ... g	0.418		0		1		0.874	0.355	
Alanine ... g	1.166		0		1		2.437	0.991	
Aspartic acid ... g	2.129		0		1		4.450	1.810	
Glutamic acid ... g	3.512		0		1		7.340	2.985	
Glycine ... g	1.242		0		1		2.596	1.056	
Proline ... g	0.679		0		1		1.419	0.577	
Serine ... g	0.811		0		1		1.695	0.689	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 15154

Crustaceans, spiny lobster, mixed species, raw

Common Measures:

Measure 1 = 209g: 1 lobster

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15265

Fish, Salmon, pink, canned, drained solids, without skin and bones

Refuse:

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.63	0.195	17	A	1		170.92		
Energy	kcal	136		0	NC	4		330		
Energy	kJ	570		0	NC	4		1379		
Protein	g	24.62	0.128	17	A	1		59.58		
Total lipid (fat)	g	4.21	0.138	17	A	1		10.18		
Ash	g	1.90	0.021	17	A	1		4.59		
Carbohydrate, by difference	g	0.00		0	NC	4		0.00		
Fiber, total dietary	g	0.0		0	BFSN	4		0.0		
Sugars, total	g	0.00		0	BFSN	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	60	3.485	17	A	1		145		
Iron, Fe	mg	0.57	0.019	17	A	1		1.38		
Magnesium, Mg	mg	24	0.439	17	A	1		58		
Phosphorus, P	mg	253	3.949	17	A	1		611		
Potassium, K	mg	326	4.067	17	A	1		790		
Sodium, Na	mg	378	7.085	17	A	1		915		
Zinc, Zn	mg	0.65	0.009	17	A	1		1.57		
Copper, Cu	mg	0.077	0.002	17	A	1		0.187		
Manganese, Mn	mg	0.011	0.000	17	A	1		0.027		
Selenium, Se	µg	39.6		0	BFSN	4		95.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFSN	4		0.0		
Thiamin	mg	0.027		0	BFSN	4		0.066		
Riboflavin	mg	0.203		0	BFSN	4		0.491		
Niacin	mg	7.430		0	BFSN	4		17.980		
Pantothenic acid	mg									
Vitamin B-6	mg	0.105		0	BFSN	4		0.254		
Folate, total	µg	4		0	BFSN	4		9		
Folic acid	µg	0		0	BFSN	4		0		
Folate, food	µg	4		0	BFSN	4		9		
Folate, DFE	mcg_DFE	4		0	NC	4		9		
Choline, total	mg	88.0		0	BFSN	4		213.1		
Betaine	mg									
Vitamin B-12	µg	4.96		0	BFSN	4		12.00		
Vitamin B-12, added	µg	0.00		0	BFSN	4		0.00		
Vitamin A, RAE	mcg_RAE	20		0	BFSN	4		48		
Retinol	µg	20		0	BFSN	4		48		
Carotene, beta	µg	0		0	BFSN	4		0		
Carotene, alpha	µg	0		0	BFSN	4		0		
Cryptoxanthin, beta	µg	0		0	BFSN	4		0		
Vitamin A, IU	IU	66		0	NC	4		159		
Lycopene	µg	0		0	BFSN	4		0		
Lutein + zeaxanthin	µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	1.28		0	BFSN	4		3.11		
Vitamin E, added	mg	0.00		0	BFSN	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	14.1		6	AS	1		34.0		
Vitamin D2 (ergocalciferol)	µg	0.0	0.000	3	A	1		0.0		
Vitamin D3 (cholecalciferol)	µg	14.1	0.720	3	A	1		34.0		
Vitamin D	IU	563	28.774	3	A	1		1361		
Vitamin K (phylloquinone)	µg	0.1		0	BFSN	4		0.4		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15265

Fish, Salmon, pink, canned, drained solids, without skin and bones

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.749		0	NC	4		1.812		
4:0....g	0.003	0.000	17	A	1		0.008		
6:0....g	0.000	0.000	17	A	1		0.000		
8:0....g	0.001	0.000	17	A	1		0.002		
10:0....g	0.007	0.003	17	A	1		0.016		
12:0....g	0.002	0.000	17	A	1		0.005		
13:0....g									
14:0....g	0.134	0.006	17	A	1		0.325		
15:0....g	0.019	0.001	17	A	1		0.047		
16:0....g	0.467	0.014	17	A	1		1.131		
17:0....g	0.013	0.000	17	A	1		0.031		
18:0....g	0.094	0.003	17	A	1		0.227		
20:0....g	0.006	0.000	17	A	1		0.014		
22:0....g	0.002	0.000	17	A	1		0.006		
24:0....g	0.001	0.000	17	A	1		0.002		
Fatty acids, total monounsaturated....g	0.971		0	NC	4		2.349		
14:1....g	0.002	0.000	17	A	1		0.005		
15:1....g	0.000	0.000	17	A	1		0.000		
16:1 undifferentiated....g	0.117	0.005	17	AS	1		0.283		
16:1 c....g	0.111	0.004	17	A	1		0.269		
16:1 t....g	0.006	0.000	17	A	1		0.014		
17:1....g	0.008	0.000	17	A	1		0.019		
18:1 undifferentiated....g	0.455	0.014	17	AS	1		1.101		
18:1 c....g	0.447	0.014	17	A	1		1.083		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.008	0.000	17	A	1		0.018		
18:1-11t (18:1t n-7)....g									
20:1....g	0.338	0.018	17	A	1		0.817		
22:1 undifferentiated....g	0.043	0.003	17	AS	1		0.104		
22:1 c....g	0.042	0.003	17	A	1		0.101		
22:1 t....g	0.001	0.000	17	A	1		0.003		
24:1 c....g	0.008	0.003	17	A	1		0.020		
Fatty acids, total polyunsaturated....g	1.298		0	NC	4		3.142		
18:2 undifferentiated....g	0.071	0.003	17	AS	1		0.173		
18:2 n-6 c,c....g	0.060	0.002	17	A	1		0.146		
18:2 CLAs....g	0.004	0.001	17	A	1		0.009		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.007	0.000	17	A	1		0.018		
18:3 undifferentiated....g	0.042	0.002	17	AS	1		0.103		
18:3 n-3 c,c,c (ALA)....g	0.039	0.002	17	A	1		0.094		
18:3 n-6 c,c,c....g	0.003	0.000	17	A	1		0.008		
18:3i....g									
18:4....g	0.108	0.006	17	A	1		0.261		
20:2 n-6 c,c....g	0.012	0.001	17	A	1		0.029		
20:3 undifferentiated....g	0.011	0.000	17	AS	1		0.026		
20:3 n-3....g	0.006	0.000	17	A	1		0.014		
20:3 n-6....g	0.005	0.000	17	A	1		0.011		
20:4 undifferentiated....g	0.019	0.000	17	A	1		0.047		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.274	0.009	17	A	1		0.662		
21:5....g									
22:4....g	0.003	0.000	17	A	1		0.006		
22:5 n-3 (DPA)....g	0.074	0.002	17	A	1		0.180		
22:6 n-3 (DHA)....g	0.681	0.012	17	A	1		1.649		
Fatty acids, total trans....g	0.022		0	NC	4		0.053		
Fatty acids, total trans-monoenoic....g	0.014		0	NC	4		0.035		
Fatty acids, total trans-polyenoic....g	0.007		0	NC	4		0.018		
Cholesterol....mg	83		0	BFSN	4		201		
Phytosterols....mg									

NDB No. 15265

Fish, Salmon, pink, canned, drained solids, without skin and bones

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.266		0	A	1		0.643		
Threonine....g	1.280		0	A	1		3.098		
Isoleucine....g	1.146		0	A	1		2.774		
Leucine....g	1.877		0	A	1		4.541		
Lysine....g	2.113		0	A	1		5.113		
Methionine....g	0.693		0	A	1		1.676		
Cystine....g	0.191		0	A	1		0.461		
Phenylalanine....g	1.014		0	A	1		2.455		
Tyrosine....g	0.891		0	A	1		2.157		
Valine....g	1.321		0	A	1		3.196		
Arginine....g	1.546		0	A	1		3.741		
Histidine....g	0.652		0	A	1		1.578		
Alanine....g	1.570		0	A	1		3.800		
Aspartic acid....g	3.092		0	A	1		7.484		
Glutamic acid....g	3.487		0	A	1		8.438		
Glycine....g	1.516		0	A	1		3.669		
Proline....g	1.041		0	A	1		2.519		
Serine....g	1.087		0	A	1		2.631		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFSN	4		0.0		
Caffeine....mg	0		0	BFSN	4		0		
Theobromine....mg	0		0	BFSN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 can drained solids, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15002

Fish, anchovy, european, canned in oil, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.30		0		1		14.26	2.01	22.64
Energy....kcal	210		0	NC	4		60	8	95
Energy....kJ	879		0		4		249	35	395
Protein (N x 6.25)....g	28.89		0		1		8.19	1.16	13.00
Total lipid (fat)....g	9.71		0		1		2.75	0.39	4.37
Ash....g	11.10		0		4		3.15	0.44	5.00
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	232		0		1		66	9	104
Iron, Fe....mg	4.63		0		1		1.31	0.19	2.08
Magnesium, Mg....mg	69		0		1		20	3	31
Phosphorus, P....mg	252		0		1		71	10	113
Potassium, K....mg	544		0		1		154	22	245
Sodium, Na....mg	3668		0		1		1040	147	1651
Zinc, Zn....mg	2.44		0		1		0.69	0.10	1.10
Copper, Cu....mg	0.339		0		1		0.096	0.014	0.153
Manganese, Mn....mg	0.100		0		4		0.028	0.004	0.045
Selenium, Se....µg	68.1		0	BFSN	4		19.3	2.7	30.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.078		0		1		0.022	0.003	0.035
Riboflavin....mg	0.363		0		1		0.103	0.015	0.163
Niacin....mg	19.903		0		1		5.643	0.796	8.956
Pantothenic acid....mg	0.909		0		4		0.258	0.036	0.409
Vitamin B-6....mg	0.203		0		1		0.058	0.008	0.091
Folate, total....µg	13		0		4		4	1	6
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	13		0		4		4	1	6
Folate, DFE....mcg_DFE	13		0	NC	4		4	1	6
Choline, total....mg	85.0		0	T	4		24.1	3.4	38.3
Betaine....mg									
Vitamin B-12....µg	0.88		0		1		0.25	0.04	0.40
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	12		0	NC	4		3	0	5
Retinol....µg	12		0	RA	4		3	0	5
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	40		0	NC	4		11	2	18
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	3.33		0	RA	4		0.94	0.13	1.50
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.02		0	RA	4		0.01	0.00	0.01
Tocopherol, gamma....mg	0.17		0	RA	4		0.05	0.01	0.07
Tocopherol, delta....mg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	1.7		0	AS	1		0.5	0.1	0.8
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.7		0	T	4		0.5	0.1	0.8
Vitamin D....IU	69		0	NR	4		20	3	31
Vitamin K (phylloquinone)....µg	12.1		0	RA	4		3.4	0.5	5.5
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	0.0
Menaquinone-4....µg									

Lipids:

NDB No. 15002

Fish, anchovy, european, canned in oil, drained solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.203		0		1		0.625	0.088	0.991
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.020		0		1		0.006	0.001	0.009
13:0....g									
14:0....g	0.428		0		1		0.121	0.017	0.193
15:0....g									
16:0....g	1.326		0		1		0.376	0.053	0.597
17:0....g									
18:0....g	0.420		0		1		0.119	0.017	0.189
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.770		0		1		1.069	0.151	1.697
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.590		0		1		0.167	0.024	0.266
17:1....g									
18:1 undifferentiated....g	2.942		0		1		0.834	0.118	1.324
20:1....g	0.009		0		1		0.003	0.000	0.004
22:1 undifferentiated....g	0.163		0		1		0.046	0.007	0.073
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.562		0		1		0.726	0.102	1.153
18:2 undifferentiated....g	0.362		0		1		0.103	0.014	0.163
18:3 undifferentiated....g	0.017		0		1		0.005	0.001	0.008
18:4....g	0.078		0		1		0.022	0.003	0.035
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.010		0		1		0.003	0.000	0.005
20:5 n-3 (EPA)....g	0.763		0		1		0.216	0.031	0.343
22:5 n-3 (DPA)....g	0.041		0		1		0.012	0.002	0.018
22:6 n-3 (DHA)....g	1.292		0		1		0.366	0.052	0.581
Fatty acids, total trans....g									
Cholesterol....mg	85		0		4		24	3	38
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.324		0		1		0.092	0.013	0.146
Threonine....g	1.266		0		1		0.359	0.051	0.570
Isoleucine....g	1.331		0		1		0.377	0.053	0.599
Leucine....g	2.348		0		1		0.666	0.094	1.057
Lysine....g	2.653		0		1		0.752	0.106	1.194
Methionine....g	0.855		0		1		0.242	0.034	0.385
Cystine....g	0.310		0		1		0.088	0.012	0.140
Phenylalanine....g	1.128		0		1		0.320	0.045	0.508
Tyrosine....g	0.975		0		1		0.276	0.039	0.439
Valine....g	1.488		0		1		0.422	0.060	0.670
Arginine....g	1.729		0		1		0.490	0.069	0.778
Histidine....g	0.850		0		1		0.241	0.034	0.383
Alanine....g	1.747		0		1		0.495	0.070	0.786
Aspartic acid....g	2.958		0		1		0.839	0.118	1.331
Glutamic acid....g	4.312		0		1		1.222	0.172	1.940
Glycine....g	1.387		0		1		0.393	0.055	0.624
Proline....g	1.021		0		1		0.289	0.041	0.459
Serine....g	1.179		0		1		0.334	0.047	0.531
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15002

Fish, anchovy, european, canned in oil, drained solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 4.0g: 1 anchovy

Measure 3 = 45g: 1 can (2 oz)

Calories Factors: Protein 4.27 **Fat** 8.92 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15001
Fish, anchovy, european, raw
Engraulis encrasicholus (L.)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.37		1		1		62.36		
Energy....kcal	131		0		4		111		
Energy....kJ	548				4		466		
Protein (N x 6.25)....g	20.35		1		1		17.30		
Total lipid (fat)....g	4.84	0.318	26		1		4.11		
Ash....g	1.44		1		1		1.22		
Carbohydrate, by difference....g	0.00		0		7		0.00		
Fiber, total dietary....g	0.0		0		7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	147		2		1		125		
Iron, Fe....mg	3.25	0.600	4		1		2.76		
Magnesium, Mg....mg	41		2		1		35		
Phosphorus, P....mg	174	26.408	3		1		148		
Potassium, K....mg	383		2		1		326		
Sodium, Na....mg	104		2		1		88		
Zinc, Zn....mg	1.72	0.126	4		1		1.46		
Copper, Cu....mg	0.211	0.086	10		1		0.179		
Manganese, Mn....mg	0.070		0		4		0.060		
Selenium, Se....µg	36.5		0	CAZN	4		31.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.055		1		1		0.047		
Riboflavin....mg	0.256		1		1		0.218		
Niacin....mg	14.024		1		1		11.920		
Pantothenic acid....mg	0.645		0		4		0.548		
Vitamin B-6....mg	0.143		1		1		0.122		
Folate, total....µg	9		0		4		7		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	9		0		4		7		
Folate, DFE....mcg_DFE	9		0	NC	4		7		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.62		1		1		0.53		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	15		0	NC	4		13		
Retinol....µg	15		0	NC	4		13		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	50		0	NC	4		43		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.57		0		4		0.49		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.1		0	T	4		0.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15001
Fish, anchovy, european, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.282		0		1		1.090		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.014		1		1		0.012		
13:0....g									
14:0....g	0.302		0		1		0.257		
15:0....g									
16:0....g	0.715		1		1		0.608		
17:0....g									
18:0....g	0.252		1		1		0.214		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.182		0		1		1.005		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.400		1		1		0.340		
17:1....g									
18:1 undifferentiated....g	0.624		1		1		0.530		
20:1....g	0.000		0	Z	7		0.000		
22:1 undifferentiated....g	0.115		1		1		0.098		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.637		0		1		1.391		
18:2 undifferentiated....g	0.097		1		1		0.082		
18:3 undifferentiated....g	0.000		0	Z	7		0.000		
18:4....g	0.055		1		1		0.047		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.007		1		1		0.006		
20:5 n-3 (EPA)....g	0.538		1		1		0.457		
22:5 n-3 (DPA)....g	0.029		1		1		0.025		
22:6 n-3 (DHA)....g	0.911		1		1		0.774		
Fatty acids, total trans....g									
Cholesterol....mg	60		0		4		51		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.228		0		1		0.194		
Threonine....g	0.892		0		1		0.758		
Isoleucine....g	0.938		0		1		0.797		
Leucine....g	1.654		0		1		1.406		
Lysine....g	1.869		0		1		1.589		
Methionine....g	0.602		0		1		0.512		
Cystine....g	0.218		0		1		0.185		
Phenylalanine....g	0.794		0		1		0.675		
Tyrosine....g	0.687		0		1		0.584		
Valine....g	1.048		0		1		0.891		
Arginine....g	1.217		0		1		1.034		
Histidine....g	0.599		0		1		0.509		
Alanine....g	1.231		0		1		1.046		
Aspartic acid....g	2.084		0		1		1.771		
Glutamic acid....g	3.038		0		1		2.582		
Glycine....g	0.977		0		1		0.830		
Proline....g	0.720		0		1		0.612		
Serine....g	0.830		0		1		0.706		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15001
Fish, anchovy, european, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15003

Fish, bass, fresh water, mixed species, raw

Percichthyidae and Centrarchidae

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.66	0.694	16		1		59.77	64.31	
Energy	kcal	114		0	NC	4		90	97	
Energy	kJ	477				4		377	405	
Protein (N x 6.25)	g	18.86	0.506	16		1		14.90	16.03	
Total lipid (fat)	g	3.69		17		1		2.92	3.14	
Ash	g	1.52	0.292	16		1		1.20	1.29	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	80		2		1		63	68	
Iron, Fe	mg	1.49		2		1		1.18	1.27	
Magnesium, Mg	mg	30		2		1		24	26	
Phosphorus, P	mg	200		2		1		158	170	
Potassium, K	mg	356		11		1		281	303	
Sodium, Na	mg	70		2		1		55	60	
Zinc, Zn	mg	0.65	0.129	62		1		0.51	0.55	
Copper, Cu	mg	0.093		51		1		0.073	0.079	
Manganese, Mn	mg	0.889		21		1		0.702	0.756	
Selenium, Se	µg	12.6		0	BFZN	4		10.0	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		4		1.6	1.7	
Thiamin	mg	0.075		0		4		0.059	0.064	
Riboflavin	mg	0.074		0		4		0.058	0.063	
Niacin	mg	1.250		0		4		0.988	1.063	
Pantothenic acid	mg	0.750		0		4		0.593	0.638	
Vitamin B-6	mg	0.120		0		4		0.095	0.102	
Folate, total	µg	15		0		4		12	13	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	15		0		4		12	13	
Folate, DFE	mcg_DFE	15		0	NC	4		12	13	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	2.00		0		4		1.58	1.70	
Vitamin A, RAE	mcg_RAE	30		0		4		24	26	
Retinol	µg	30		0		4		24	26	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	100		0		4		79	85	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.780		0		1		0.616	0.663	
4:0	g									

NDB No. 15003
Fish, bass, fresh water, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.087		9		1		0.069	0.074	
15:0....g									
16:0....g	0.593		9		1		0.468	0.504	
17:0....g									
18:0....g	0.100		9		1		0.079	0.085	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.431		0		1		1.130	1.216	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.382		9		1		0.302	0.325	
17:1....g									
18:1 undifferentiated....g	0.991		9		1		0.783	0.842	
20:1....g	0.057		2		1		0.045	0.048	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.062		0		1		0.839	0.903	
18:2 undifferentiated....g	0.087		9		1		0.069	0.074	
18:3 undifferentiated....g	0.111		9		1		0.088	0.094	
18:4....g	0.039		6		1		0.031	0.033	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.144		9		1		0.114	0.122	
20:5 n-3 (EPA)....g	0.238		9		1		0.188	0.202	
22:5 n-3 (DPA)....g	0.084		9		1		0.066	0.071	
22:6 n-3 (DHA)....g	0.357		9		1		0.282	0.303	
Fatty acids, total trans....g									
Cholesterol....mg	68		2		1		54	58	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.211		0		1		0.167	0.179	
Threonine....g	0.827		0		1		0.653	0.703	
Isoleucine....g	0.869		0		1		0.687	0.739	
Leucine....g	1.533		0		1		1.211	1.303	
Lysine....g	1.732		0		1		1.368	1.472	
Methionine....g	0.558		0		1		0.441	0.474	
Cystine....g	0.202		0		1		0.160	0.172	
Phenylalanine....g	0.736		0		1		0.581	0.626	
Tyrosine....g	0.637		0		1		0.503	0.541	
Valine....g	0.971		0		1		0.767	0.825	
Arginine....g	1.128		0		1		0.891	0.959	
Histidine....g	0.555		0		1		0.438	0.472	
Alanine....g	1.140		0		1		0.901	0.969	
Aspartic acid....g	1.931		0		1		1.525	1.641	
Glutamic acid....g	2.815		0		1		2.224	2.393	
Glycine....g	0.905		0		1		0.715	0.769	
Proline....g	0.667		0		1		0.527	0.567	
Serine....g	0.769		0		1		0.608	0.654	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 79g: 1 fillet

NDB No. 15003

Fish, bass, fresh water, mixed species, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15187
Fish, bass, freshwater, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.79		0		1		42.65	58.47	
Energy....kcal	146		0	NC	4		91	124	
Energy....kJ	611				4		379	519	
Protein (N x 6.25)....g	24.18		0		1		14.99	20.55	
Total lipid (fat)....g	4.73		0		1		2.93	4.02	
Ash....g	1.95		0		1		1.21	1.66	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	103		0		1		64	88	
Iron, Fe....mg	1.91		0		1		1.18	1.62	
Magnesium, Mg....mg	38		0		1		24	32	
Phosphorus, P....mg	256		0		1		159	218	
Potassium, K....mg	456		0		1		283	388	
Sodium, Na....mg	90		0		1		56	77	
Zinc, Zn....mg	0.83		0		1		0.51	0.71	
Copper, Cu....mg	0.119		0		1		0.074	0.101	
Manganese, Mn....mg	1.140		0		1		0.707	0.969	
Selenium, Se....µg	16.2		0	BFSN	4		10.0	13.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.1		0		1		1.3	1.8	
Thiamin....mg	0.087		0		1		0.054	0.074	
Riboflavin....mg	0.090		0		1		0.056	0.077	
Niacin....mg	1.522		0		1		0.944	1.294	
Pantothenic acid....mg	0.865		0		1		0.536	0.735	
Vitamin B-6....mg	0.138		0		1		0.086	0.117	
Folate, total....µg	17		0		1		11	14	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	17		0		1		11	14	
Folate, DFE....mcg_DFE	17		0	NC	4		11	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.31		0		1		1.43	1.96	
Vitamin A, RAE....mcg_RAE	35		0		1		21	29	
Retinol....µg	35		0		1		21	29	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	115		0		1		71	98	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.001		0		1		0.621	0.851	
4:0....g									

NDB No. 15187
Fish, bass, freshwater, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.112		0		1		0.069	0.095	
15:0....g									
16:0....g	0.761		0		1		0.472	0.647	
17:0....g									
18:0....g	0.128		0		1		0.079	0.109	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.835		0		1		1.138	1.560	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.490		0		1		0.304	0.417	
17:1....g									
18:1 undifferentiated....g	1.272		0		1		0.789	1.081	
20:1....g	0.073		0		1		0.045	0.062	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.360		0		1		0.843	1.156	
18:2 undifferentiated....g	0.112		0		1		0.069	0.095	
18:3 undifferentiated....g	0.142		0		1		0.088	0.121	
18:4....g	0.050		0		1		0.031	0.043	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.185		0		1		0.115	0.157	
20:5 n-3 (EPA)....g	0.305		0		1		0.189	0.259	
22:5 n-3 (DPA)....g	0.108		0		1		0.067	0.092	
22:6 n-3 (DHA)....g	0.458		0		1		0.284	0.389	
Fatty acids, total trans....g									
Cholesterol....mg	87		0		1		54	74	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.271		0		1		0.168	0.230	
Threonine....g	1.060		0		1		0.657	0.901	
Isoleucine....g	1.114		0		1		0.691	0.947	
Leucine....g	1.965		0		1		1.218	1.670	
Lysine....g	2.221		0		1		1.377	1.888	
Methionine....g	0.716		0		1		0.444	0.609	
Cystine....g	0.259		0		1		0.161	0.220	
Phenylalanine....g	0.944		0		1		0.585	0.802	
Tyrosine....g	0.816		0		1		0.506	0.694	
Valine....g	1.246		0		1		0.773	1.059	
Arginine....g	1.447		0		1		0.897	1.230	
Histidine....g	0.712		0		1		0.441	0.605	
Alanine....g	1.462		0		1		0.906	1.243	
Aspartic acid....g	2.476		0		1		1.535	2.105	
Glutamic acid....g	3.610		0		1		2.238	3.069	
Glycine....g	1.161		0		1		0.720	0.987	
Proline....g	0.855		0		1		0.530	0.727	
Serine....g	0.987		0		1		0.612	0.839	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 62g: 1 fillet

NDB No. 15187

Fish, bass, freshwater, mixed species, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15188
Fish, bass, striped, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.36		0		1		90.97	62.36	
Energy	kcal	124		0	NC	4		154	105	
Energy	kJ	519				4		643	441	
Protein (N x 6.25)	g	22.73		0		1		28.19	19.32	
Total lipid (fat)	g	2.99		0		1		3.71	2.54	
Ash	g	1.33		0		1		1.65	1.13	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19		0		1		24	16	
Iron, Fe	mg	1.08		0		1		1.34	0.92	
Magnesium, Mg	mg	51		0		1		63	43	
Phosphorus, P	mg	254		0		1		315	216	
Potassium, K	mg	328		0		1		407	279	
Sodium, Na	mg	88		0		1		109	75	
Zinc, Zn	mg	0.51		0		1		0.63	0.43	
Copper, Cu	mg	0.040		0		1		0.050	0.034	
Manganese, Mn	mg	0.019		0		1		0.024	0.016	
Selenium, Se	µg	46.8		0	BFSN	4		58.0	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.115		0		1		0.143	0.098	
Riboflavin	mg	0.037		0		1		0.046	0.031	
Niacin	mg	2.558		0		1		3.172	2.174	
Pantothenic acid	mg	0.865		0		1		1.073	0.735	
Vitamin B-6	mg	0.346		0		1		0.429	0.294	
Folate, total	µg	10		0		1		12	9	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	10		0		1		12	9	
Folate, DFE	mcg_DFE	10		0	NC	4		12	9	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	4.41		0		1		5.47	3.75	
Vitamin A, RAE	mcg_RAE	31		0		1		39	27	
Retinol	µg	31		0		1		39	27	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	104		0		1		129	88	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.650		0		1		0.806	0.553	
4:0	g									

NDB No. 15188
Fish, bass, striped, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.054		0		1		0.067	0.046	
15:0 g									
16:0 g	0.486		0		1		0.603	0.413	
17:0 g									
18:0 g	0.110		0		1		0.136	0.094	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.846		0		1		1.049	0.719	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.194		0		1		0.241	0.165	
17:1 g									
18:1 undifferentiated g	0.574		0		1		0.712	0.488	
20:1 g	0.073		0		1		0.091	0.062	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.005		0		1		1.246	0.854	
18:2 undifferentiated g	0.019		0		1		0.024	0.016	
18:3 undifferentiated g	0.019		0		1		0.024	0.016	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g	0.217		0		1		0.269	0.184	
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g	0.750		0		1		0.930	0.638	
Fatty acids, total trans g									
Cholesterol mg	103		0		1		128	88	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.255		0		1		0.316	0.217	
Threonine g	0.997		0		1		1.236	0.847	
Isoleucine g	1.047		0		1		1.298	0.890	
Leucine g	1.848		0		1		2.292	1.571	
Lysine g	2.088		0		1		2.589	1.775	
Methionine g	0.673		0		1		0.835	0.572	
Cystine g	0.244		0		1		0.303	0.207	
Phenylalanine g	0.887		0		1		1.100	0.754	
Tyrosine g	0.767		0		1		0.951	0.652	
Valine g	1.171		0		1		1.452	0.995	
Arginine g	1.360		0		1		1.686	1.156	
Histidine g	0.669		0		1		0.830	0.569	
Alanine g	1.375		0		1		1.705	1.169	
Aspartic acid g	2.328		0		1		2.887	1.979	
Glutamic acid g	3.393		0		1		4.207	2.884	
Glycine g	1.091		0		1		1.353	0.927	
Proline g	0.804		0		1		0.997	0.683	
Serine g	0.927		0		1		1.149	0.788	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: 1 fillet

NDB No. 15188

Fish, bass, striped, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15004
Fish, bass, striped, raw
Morone saxatilis (Walbaum)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	79.22	0.522	10		1		125.96	67.34	
Energy ... kcal	97		0	NC	4		154	82	
Energy ... kJ	406				4		645	345	
Protein (N x 6.25) ... g	17.73	0.391	10		1		28.19	15.07	
Total lipid (fat) ... g	2.33	0.381	14		1		3.70	1.98	
Ash ... g	1.04	0.024	10		1		1.65	0.88	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	15		0		4		24	13	
Iron, Fe ... mg	0.84		1		1		1.34	0.71	
Magnesium, Mg ... mg	40		0		4		64	34	
Phosphorus, P ... mg	198		0		4		315	168	
Potassium, K ... mg	256		0		4		407	218	
Sodium, Na ... mg	69		0		4		110	59	
Zinc, Zn ... mg	0.40	0.013	134		1		0.64	0.34	
Copper, Cu ... mg	0.031	0.002	132		1		0.049	0.026	
Manganese, Mn ... mg	0.015		0		1		0.024	0.013	
Selenium, Se ... µg	36.5		0	CAZN	4		58.0	31.0	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.100		0		4		0.159	0.085	
Riboflavin ... mg	0.030		0		4		0.048	0.026	
Niacin ... mg	2.100		0		4		3.339	1.785	
Pantothenic acid ... mg	0.750		0		4		1.193	0.638	
Vitamin B-6 ... mg	0.300		0		4		0.477	0.255	
Folate, total ... µg	9		0		4		14	8	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	9		0		4		14	8	
Folate, DFE ... mcg_DFE	9		0	NC	4		14	8	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	3.82	0.160	8		1		6.07	3.25	
Vitamin A, RAE ... mcg_RAE	27		0		4		43	23	
Retinol ... µg	27		0		4		43	23	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	90		0		4		143	77	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.507		0		1		0.806	0.431	
4:0 ... g	0.000		0		1		0.000	0.000	

NDB No. 15004
Fish, bass, striped, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.042		2		1		0.067	0.036	
15:0 g									
16:0 g	0.379		2		1		0.603	0.322	
17:0 g									
18:0 g	0.086		2		1		0.137	0.073	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.660		0		1		1.049	0.561	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.151		2		1		0.240	0.128	
17:1 g									
18:1 undifferentiated g	0.448		2		1		0.712	0.381	
20:1 g	0.057		2		1		0.091	0.048	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.784		0		1		1.247	0.666	
18:2 undifferentiated g	0.015		2		1		0.024	0.013	
18:3 undifferentiated g	0.015		1		1		0.024	0.013	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.169		2		1		0.269	0.144	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.585		2		1		0.930	0.497	
Fatty acids, total trans g									
Cholesterol mg	80		1		1		127	68	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.199		0		1		0.316	0.169	
Threonine g	0.777		0		1		1.235	0.660	
Isoleucine g	0.817		0		1		1.299	0.694	
Leucine g	1.441		0		1		2.291	1.225	
Lysine g	1.628		0		1		2.589	1.384	
Methionine g	0.525		0		1		0.835	0.446	
Cystine g	0.190		0		1		0.302	0.162	
Phenylalanine g	0.692		0		1		1.100	0.588	
Tyrosine g	0.599		0		1		0.952	0.509	
Valine g	0.914		0		1		1.453	0.777	
Arginine g	1.061		0		1		1.687	0.902	
Histidine g	0.522		0		1		0.830	0.444	
Alanine g	1.072		0		1		1.704	0.911	
Aspartic acid g	1.816		0		1		2.887	1.544	
Glutamic acid g	2.647		0		1		4.209	2.250	
Glycine g	0.851		0		1		1.353	0.723	
Proline g	0.627		0		1		0.997	0.533	
Serine g	0.723		0		1		1.150	0.615	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 15004
Fish, bass, striped, raw

Common Measures:

Measure 1 = 159g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15189
Fish, bluefish, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.64		0		1		73.29	53.24	
Energy....kcal	159		0	NC	4		186	135	
Energy....kJ	665				4		778	565	
Protein (N x 6.25)....g	25.69		0		1		30.06	21.84	
Total lipid (fat)....g	5.44		0		1		6.36	4.62	
Ash....g	1.33		0		1		1.56	1.13	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0		1		11	8	
Iron, Fe....mg	0.62		0		1		0.73	0.53	
Magnesium, Mg....mg	42		0		1		49	36	
Phosphorus, P....mg	291		0		1		340	247	
Potassium, K....mg	477		0		1		558	405	
Sodium, Na....mg	77		0		1		90	65	
Zinc, Zn....mg	1.04		0		1		1.22	0.88	
Copper, Cu....mg	0.068		0		1		0.080	0.058	
Manganese, Mn....mg	0.027		0		1		0.032	0.023	
Selenium, Se....µg	46.8		0	BFSN	4		54.8	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.067		0		1		0.078	0.057	
Riboflavin....mg	0.097		0		1		0.113	0.082	
Niacin....mg	7.247		0		1		8.479	6.160	
Pantothenic acid....mg	0.955		0		1		1.117	0.812	
Vitamin B-6....mg	0.464		0		1		0.543	0.394	
Folate, total....µg	2		0		1		2	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0		1		2	2	
Folate, DFE....mcg_DFE	2		0	NC	4		2	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	6.22		0		1		7.28	5.29	
Vitamin A, RAE....mcg_RAE	138		0		1		161	117	
Retinol....µg	138		0		1		161	117	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	459		0		1		537	390	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.172		0		1		1.371	0.996	
4:0....g									

NDB No. 15189
Fish, bluefish, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.229		0		1		0.268	0.195	
15:0....g									
16:0....g	0.738		0		1		0.863	0.627	
17:0....g									
18:0....g	0.205		0		1		0.240	0.174	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.297		0		1		2.687	1.952	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.355		0		1		0.415	0.302	
17:1....g									
18:1 undifferentiated....g	0.876		0		1		1.025	0.745	
20:1....g	0.436		0		1		0.510	0.371	
22:1 undifferentiated....g	0.630		0		1		0.737	0.536	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.358		0		1		1.589	1.154	
18:2 undifferentiated....g	0.077		0		1		0.090	0.065	
18:3 undifferentiated....g									
18:4....g	0.214		0		1		0.250	0.182	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g	0.323		0		1		0.378	0.275	
22:5 n-3 (DPA)....g	0.079		0		1		0.092	0.067	
22:6 n-3 (DHA)....g	0.665		0		1		0.778	0.565	
Fatty acids, total trans....g									
Cholesterol....mg	76		0		1		89	65	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.288		0		1		0.337	0.245	
Threonine....g	1.126		0		1		1.317	0.957	
Isoleucine....g	1.184		0		1		1.385	1.006	
Leucine....g	2.088		0		1		2.443	1.775	
Lysine....g	2.360		0		1		2.761	2.006	
Methionine....g	0.760		0		1		0.889	0.646	
Cystine....g	0.275		0		1		0.322	0.234	
Phenylalanine....g	1.003		0		1		1.174	0.853	
Tyrosine....g	0.867		0		1		1.014	0.737	
Valine....g	1.324		0		1		1.549	1.125	
Arginine....g	1.537		0		1		1.798	1.306	
Histidine....g	0.756		0		1		0.885	0.643	
Alanine....g	1.554		0		1		1.818	1.321	
Aspartic acid....g	2.631		0		1		3.078	2.236	
Glutamic acid....g	3.835		0		1		4.487	3.260	
Glycine....g	1.233		0		1		1.443	1.048	
Proline....g	0.908		0		1		1.062	0.772	
Serine....g	1.048		0		1		1.226	0.891	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 117g: 1 fillet

NDB No. 15189
Fish, bluefish, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15005
Fish, bluefish, raw
Pomatomus saltatrix (L.)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.86		3		1		106.29	60.23	
Energy....kcal	124		0	NC	4		186	105	
Energy....kJ	519				4		778	441	
Protein (N x 6.25)....g	20.04		3		1		30.06	17.03	
Total lipid (fat)....g	4.24		3		1		6.36	3.60	
Ash....g	1.04		3		1		1.56	0.88	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7		3		1		11	6	
Iron, Fe....mg	0.48	0.008	6		1		0.72	0.41	
Magnesium, Mg....mg	33		3		1		50	28	
Phosphorus, P....mg	227		3		1		341	193	
Potassium, K....mg	372		3		1		558	316	
Sodium, Na....mg	60		3		1		90	51	
Zinc, Zn....mg	0.81	0.036	107		1		1.22	0.69	
Copper, Cu....mg	0.053	0.002	108		1		0.080	0.045	
Manganese, Mn....mg	0.021		3		1		0.032	0.018	
Selenium, Se....µg	36.5		0	CAZN	4		54.8	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.058		3		1		0.087	0.049	
Riboflavin....mg	0.080		3		1		0.120	0.068	
Niacin....mg	5.950		3		1		8.925	5.058	
Pantothenic acid....mg	0.828		3		1		1.242	0.704	
Vitamin B-6....mg	0.402		3		1		0.603	0.342	
Folate, total....µg	2		2		1		2	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		2		1		2	1	
Folate, DFE....mcg_DFE	2		0	NC	4		2	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	5.39		2		1		8.09	4.58	
Vitamin A, RAE....mcg_RAE	120	0.000	3		1		179	102	
Retinol....µg	120	0.000	3		1		179	102	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	398		3		1		597	338	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.915		0		1		1.373	0.778	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 15005
Fish, bluefish, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.179		2		1		0.269	0.152	
15:0....g									
16:0....g	0.576		2		1		0.864	0.490	
17:0....g									
18:0....g	0.160		2		1		0.240	0.136	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.793		0		1		2.690	1.524	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.277		2		1		0.416	0.235	
17:1....g									
18:1 undifferentiated....g	0.684		2		1		1.026	0.581	
20:1....g	0.340		2		1		0.510	0.289	
22:1 undifferentiated....g	0.492		2		1		0.738	0.418	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.060		0		1		1.590	0.901	
18:2 undifferentiated....g	0.060		2		1		0.090	0.051	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.167		2		1		0.251	0.142	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.252		2		1		0.378	0.214	
22:5 n-3 (DPA)....g	0.062		2		1		0.093	0.053	
22:6 n-3 (DHA)....g	0.519		2		1		0.779	0.441	
Fatty acids, total trans....g									
Cholesterol....mg	59		0		1		89	50	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.224		0		1		0.336	0.190	
Threonine....g	0.878		0		1		1.317	0.746	
Isoleucine....g	0.923		0		1		1.385	0.785	
Leucine....g	1.629		0		1		2.444	1.385	
Lysine....g	1.840		0		1		2.760	1.564	
Methionine....g	0.593		0		1		0.890	0.504	
Cystine....g	0.215		0		1		0.323	0.183	
Phenylalanine....g	0.782		0		1		1.173	0.665	
Tyrosine....g	0.676		0		1		1.014	0.575	
Valine....g	1.032		0		1		1.548	0.877	
Arginine....g	1.199		0		1		1.799	1.019	
Histidine....g	0.590		0		1		0.885	0.502	
Alanine....g	1.212		0		1		1.818	1.030	
Aspartic acid....g	2.052		0		1		3.078	1.744	
Glutamic acid....g	2.991		0		1		4.487	2.542	
Glycine....g	0.962		0		1		1.443	0.818	
Proline....g	0.709		0		1		1.064	0.603	
Serine....g	0.818		0		1		1.227	0.695	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 15005
Fish, bluefish, raw

Common Measures:

Measure 1 = 150g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15190
Fish, burbot, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.41		0		1		66.07	62.40	
Energy	kcal	115		0	NC	4		104	98	
Energy	kJ	481				4		433	409	
Protein (N x 6.25)	g	24.76		0		1		22.28	21.05	
Total lipid (fat)	g	1.04		0		1		0.94	0.88	
Ash	g	1.49		0		1		1.34	1.27	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	64		0		1		58	54	
Iron, Fe	mg	1.15		0		1		1.04	0.98	
Magnesium, Mg	mg	41		0		1		37	35	
Phosphorus, P	mg	256		0		1		230	218	
Potassium, K	mg	518		0		1		466	440	
Sodium, Na	mg	124		0		1		112	105	
Zinc, Zn	mg	0.97		0		1		0.87	0.82	
Copper, Cu	mg	0.256		0		1		0.230	0.218	
Manganese, Mn	mg	0.897		0		1		0.807	0.762	
Selenium, Se	µg	16.2		0	BFSN	4		14.6	13.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.429		0		1		0.386	0.365	
Riboflavin	mg	0.172		0		1		0.155	0.146	
Niacin	mg	1.973		0		1		1.776	1.677	
Pantothenic acid	mg	0.173		0		1		0.156	0.147	
Vitamin B-6	mg	0.346		0		1		0.311	0.294	
Folate, total	µg	1		0		1		1	1	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	1		0		1		1	1	
Folate, DFE	mcg_DFE	1		0	NC	4		1	1	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.92		0		1		0.83	0.78	
Vitamin A, RAE	mcg_RAE	5		0		1		5	4	
Retinol	µg	5		0		1		5	4	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	17		0		1		15	14	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.209		0		1		0.188	0.178	
4:0	g									

NDB No. 15190
Fish, burbot, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.008		0		1		0.007	0.007	
15:0....g									
16:0....g	0.154		0		1		0.139	0.131	
17:0....g									
18:0....g	0.047		0		1		0.042	0.040	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.170		0		1		0.153	0.145	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.033		0		1		0.030	0.028	
17:1....g									
18:1 undifferentiated....g	0.126		0		1		0.113	0.107	
20:1....g	0.008		0		1		0.007	0.007	
22:1 undifferentiated....g	0.004		0		1		0.004	0.003	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.381		0		1		0.343	0.324	
18:2 undifferentiated....g	0.012		0		1		0.011	0.010	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.123		0		1		0.111	0.105	
20:5 n-3 (EPA)....g	0.090		0		1		0.081	0.077	
22:5 n-3 (DPA)....g	0.033		0		1		0.030	0.028	
22:6 n-3 (DHA)....g	0.123		0		1		0.111	0.105	
Fatty acids, total trans....g									
Cholesterol....mg	77		0		1		69	65	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.277		0		1		0.249	0.235	
Threonine....g	1.085		0		1		0.977	0.922	
Isoleucine....g	1.141		0		1		1.027	0.970	
Leucine....g	2.012		0		1		1.811	1.710	
Lysine....g	2.274		0		1		2.047	1.933	
Methionine....g	0.733		0		1		0.660	0.623	
Cystine....g	0.265		0		1		0.239	0.225	
Phenylalanine....g	0.966		0		1		0.869	0.821	
Tyrosine....g	0.836		0		1		0.752	0.711	
Valine....g	1.275		0		1		1.148	1.084	
Arginine....g	1.481		0		1		1.333	1.259	
Histidine....g	0.729		0		1		0.656	0.620	
Alanine....g	1.497		0		1		1.347	1.272	
Aspartic acid....g	2.535		0		1		2.282	2.155	
Glutamic acid....g	3.696		0		1		3.326	3.142	
Glycine....g	1.188		0		1		1.069	1.010	
Proline....g	0.875		0		1		0.788	0.744	
Serine....g	1.010		0		1		0.909	0.859	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 90g: 1 fillet

NDB No. 15190
Fish, burbot, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15006
Fish, burbot, raw
Lota lota (L.)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.26	0.648	13		1		91.94	67.37	
Energy....kcal	90		0	NC	4		104	77	
Energy....kJ	377				4		437	320	
Protein (N x 6.25)....g	19.31	0.713	14		1		22.40	16.41	
Total lipid (fat)....g	0.81	0.059	13		1		0.94	0.69	
Ash....g	1.16	0.075	12		1		1.35	0.99	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	50		1		1		58	43	
Iron, Fe....mg	0.90		1		1		1.04	0.77	
Magnesium, Mg....mg	32		2		1		37	27	
Phosphorus, P....mg	200		1		1		232	170	
Potassium, K....mg	404		2		1		469	343	
Sodium, Na....mg	97		2		1		113	82	
Zinc, Zn....mg	0.76		2		1		0.88	0.65	
Copper, Cu....mg	0.200		1		1		0.232	0.170	
Manganese, Mn....mg	0.700		1		1		0.812	0.595	
Selenium, Se....µg	12.6		0	BFZN	4		14.6	10.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.372		0		4		0.432	0.316	
Riboflavin....mg	0.141		0		4		0.164	0.120	
Niacin....mg	1.620		0		4		1.879	1.377	
Pantothenic acid....mg	0.150		0		4		0.174	0.128	
Vitamin B-6....mg	0.300		0		4		0.348	0.255	
Folate, total....µg	1		0		4		1	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		4		1	1	
Folate, DFE....mcg_DFE	1		0	NC	4		1	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.80		0		4		0.93	0.68	
Vitamin A, RAE....mcg_RAE	5		0		4		5	4	
Retinol....µg	5		0		4		5	4	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	15		0		4		17	13	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.163		0		1		0.189	0.139	
4:0....g									

NDB No. 15006
Fish, burbot, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.006		1		1		0.007	0.005	
15:0....g									
16:0....g	0.120	0.002	7		1		0.139	0.102	
17:0....g									
18:0....g	0.037	0.002	7		1		0.043	0.031	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.133		0		1		0.154	0.113	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.026	0.004	7		1		0.030	0.022	
17:1....g									
18:1 undifferentiated....g	0.098	0.002	7		1		0.114	0.083	
20:1....g	0.006		1		1		0.007	0.005	
22:1 undifferentiated....g	0.003		1		1		0.003	0.003	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.297		0		1		0.345	0.252	
18:2 undifferentiated....g	0.009	0.003	7		1		0.010	0.008	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.096	0.005	6		1		0.111	0.082	
20:5 n-3 (EPA)....g	0.070	0.004	7		1		0.081	0.060	
22:5 n-3 (DPA)....g	0.026	0.001	6		1		0.030	0.022	
22:6 n-3 (DHA)....g	0.096	0.010	7		1		0.111	0.082	
Fatty acids, total trans....g									
Cholesterol....mg	60		2		1		70	51	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.216		0		1		0.251	0.184	
Threonine....g	0.847		0		1		0.983	0.720	
Isoleucine....g	0.890		0		1		1.032	0.757	
Leucine....g	1.570		0		1		1.821	1.335	
Lysine....g	1.774		0		1		2.058	1.508	
Methionine....g	0.572		0		1		0.664	0.486	
Cystine....g	0.207		0		1		0.240	0.176	
Phenylalanine....g	0.754		0		1		0.875	0.641	
Tyrosine....g	0.652		0		1		0.756	0.554	
Valine....g	0.995		0		1		1.154	0.846	
Arginine....g	1.156		0		1		1.341	0.983	
Histidine....g	0.569		0		1		0.660	0.484	
Alanine....g	1.168		0		1		1.355	0.993	
Aspartic acid....g	1.978		0		1		2.294	1.681	
Glutamic acid....g	2.883		0		1		3.344	2.451	
Glycine....g	0.927		0		1		1.075	0.788	
Proline....g	0.683		0		1		0.792	0.581	
Serine....g	0.788		0		1		0.914	0.670	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 116g: 1 fillet

NDB No. 15006
Fish, burbot, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15191
Fish, butterfish, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.83		0		1		16.71	56.81	
Energy....kcal	187		0	NC	4		47	159	
Energy....kJ	782				4		196	665	
Protein (N x 6.25)....g	22.15		0		1		5.54	18.83	
Total lipid (fat)....g	10.28		0		1		2.57	8.74	
Ash....g	1.54		0		1		0.39	1.31	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	28		0		1		7	24	
Iron, Fe....mg	0.64		0		1		0.16	0.54	
Magnesium, Mg....mg	32		0		1		8	27	
Phosphorus, P....mg	308		0		1		77	262	
Potassium, K....mg	481		0		1		120	409	
Sodium, Na....mg	114		0		1		29	97	
Zinc, Zn....mg	0.99		0		1		0.25	0.84	
Copper, Cu....mg	0.069		0		1		0.017	0.059	
Manganese, Mn....mg	0.019		0		1		0.005	0.016	
Selenium, Se....µg	46.8		0	BFSN	4		11.7	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.146		0		1		0.037	0.124	
Riboflavin....mg	0.192		0		1		0.048	0.163	
Niacin....mg	5.769		0		1		1.442	4.904	
Pantothenic acid....mg	0.865		0		1		0.216	0.735	
Vitamin B-6....mg	0.346		0		1		0.087	0.294	
Folate, total....µg	17		0		1		4	14	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	17		0		1		4	14	
Folate, DFE....mcg_DFE	17		0	NC	4		4	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.83		0		1		0.46	1.56	
Vitamin A, RAE....mcg_RAE	33		0		1		8	28	
Retinol....µg	33		0		1		8	28	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	109		0		1		27	93	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									

NDB No. 15191
Fish, butterfish, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0		1		21	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.248		0		1		0.062	0.211	
Threonine.....g	0.971		0		1		0.243	0.825	
Isoleucine.....g	1.021		0		1		0.255	0.868	
Leucine.....g	1.801		0		1		0.450	1.531	
Lysine.....g	2.035		0		1		0.509	1.730	
Methionine.....g	0.656		0		1		0.164	0.558	
Cystine.....g	0.237		0		1		0.059	0.201	
Phenylalanine.....g	0.865		0		1		0.216	0.735	
Tyrosine.....g	0.748		0		1		0.187	0.636	
Valine.....g	1.141		0		1		0.285	0.970	
Arginine.....g	1.326		0		1		0.332	1.127	
Histidine.....g	0.652		0		1		0.163	0.554	
Alanine.....g	1.340		0		1		0.335	1.139	
Aspartic acid.....g	2.269		0		1		0.567	1.929	
Glutamic acid.....g	3.307		0		1		0.827	2.811	
Glycine.....g	1.063		0		1		0.266	0.904	
Proline.....g	0.783		0		1		0.196	0.666	
Serine.....g	0.904		0		1		0.226	0.768	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15007
Fish, butterfish, raw
Peprilus triacanthus (Peck)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.13	0.681	42		1		23.72	63.01	
Energy....kcal	146		0	NC	4		47	124	
Energy....kJ	611				4		195	519	
Protein (N x 6.25)....g	17.28	0.125	42		1		5.53	14.69	
Total lipid (fat)....g	8.02	0.729	43		1		2.57	6.82	
Ash....g	1.20	0.027	42		1		0.38	1.02	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0		4		7	19	
Iron, Fe....mg	0.50		0		4		0.16	0.43	
Magnesium, Mg....mg	25		0		4		8	21	
Phosphorus, P....mg	240		0		4		77	204	
Potassium, K....mg	375	9.200	24		1		120	319	
Sodium, Na....mg	89	3.209	24		1		28	76	
Zinc, Zn....mg	0.77	0.027	73		1		0.25	0.65	
Copper, Cu....mg	0.054	0.002	72		1		0.017	0.046	
Manganese, Mn....mg	0.015		0		1		0.005	0.013	
Selenium, Se....µg	36.5		0	CAZN	4		11.7	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.120		0		4		0.038	0.102	
Riboflavin....mg	0.150		0		4		0.048	0.128	
Niacin....mg	4.500		0		4		1.440	3.825	
Pantothenic acid....mg	0.750		0		4		0.240	0.638	
Vitamin B-6....mg	0.300		0		4		0.096	0.255	
Folate, total....µg	15		0		4		5	13	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0		4		5	13	
Folate, DFE....mcg_DFE	15		0	NC	4		5	13	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.90		0		4		0.61	1.62	
Vitamin A, RAE....mcg_RAE	30		0		4		10	26	
Retinol....µg	30		0		4		10	26	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	100		0		4		32	85	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.380		0		4		1.082	2.873	
Fatty acids, total monounsaturated....g	3.380		0		4		1.082	2.873	

NDB No. 15007
Fish, butterfish, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	0.590		0		4		0.189	0.502	
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0		4		21	55	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.194		0		1		0.062	0.165	
Threonine.....g	0.758		0		1		0.243	0.644	
Isoleucine.....g	0.796		0		1		0.255	0.677	
Leucine.....g	1.405		0		1		0.450	1.194	
Lysine.....g	1.587		0		1		0.508	1.349	
Methionine.....g	0.512		0		1		0.164	0.435	
Cystine.....g	0.185		0		1		0.059	0.157	
Phenylalanine.....g	0.675		0		1		0.216	0.574	
Tyrosine.....g	0.583		0		1		0.187	0.496	
Valine.....g	0.890		0		1		0.285	0.757	
Arginine.....g	1.034		0		1		0.331	0.879	
Histidine.....g	0.509		0		1		0.163	0.433	
Alanine.....g	1.045		0		1		0.334	0.888	
Aspartic acid.....g	1.770		0		1		0.566	1.505	
Glutamic acid.....g	2.580		0		1		0.826	2.193	
Glycine.....g	0.830		0		1		0.266	0.706	
Proline.....g	0.611		0		1		0.196	0.519	
Serine.....g	0.705		0		1		0.226	0.599	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15009
Fish, carp, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.63		0		1		118.37	59.19	
Energy....kcal	162		0	NC	4		275	138	
Energy....kJ	678				4		1152	576	
Protein (N x 6.25)....g	22.86		0		1		38.86	19.43	
Total lipid (fat)....g	7.17		0		1		12.19	6.09	
Ash....g	1.87		0		1		3.18	1.59	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	52		0		1		88	44	
Iron, Fe....mg	1.59		0		1		2.70	1.35	
Magnesium, Mg....mg	38		0		1		65	32	
Phosphorus, P....mg	531		0		1		903	451	
Potassium, K....mg	427		0		1		726	363	
Sodium, Na....mg	63		0		1		107	54	
Zinc, Zn....mg	1.90		0		1		3.23	1.62	
Copper, Cu....mg	0.073		0		1		0.124	0.062	
Manganese, Mn....mg	0.050		0		4		0.085	0.043	
Selenium, Se....µg	16.2		0	BFSN	4		27.5	13.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.6		0		1		2.7	1.4	
Thiamin....mg	0.140		0		4		0.238	0.119	
Riboflavin....mg	0.070		0		4		0.119	0.060	
Niacin....mg	2.100		0		4		3.570	1.785	
Pantothenic acid....mg	0.870		0		4		1.479	0.740	
Vitamin B-6....mg	0.219		0		1		0.372	0.186	
Folate, total....µg	17		0		4		29	15	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	17		0		4		29	15	
Folate, DFE....mcg_DFE	17		0	NC	4		29	15	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.47		0		1		2.50	1.25	
Vitamin A, RAE....mcg_RAE	10		0		1		16	8	
Retinol....µg	10		0		1		16	8	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	32		0		1		54	27	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.388		0		1		2.360	1.180	
4:0....g									

NDB No. 15009
Fish, carp, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.146		0		1		0.248	0.124	
15:0....g									
16:0....g	0.842		0		1		1.431	0.716	
17:0....g									
18:0....g	0.237		0		1		0.403	0.201	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.985		0		1		5.075	2.537	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.840		0		1		1.428	0.714	
17:1....g									
18:1 undifferentiated....g	1.474		0		1		2.506	1.253	
20:1....g	0.091		0		1		0.155	0.077	
22:1 undifferentiated....g	0.515		0		1		0.876	0.438	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.835		0		1		3.120	1.560	
18:2 undifferentiated....g	0.663		0		1		1.127	0.564	
18:3 undifferentiated....g	0.346		0		1		0.588	0.294	
18:4....g	0.074		0		1		0.126	0.063	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.195		0		1		0.332	0.166	
20:5 n-3 (EPA)....g	0.305		0		1		0.519	0.259	
22:5 n-3 (DPA)....g	0.105		0		1		0.179	0.089	
22:6 n-3 (DHA)....g	0.146		0		1		0.248	0.124	
Fatty acids, total trans....g									
Cholesterol....mg	84		0		1		143	71	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.256		0		1		0.435	0.218	
Threonine....g	1.002		0		1		1.703	0.852	
Isoleucine....g	1.054		0		1		1.792	0.896	
Leucine....g	1.858		0		1		3.159	1.579	
Lysine....g	2.100		0		1		3.570	1.785	
Methionine....g	0.677		0		1		1.151	0.575	
Cystine....g	0.245		0		1		0.417	0.208	
Phenylalanine....g	0.893		0		1		1.518	0.759	
Tyrosine....g	0.772		0		1		1.312	0.656	
Valine....g	1.178		0		1		2.003	1.001	
Arginine....g	1.368		0		1		2.326	1.163	
Histidine....g	0.673		0		1		1.144	0.572	
Alanine....g	1.383		0		1		2.351	1.176	
Aspartic acid....g	2.341		0		1		3.980	1.990	
Glutamic acid....g	3.413		0		1		5.802	2.901	
Glycine....g	1.097		0		1		1.865	0.932	
Proline....g	0.808		0		1		1.374	0.687	
Serine....g	0.933		0		1		1.586	0.793	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 fillet

NDB No. 15009
Fish, carp, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15008
Fish, carp, raw
Cyprinus carpio (L.)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.31	0.362	65		1		166.36	64.86	
Energy....kcal	127		0	NC	4		277	108	
Energy....kJ	531		0		4		1158	452	
Protein (N x 6.25)....g	17.83	0.113	63		1		38.87	15.16	
Total lipid (fat)....g	5.60	0.207	163		1		12.21	4.76	
Ash....g	1.46	0.128	64		1		3.18	1.24	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	41	6.828	11		1		89	35	
Iron, Fe....mg	1.24	0.200	7		1		2.70	1.05	
Magnesium, Mg....mg	29	2.434	7		1		63	25	
Phosphorus, P....mg	415	125.413	7		1		905	353	
Potassium, K....mg	333	35.915	14		1		726	283	
Sodium, Na....mg	49	1.308	5		1		107	42	
Zinc, Zn....mg	1.48	0.245	44		1		3.23	1.26	
Copper, Cu....mg	0.057	0.009	32		1		0.124	0.048	
Manganese, Mn....mg	0.042		0		4		0.092	0.036	
Selenium, Se....µg	12.6		0	BFZN	4		27.5	10.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.6		1		1		3.5	1.4	
Thiamin....mg	0.115		0		4		0.251	0.098	
Riboflavin....mg	0.055		0		4		0.120	0.047	
Niacin....mg	1.640		0		4		3.575	1.394	
Pantothenic acid....mg	0.750		0		4		1.635	0.638	
Vitamin B-6....mg	0.190		1		1		0.414	0.162	
Folate, total....µg	15		0		4		33	13	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0		4		33	13	
Folate, DFE....mcg_DFE	15		0	NC	4		33	13	
Choline, total....mg	65.0		0	T	4		141.7	55.3	
Betaine....mg									
Vitamin B-12....µg	1.53		1		1		3.34	1.30	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	9		0	NC	4		20	8	
Retinol....µg	9		0	T	4		20	8	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	30		0	NC	4		65	26	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.63		0	NR	4		1.37	0.54	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	24.7		0	AS	1		53.9	21.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	24.7		0	T	4		53.9	21.0	
Vitamin D....IU	988		0	NR	4		2154	840	
Vitamin K (phylloquinone)....µg	0.1		0	T	4		0.2	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15008
Fish, carp, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.083		0		1		2.361	0.921	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.114	0.016	13		1		0.249	0.097	
15:0....g									
16:0....g	0.657	0.032	13		1		1.432	0.558	
17:0....g									
18:0....g	0.185	0.007	13		1		0.403	0.157	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.328		0		1		5.075	1.979	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.655	0.060	13		1		1.428	0.557	
17:1....g									
18:1 undifferentiated....g	1.150	0.105	13		1		2.507	0.978	
20:1....g	0.071	0.017	11		1		0.155	0.060	
22:1 undifferentiated....g	0.402		1		1		0.876	0.342	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.431		0		1		3.120	1.216	
18:2 undifferentiated....g	0.517	0.104	13		1		1.127	0.439	
18:3 undifferentiated....g	0.270	0.042	13		1		0.589	0.230	
18:4....g	0.058	0.007	9		1		0.126	0.049	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.152	0.015	12		1		0.331	0.129	
20:5 n-3 (EPA)....g	0.238	0.040	12		1		0.519	0.202	
22:5 n-3 (DPA)....g	0.082	0.008	11		1		0.179	0.070	
22:6 n-3 (DHA)....g	0.114	0.019	13		1		0.249	0.097	
Fatty acids, total trans....g									
Cholesterol....mg	66		2		1		144	56	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.200		0		1		0.436	0.170	
Threonine....g	0.782		0		1		1.705	0.665	
Isoleucine....g	0.822		0		1		1.792	0.699	
Leucine....g	1.449		0		1		3.159	1.232	
Lysine....g	1.638		0		1		3.571	1.392	
Methionine....g	0.528		0		1		1.151	0.449	
Cystine....g	0.191		0		1		0.416	0.162	
Phenylalanine....g	0.696		0		1		1.517	0.592	
Tyrosine....g	0.602		0		1		1.312	0.512	
Valine....g	0.919		0		1		2.003	0.781	
Arginine....g	1.067		0		1		2.326	0.907	
Histidine....g	0.525		0		1		1.145	0.446	
Alanine....g	1.078		0		1		2.350	0.916	
Aspartic acid....g	1.826		0		1		3.981	1.552	
Glutamic acid....g	2.662		0		1		5.803	2.263	
Glycine....g	0.856		0		1		1.866	0.728	
Proline....g	0.631		0		1		1.376	0.536	
Serine....g	0.728		0		1		1.587	0.619	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15008
Fish, carp, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 218g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15011
Fish, catfish, channel, cooked, breaded and fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.81		0		1		51.16	49.99	
Energy....kcal	229		0	NC	4		199	194	
Energy....kJ	956		0	NC	4		832	813	
Protein (N x 6.25)....g	18.09		0		1		15.74	15.38	
Total lipid (fat)....g	13.33		0		1		11.60	11.33	
Ash....g	1.26		0		1		1.10	1.07	
Carbohydrate, by difference....g	8.04		0	NC	4		6.99	6.83	
Fiber, total dietary....g	0.7		0		4		0.7	0.6	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	44		0		1		38	37	
Iron, Fe....mg	1.43		0		1		1.24	1.22	
Magnesium, Mg....mg	27		0		1		23	23	
Phosphorus, P....mg	216		0		1		188	184	
Potassium, K....mg	340		0		1		296	289	
Sodium, Na....mg	280		0		1		244	238	
Zinc, Zn....mg	0.86		0		1		0.75	0.73	
Copper, Cu....mg	0.101		0		1		0.088	0.086	
Manganese, Mn....mg	0.040		0		4		0.035	0.034	
Selenium, Se....µg	13.9		0	RA	4		12.1	11.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.073		0		1		0.064	0.062	
Riboflavin....mg	0.133		0		1		0.116	0.113	
Niacin....mg	2.282		0		1		1.985	1.940	
Pantothenic acid....mg	0.730		0		4		0.635	0.621	
Vitamin B-6....mg	0.190		0		4		0.165	0.162	
Folate, total....µg	30		0	RA	4		26	26	
Folic acid....µg	14		0	NC	4		12	11	
Folate, food....µg	17		0		4		14	14	
Folate, DFE....mcg_DFE	39		0	NC	4		34	34	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.90		0		4		1.65	1.62	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	28		0		1		24	24	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.288		0		1		2.861	2.795	
4:0....g									

NDB No. 15011
Fish, catfish, channel, cooked, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.091		0		1		0.079	0.077	
15:0....g									
16:0....g	2.008		0		1		1.747	1.707	
17:0....g									
18:0....g	1.169		0		1		1.017	0.994	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.611		0		1		4.882	4.769	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.171		0		1		0.149	0.145	
17:1....g									
18:1 undifferentiated....g	5.347		0		1		4.652	4.545	
20:1....g	0.049		0		1		0.043	0.042	
22:1 undifferentiated....g	0.002		0		1		0.002	0.002	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.325		0		1		2.893	2.826	
18:2 undifferentiated....g	2.616		0		1		2.276	2.224	
18:3 undifferentiated....g	0.178		0		1		0.155	0.151	
18:4....g	0.030		0		1		0.026	0.026	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.098		0		1		0.085	0.083	
20:5 n-3 (EPA)....g	0.119		0		1		0.104	0.101	
22:5 n-3 (DPA)....g	0.057		0		1		0.050	0.048	
22:6 n-3 (DHA)....g	0.222		0		1		0.193	0.189	
Fatty acids, total trans....g									
Cholesterol....mg	71		0	0	4		62	60	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.200		0		1		0.174	0.170	
Threonine....g	0.790		0		1		0.687	0.672	
Isoleucine....g	0.836		0		1		0.727	0.711	
Leucine....g	1.508		0		1		1.312	1.282	
Lysine....g	1.597		0		1		1.389	1.357	
Methionine....g	0.527		0		1		0.458	0.448	
Cystine....g	0.205		0		1		0.178	0.174	
Phenylalanine....g	0.726		0		1		0.632	0.617	
Tyrosine....g	0.622		0		1		0.541	0.529	
Valine....g	0.943		0		1		0.820	0.802	
Arginine....g	1.077		0		1		0.937	0.915	
Histidine....g	0.530		0		1		0.461	0.451	
Alanine....g	1.103		0		1		0.960	0.938	
Aspartic acid....g	1.817		0		1		1.581	1.544	
Glutamic acid....g	2.720		0		1		2.366	2.312	
Glycine....g	0.851		0		1		0.740	0.723	
Proline....g	0.686		0		1		0.597	0.583	
Serine....g	0.764		0		1		0.665	0.649	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 87g: 1 fillet

NDB No. 15011

Fish, catfish, channel, cooked, breaded and fried

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15235
Fish, catfish, channel, farmed, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.65		0	RA	4		106.75	63.45	
Energy	kcal	144		0	NC	4		205	122	
Energy	kJ	601		0	RA	4		859	511	
Protein (N x 6.25)	g	18.44		0	RA	4		26.37	15.68	
Total lipid (fat)	g	7.19		0	RA	4		10.28	6.11	
Ash	g	1.28		0	RA	4		1.82	1.08	
Carbohydrate, by difference	g	0.00		0	RA	4		0.00	0.00	
Fiber, total dietary	g	0.0		0	RA	4		0.0	0.0	
Sugars, total	g	0.00		0	RA	4		0.00	0.00	
Sucrose	g									
Glucose (dextrose)	g	0.00		0	RA	4		0.00	0.00	
Fructose	g	0.00		0	RA	4		0.00	0.00	
Lactose	g	0.00		0	RA	4		0.00	0.00	
Maltose	g	0.00		0	RA	4		0.00	0.00	
Galactose	g	0.00		0	RA	4		0.00	0.00	
Starch	g	0.00		0	RA	4		0.00	0.00	
Minerals:										
Calcium, Ca	mg	9		0	RA	4		14	8	
Iron, Fe	mg	0.28		0	RA	4		0.40	0.24	
Magnesium, Mg	mg	23		0	RA	4		33	19	
Phosphorus, P	mg	247		0	RA	4		354	210	
Potassium, K	mg	366		0	RA	4		523	311	
Sodium, Na	mg	119		0	RA	4		170	101	
Zinc, Zn	mg	0.58		0	RA	4		0.83	0.49	
Copper, Cu	mg	0.039		0	RA	4		0.056	0.033	
Manganese, Mn	mg	0.018		0	RA	4		0.025	0.015	
Selenium, Se	µg	9.9		0	RA	4		14.1	8.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4		0.0	0.0	
Thiamin	mg	0.024		0	RA	4		0.035	0.021	
Riboflavin	mg	0.100		0	RA	4		0.143	0.085	
Niacin	mg	2.548		0	RA	4		3.644	2.166	
Pantothenic acid	mg	0.811		0	RA	4		1.160	0.689	
Vitamin B-6	mg	0.177		0	RA	4		0.253	0.151	
Folate, total	µg	12		0	RA	4		16	10	
Folic acid	µg	0		0	RA	4		0	0	
Folate, food	µg	12		0	RA	4		16	10	
Folate, DFE	mcg_DFE	12		0	NC	4		16	10	
Choline, total	mg	78.7		0	RA	4		112.5	66.9	
Betaine	mg									
Vitamin B-12	µg	2.78		0	RA	4		3.98	2.37	
Vitamin B-12, added	µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	RA	4		1	0	
Retinol	µg	1		0	RA	4		1	0	
Carotene, beta	µg	0		0	RA	4		0	0	
Carotene, alpha	µg	0		0	RA	4		0	0	
Cryptoxanthin, beta	µg	0		0	RA	4		0	0	
Vitamin A, IU	IU	2		0	RA	4		2	1	
Lycopene	µg	0		0	RA	4		0	0	
Lutein + zeaxanthin	µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.97		0	RA	4		1.39	0.83	
Vitamin E, added	mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta	mg	0.02		0	RA	4		0.02	0.01	
Tocopherol, gamma	mg	0.27		0	RA	4		0.38	0.23	
Tocopherol, delta	mg	0.00		0	RA	4		0.00	0.00	
Vitamin D (D2 + D3)	µg	0.3		0	RA	4		0.4	0.2	
Vitamin D2 (ergocalciferol)	µg									

NDB No. 15235
Fish, catfish, channel, farmed, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	0.3		0	RA	4		0.4	0.2	
Vitamin D....IU	10		0	RA	4		15	9	
Vitamin K (phylloquinone)....µg	2.5		0	RA	4		3.6	2.2	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg	0.7		0	RA	4		1.0	0.6	
Lipids:									
Fatty acids, total saturated....g	1.586		0	RA	4		2.268	1.348	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.003		0	RA	4		0.004	0.002	
13:0....g									
14:0....g	0.067		0	RA	4		0.097	0.057	
15:0....g	0.008		0	RA	4		0.011	0.007	
16:0....g	1.137		0	RA	4		1.626	0.966	
17:0....g	0.010		0	RA	4		0.015	0.009	
18:0....g	0.343		0	RA	4		0.491	0.292	
20:0....g	0.010		0	RA	4		0.014	0.008	
22:0....g	0.004		0	RA	4		0.006	0.004	
24:0....g	0.003		0	RA	4		0.005	0.003	
Fatty acids, total monounsaturated....g	3.115		0	RA	4		4.454	2.648	
14:1....g	0.001		0	RA	4		0.001	0.001	
15:1....g	0.003		0	RA	4		0.005	0.003	
16:1 undifferentiated....g	0.165		0	RA	4		0.236	0.140	
17:1....g	0.030		0	RA	4		0.043	0.025	
18:1 undifferentiated....g	2.820		0	RA	4		4.033	2.397	
20:1....g	0.088		0	RA	4		0.126	0.075	
22:1 undifferentiated....g	0.004		0	RA	4		0.006	0.004	
24:1 c....g	0.003		0	RA	4		0.005	0.003	
Fatty acids, total polyunsaturated....g	1.354		0	RA	4		1.936	1.151	
18:2 undifferentiated....g	0.969		0	RA	4		1.385	0.823	
18:3 undifferentiated....g	0.087		0	RA	4		0.124	0.074	
18:4....g	0.002		0	RA	4		0.003	0.002	
20:2 n-6 c,c....g	0.049		0	RA	4		0.071	0.042	
20:3 undifferentiated....g	0.073		0	RA	4		0.104	0.062	
20:4 undifferentiated....g	0.053		0	RA	4		0.076	0.045	
20:5 n-3 (EPA)....g	0.020		0	RA	4		0.029	0.017	
22:5 n-3 (DPA)....g	0.018		0	RA	4		0.025	0.015	
22:6 n-3 (DHA)....g	0.069		0	RA	4		0.099	0.059	
Fatty acids, total trans....g	0.063		0	RA	4		0.090	0.053	
Cholesterol....mg	66		0	RA	4		95	56	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.220		0	RA	4		0.315	0.187	
Threonine....g	0.833		0	RA	4		1.191	0.708	
Isoleucine....g	0.820		0	RA	4		1.173	0.697	
Leucine....g	1.396		0	RA	4		1.996	1.186	
Lysine....g	1.677		0	RA	4		2.399	1.426	
Methionine....g	0.539		0	RA	4		0.770	0.458	
Cystine....g	0.196		0	RA	4		0.280	0.167	
Phenylalanine....g	0.735		0	RA	4		1.050	0.624	
Tyrosine....g	0.612		0	RA	4		0.875	0.520	
Valine....g	0.894		0	RA	4		1.278	0.760	
Arginine....g	1.151		0	RA	4		1.646	0.978	
Histidine....g	0.404		0	RA	4		0.578	0.343	
Alanine....g	1.041		0	RA	4		1.488	0.885	
Aspartic acid....g	1.800		0	RA	4		2.574	1.530	
Glutamic acid....g	2.620		0	RA	4		3.747	2.227	
Glycine....g	0.931		0	RA	4		1.331	0.791	
Proline....g	0.686		0	RA	4		0.980	0.583	
Serine....g	0.698		0	RA	4		0.998	0.593	

NDB No. 15235
Fish, catfish, channel, farmed, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 143g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15234

Fish, catfish, channel, farmed, raw

Ictalurus punctatus (Rafinesque)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.06	0.424	12	A	1		125.70	67.20	
Energy....kcal	119		0	NC	4		189	101	
Energy....kJ	496		0	NC	4		789	422	
Protein (N x 6.25)....g	15.23	0.310	12	A	1		24.22	12.95	
Total lipid (fat)....g	5.94	0.372	12	A	1		9.44	5.05	
Ash....g	1.05	0.043	12	A	1		1.68	0.90	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Sucrose....g									
Glucose (dextrose)....g	0.00		1	A	1		0.00	0.00	
Fructose....g	0.00		1	A	1		0.00	0.00	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	0.00		1	A	1		0.00	0.00	
Galactose....g	0.00		1	A	1		0.00	0.00	
Starch....g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca....mg	8	0.337	12	A	1		12	7	
Iron, Fe....mg	0.23	0.015	12	A	1		0.36	0.19	
Magnesium, Mg....mg	19	0.481	12	A	1		30	16	
Phosphorus, P....mg	204	10.518	12	A	1		325	174	
Potassium, K....mg	302	13.451	12	A	1		480	257	
Sodium, Na....mg	98	22.777	12	A	1		156	83	
Zinc, Zn....mg	0.48	0.011	12	A	1		0.76	0.41	
Copper, Cu....mg	0.032	0.002	12	A	1		0.051	0.028	
Manganese, Mn....mg	0.015	0.001	12	A	1		0.023	0.012	
Selenium, Se....µg	8.2	0.740	12	A	1		13.0	6.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg	0.020	0.000	4	A	1		0.032	0.017	
Riboflavin....mg	0.083	0.018	4	A	1		0.131	0.070	
Niacin....mg	2.105	0.078	4	A	1		3.347	1.789	
Pantothenic acid....mg	0.670	0.023	4	A	1		1.065	0.570	
Vitamin B-6....mg	0.154	0.009	4	A	1		0.245	0.131	
Folate, total....µg	10	0.004	3		1		16	9	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	10	0.004	3		1		16	9	
Folate, DFE....mcg_DFE	10		0	NC	4		16	9	
Choline, total....mg	65.0		0	T	4		103.4	55.3	
Betaine....mg									
Vitamin B-12....µg	2.88	0.284	4	A	1		4.57	2.44	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		1	0	
Retinol....µg	0		1	A	1		1	0	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	1		0	AS	1		2	1	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.81	0.059	4	A	1		1.28	0.68	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.01	0.005	4	A	1		0.02	0.01	
Tocopherol, gamma....mg	0.22	0.013	4	A	1		0.35	0.19	
Tocopherol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.2	0.080	4	AS	1		0.3	0.2	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 15234
Fish, catfish, channel, farmed, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	0.2	0.080	4	A	1		0.3	0.2	
Vitamin D....IU	9	3.170	4	A	1		14	7	
Vitamin K (phylloquinone)....µg	2.1		1	A	1		3.3	1.8	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	0.6		1	A	1		0.9	0.5	
Lipids:									
Fatty acids, total saturated....g	1.310		0	NC	4		2.083	1.114	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000	0.000	10	A	1		0.000	0.000	
8:0....g	0.000	0.000	9	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.002	0.000	12	A	1		0.004	0.002	
13:0....g									
14:0....g	0.056	0.006	12	A	1		0.089	0.047	
15:0....g	0.006	0.001	12	A	1		0.010	0.005	
16:0....g	0.939	0.066	12	A	1		1.493	0.798	
17:0....g	0.009	0.001	12	A	1		0.014	0.007	
18:0....g	0.284	0.028	12	A	1		0.451	0.241	
20:0....g	0.008	0.001	12	A	1		0.013	0.007	
22:0....g	0.003	0.000	12	A	1		0.005	0.003	
24:0....g	0.003	0.000	12	A	1		0.005	0.002	
Fatty acids, total monounsaturated....g	2.573		0	NC	4		4.091	2.187	
14:1....g	0.001	0.000	12	A	1		0.001	0.001	
15:1....g	0.003	0.001	12	A	1		0.004	0.002	
16:1 undifferentiated....g	0.136	0.012	12	AS	1		0.217	0.116	
16:1 c....g	0.131	0.011	12	A	1		0.208	0.111	
16:1 t....g	0.006	0.001	12	A	1		0.009	0.005	
17:1....g	0.025	0.009	12	A	1		0.039	0.021	
18:1 undifferentiated....g	2.330	0.186	12	AS	1		3.704	1.980	
18:1 c....g	2.308	0.185	12	A	1		3.669	1.961	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.022	0.002	12	A	1		0.035	0.019	
18:1-11t (18:1t n-7)....g									
20:1....g	0.073	0.005	12	A	1		0.115	0.062	
22:1 undifferentiated....g	0.003	0.001	12	AS	1		0.005	0.003	
22:1 c....g	0.003	0.001	12	A	1		0.005	0.003	
22:1 t....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c....g	0.003	0.000	12	A	1		0.005	0.002	
Fatty acids, total polyunsaturated....g	1.119		0	NC	4		1.778	0.951	
18:2 undifferentiated....g	0.800	0.061	12	AS	1		1.272	0.680	
18:2 n-6 c,c....g	0.755	0.057	12	A	1		1.200	0.642	
18:2 CLAs....g	0.021	0.005	12	A	1		0.034	0.018	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.024	0.004	12	A	1		0.038	0.020	
18:3 undifferentiated....g	0.072	0.007	12	AS	1		0.114	0.061	
18:3 n-3 c,c,c (ALA)....g	0.054	0.006	12	A	1		0.086	0.046	
18:3 n-6 c,c,c....g	0.018	0.002	12	A	1		0.028	0.015	
18:3i....g									
18:4....g	0.002	0.001	12	A	1		0.003	0.002	
20:2 n-6 c,c....g	0.041	0.003	12	A	1		0.065	0.035	
20:3 undifferentiated....g	0.060	0.004	12	AS	1		0.096	0.051	
20:3 n-3....g	0.004	0.001	12	A	1		0.007	0.004	
20:3 n-6....g	0.056	0.004	12	A	1		0.089	0.048	
20:4 undifferentiated....g	0.044	0.003	12	A	1		0.070	0.037	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.017	0.004	12	A	1		0.027	0.014	
21:5....g									
22:4....g	0.007	0.001	12	A	1		0.011	0.006	
22:5 n-3 (DPA)....g	0.015	0.002	12	A	1		0.023	0.012	

NDB No. 15234
Fish, catfish, channel, farmed, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.057	0.010	12	A	1		0.091	0.049	
Fatty acids, total trans....g	0.052		0	NC	4		0.082	0.044	
Fatty acids, total trans-monoenoic....g	0.028		0	NC	4		0.044	0.024	
Fatty acids, total trans-polyenoic....g	0.024		0	NC	4		0.038	0.020	
Cholesterol....mg	55	2.376	4	A	1		87	47	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.182		0	A	1		0.289	0.155	
Threonine....g	0.688		0	A	1		1.094	0.585	
Isoleucine....g	0.678		0	A	1		1.077	0.576	
Leucine....g	1.153		0	A	1		1.833	0.980	
Lysine....g	1.386		0	A	1		2.203	1.178	
Methionine....g	0.445		0	A	1		0.708	0.378	
Cystine....g	0.162		0	A	1		0.257	0.138	
Phenylalanine....g	0.607		0	A	1		0.965	0.516	
Tyrosine....g	0.506		0	A	1		0.804	0.430	
Valine....g	0.738		0	A	1		1.174	0.628	
Arginine....g	0.951		0	A	1		1.512	0.808	
Histidine....g	0.334		0	A	1		0.531	0.284	
Alanine....g	0.860		0	A	1		1.367	0.731	
Aspartic acid....g	1.487		0	A	1		2.364	1.264	
Glutamic acid....g	2.164		0	A	1		3.441	1.840	
Glycine....g	0.769		0	A	1		1.222	0.653	
Proline....g	0.566		0	A	1		0.901	0.481	
Serine....g	0.577		0	A	1		0.917	0.490	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 159g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15233
Fish, catfish, channel, wild, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.67	0.624	4		1		111.07	66.02	
Energy....kcal	105		0	NC	4		150	89	
Energy....kJ	439				4		628	373	
Protein (N x 6.25)....g	18.47	0.423	4		1		26.41	15.70	
Total lipid (fat)....g	2.85	0.194	4		1		4.08	2.42	
Ash....g	1.15	0.050	4		1		1.64	0.98	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11	1.667	4		1		16	9	
Iron, Fe....mg	0.35	0.019	4		1		0.50	0.30	
Magnesium, Mg....mg	28	0.715	4		1		40	24	
Phosphorus, P....mg	304	33.155	3		1		435	258	
Potassium, K....mg	419	15.602	4		1		599	356	
Sodium, Na....mg	50	4.040	4		1		72	43	
Zinc, Zn....mg	0.61	0.040	4		1		0.87	0.52	
Copper, Cu....mg	0.039	0.000	4		1		0.056	0.033	
Manganese, Mn....mg	0.027	0.005	4		1		0.039	0.023	
Selenium, Se....µg	14.3		0	BFSN	4		20.4	12.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8	0.178	4		1		1.1	0.7	
Thiamin....mg	0.227	0.023	4		1		0.325	0.193	
Riboflavin....mg	0.067	0.003	4		1		0.096	0.057	
Niacin....mg	2.385	0.259	4		1		3.411	2.027	
Pantothenic acid....mg	0.910	0.161	4		1		1.301	0.774	
Vitamin B-6....mg	0.106	0.010	4		1		0.152	0.090	
Folate, total....µg	10		2		1		14	9	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	10		2		1		14	9	
Folate, DFE....mcg_DFE	10		0	NC	4		14	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.90	0.066	4		1		4.15	2.47	
Vitamin A, RAE....mcg_RAE	15	0.000	4		1		21	13	
Retinol....µg	15	0.000	4		1		21	13	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	50	0.000	4		1		72	43	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.744		0		1		1.064	0.632	
4:0....g									

NDB No. 15233
Fish, catfish, channel, wild, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.082		4		1		0.117	0.070	
15:0....g									
16:0....g	0.483		4		1		0.691	0.411	
17:0....g									
18:0....g	0.116		4		1		0.166	0.099	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.099		0		1		1.572	0.934	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.252		4		1		0.360	0.214	
17:1....g									
18:1 undifferentiated....g	0.772		4		1		1.104	0.656	
20:1....g	0.029		4		1		0.041	0.025	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.636		0		1		0.909	0.541	
18:2 undifferentiated....g	0.142		4		1		0.203	0.121	
18:3 undifferentiated....g	0.096		4		1		0.137	0.082	
18:4....g	0.012		4		1		0.017	0.010	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.087		4		1		0.124	0.074	
20:5 n-3 (EPA)....g	0.100		4		1		0.143	0.085	
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.137		4		1		0.196	0.116	
Fatty acids, total trans....g									
Cholesterol....mg	72	1.546	4		1		103	61	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.207		0		1		0.296	0.176	
Threonine....g	0.810		0		1		1.158	0.689	
Isoleucine....g	0.851		0		1		1.217	0.723	
Leucine....g	1.502		0		1		2.148	1.277	
Lysine....g	1.697		0		1		2.427	1.442	
Methionine....g	0.547		0		1		0.782	0.465	
Cystine....g	0.198		0		1		0.283	0.168	
Phenylalanine....g	0.721		0		1		1.031	0.613	
Tyrosine....g	0.624		0		1		0.892	0.530	
Valine....g	0.952		0		1		1.361	0.809	
Arginine....g	1.106		0		1		1.582	0.940	
Histidine....g	0.544		0		1		0.778	0.462	
Alanine....g	1.117		0		1		1.597	0.949	
Aspartic acid....g	1.892		0		1		2.706	1.608	
Glutamic acid....g	2.758		0		1		3.944	2.344	
Glycine....g	0.887		0		1		1.268	0.754	
Proline....g	0.653		0		1		0.934	0.555	
Serine....g	0.754		0		1		1.078	0.641	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 143g: 1 fillet

NDB No. 15233

Fish, catfish, channel, wild, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15010

Fish, catfish, channel, wild, raw

Ictalurus punctatus (Rafinesque)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.36	0.301	5		1		127.77	68.31	
Energy....kcal	95		0	NC	4		151	81	
Energy....kJ	397		0		4		632	338	
Protein (N x 6.25)....g	16.38	0.235	5		1		26.04	13.92	
Total lipid (fat)....g	2.82	0.595	5		1		4.48	2.40	
Ash....g	0.96	0.025	5		1		1.53	0.82	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14	7.641	5		1		22	12	
Iron, Fe....mg	0.30	0.024	4		1		0.48	0.26	
Magnesium, Mg....mg	23	0.520	4		1		37	20	
Phosphorus, P....mg	209	18.568	4		1		332	178	
Potassium, K....mg	358	18.886	4		1		569	304	
Sodium, Na....mg	43	3.871	4		1		68	37	
Zinc, Zn....mg	0.51	0.032	4		1		0.81	0.43	
Copper, Cu....mg	0.034	0.002	4		1		0.054	0.029	
Manganese, Mn....mg	0.025	0.005	4		1		0.040	0.021	
Selenium, Se....µg	12.6	0.823	5	A	1		20.0	10.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7	0.225	4		1		1.1	0.6	
Thiamin....mg	0.210	0.030	4		1		0.334	0.179	
Riboflavin....mg	0.072	0.006	5		1		0.114	0.061	
Niacin....mg	1.907	0.167	4		1		3.032	1.621	
Pantothenic acid....mg	0.765	0.120	4		1		1.216	0.650	
Vitamin B-6....mg	0.116	0.012	4		1		0.184	0.099	
Folate, total....µg	10		2		1		16	9	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	10		2		1		16	9	
Folate, DFE....mcg_DFE	10		0	NC	4		16	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.23	0.155	4		1		3.55	1.90	
Vitamin A, RAE....mcg_RAE	15	0.000	4		1		24	13	
Retinol....µg	15	0.000	4		1		24	13	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	50	0.000	4		1		80	43	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	12.5		0	NR	4		19.9	10.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	500		0	T	4		795	425	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.722		0		1		1.148	0.614	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 15010
Fish, catfish, channel, wild, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ....g	0.000		0		1		0.000	0.000	
8:0 ....g	0.000		0		1		0.000	0.000	
10:0 ....g	0.000		0		1		0.000	0.000	
12:0 ....g	0.000		0		1		0.000	0.000	
13:0 ....g									
14:0 ....g	0.064		10		1		0.102	0.054	
15:0 ....g									
16:0 ....g	0.442		10		1		0.703	0.376	
17:0 ....g									
18:0 ....g	0.150		10		1		0.239	0.128	
20:0 ....g									
22:0 ....g									
24:0 ....g									
Fatty acids, total monounsaturated ....g	0.844		0		1		1.342	0.717	
14:1 ....g									
15:1 ....g									
16:1 undifferentiated ....g	0.176		10		1		0.280	0.150	
17:1 ....g									
18:1 undifferentiated ....g	0.594		10		1		0.944	0.505	
20:1 ....g	0.021		10		1		0.033	0.018	
22:1 undifferentiated ....g	0.008		10		1		0.013	0.007	
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.865		0		1		1.375	0.735	
18:2 undifferentiated ....g	0.101		10		1		0.161	0.086	
18:3 undifferentiated ....g	0.071		10		1		0.113	0.060	
18:4 ....g	0.013		10		1		0.021	0.011	
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.149		10		1		0.237	0.127	
20:5 n-3 (EPA) ....g	0.130		10		1		0.207	0.111	
22:5 n-3 (DPA) ....g	0.100	0.000	10		1		0.159	0.085	
22:6 n-3 (DHA) ....g	0.234		10		1		0.372	0.199	
Fatty acids, total trans ....g									
Cholesterol ....mg	58	3.530	4		1		92	49	
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.183		0		1		0.291	0.156	
Threonine ....g	0.718		0		1		1.142	0.610	
Isoleucine ....g	0.755		0		1		1.200	0.642	
Leucine ....g	1.331		0		1		2.116	1.131	
Lysine ....g	1.504		0		1		2.391	1.278	
Methionine ....g	0.485		0		1		0.771	0.412	
Cystine ....g	0.176		0		1		0.280	0.150	
Phenylalanine ....g	0.639		0		1		1.016	0.543	
Tyrosine ....g	0.553		0		1		0.879	0.470	
Valine ....g	0.844		0		1		1.342	0.717	
Arginine ....g	0.980		0		1		1.558	0.833	
Histidine ....g	0.482		0		1		0.766	0.410	
Alanine ....g	0.991		0		1		1.576	0.842	
Aspartic acid ....g	1.677		0		1		2.666	1.425	
Glutamic acid ....g	2.445		0		1		3.888	2.078	
Glycine ....g	0.786		0		1		1.250	0.668	
Proline ....g	0.579		0		1		0.921	0.492	
Serine ....g	0.668		0		1		1.062	0.568	
Hydroxyproline ....g									
Others:									
Alcohol, ethyl ....g	0.0		0		7		0.0	0.0	
Caffeine ....mg									
Theobromine ....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 15010
Fish, catfish, channel, wild, raw

Common Measures:

Measure 1 = 159g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15012
Fish, caviar, black and red, granular

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	47.50		6		1		7.60	13.47	
Energy	kcal	264		0	NC	4		42	75	
Energy	kJ	1105		0	NC	4		177	313	
Protein (N x 6.25)	g	24.60		6		1		3.94	6.97	
Total lipid (fat)	g	17.90		6		1		2.86	5.07	
Ash	g	6.50		2		1		1.04	1.84	
Carbohydrate, by difference	g	4.00		0		4		0.64	1.13	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	275		0		4		44	78	
Iron, Fe	mg	11.88		0		4		1.90	3.37	
Magnesium, Mg	mg	300		0		4		48	85	
Phosphorus, P	mg	356		0		4		57	101	
Potassium, K	mg	181		0		4		29	51	
Sodium, Na	mg	1500		0		1		240	425	
Zinc, Zn	mg	0.95		0		4		0.15	0.27	
Copper, Cu	mg	0.110		0		4		0.018	0.031	
Manganese, Mn	mg	0.050		0		4		0.008	0.014	
Selenium, Se	µg	65.5		0	BFSN	4		10.5	18.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.190		0		4		0.030	0.054	
Riboflavin	mg	0.620		0		4		0.099	0.176	
Niacin	mg	0.120		0		4		0.019	0.034	
Pantothenic acid	mg	3.500		0		4		0.560	0.992	
Vitamin B-6	mg	0.320		0		4		0.051	0.091	
Folate, total	µg	50		0		4		8	14	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	50		0		4		8	14	
Folate, DFE	mcg_DFE	50		0	NC	4		8	14	
Choline, total	mg	490.9		0	BFPN	4		78.6	139.2	
Betaine	mg									
Vitamin B-12	µg	20.00		0		4		3.20	5.67	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	271		0	NC	4		43	77	
Retinol	µg	271		0	BFPN	4		43	77	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	905		0	NC	4		145	256	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	648		0	BFPN	4		104	184	
Vitamin E (alpha-tocopherol)	mg	1.89		0	BFPN	4		0.30	0.54	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	2.9		0	AS	1		0.5	0.8	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	2.9		0	T	4		0.5	0.8	
Vitamin D	IU	117		0	NR	4		19	33	
Vitamin K (phylloquinone)	µg	0.6		0	BFPN	4		0.1	0.2	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15012
Fish, caviar, black and red, granular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.060		0		4		0.650	1.151	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.212		0		4		0.034	0.060	
15:0....g									
16:0....g	3.555		0		4		0.569	1.008	
17:0....g									
18:0....g	0.293		0		4		0.047	0.083	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.631		0		4		0.741	1.313	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.043		0		4		0.167	0.296	
17:1....g									
18:1 undifferentiated....g	3.165		0		4		0.506	0.897	
20:1....g	0.309		0		4		0.049	0.088	
22:1 undifferentiated....g	0.114		0		4		0.018	0.032	
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.405		0		4		1.185	2.099	
18:2 undifferentiated....g	0.081		0		4		0.013	0.023	
18:3 undifferentiated....g	0.017		0		4		0.003	0.005	
18:4....g	0.033		0		4		0.005	0.009	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.505		0		4		0.081	0.143	
20:5 n-3 (EPA)....g	2.741		0		4		0.439	0.777	
22:5 n-3 (DPA)....g	0.229		0		4		0.037	0.065	
22:6 n-3 (DHA)....g	3.800		0		4		0.608	1.077	
Fatty acids, total trans....g									
Cholesterol....mg	588		0		1		94	167	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.323		0		1		0.052	0.092	
Threonine....g	1.263		6		1		0.202	0.358	
Isoleucine....g	1.035		6		1		0.166	0.293	
Leucine....g	2.133		6		1		0.341	0.605	
Lysine....g	1.834		6		1		0.293	0.520	
Methionine....g	0.646		6		1		0.103	0.183	
Cystine....g	0.449		6		1		0.072	0.127	
Phenylalanine....g	1.071		6		1		0.171	0.304	
Tyrosine....g	0.968		6		1		0.155	0.274	
Valine....g	1.263		6		1		0.202	0.358	
Arginine....g	1.590		6		1		0.254	0.451	
Histidine....g	0.649		6		1		0.104	0.184	
Alanine....g	1.653		6		1		0.264	0.469	
Aspartic acid....g	2.385		6		1		0.382	0.676	
Glutamic acid....g	3.633		6		1		0.581	1.030	
Glycine....g	0.740		6		1		0.118	0.210	
Proline....g	1.200		6		1		0.192	0.340	
Serine....g	1.897		6		1		0.304	0.538	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15012
Fish, caviar, black and red, granular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.57 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15013
Fish, cisco, raw
Coregonus artedi Lesueur

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	78.93	0.310	68		1		62.35	67.09	
Energy ... kcal	98		0	NC	4		77	83	
Energy ... kJ	410				4		324	349	
Protein (N x 6.25) ... g	18.99	0.225	68		1		15.00	16.14	
Total lipid (fat) ... g	1.91	0.149	69		1		1.51	1.62	
Ash ... g	1.20	0.032	70		1		0.95	1.02	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	12		0		4		9	10	
Iron, Fe ... mg	0.40		0		4		0.32	0.34	
Magnesium, Mg ... mg	17		0		4		13	14	
Phosphorus, P ... mg	152		0		4		120	129	
Potassium, K ... mg	354	8.519	18		1		280	301	
Sodium, Na ... mg	55	1.653	18		1		43	47	
Zinc, Zn ... mg	0.37		1		1		0.29	0.31	
Copper, Cu ... mg	0.072		0		4		0.057	0.061	
Manganese, Mn ... mg	0.067		0		4		0.053	0.057	
Selenium, Se ... µg	12.6		0	BFZN	4		10.0	10.7	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.088		0		4		0.070	0.075	
Riboflavin ... mg	0.100		0		4		0.079	0.085	
Niacin ... mg	2.510		0		4		1.983	2.134	
Pantothenic acid ... mg	0.750		0		4		0.593	0.638	
Vitamin B-6 ... mg	0.300		0		4		0.237	0.255	
Folate, total ... µg	15		0		4		12	13	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	15		0		4		12	13	
Folate, DFE ... mcg_DFE	15		0	NC	4		12	13	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	1.00		0		4		0.79	0.85	
Vitamin A, RAE ... mcg_RAE	30		0		4		24	26	
Retinol ... µg	30		0		4		24	26	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	100		0		4		79	85	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.421		0		1		0.333	0.358	
4:0 ... g	0.000		0		1		0.000	0.000	

NDB No. 15013
Fish, cisco, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.088		1		1		0.070	0.075	
15:0 g									
16:0 g	0.285		1		1		0.225	0.242	
17:0 g									
18:0 g	0.048		1		1		0.038	0.041	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.469		0		1		0.371	0.399	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.114		1		1		0.090	0.097	
17:1 g									
18:1 undifferentiated g	0.291		1		1		0.230	0.247	
20:1 g	0.019		1		1		0.015	0.016	
22:1 undifferentiated g	0.045		1		1		0.036	0.038	
24:1 c g									
Fatty acids, total polyunsaturated g	0.613		0		1		0.484	0.521	
18:2 undifferentiated g	0.069		1		1		0.055	0.059	
18:3 undifferentiated g	0.055		1		1		0.043	0.047	
18:4 g	0.029		1		1		0.023	0.025	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.055		1		1		0.043	0.047	
20:5 n-3 (EPA) g	0.095		1		1		0.075	0.081	
22:5 n-3 (DPA) g	0.053		1		1		0.042	0.045	
22:6 n-3 (DHA) g	0.257		1		1		0.203	0.218	
Fatty acids, total trans g									
Cholesterol mg	50		0		4		40	43	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.213		0		1		0.168	0.181	
Threonine g	0.832		0		1		0.657	0.707	
Isoleucine g	0.875		0		1		0.691	0.744	
Leucine g	1.543		0		1		1.219	1.312	
Lysine g	1.744		0		1		1.378	1.482	
Methionine g	0.562		0		1		0.444	0.478	
Cystine g	0.204		0		1		0.161	0.173	
Phenylalanine g	0.741		0		1		0.585	0.630	
Tyrosine g	0.641		0		1		0.506	0.545	
Valine g	0.978		0		1		0.773	0.831	
Arginine g	1.136		0		1		0.897	0.966	
Histidine g	0.559		0		1		0.442	0.475	
Alanine g	1.148		0		1		0.907	0.976	
Aspartic acid g	1.944		0		1		1.536	1.652	
Glutamic acid g	2.834		0		1		2.239	2.409	
Glycine g	0.911		0		1		0.720	0.774	
Proline g	0.671		0		1		0.530	0.570	
Serine g	0.775		0		1		0.612	0.659	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 15013
Fish, cisco, raw

Common Measures:

Measure 1 = 79g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15014
Fish, cisco, smoked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.80		2		1		19.79	59.33	
Energy	kcal	177		0	NC	4		50	150	
Energy	kJ	741		0		4		210	629	
Protein (N x 6.25)	g	16.36		2		1		4.64	13.91	
Total lipid (fat)	g	11.90		2		1		3.37	10.12	
Ash	g	2.00		2		1		0.57	1.70	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	26		2		1		7	22	
Iron, Fe	mg	0.49		2		1		0.14	0.42	
Magnesium, Mg	mg	17		2		1		5	14	
Phosphorus, P	mg	150		2		1		43	128	
Potassium, K	mg	293		2		1		83	249	
Sodium, Na	mg	481		2		1		136	409	
Zinc, Zn	mg	0.30		2		1		0.09	0.26	
Copper, Cu	mg	0.215		2		1		0.061	0.183	
Manganese, Mn	mg	0.021		2		1		0.006	0.018	
Selenium, Se	µg	18.1		0	BFSN	4		5.1	15.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.046		2		1		0.013	0.039	
Riboflavin	mg	0.159		2		1		0.045	0.135	
Niacin	mg	2.310		2		1		0.655	1.964	
Pantothenic acid	mg	0.308		2		1		0.087	0.262	
Vitamin B-6	mg	0.268		2		1		0.076	0.228	
Folate, total	µg	2		2		1		1	2	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	2		2		1		1	2	
Folate, DFE	mcg_DFE	2		0	NC	4		1	2	
Choline, total	mg	95.0		0	T	4		26.9	80.8	
Betaine	mg									
Vitamin B-12	µg	4.26		2		1		1.21	3.62	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	283		0	NC	4		80	241	
Retinol	µg	283		0	T	4		80	241	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	943		0	NC	4		267	802	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.22		0	BFSN	4		0.06	0.19	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	13.3		0	AS	1		3.8	11.3	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	13.3		0	BFSN	4		3.8	11.3	
Vitamin D	IU	530		0	BFSN	4		150	451	
Vitamin K (phylloquinone)	µg	0.1		0	BFSN	4		0.0	0.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15014
Fish, cisco, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.741		0		1		0.494	1.480	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.654		2		1		0.185	0.556	
15:0....g									
16:0....g	0.888		2		1		0.252	0.755	
17:0....g									
18:0....g	0.199		2		1		0.056	0.169	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.484		0		1		1.555	4.661	
14:1....g									
15:1....g									
16:1 undifferentiated....g	2.665		2		1		0.756	2.265	
17:1....g									
18:1 undifferentiated....g	2.450		2		1		0.695	2.083	
20:1....g	0.369		2		1		0.105	0.314	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.274		0		1		0.645	1.933	
18:2 undifferentiated....g	0.422		2		1		0.120	0.359	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.227		2		1		0.064	0.193	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.106		2		1		0.030	0.090	
20:5 n-3 (EPA)....g	0.639		2		1		0.181	0.543	
22:5 n-3 (DPA)....g	0.268		2		1		0.076	0.228	
22:6 n-3 (DHA)....g	0.612		2		1		0.174	0.520	
Fatty acids, total trans....g									
Cholesterol....mg	32		2		1		9	27	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.183		0		1		0.052	0.156	
Threonine....g	0.717		0		1		0.203	0.609	
Isoleucine....g	0.754		0		1		0.214	0.641	
Leucine....g	1.330		0		1		0.377	1.131	
Lysine....g	1.503		0		1		0.426	1.278	
Methionine....g	0.484		0		1		0.137	0.411	
Cystine....g	0.175		0		1		0.050	0.149	
Phenylalanine....g	0.639		0		1		0.181	0.543	
Tyrosine....g	0.552		0		1		0.156	0.469	
Valine....g	0.843		0		1		0.239	0.717	
Arginine....g	0.979		0		1		0.278	0.832	
Histidine....g	0.482		0		1		0.137	0.410	
Alanine....g	0.990		0		1		0.281	0.842	
Aspartic acid....g	1.676		0		1		0.475	1.425	
Glutamic acid....g	2.443		0		1		0.693	2.077	
Glycine....g	0.785		0		1		0.223	0.667	
Proline....g	0.579		0		1		0.164	0.492	
Serine....g	0.668		0		1		0.189	0.568	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15014
Fish, cisco, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15017
Fish, cod, Atlantic, canned, solids and liquid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.61		0		1		235.90	64.27	
Energy....kcal	105		0	NC	4		328	89	
Energy....kJ	439		0		4		1371	373	
Protein (N x 6.25)....g	22.76		0		1		71.01	19.35	
Total lipid (fat)....g	0.86		0		1		2.68	0.73	
Ash....g	1.49		0		1		4.65	1.27	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	21		0		1		66	18	
Iron, Fe....mg	0.49		0		1		1.53	0.42	
Magnesium, Mg....mg	41		0		1		128	35	
Phosphorus, P....mg	260		0		1		811	221	
Potassium, K....mg	528		0		1		1647	449	
Sodium, Na....mg	218		0		1		680	185	
Zinc, Zn....mg	0.58		0		1		1.81	0.49	
Copper, Cu....mg	0.037		0		1		0.115	0.031	
Manganese, Mn....mg	0.020		0		4		0.062	0.017	
Selenium, Se....µg	38.1		0	BFSN	4		118.9	32.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		3.1	0.9	
Thiamin....mg	0.087		0		1		0.271	0.074	
Riboflavin....mg	0.079		0		1		0.246	0.067	
Niacin....mg	2.505		0		1		7.816	2.129	
Pantothenic acid....mg	0.170		0		4		0.530	0.145	
Vitamin B-6....mg	0.282		0		1		0.880	0.240	
Folate, total....µg	8		0		4		25	7	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		0		4		25	7	
Folate, DFE....mcg_DFE	8		0	NC	4		25	7	
Choline, total....mg	85.0		0	T	4		265.2	72.3	
Betaine....mg									
Vitamin B-12....µg	1.05		0		1		3.26	0.89	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	14		0	NC	4		44	12	
Retinol....µg	14		0	T	4		44	12	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	47		0	NC	4		146	40	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.82		0	BFSN	4		2.57	0.70	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	1.2		0	AS	1		3.7	1.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.2		0	BFSN	4		3.7	1.0	
Vitamin D....IU	47		0	BFSN	4		146	40	
Vitamin K (phylloquinone)....µg	0.1		0	BFSN	4		0.4	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15017
Fish, cod, Atlantic, canned, solids and liquid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.167		0		1		0.521	0.142	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.012		0		1		0.037	0.010	
15:0....g									
16:0....g	0.116		0		1		0.362	0.099	
17:0....g									
18:0....g	0.038		0		1		0.119	0.032	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.124		0		1		0.387	0.105	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.020		0		1		0.062	0.017	
17:1....g									
18:1 undifferentiated....g	0.078		0		1		0.243	0.066	
20:1....g	0.019		0		1		0.059	0.016	
22:1 undifferentiated....g	0.004		0		1		0.012	0.003	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.291		0		1		0.908	0.247	
18:2 undifferentiated....g	0.006		0		1		0.019	0.005	
18:3 undifferentiated....g	0.001		0		1		0.003	0.001	
18:4....g	0.001		0		1		0.003	0.001	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.028		0		1		0.087	0.024	
20:5 n-3 (EPA)....g	0.004		0		1		0.012	0.003	
22:5 n-3 (DPA)....g	0.013		0		1		0.041	0.011	
22:6 n-3 (DHA)....g	0.153		0		1		0.477	0.130	
Fatty acids, total trans....g									
Cholesterol....mg	55		0		1		172	47	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.255		0		1		0.796	0.217	
Threonine....g	0.998		0		1		3.114	0.848	
Isoleucine....g	1.049		0		1		3.273	0.892	
Leucine....g	1.850		0		1		5.772	1.573	
Lysine....g	2.091		0		1		6.524	1.777	
Methionine....g	0.674		0		1		2.103	0.573	
Cystine....g	0.244		0		1		0.761	0.207	
Phenylalanine....g	0.889		0		1		2.774	0.756	
Tyrosine....g	0.768		0		1		2.396	0.653	
Valine....g	1.173		0		1		3.660	0.997	
Arginine....g	1.362		0		1		4.249	1.158	
Histidine....g	0.670		0		1		2.090	0.570	
Alanine....g	1.377		0		1		4.296	1.170	
Aspartic acid....g	2.331		0		1		7.273	1.981	
Glutamic acid....g	3.398		0		1		10.602	2.888	
Glycine....g	1.093		0		1		3.410	0.929	
Proline....g	0.805		0		1		2.512	0.684	
Serine....g	0.929		0		1		2.898	0.790	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15017
Fish, cod, Atlantic, canned, solids and liquid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 312g: 1 can

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15016
Fish, cod, Atlantic, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.92		0		1		136.66	64.53	
Energy	kcal	105		0	NC	4		189	89	
Energy	kJ	440		0	NC	4		793	374	
Protein (N x 6.25)	g	22.83		0		1		41.09	19.41	
Total lipid (fat)	g	0.86		0		1		1.55	0.73	
Ash	g	1.49		0		1		2.68	1.27	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	14		2		1		25	12	
Iron, Fe	mg	0.49		0		1		0.88	0.42	
Magnesium, Mg	mg	42		2		1		76	36	
Phosphorus, P	mg	138		2		1		248	117	
Potassium, K	mg	244		2		1		439	207	
Sodium, Na	mg	78		2		1		140	66	
Zinc, Zn	mg	0.58		0		1		1.04	0.49	
Copper, Cu	mg	0.036		0		1		0.065	0.031	
Manganese, Mn	mg	0.020		0		4		0.036	0.017	
Selenium, Se	µg	37.6	1.558	29	A	1		67.7	32.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		1.8	0.9	
Thiamin	mg	0.088		0		1		0.158	0.075	
Riboflavin	mg	0.079		0		1		0.142	0.067	
Niacin	mg	2.513		0		1		4.523	2.136	
Pantothenic acid	mg	0.180		0		4		0.324	0.153	
Vitamin B-6	mg	0.283		0		1		0.509	0.241	
Folate, total	µg	8		0		4		15	7	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	8		0		4		15	7	
Folate, DFE	mcg_DFE	8		0	NC	4		15	7	
Choline, total	mg	83.7		0	AS	1		150.6	71.1	
Betaine	mg	9.7		1	A	1		17.4	8.2	
Vitamin B-12	µg	1.05		0		1		1.89	0.89	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	14		0	NC	4		25	12	
Retinol	µg	14		0	T	4		25	12	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	47		0	NC	4		84	40	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.81		0	BFSN	4		1.47	0.69	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	1.2		0	AS	1		2.1	1.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	1.2		0	BFSN	4		2.1	1.0	
Vitamin D	IU	46		0	BFSN	4		83	39	
Vitamin K (phylloquinone)	µg	0.1		0	BFSN	4		0.2	0.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15016
Fish, cod, Atlantic, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.168		0		1		0.302	0.143	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.012		0		1		0.022	0.010	
15:0....g									
16:0....g	0.117		0		1		0.211	0.099	
17:0....g									
18:0....g	0.038		0		1		0.068	0.032	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.124		0		1		0.223	0.105	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.021		0		1		0.038	0.018	
17:1....g									
18:1 undifferentiated....g	0.078		0		1		0.140	0.066	
20:1....g	0.019		0		1		0.034	0.016	
22:1 undifferentiated....g	0.004		0		1		0.007	0.003	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.292		0		1		0.526	0.248	
18:2 undifferentiated....g	0.006		0		1		0.011	0.005	
18:3 undifferentiated....g	0.001		0		1		0.002	0.001	
18:4....g	0.001		0		1		0.002	0.001	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.028		0		1		0.050	0.024	
20:5 n-3 (EPA)....g	0.004		0		1		0.007	0.003	
22:5 n-3 (DPA)....g	0.013		0		1		0.023	0.011	
22:6 n-3 (DHA)....g	0.154		0		1		0.277	0.131	
Fatty acids, total trans....g									
Cholesterol....mg	55		0		1		99	47	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.256		0		1		0.461	0.218	
Threonine....g	1.001		0		1		1.802	0.851	
Isoleucine....g	1.052		0		1		1.894	0.894	
Leucine....g	1.856		0		1		3.341	1.578	
Lysine....g	2.097		0		1		3.775	1.782	
Methionine....g	0.676		0		1		1.217	0.575	
Cystine....g	0.245		0		1		0.441	0.208	
Phenylalanine....g	0.891		0		1		1.604	0.757	
Tyrosine....g	0.771		0		1		1.388	0.655	
Valine....g	1.176		0		1		2.117	1.000	
Arginine....g	1.366		0		1		2.459	1.161	
Histidine....g	0.672		0		1		1.210	0.571	
Alanine....g	1.381		0		1		2.486	1.174	
Aspartic acid....g	2.338		0		1		4.208	1.987	
Glutamic acid....g	3.408		0		1		6.134	2.897	
Glycine....g	1.096		0		1		1.973	0.932	
Proline....g	0.807		0		1		1.453	0.686	
Serine....g	0.932		0		1		1.678	0.792	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15016
Fish, cod, Atlantic, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15018
Fish, cod, Atlantic, dried and salted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	16.14		0		1		4.58	12.91	13.72
Energy....kcal	290		0	NC	4		82	232	246
Energy....kJ	1212		0	NC	4		344	969	1030
Protein (N x 6.25)....g	62.82		0		1		17.81	50.26	53.40
Total lipid (fat)....g	2.37		0		1		0.67	1.90	2.01
Ash....g	18.67		0		4		5.29	14.94	15.87
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	160		1		1		45	128	136
Iron, Fe....mg	2.50		1		1		0.71	2.00	2.13
Magnesium, Mg....mg	133		0		1		38	106	113
Phosphorus, P....mg	950		1		1		269	760	808
Potassium, K....mg	1458		0		1		413	1166	1239
Sodium, Na....mg	7027		0		1		1992	5622	5973
Zinc, Zn....mg	1.59		0		1		0.45	1.27	1.35
Copper, Cu....mg	0.176		0		1		0.050	0.141	0.150
Manganese, Mn....mg	0.050		0		4		0.014	0.040	0.043
Selenium, Se....µg	147.8		0	BFSN	4		41.9	118.2	125.6
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.5		0		1		1.0	2.8	3.0
Thiamin....mg	0.268		0		1		0.076	0.214	0.228
Riboflavin....mg	0.240		1		1		0.068	0.192	0.204
Niacin....mg	7.500		1		1		2.126	6.000	6.375
Pantothenic acid....mg	1.675		1		1		0.475	1.340	1.424
Vitamin B-6....mg	0.864		0		1		0.245	0.691	0.734
Folate, total....µg	25		0		4		7	20	21
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	25		0		4		7	20	21
Folate, DFE....mcg_DFE	25		0	NC	4		7	20	21
Choline, total....mg	291.3		0	BFSN	4		82.6	233.1	247.6
Betaine....mg									
Vitamin B-12....µg	10.00		1		1		2.84	8.00	8.50
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	42		0	NC	4		12	34	36
Retinol....µg	42		0	T	4		12	34	36
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	140		0	NC	4		40	112	119
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	2.84		0	BFSN	4		0.80	2.27	2.41
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	4.0		0	AS	1		1.1	3.2	3.4
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	4.0		0	BFSN	4		1.1	3.2	3.4
Vitamin D....IU	161		0	BFSN	4		46	129	137
Vitamin K (phylloquinone)....µg	0.4		0	BFSN	4		0.1	0.4	0.4
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15018
Fish, cod, Atlantic, dried and salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.462		0		1		0.131	0.370	0.393
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.032		0		1		0.009	0.026	0.027
15:0....g									
16:0....g	0.321		0		1		0.091	0.257	0.273
17:0....g									
18:0....g	0.106		0		1		0.030	0.085	0.090
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.342		0		1		0.097	0.274	0.291
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.056		0		1		0.016	0.045	0.048
17:1....g									
18:1 undifferentiated....g	0.215		0		1		0.061	0.172	0.183
20:1....g	0.053		0		1		0.015	0.042	0.045
22:1 undifferentiated....g	0.011		0		1		0.003	0.009	0.009
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.804		0		1		0.228	0.643	0.683
18:2 undifferentiated....g	0.018		0		1		0.005	0.014	0.015
18:3 undifferentiated....g	0.004		0		1		0.001	0.003	0.003
18:4....g	0.004		0		1		0.001	0.003	0.003
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.078		0		1		0.022	0.062	0.066
20:5 n-3 (EPA)....g	0.011		0		1		0.003	0.009	0.009
22:5 n-3 (DPA)....g	0.035		0		1		0.010	0.028	0.030
22:6 n-3 (DHA)....g	0.423		0		1		0.120	0.338	0.360
Fatty acids, total trans....g									
Cholesterol....mg	152		0		1		43	122	129
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.704		0		1		0.200	0.563	0.598
Threonine....g	2.754		0		1		0.781	2.203	2.341
Isoleucine....g	2.895		0		1		0.821	2.316	2.461
Leucine....g	5.106		0		1		1.448	4.085	4.340
Lysine....g	5.769		0		1		1.636	4.615	4.904
Methionine....g	1.859		0		1		0.527	1.487	1.580
Cystine....g	0.673		0		1		0.191	0.538	0.572
Phenylalanine....g	2.452		0		1		0.695	1.962	2.084
Tyrosine....g	2.121		0		1		0.601	1.697	1.803
Valine....g	3.236		0		1		0.917	2.589	2.751
Arginine....g	3.759		0		1		1.066	3.007	3.195
Histidine....g	1.849		0		1		0.524	1.479	1.572
Alanine....g	3.799		0		1		1.077	3.039	3.229
Aspartic acid....g	6.433		0		1		1.824	5.146	5.468
Glutamic acid....g	9.378		0		1		2.659	7.502	7.971
Glycine....g	3.015		0		1		0.855	2.412	2.563
Proline....g	2.221		0		1		0.630	1.777	1.888
Serine....g	2.563		0		1		0.727	2.050	2.179
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15018
Fish, cod, Atlantic, dried and salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 80g: 1 piece (5-1/2" x 1-1/2" x 1/2")

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15015
Fish, cod, Atlantic, raw
Gadus morhua (L.)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.22	0.040	537		1		187.62	69.04	
Energy	kcal	82		0	NC	4		190	70	
Energy	kJ	343		0	NC	4		793	292	
Protein (N x 6.25)	g	17.81	0.040	605		1		41.14	15.14	
Total lipid (fat)	g	0.67	0.007	293		1		1.55	0.57	
Ash	g	1.16	0.013	165		1		2.68	0.99	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	16	1.489	101		1		37	14	
Iron, Fe	mg	0.38	0.031	26		1		0.88	0.32	
Magnesium, Mg	mg	32	1.273	30		1		74	27	
Phosphorus, P	mg	203	3.657	75		1		469	173	
Potassium, K	mg	413	11.091	49		1		954	351	
Sodium, Na	mg	54	3.370	44		1		125	46	
Zinc, Zn	mg	0.45	0.012	188		1		1.04	0.38	
Copper, Cu	mg	0.028	0.001	136		1		0.065	0.024	
Manganese, Mn	mg	0.015		0		1		0.035	0.013	
Selenium, Se	µg	33.1	2.412	11	A	1		76.5	28.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		2		1		2.3	0.9	
Thiamin	mg	0.076	0.004	40		1		0.176	0.065	
Riboflavin	mg	0.065	0.004	68		1		0.150	0.055	
Niacin	mg	2.063	0.074	69		1		4.766	1.754	
Pantothenic acid	mg	0.153	0.009	45		1		0.353	0.130	
Vitamin B-6	mg	0.245	0.035	4		1		0.566	0.208	
Folate, total	µg	7		0		4		16	6	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	7		0		4		16	6	
Folate, DFE	mcg_DFE	7		0	NC	4		16	6	
Choline, total	mg	65.2		0	BFSN	4		150.7	55.5	
Betaine	mg									
Vitamin B-12	µg	0.91	0.051	55		1		2.10	0.77	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	12		0	NC	4		28	10	
Retinol	µg	12		0	T	4		28	10	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	40		0	NC	4		92	34	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.64		2		4		1.47	0.54	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.00		2		4		0.00	0.00	
Tocopherol, gamma	mg	0.00		2		4		0.00	0.00	
Tocopherol, delta	mg	0.00		2		4		0.00	0.00	
Vitamin D (D2 + D3)	µg	0.9		1	AS	1		2.1	0.8	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.9		1	A	1		2.1	0.8	
Vitamin D	IU	36		1	A	1		83	31	
Vitamin K (phylloquinone)	µg	0.1		1		1		0.2	0.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15015
Fish, cod, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.131		0		1		0.303	0.111	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.009		25		1		0.021	0.008	
15:0....g									
16:0....g	0.091		26		1		0.210	0.077	
17:0....g									
18:0....g	0.030		26		1		0.069	0.026	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.094		0		1		0.217	0.080	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.016		26		1		0.037	0.014	
17:1....g									
18:1 undifferentiated....g	0.061		26		1		0.141	0.052	
20:1....g	0.015		23		1		0.035	0.013	
22:1 undifferentiated....g	0.003		19		1		0.007	0.003	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.231		0		1		0.534	0.196	
18:2 undifferentiated....g	0.005		25		1		0.012	0.004	
18:3 undifferentiated....g	0.001		19		1		0.002	0.001	
18:4....g	0.001		22		1		0.002	0.001	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		23		1		0.051	0.019	
20:5 n-3 (EPA)....g	0.064		26		1		0.148	0.054	
22:5 n-3 (DPA)....g	0.010		22		1		0.023	0.009	
22:6 n-3 (DHA)....g	0.120		26		1		0.277	0.102	
Fatty acids, total trans....g									
Cholesterol....mg	43	0.969	37		1		99	37	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.199		0		1		0.460	0.169	
Threonine....g	0.781		0		1		1.804	0.664	
Isoleucine....g	0.821		0		1		1.897	0.698	
Leucine....g	1.447		0		1		3.343	1.230	
Lysine....g	1.635		0		1		3.777	1.390	
Methionine....g	0.527		0		1		1.217	0.448	
Cystine....g	0.191		0		1		0.441	0.162	
Phenylalanine....g	0.695		0		1		1.605	0.591	
Tyrosine....g	0.601		0		1		1.388	0.511	
Valine....g	0.917		0		1		2.118	0.779	
Arginine....g	1.066		0		1		2.462	0.906	
Histidine....g	0.524		0		1		1.210	0.445	
Alanine....g	1.077		0		1		2.488	0.915	
Aspartic acid....g	1.823		0		1		4.211	1.550	
Glutamic acid....g	2.658		0		1		6.140	2.259	
Glycine....g	0.855		0		1		1.975	0.727	
Proline....g	0.630		0		1		1.455	0.536	
Serine....g	0.726		0		1		1.677	0.617	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15015
Fish, cod, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 231g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15192
Fish, cod, Pacific, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.31		0	RA	4		72.28	68.26	
Energy....kcal	85		0	NC	4		76	72	
Energy....kJ	354		0	RA	4		318	301	
Protein (N x 6.25)....g	18.73		0	RA	4		16.86	15.92	
Total lipid (fat)....g	0.50		0	RA	4		0.45	0.43	
Ash....g	1.80		0	RA	4		1.62	1.53	
Carbohydrate, by difference....g	0.00		0	RA	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	RA	4		0.0	0.0	
Sugars, total....g	0.00		0	RA	4		0.00	0.00	
Sucrose....g									
Glucose (dextrose)....g	0.00		0	RA	4		0.00	0.00	
Fructose....g	0.00		0	RA	4		0.00	0.00	
Lactose....g	0.00		0	RA	4		0.00	0.00	
Maltose....g	0.00		0	RA	4		0.00	0.00	
Galactose....g	0.00		0	RA	4		0.00	0.00	
Starch....g	0.00		0	RA	4		0.00	0.00	
Minerals:									
Calcium, Ca....mg	10		0	RA	4		9	8	
Iron, Fe....mg	0.20		0	RA	4		0.18	0.17	
Magnesium, Mg....mg	24		0	RA	4		22	20	
Phosphorus, P....mg	345		0	RA	4		310	293	
Potassium, K....mg	289		0	RA	4		260	245	
Sodium, Na (1) ....mg	372		0	RA	4		335	316	
Zinc, Zn....mg	0.39		0	RA	4		0.35	0.33	
Copper, Cu....mg	0.024		0	RA	4		0.021	0.020	
Manganese, Mn....mg	0.015		0	RA	4		0.013	0.013	
Selenium, Se....µg	28.0		0	RA	4		25.2	23.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0	0.0	
Thiamin....mg	0.038		0	RA	4		0.034	0.032	
Riboflavin....mg	0.055		0	RA	4		0.050	0.047	
Niacin....mg	1.343		0	RA	4		1.209	1.142	
Pantothenic acid....mg	0.361		0	RA	4		0.325	0.307	
Vitamin B-6....mg	0.136		0	RA	4		0.122	0.115	
Folate, total....µg	8		0	RA	4		7	7	
Folic acid....µg	0		0	RA	4		0	0	
Folate, food....µg	8		0	RA	4		7	7	
Folate, DFE....mcg_DFE	8		0	NC	4		7	7	
Choline, total....mg	79.7		0	RA	4		71.8	67.8	
Betaine....mg									
Vitamin B-12....µg	2.31		0	RA	4		2.08	1.96	
Vitamin B-12, added....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	RA	4		2	2	
Retinol....µg	2		0	RA	4		2	2	
Carotene, beta....µg	0		0	RA	4		0	0	
Carotene, alpha....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	
Vitamin A, IU....IU	7		0	RA	4		6	6	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.67		0	RA	4		0.60	0.57	
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, delta....mg	0.00		0	RA	4		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.6		0	RA	4		0.5	0.5	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 15192
Fish, cod, Pacific, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	0.6		0	RA	4		0.5	0.5	
Vitamin D....IU	24		0	RA	4		22	20	
Vitamin K (phylloquinone)....µg	0.0		0	RA	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg	0.0		0	RA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.105		0	RA	4		0.094	0.089	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.002		0	RA	4		0.001	0.001	
13:0....g									
14:0....g	0.004		0	RA	4		0.004	0.003	
15:0....g	0.001		0	RA	4		0.001	0.001	
16:0....g	0.070		0	RA	4		0.063	0.060	
17:0....g	0.001		0	RA	4		0.001	0.001	
18:0....g	0.026		0	RA	4		0.023	0.022	
20:0....g	0.000		0	RA	4		0.000	0.000	
22:0....g	0.000		0	RA	4		0.000	0.000	
24:0....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total monounsaturated....g	0.089		0	RA	4		0.080	0.076	
14:1....g	0.001		0	RA	4		0.001	0.001	
15:1....g	0.002		0	RA	4		0.002	0.002	
16:1 undifferentiated....g	0.005		0	RA	4		0.005	0.004	
17:1....g	0.017		0	RA	4		0.015	0.015	
18:1 undifferentiated....g	0.051		0	RA	4		0.046	0.043	
20:1....g	0.007		0	RA	4		0.006	0.006	
22:1 undifferentiated....g	0.001		0	RA	4		0.001	0.001	
24:1 c....g	0.005		0	RA	4		0.004	0.004	
Fatty acids, total polyunsaturated....g	0.201		0	RA	4		0.181	0.171	
18:2 undifferentiated....g	0.021		0	RA	4		0.019	0.018	
18:3 undifferentiated....g	0.001		0	RA	4		0.001	0.001	
18:4....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c....g	0.001		0	RA	4		0.001	0.001	
20:3 undifferentiated....g	0.002		0	RA	4		0.002	0.002	
20:4 undifferentiated....g	0.010		0	RA	4		0.009	0.008	
20:5 n-3 (EPA)....g	0.042		0	RA	4		0.038	0.036	
22:5 n-3 (DPA)....g	0.005		0	RA	4		0.005	0.004	
22:6 n-3 (DHA)....g	0.118		0	RA	4		0.106	0.100	
Fatty acids, total trans....g	0.006		0	RA	4		0.006	0.005	
Cholesterol....mg	57		0	RA	4		52	49	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.231		0	RA	4		0.207	0.196	
Threonine....g	0.807		0	RA	4		0.726	0.686	
Isoleucine....g	0.833		0	RA	4		0.749	0.708	
Leucine....g	1.486		0	RA	4		1.337	1.263	
Lysine....g	1.716		0	RA	4		1.545	1.459	
Methionine....g	0.512		0	RA	4		0.461	0.435	
Cystine....g	0.167		0	RA	4		0.150	0.142	
Phenylalanine....g	0.730		0	RA	4		0.657	0.621	
Tyrosine....g	0.679		0	RA	4		0.611	0.577	
Valine....g	0.897		0	RA	4		0.807	0.762	
Arginine....g	1.204		0	RA	4		1.084	1.023	
Histidine....g	0.397		0	RA	4		0.357	0.338	
Alanine....g	1.076		0	RA	4		0.968	0.915	
Aspartic acid....g	1.870		0	RA	4		1.683	1.590	
Glutamic acid....g	2.818		0	RA	4		2.536	2.395	
Glycine....g	0.871		0	RA	4		0.784	0.740	
Proline....g	0.628		0	RA	4		0.565	0.533	
Serine....g	0.794		0	RA	4		0.715	0.675	

NDB No. 15192
Fish, cod, Pacific, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 90g: 1 fillet

Measure 2 = 85g: 3 oz

Footnotes:

1 Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 91 mg sodium/100g.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15019
Fish, cod, Pacific, raw
Gadus macrocephalus Tilesius

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.95	0.627	11	A	1		97.38	71.36	
Energy....kcal	69		0	NC	4		80	59	
Energy....kJ	288		0	NC	4		334	245	
Protein (N x 6.25)....g	15.27	0.823	11	A	1		17.72	12.98	
Total lipid (fat)....g	0.41	0.037	11	A	1		0.47	0.35	
Ash....g	1.46	0.116	11	A	1		1.70	1.24	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Sucrose....g									
Glucose (dextrose)....g	0.00		1	A	1		0.00	0.00	
Fructose....g	0.00		1	A	1		0.00	0.00	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	0.00		1	A	1		0.00	0.00	
Galactose....g	0.00		1	A	1		0.00	0.00	
Starch....g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca....mg	8	0.913	11	A	1		9	7	
Iron, Fe....mg	0.16	0.029	11	A	1		0.19	0.14	
Magnesium, Mg....mg	20	3.037	11	A	1		23	17	
Phosphorus, P....mg	281	31.341	11	A	1		326	239	
Potassium, K....mg	235	34.824	11	A	1		273	200	
Sodium, Na (1)....mg	303	65.585	11	A	1		352	258	
Zinc, Zn....mg	0.31	0.016	11	A	1		0.36	0.27	
Copper, Cu....mg	0.019	0.001	11	A	1		0.022	0.016	
Manganese, Mn....mg	0.012	0.001	11	A	1		0.014	0.010	
Selenium, Se....µg	22.9	1.183	11	A	1		26.5	19.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg	0.033	0.005	4	A	1		0.038	0.028	
Riboflavin....mg	0.045	0.009	4	A	1		0.052	0.038	
Niacin....mg	1.095	0.352	4	A	1		1.270	0.931	
Pantothenic acid....mg	0.294	0.087	4	A	1		0.341	0.250	
Vitamin B-6....mg	0.117	0.014	4	A	1		0.135	0.099	
Folate, total....µg	7		0		4		8	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	7		0		4		8	6	
Folate, DFE....mcg_DFE	7		0	NC	4		8	6	
Choline, total....mg	65.0		0	T	4		75.4	55.3	
Betaine....mg									
Vitamin B-12....µg	1.98	0.378	4	A	1		2.30	1.68	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	2		0	AS	1		2	2	
Retinol....µg	2		1	A	1		2	2	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	6		0	AS	1		7	5	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.54	0.049	4	A	1		0.63	0.46	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.5	0.123	4	AS	1		0.6	0.4	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 15019
Fish, cod, Pacific, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	0.5	0.123	4	A	1		0.6	0.4	
Vitamin D....IU	20	4.946	4	A	1		23	17	
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.085		0	NC	4		0.099	0.073	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000	0.000	9	A	1		0.000	0.000	
8:0....g	0.000	0.000	11	A	1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.001	0.000	11	A	1		0.001	0.001	
13:0....g									
14:0....g	0.003	0.000	11	A	1		0.004	0.003	
15:0....g	0.001	0.000	11	A	1		0.001	0.001	
16:0....g	0.057	0.005	11	A	1		0.066	0.049	
17:0....g	0.001	0.000	11	A	1		0.001	0.001	
18:0....g	0.021	0.001	11	A	1		0.024	0.018	
20:0....g	0.000	0.000	11	A	1		0.000	0.000	
22:0....g	0.000	0.000	11	A	1		0.000	0.000	
24:0....g	0.000	0.000	11	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.073		0	NC	4		0.084	0.062	
14:1....g	0.001	0.000	11	A	1		0.001	0.001	
15:1....g	0.002	0.001	11	A	1		0.002	0.002	
16:1 undifferentiated....g	0.004	0.000	11	AS	1		0.005	0.004	
16:1 c....g	0.004	0.000	11	A	1		0.004	0.003	
16:1 t....g	0.001	0.000	11	A	1		0.001	0.001	
17:1....g	0.014	0.006	11	A	1		0.016	0.012	
18:1 undifferentiated....g	0.042	0.004	11	AS	1		0.048	0.035	
18:1 c....g	0.039	0.004	11	A	1		0.045	0.033	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.002	0.000	11	A	1		0.003	0.002	
18:1-11t (18:1t n-7)....g									
20:1....g	0.005	0.001	11	A	1		0.006	0.005	
22:1 undifferentiated....g	0.001	0.000	11	AS	1		0.001	0.001	
22:1 c....g	0.001	0.000	11	A	1		0.001	0.001	
22:1 t....g	0.000	0.000	11	A	1		0.000	0.000	
24:1 c....g	0.004	0.000	11	A	1		0.004	0.003	
Fatty acids, total polyunsaturated....g	0.164		0	NC	4		0.190	0.139	
18:2 undifferentiated....g	0.017	0.003	11	AS	1		0.020	0.014	
18:2 n-6 c,c....g	0.015	0.003	11	A	1		0.017	0.012	
18:2 CLAs....g	0.000	0.000	11	A	1		0.000	0.000	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.002	0.001	11	A	1		0.002	0.002	
18:3 undifferentiated....g	0.001	0.000	11	AS	1		0.001	0.001	
18:3 n-3 c,c,c (ALA)....g	0.001	0.000	11	A	1		0.001	0.001	
18:3 n-6 c,c,c....g	0.000	0.000	11	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000	0.000	11	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.001	0.000	11	A	1		0.001	0.001	
20:3 undifferentiated....g	0.002	0.000	11	AS	1		0.002	0.001	
20:3 n-3....g	0.000	0.000	11	A	1		0.001	0.000	
20:3 n-6....g	0.001	0.000	11	A	1		0.001	0.001	
20:4 undifferentiated....g	0.008	0.001	11	A	1		0.009	0.007	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.034	0.004	11	A	1		0.040	0.029	
21:5....g									
22:4....g	0.001	0.000	11	A	1		0.001	0.001	
22:5 n-3 (DPA)....g	0.004	0.000	11	A	1		0.005	0.004	

NDB No. 15019
Fish, cod, Pacific, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.096	0.007	11	A	1		0.112	0.082	
Fatty acids, total trans....g	0.005		0	NC	4		0.006	0.004	
Fatty acids, total trans-monoenoic....g	0.003		0	NC	4		0.004	0.003	
Fatty acids, total trans-polyenoic....g	0.002		0	NC	4		0.002	0.002	
Cholesterol....mg	47	3.819	4	A	1		54	40	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.188		0	A	1		0.218	0.160	
Threonine....g	0.658		0	A	1		0.763	0.559	
Isoleucine....g	0.679		0	A	1		0.787	0.577	
Leucine....g	1.211		0	A	1		1.405	1.030	
Lysine....g	1.399		0	A	1		1.623	1.189	
Methionine....g	0.418		0	A	1		0.485	0.355	
Cystine....g	0.136		0	A	1		0.157	0.115	
Phenylalanine....g	0.595		0	A	1		0.690	0.506	
Tyrosine....g	0.553		0	A	1		0.642	0.470	
Valine....g	0.731		0	A	1		0.848	0.621	
Arginine....g	0.982		0	A	1		1.139	0.834	
Histidine....g	0.324		0	A	1		0.376	0.275	
Alanine....g	0.877		0	A	1		1.018	0.746	
Aspartic acid....g	1.525		0	A	1		1.769	1.296	
Glutamic acid....g	2.297		0	A	1		2.665	1.953	
Glycine....g	0.710		0	A	1		0.824	0.604	
Proline....g	0.512		0	A	1		0.594	0.435	
Serine....g	0.647		0	A	1		0.751	0.550	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 116g: 1 fillet

Measure 2 = 85g: 3 oz

Footnotes:

1 Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 71 mg sodium/100g.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15021
Fish, croaker, Atlantic, cooked, breaded and fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.76		0		1		51.99	50.80	
Energy....kcal	221		0	NC	4		192	188	
Energy....kJ	925				4		804	786	
Protein (N x 6.21)....g	18.20		0		1		15.83	15.47	
Total lipid (fat)....g	12.67		0		1		11.02	10.77	
Ash....g	1.37		0		1		1.19	1.16	
Carbohydrate, by difference....g	7.54		0	NC	4		6.56	6.41	
Fiber, total dietary....g	0.4		0		4		0.4	0.4	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	32		0		1		28	27	
Iron, Fe....mg	0.86		0		1		0.75	0.73	
Magnesium, Mg....mg	42		0		1		37	36	
Phosphorus, P....mg	217		0		1		189	184	
Potassium, K....mg	340		0		1		296	289	
Sodium, Na....mg	348		0		1		303	296	
Zinc, Zn....mg	0.52		0		1		0.45	0.44	
Copper, Cu....mg	0.065		0		1		0.057	0.055	
Manganese, Mn....mg	0.080		0		4		0.070	0.068	
Selenium, Se....µg	38.8		0	RA	4		33.8	33.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.090		0		4		0.078	0.077	
Riboflavin....mg	0.130		0		4		0.113	0.111	
Niacin....mg	4.300		0		4		3.741	3.655	
Pantothenic acid....mg	0.740		0		4		0.644	0.629	
Vitamin B-6....mg	0.260		0		4		0.226	0.221	
Folate, total....µg	34		0	RA	4		30	29	
Folic acid....µg	16		0	NC	4		14	14	
Folate, food....µg	18		0		4		16	15	
Folate, DFE....mcg_DFE	45		0	NC	4		39	38	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.10		0		4		1.83	1.79	
Vitamin A, RAE....mcg_RAE	23		0		4		20	19	
Retinol....µg	23		0		4		20	19	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	75		0		4		65	64	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.476		0		1		3.024	2.955	
4:0....g									

NDB No. 15021
Fish, croaker, Atlantic, cooked, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.088		0		1		0.077	0.075	
15:0....g									
16:0....g	2.194		0		1		1.909	1.865	
17:0....g									
18:0....g	1.193		0		1		1.038	1.014	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.320		0		1		4.628	4.522	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.444		0		1		0.386	0.377	
17:1....g									
18:1 undifferentiated....g	4.789		0		1		4.166	4.071	
20:1....g	0.079		0		1		0.069	0.067	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.917		0		1		2.538	2.479	
18:2 undifferentiated....g	2.376		0		1		2.067	2.020	
18:3 undifferentiated....g	0.157		0		1		0.137	0.133	
18:4....g	0.010		0		1		0.009	0.009	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.089		0		1		0.077	0.076	
20:5 n-3 (EPA)....g	0.113		0		1		0.098	0.096	
22:5 n-3 (DPA)....g	0.079		0		1		0.069	0.067	
22:6 n-3 (DHA)....g	0.089		0		1		0.077	0.076	
Fatty acids, total trans....g									
Cholesterol....mg	84		0		1		73	71	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.208		0		1		0.181	0.177	
Threonine....g	0.788		0		1		0.686	0.670	
Isoleucine....g	0.847		0		1		0.737	0.720	
Leucine....g	1.480		0		1		1.288	1.258	
Lysine....g	1.571		0		1		1.367	1.335	
Methionine....g	0.525		0		1		0.457	0.446	
Cystine....g	0.217		0		1		0.189	0.184	
Phenylalanine....g	0.742		0		1		0.646	0.631	
Tyrosine....g	0.621		0		1		0.540	0.528	
Valine....g	0.947		0		1		0.824	0.805	
Arginine....g	1.061		0		1		0.923	0.902	
Histidine....g	0.525		0		1		0.457	0.446	
Alanine....g	1.067		0		1		0.928	0.907	
Aspartic acid....g	1.791		0		1		1.558	1.522	
Glutamic acid....g	2.981		0		1		2.593	2.534	
Glycine....g	0.850		0		1		0.740	0.723	
Proline....g	0.759		0		1		0.660	0.645	
Serine....g	0.788		0		1		0.686	0.670	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 87g: 1 fillet

NDB No. 15021

Fish, croaker, Atlantic, cooked, breaded and fried

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15020
Fish, croaker, Atlantic, raw
Micropogonias undulatus (L.)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.03	0.594	7		1		61.64	66.33	
Energy....kcal	104		0	NC	4		82	88	
Energy....kJ	435		0		4		344	370	
Protein (N x 6.25)....g	17.78	0.301	7		1		14.05	15.11	
Total lipid (fat)....g	3.17	0.529	8		1		2.50	2.69	
Ash....g	1.11	0.113	7		1		0.88	0.94	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	15		1		1		12	13	
Iron, Fe....mg	0.37		1		1		0.29	0.31	
Magnesium, Mg....mg	40		1		1		32	34	
Phosphorus, P....mg	210		1		1		166	179	
Potassium, K....mg	345		1		1		273	293	
Sodium, Na....mg	56		1		1		44	48	
Zinc, Zn....mg	0.42	0.009	91		1		0.33	0.36	
Copper, Cu....mg	0.042	0.002	92		1		0.033	0.036	
Manganese, Mn....mg	0.025		1		1		0.020	0.021	
Selenium, Se....µg	36.5		0	CAZN	4		28.8	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.075		0		4		0.059	0.064	
Riboflavin....mg	0.095		0		4		0.075	0.081	
Niacin....mg	4.200		0		4		3.318	3.570	
Pantothenic acid....mg	0.750		0		4		0.593	0.638	
Vitamin B-6....mg	0.300		0		4		0.237	0.255	
Folate, total....µg	15		0		4		12	13	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0		4		12	13	
Folate, DFE....mcg_DFE	15		0	NC	4		12	13	
Choline, total....mg	67.0		0	BFSN	4		53.0	57.0	
Betaine....mg									
Vitamin B-12....µg	2.50		0		4		1.98	2.13	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	12		0	NC	4		10	11	
Retinol....µg	12		0	BFSN	4		10	11	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	41		0	NC	4		33	35	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	1.29		0	BFSN	4		1.02	1.10	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.7		0	AS	1		0.5	0.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.7		0	BFSN	4		0.5	0.6	
Vitamin D....IU	27		0	BFSN	4		21	23	
Vitamin K (phylloquinone)....µg	0.1		0	BFSN	4		0.1	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15020
Fish, croaker, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.088		0		1		0.860	0.925	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.049		1		1		0.039	0.042	
15:0....g									
16:0....g	0.836		1		1		0.660	0.711	
17:0....g									
18:0....g	0.203		1		1		0.160	0.173	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.149		0		1		0.908	0.977	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.464		1		1		0.367	0.394	
17:1....g									
18:1 undifferentiated....g	0.593		1		1		0.468	0.504	
20:1....g	0.086		1		1		0.068	0.073	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.464		0		1		0.367	0.394	
18:2 undifferentiated....g	0.046		1		1		0.036	0.039	
18:3 undifferentiated....g	0.009		1		1		0.007	0.008	
18:4....g	0.011		1		1		0.009	0.009	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.092		1		1		0.073	0.078	
20:5 n-3 (EPA)....g	0.123		1		1		0.097	0.105	
22:5 n-3 (DPA)....g	0.086		1		1		0.068	0.073	
22:6 n-3 (DHA)....g	0.097		1		1		0.077	0.082	
Fatty acids, total trans....g									
Cholesterol....mg	61		1		1		48	52	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.199		0		1		0.157	0.169	
Threonine....g	0.780		0		1		0.616	0.663	
Isoleucine....g	0.819		0		1		0.647	0.696	
Leucine....g	1.445		0		1		1.142	1.228	
Lysine....g	1.633		0		1		1.290	1.388	
Methionine....g	0.526		0		1		0.416	0.447	
Cystine....g	0.191		0		1		0.151	0.162	
Phenylalanine....g	0.694		0		1		0.548	0.590	
Tyrosine....g	0.600		0		1		0.474	0.510	
Valine....g	0.916		0		1		0.724	0.779	
Arginine....g	1.064		0		1		0.841	0.904	
Histidine....g	0.523		0		1		0.413	0.445	
Alanine....g	1.075		0		1		0.849	0.914	
Aspartic acid....g	1.821		0		1		1.439	1.548	
Glutamic acid....g	2.654		0		1		2.097	2.256	
Glycine....g	0.854		0		1		0.675	0.726	
Proline....g	0.629		0		1		0.497	0.535	
Serine....g	0.725		0		1		0.573	0.616	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15020
Fish, croaker, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 79g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15193
Fish, cusk, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.68		0		1		66.20	59.23	
Energy	kcal	112		0	NC	4		106	95	
Energy	kJ	469				4		445	398	
Protein (N x 6.25)	g	24.35		0		1		23.13	20.70	
Total lipid (fat)	g	0.88		0		1		0.84	0.75	
Ash	g	1.60		0		1		1.52	1.36	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		12	11	
Iron, Fe	mg	1.06		0		1		1.01	0.90	
Magnesium, Mg	mg	40		0		1		38	34	
Phosphorus, P	mg	262		0		1		249	223	
Potassium, K	mg	503		0		1		478	428	
Sodium, Na	mg	40		0		1		38	34	
Zinc, Zn	mg	0.49		0		1		0.47	0.42	
Copper, Cu	mg	0.023		0		1		0.022	0.020	
Manganese, Mn	mg	0.019		0		1		0.018	0.016	
Selenium, Se	µg	46.8		0	BFSN	4		44.5	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.048		0		1		0.046	0.041	
Riboflavin	mg	0.162		0		1		0.154	0.138	
Niacin	mg	3.271		0		1		3.107	2.780	
Pantothenic acid	mg	0.322		0		1		0.306	0.274	
Vitamin B-6	mg	0.447		0		1		0.425	0.380	
Folate, total	µg	2		0		1		2	2	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	2		0		1		2	2	
Folate, DFE	mcg_DFE	2		0	NC	4		2	2	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.20		0		1		1.14	1.02	
Vitamin A, RAE	mcg_RAE	21		0		1		20	18	
Retinol	µg	21		0		1		20	18	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	69		0		1		66	59	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									

NDB No. 15193
Fish, cusk, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	53		0		1		50	45	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.273		0		1		0.259	0.232	
Threonine.....g	1.067		0		1		1.014	0.907	
Isoleucine.....g	1.122		0		1		1.066	0.954	
Leucine.....g	1.979		0		1		1.880	1.682	
Lysine.....g	2.236		0		1		2.124	1.901	
Methionine.....g	0.721		0		1		0.685	0.613	
Cystine.....g	0.261		0		1		0.248	0.222	
Phenylalanine.....g	0.950		0		1		0.903	0.808	
Tyrosine.....g	0.822		0		1		0.781	0.699	
Valine.....g	1.254		0		1		1.191	1.066	
Arginine.....g	1.457		0		1		1.384	1.238	
Histidine.....g	0.717		0		1		0.681	0.609	
Alanine.....g	1.472		0		1		1.398	1.251	
Aspartic acid.....g	2.493		0		1		2.368	2.119	
Glutamic acid.....g	3.634		0		1		3.452	3.089	
Glycine.....g	1.169		0		1		1.111	0.994	
Proline.....g	0.861		0		1		0.818	0.732	
Serine.....g	0.993		0		1		0.943	0.844	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 95g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15022
Fish, cusk, raw
Brosme brosme (Muller)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.35	0.662	25		1		93.15	64.90	
Energy....kcal	87		0	NC	4		106	74	
Energy....kJ	364				4		444	309	
Protein (N x 6.25)....g	18.99	0.383	12		1		23.17	16.14	
Total lipid (fat)....g	0.69	0.106	4		1		0.84	0.59	
Ash....g	1.25	0.133	6		1		1.53	1.06	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10	5.029	23		1		12	9	
Iron, Fe....mg	0.83		0		4		1.01	0.71	
Magnesium, Mg....mg	31	2.018	19		1		38	26	
Phosphorus, P....mg	204	17.349	6		1		249	173	
Potassium, K....mg	392	14.022	22		1		478	333	
Sodium, Na....mg	31	5.357	20		1		38	26	
Zinc, Zn....mg	0.38	0.010	76		1		0.46	0.32	
Copper, Cu....mg	0.018	0.001	74		1		0.022	0.015	
Manganese, Mn....mg	0.015		0		1		0.018	0.013	
Selenium, Se....µg	36.5		0	CAZN	4		44.5	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.042		0		4		0.051	0.036	
Riboflavin....mg	0.133	0.023	7		1		0.162	0.113	
Niacin....mg	2.686	0.083	7		1		3.277	2.283	
Pantothenic acid....mg	0.279	0.028	7		1		0.340	0.237	
Vitamin B-6....mg	0.387	0.085	3		1		0.472	0.329	
Folate, total....µg	2		0		4		2	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0		4		2	2	
Folate, DFE....mcg_DFE	2		0	NC	4		2	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.04	0.125	7		1		1.27	0.89	
Vitamin A, RAE....mcg_RAE	18		0		4		22	15	
Retinol....µg	18		0		4		22	15	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	60		0		4		73	51	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.130		0		4		0.159	0.111	
Fatty acids, total monounsaturated....g	0.090		0		4		0.110	0.077	

NDB No. 15022
Fish, cusk, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	0.280		0		4		0.342	0.238	
Fatty acids, total trans.....g									
Cholesterol.....mg	41		0		4		50	35	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.213		0		1		0.260	0.181	
Threonine.....g	0.833		0		1		1.016	0.708	
Isoleucine.....g	0.875		0		1		1.068	0.744	
Leucine.....g	1.544		0		1		1.884	1.312	
Lysine.....g	1.744		0		1		2.128	1.482	
Methionine.....g	0.562		0		1		0.686	0.478	
Cystine.....g	0.204		0		1		0.249	0.173	
Phenylalanine.....g	0.742		0		1		0.905	0.631	
Tyrosine.....g	0.641		0		1		0.782	0.545	
Valine.....g	0.979		0		1		1.194	0.832	
Arginine.....g	1.137		0		1		1.387	0.966	
Histidine.....g	0.559		0		1		0.682	0.475	
Alanine.....g	1.149		0		1		1.402	0.977	
Aspartic acid.....g	1.945		0		1		2.373	1.653	
Glutamic acid.....g	2.835		0		1		3.459	2.410	
Glycine.....g	0.912		0		1		1.113	0.775	
Proline.....g	0.672		0		1		0.820	0.571	
Serine.....g	0.775		0		1		0.946	0.659	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 122g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15194
Fish, dolphinfish, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.22		0		1		113.24	60.54	
Energy....kcal	109		0	NC	4		173	93	
Energy....kJ	456				4		725	388	
Protein (N x 6.25)....g	23.72		0		1		37.71	20.16	
Total lipid (fat)....g	0.90		0		1		1.43	0.77	
Ash....g	2.69		0		1		4.28	2.29	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0		1		30	16	
Iron, Fe....mg	1.45		0		1		2.31	1.23	
Magnesium, Mg....mg	38		0		1		60	32	
Phosphorus, P....mg	183		0		1		291	156	
Potassium, K....mg	533		0		1		847	453	
Sodium, Na....mg	113		0		1		180	96	
Zinc, Zn....mg	0.59		0		1		0.94	0.50	
Copper, Cu....mg	0.053		0		1		0.084	0.045	
Manganese, Mn....mg	0.019		0		1		0.030	0.016	
Selenium, Se....µg	46.8		0	BFSN	4		74.4	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.023		0		1		0.037	0.020	
Riboflavin....mg	0.085		0		1		0.135	0.072	
Niacin....mg	7.429		0		1		11.812	6.315	
Pantothenic acid....mg	0.865		0		1		1.375	0.735	
Vitamin B-6....mg	0.462		0		1		0.735	0.393	
Folate, total....µg	6		0		1		10	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		1		10	5	
Folate, DFE....mcg_DFE	6		0	NC	4		10	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.69		0		1		1.10	0.59	
Vitamin A, RAE....mcg_RAE	62		0		1		99	53	
Retinol....µg	62		0		1		99	53	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	208		0		1		331	177	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.241		0		1		0.383	0.205	
4:0....g									

NDB No. 15194
Fish, dolphinfish, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.001		0		1		0.002	0.001	
13:0....g									
14:0....g	0.018		0		1		0.029	0.015	
15:0....g									
16:0....g	0.154		0		1		0.245	0.131	
17:0....g									
18:0....g	0.059		0		1		0.094	0.050	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.155		0		1		0.246	0.132	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.029		0		1		0.046	0.025	
17:1....g									
18:1 undifferentiated....g	0.110		0		1		0.175	0.094	
20:1....g	0.004		0		1		0.006	0.003	
22:1 undifferentiated....g	0.012		0		1		0.019	0.010	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.211		0		1		0.335	0.179	
18:2 undifferentiated....g	0.046		0		1		0.073	0.039	
18:3 undifferentiated....g	0.006		0		1		0.010	0.005	
18:4....g	0.006		0		1		0.010	0.005	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.003		0		1		0.005	0.003	
20:5 n-3 (EPA)....g	0.026		0		1		0.041	0.022	
22:5 n-3 (DPA)....g	0.012		0		1		0.019	0.010	
22:6 n-3 (DHA)....g	0.113		0		1		0.180	0.096	
Fatty acids, total trans....g									
Cholesterol....mg	94		0		1		149	80	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.266		0		1		0.423	0.226	
Threonine....g	1.040		0		1		1.654	0.884	
Isoleucine....g	1.093		0		1		1.738	0.929	
Leucine....g	1.928		0		1		3.066	1.639	
Lysine....g	2.178		0		1		3.463	1.851	
Methionine....g	0.702		0		1		1.116	0.597	
Cystine....g	0.254		0		1		0.404	0.216	
Phenylalanine....g	0.926		0		1		1.472	0.787	
Tyrosine....g	0.801		0		1		1.274	0.681	
Valine....g	1.222		0		1		1.943	1.039	
Arginine....g	1.419		0		1		2.256	1.206	
Histidine....g	0.698		0		1		1.110	0.593	
Alanine....g	1.434		0		1		2.280	1.219	
Aspartic acid....g	2.429		0		1		3.862	2.065	
Glutamic acid....g	3.541		0		1		5.630	3.010	
Glycine....g	1.138		0		1		1.809	0.967	
Proline....g	0.839		0		1		1.334	0.713	
Serine....g	0.968		0		1		1.539	0.823	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 159g: 1 fillet

NDB No. 15194
Fish, dolphinfish, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15023
Fish, dolphinfish, raw
Coryphaena hippurus (L.)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.55		2		1		158.20	65.92	
Energy....kcal	85		0	NC	4		173	72	
Energy....kJ	356				4		726	302	
Protein (N x 6.25)....g	18.50		1		1		37.74	15.73	
Total lipid (fat)....g	0.70		1		1		1.43	0.60	
Ash....g	2.10		1		1		4.28	1.79	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0		4		31	13	
Iron, Fe....mg	1.13		0		4		2.31	0.96	
Magnesium, Mg....mg	30		0		4		61	26	
Phosphorus, P....mg	143		0		4		292	122	
Potassium, K....mg	416		1		1		849	354	
Sodium, Na....mg	88		2		1		180	75	
Zinc, Zn....mg	0.46	0.035	65		1		0.94	0.39	
Copper, Cu....mg	0.041	0.002	64		1		0.084	0.035	
Manganese, Mn....mg	0.015		0		1		0.031	0.013	
Selenium, Se....µg	36.5		0	CAZN	4		74.5	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.020		0		4		0.041	0.017	
Riboflavin....mg	0.070		0		4		0.143	0.060	
Niacin....mg	6.100		0		4		12.444	5.185	
Pantothenic acid....mg	0.750		0		4		1.530	0.638	
Vitamin B-6....mg	0.400		0		4		0.816	0.340	
Folate, total....µg	5		0		4		10	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		4		10	4	
Folate, DFE....mcg_DFE	5		0	NC	4		10	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.60		0		4		1.22	0.51	
Vitamin A, RAE....mcg_RAE	54		0		4		110	46	
Retinol....µg	54		0		4		110	46	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	180		0		4		367	153	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.188		0		1		0.384	0.160	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 15023
Fish, dolphinfish, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.001		1		1		0.002	0.001	
13:0 g									
14:0 g	0.014	0.007	3		1		0.029	0.012	
15:0 g									
16:0 g	0.120	0.022	3		1		0.245	0.102	
17:0 g									
18:0 g	0.046	0.006	3		1		0.094	0.039	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.121		0		1		0.247	0.103	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.023	0.015	3		1		0.047	0.020	
17:1 g									
18:1 undifferentiated g	0.086	0.013	3		1		0.175	0.073	
20:1 g	0.003		2		1		0.006	0.003	
22:1 undifferentiated g	0.009		2		1		0.018	0.008	
24:1 c g									
Fatty acids, total polyunsaturated g	0.165		0		1		0.337	0.140	
18:2 undifferentiated g	0.036	0.018	3		1		0.073	0.031	
18:3 undifferentiated g	0.005		1		1		0.010	0.004	
18:4 g	0.005		1		1		0.010	0.004	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.002		1		1		0.004	0.002	
20:5 n-3 (EPA) g	0.020	0.012	3		1		0.041	0.017	
22:5 n-3 (DPA) g	0.009		2		1		0.018	0.008	
22:6 n-3 (DHA) g	0.088	0.009	3		1		0.180	0.075	
Fatty acids, total trans g									
Cholesterol mg	73		1		1		149	62	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.207		0		1		0.422	0.176	
Threonine g	0.811		0		1		1.654	0.689	
Isoleucine g	0.852		0		1		1.738	0.724	
Leucine g	1.504		0		1		3.068	1.278	
Lysine g	1.699		0		1		3.466	1.444	
Methionine g	0.548		0		1		1.118	0.466	
Cystine g	0.198		0		1		0.404	0.168	
Phenylalanine g	0.722		0		1		1.473	0.614	
Tyrosine g	0.625		0		1		1.275	0.531	
Valine g	0.953		0		1		1.944	0.810	
Arginine g	1.107		0		1		2.258	0.941	
Histidine g	0.545		0		1		1.112	0.463	
Alanine g	1.119		0		1		2.283	0.951	
Aspartic acid g	1.894		0		1		3.864	1.610	
Glutamic acid g	2.762		0		1		5.634	2.348	
Glycine g	0.888		0		1		1.812	0.755	
Proline g	0.654		0		1		1.334	0.556	
Serine g	0.755		0		1		1.540	0.642	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 15023
Fish, dolphinfish, raw

Common Measures:

Measure 1 = 204g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15195
Fish, drum, freshwater, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.94		0		1		109.25	60.30	
Energy....kcal	153		0	NC	4		236	130	
Energy....kJ	640				4		986	544	
Protein (N x 6.25)....g	22.49		0		1		34.63	19.12	
Total lipid (fat)....g	6.32		0		1		9.73	5.37	
Ash....g	1.38		0		1		2.13	1.17	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	77		0		1		119	65	
Iron, Fe....mg	1.15		0		1		1.77	0.98	
Magnesium, Mg....mg	38		0		1		59	32	
Phosphorus, P....mg	231		0		1		356	196	
Potassium, K....mg	353		0		1		544	300	
Sodium, Na....mg	96		0		1		148	82	
Zinc, Zn....mg	0.85		0		1		1.31	0.72	
Copper, Cu....mg	0.297		0		1		0.457	0.252	
Manganese, Mn....mg	0.897		0		1		1.381	0.762	
Selenium, Se....µg	16.2		0	BFSN	4		24.9	13.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		1.5	0.9	
Thiamin....mg	0.081		0		1		0.125	0.069	
Riboflavin....mg	0.207		0		1		0.319	0.176	
Niacin....mg	2.862		0		1		4.407	2.433	
Pantothenic acid....mg	0.865		0		1		1.332	0.735	
Vitamin B-6....mg	0.346		0		1		0.533	0.294	
Folate, total....µg	17		0		1		26	14	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	17		0		1		26	14	
Folate, DFE....mcg_DFE	17		0	NC	4		26	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.31		0		1		3.56	1.96	
Vitamin A, RAE....mcg_RAE	59		0		1		91	50	
Retinol....µg	59		0		1		91	50	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	196		0		1		302	167	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.434		0		1		2.208	1.219	
4:0....g									

NDB No. 15195
Fish, drum, freshwater, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.135		0		1		0.208	0.115	
15:0....g									
16:0....g	1.118		0		1		1.722	0.950	
17:0....g									
18:0....g	0.182		0		1		0.280	0.155	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.807		0		1		4.323	2.386	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.014		0		1		1.562	0.862	
17:1....g									
18:1 undifferentiated....g	1.537		0		1		2.367	1.306	
20:1....g	0.104		0		1		0.160	0.088	
22:1 undifferentiated....g	0.153		0		1		0.236	0.130	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.479		0		1		2.278	1.257	
18:2 undifferentiated....g	0.199		0		1		0.306	0.169	
18:3 undifferentiated....g	0.146		0		1		0.225	0.124	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.287		0		1		0.442	0.244	
20:5 n-3 (EPA)....g	0.295		0		1		0.454	0.251	
22:5 n-3 (DPA)....g	0.185		0		1		0.285	0.157	
22:6 n-3 (DHA)....g	0.368		0		1		0.567	0.313	
Fatty acids, total trans....g									
Cholesterol....mg	82		0		1		126	70	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.252		0		1		0.388	0.214	
Threonine....g	0.986		0		1		1.518	0.838	
Isoleucine....g	1.036		0		1		1.595	0.881	
Leucine....g	1.828		0		1		2.815	1.554	
Lysine....g	2.065		0		1		3.180	1.755	
Methionine....g	0.666		0		1		1.026	0.566	
Cystine....g	0.241		0		1		0.371	0.205	
Phenylalanine....g	0.878		0		1		1.352	0.746	
Tyrosine....g	0.759		0		1		1.169	0.645	
Valine....g	1.159		0		1		1.785	0.985	
Arginine....g	1.346		0		1		2.073	1.144	
Histidine....g	0.662		0		1		1.019	0.563	
Alanine....g	1.360		0		1		2.094	1.156	
Aspartic acid....g	2.303		0		1		3.547	1.958	
Glutamic acid....g	3.357		0		1		5.170	2.853	
Glycine....g	1.079		0		1		1.662	0.917	
Proline....g	0.795		0		1		1.224	0.676	
Serine....g	0.917		0		1		1.412	0.779	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 154g: 1 fillet

NDB No. 15195

Fish, drum, freshwater, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15024

Fish, drum, freshwater, raw

Aplodinotus grunniens Rafinesque

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.33	0.125	650		1		153.11	65.73	
Energy....kcal	119		0	NC	4		236	101	
Energy....kJ	498				4		986	423	
Protein (N x 6.25)....g	17.54	0.019	650		1		34.73	14.91	
Total lipid (fat)....g	4.93	0.103	905		1		9.76	4.19	
Ash....g	1.08	0.016	652		1		2.14	0.92	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	60		1		1		119	51	
Iron, Fe....mg	0.90		1		1		1.78	0.77	
Magnesium, Mg....mg	30		1		1		59	26	
Phosphorus, P....mg	180		1		1		356	153	
Potassium, K....mg	275	1.857	189		1		545	234	
Sodium, Na....mg	75	0.644	163		1		149	64	
Zinc, Zn....mg	0.66	0.156	4		1		1.31	0.56	
Copper, Cu....mg	0.232		2		1		0.459	0.197	
Manganese, Mn....mg	0.700		1		1		1.386	0.595	
Selenium, Se....µg	12.6		0	BFZN	4		24.9	10.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		4		2.0	0.9	
Thiamin....mg	0.070		0		4		0.139	0.060	
Riboflavin....mg	0.170		0		4		0.337	0.145	
Niacin....mg	2.350		0		4		4.653	1.998	
Pantothenic acid....mg	0.750		0		4		1.485	0.638	
Vitamin B-6....mg	0.300		0		4		0.594	0.255	
Folate, total....µg	15		0		4		30	13	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0		4		30	13	
Folate, DFE....mcg_DFE	15		0	NC	4		30	13	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.00		0		4		3.96	1.70	
Vitamin A, RAE....mcg_RAE	51		0		4		101	43	
Retinol....µg	51		0		4		101	43	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	170		0		4		337	145	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.119		0		1		2.216	0.951	
4:0....g									

NDB No. 15024
Fish, drum, freshwater, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g									
8:0 ... g									
10:0 ... g									
12:0 ... g									
13:0 ... g									
14:0 ... g	0.105	0.008	7		1		0.208	0.089	
15:0 ... g									
16:0 ... g	0.872	0.042	7		1		1.727	0.741	
17:0 ... g									
18:0 ... g	0.142	0.013	7		1		0.281	0.121	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.190		0		1		4.336	1.862	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.791	0.062	7		1		1.566	0.672	
17:1 ... g									
18:1 undifferentiated ... g	1.199	0.101	7		1		2.374	1.019	
20:1 ... g	0.081	0.028	7		1		0.160	0.069	
22:1 undifferentiated ... g	0.119		1		1		0.236	0.101	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.154		0		1		2.285	0.981	
18:2 undifferentiated ... g	0.155	0.022	7		1		0.307	0.132	
18:3 undifferentiated ... g	0.114	0.041	6		1		0.226	0.097	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.224	0.059	6		1		0.444	0.190	
20:5 n-3 (EPA) ... g	0.230	0.024	7		1		0.455	0.196	
22:5 n-3 (DPA) ... g	0.144	0.020	7		1		0.285	0.122	
22:6 n-3 (DHA) ... g	0.287	0.078	7		1		0.568	0.244	
Fatty acids, total trans ... g									
Cholesterol ... mg	64		1		1		127	54	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.196		0		1		0.388	0.167	
Threonine ... g	0.769		0		1		1.523	0.654	
Isoleucine ... g	0.808		0		1		1.600	0.687	
Leucine ... g	1.425		0		1		2.822	1.211	
Lysine ... g	1.611		0		1		3.190	1.369	
Methionine ... g	0.519		0		1		1.028	0.441	
Cystine ... g	0.188		0		1		0.372	0.160	
Phenylalanine ... g	0.685		0		1		1.356	0.582	
Tyrosine ... g	0.592		0		1		1.172	0.503	
Valine ... g	0.904		0		1		1.790	0.768	
Arginine ... g	1.049		0		1		2.077	0.892	
Histidine ... g	0.516		0		1		1.022	0.439	
Alanine ... g	1.061		0		1		2.101	0.902	
Aspartic acid ... g	1.796		0		1		3.556	1.527	
Glutamic acid ... g	2.618		0		1		5.184	2.225	
Glycine ... g	0.842		0		1		1.667	0.716	
Proline ... g	0.620		0		1		1.228	0.527	
Serine ... g	0.716		0		1		1.418	0.609	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 198g: 1 fillet

NDB No. 15024
Fish, drum, freshwater, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15026
Fish, eel, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.31		0		1		16.81	13.05	10.08
Energy	kcal	236		0	NC	4		67	52	40
Energy	kJ	987				4		280	217	168
Protein (N x 6.25)	g	23.65		0		1		6.70	5.20	4.02
Total lipid (fat)	g	14.95		0		1		4.24	3.29	2.54
Ash	g	1.80		0		1		0.51	0.40	0.31
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		0		1		7	6	4
Iron, Fe	mg	0.64		0		1		0.18	0.14	0.11
Magnesium, Mg	mg	26		0		4		7	6	4
Phosphorus, P	mg	277		0		1		79	61	47
Potassium, K	mg	349		0		1		99	77	59
Sodium, Na	mg	65		0		1		18	14	11
Zinc, Zn	mg	2.08		0		1		0.59	0.46	0.35
Copper, Cu	mg	0.029		0		1		0.008	0.006	0.005
Manganese, Mn	mg	0.040		0		4		0.011	0.009	0.007
Selenium, Se	µg	8.3		0	BFSN	4		2.4	1.8	1.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		0		4		0.5	0.4	0.3
Thiamin	mg	0.183		0		1		0.052	0.040	0.031
Riboflavin	mg	0.051		0		1		0.014	0.011	0.009
Niacin	mg	4.487		0		1		1.272	0.987	0.763
Pantothenic acid	mg	0.280		0		4		0.079	0.062	0.048
Vitamin B-6	mg	0.077		0		1		0.022	0.017	0.013
Folate, total	µg	17		0		4		5	4	3
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	17		0		4		5	4	3
Folate, DFE	mcg_DFE	17		0	NC	4		5	4	3
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	2.89		0		1		0.82	0.63	0.49
Vitamin A, RAE	mcg_RAE	1137		0		1		322	250	193
Retinol	µg	1137		0		1		322	250	193
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	3787		0		1		1074	833	644
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	3.023		0		1		0.857	0.665	0.514
4:0	g	0.000		0		1		0.000	0.000	0.000

NDB No. 15026
Fish, eel, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.740		0		1		0.210	0.163	0.126
15:0 g									
16:0 g	2.032		0		1		0.576	0.447	0.345
17:0 g									
18:0 g	0.245		0		1		0.069	0.054	0.042
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.218		0		1		2.613	2.028	1.567
14:1 g									
15:1 g									
16:1 undifferentiated g	1.609		0		1		0.456	0.354	0.274
17:1 g									
18:1 undifferentiated g	3.554		0		1		1.008	0.782	0.604
20:1 g	3.846		0		1		1.090	0.846	0.654
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.214		0		1		0.344	0.267	0.206
18:2 undifferentiated g	0.251		0		1		0.071	0.055	0.043
18:3 undifferentiated g	0.554		0		1		0.157	0.122	0.094
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.122		0		1		0.035	0.027	0.021
20:5 n-3 (EPA) g	0.108		0		1		0.031	0.024	0.018
22:5 n-3 (DPA) g	0.095		0		1		0.027	0.021	0.016
22:6 n-3 (DHA) g	0.081		0		1		0.023	0.018	0.014
Fatty acids, total trans g									
Cholesterol mg	161		0		1		46	35	27
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.265		0		1		0.075	0.058	0.045
Threonine g	1.037		0		1		0.294	0.228	0.176
Isoleucine g	1.090		0		1		0.309	0.240	0.185
Leucine g	1.922		0		1		0.545	0.423	0.327
Lysine g	2.171		0		1		0.615	0.478	0.369
Methionine g	0.700		0		1		0.198	0.154	0.119
Cystine g	0.253		0		1		0.072	0.056	0.043
Phenylalanine g	0.923		0		1		0.262	0.203	0.157
Tyrosine g	0.798		0		1		0.226	0.176	0.136
Valine g	1.218		0		1		0.345	0.268	0.207
Arginine g	1.415		0		1		0.401	0.311	0.241
Histidine g	0.696		0		1		0.197	0.153	0.118
Alanine g	1.430		0		1		0.405	0.315	0.243
Aspartic acid g	2.421		0		1		0.686	0.533	0.412
Glutamic acid g	3.530		0		1		1.001	0.777	0.600
Glycine g	1.135		0		1		0.322	0.250	0.193
Proline g	0.836		0		1		0.237	0.184	0.142
Serine g	0.965		0		1		0.274	0.212	0.164
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 15026

Fish, eel, mixed species, cooked, dry heat

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 22g: 1 oz with bone (yield after bone removed)

Measure 3 = 17g: 1 cubic inch, boneless

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15025
Fish, eel, mixed species, raw
Anguilla spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.26		12		1		139.25	58.02	
Energy....kcal	184		0	NC	4		375	156	
Energy....kJ	770		0		4		1571	654	
Protein (N x 6.25)....g	18.44		12		1		37.62	15.67	
Total lipid (fat)....g	11.66	0.885	14		1		23.79	9.91	
Ash....g	1.41		11		1		2.88	1.20	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		1		1		41	17	
Iron, Fe....mg	0.50		1		1		1.02	0.43	
Magnesium, Mg....mg	20		0		4		41	17	
Phosphorus, P....mg	216		2		1		441	184	
Potassium, K....mg	272		5		1		555	231	
Sodium, Na....mg	51		4		1		104	43	
Zinc, Zn....mg	1.62	0.076	40		1		3.30	1.38	
Copper, Cu....mg	0.023	0.002	30		1		0.047	0.020	
Manganese, Mn....mg	0.035		0		1		0.071	0.030	
Selenium, Se....µg	6.5		0	CAZN	4		13.3	5.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8		0		4		3.7	1.5	
Thiamin....mg	0.150	0.016	4		1		0.306	0.128	
Riboflavin....mg	0.040		1		1		0.082	0.034	
Niacin....mg	3.500		1		1		7.140	2.975	
Pantothenic acid....mg	0.240		1		1		0.490	0.204	
Vitamin B-6....mg	0.067	0.026	10		1		0.137	0.057	
Folate, total....µg	15		0		4		31	13	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0		4		31	13	
Folate, DFE....mcg_DFE	15		0	NC	4		31	13	
Choline, total....mg	65.0		0	T	4		132.6	55.3	
Betaine....mg									
Vitamin B-12....µg	3.00		1		1		6.12	2.55	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1043		0	NC	4		2128	887	
Retinol....µg	1043		0	T	4		2128	887	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	3477		0	NC	4		7092	2955	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	4.00		0	NR	4		8.16	3.40	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	23.3		0	AS	1		47.6	19.8	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	23.3		0	T	4		47.6	19.8	
Vitamin D....IU	932		0	NR	4		1901	792	
Vitamin K (phylloquinone)....µg	0.0		0	T	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15025
Fish, eel, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.358		0		1		4.810	2.004	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.580		2		1		1.183	0.493	
15:0....g									
16:0....g	1.585		2		1		3.233	1.347	
17:0....g									
18:0....g	0.191		2		1		0.390	0.162	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.190		0		1		14.668	6.112	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.255		2		1		2.560	1.067	
17:1....g									
18:1 undifferentiated....g	2.772		2		1		5.655	2.356	
20:1....g	3.000		1		1		6.120	2.550	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.947		0		1		1.932	0.805	
18:2 undifferentiated....g	0.196		2		1		0.400	0.167	
18:3 undifferentiated....g	0.432		1		1		0.881	0.367	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.095		2		1		0.194	0.081	
20:5 n-3 (EPA)....g	0.084		1		1		0.171	0.071	
22:5 n-3 (DPA)....g	0.074		1		1		0.151	0.063	
22:6 n-3 (DHA)....g	0.063		2		1		0.129	0.054	
Fatty acids, total trans....g									
Cholesterol....mg	126		2		1		257	107	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.207		0		1		0.422	0.176	
Threonine....g	0.809		0		1		1.650	0.688	
Isoleucine....g	0.850		0		1		1.734	0.723	
Leucine....g	1.499		0		1		3.058	1.274	
Lysine....g	1.694		0		1		3.456	1.440	
Methionine....g	0.546		0		1		1.114	0.464	
Cystine....g	0.198		0		1		0.404	0.168	
Phenylalanine....g	0.720		0		1		1.469	0.612	
Tyrosine....g	0.623		0		1		1.271	0.530	
Valine....g	0.950		0		1		1.938	0.808	
Arginine....g	1.104		0		1		2.252	0.938	
Histidine....g	0.543		0		1		1.108	0.462	
Alanine....g	1.115		0		1		2.275	0.948	
Aspartic acid....g	1.889		0		1		3.854	1.606	
Glutamic acid....g	2.753		0		1		5.616	2.340	
Glycine....g	0.885		0		1		1.805	0.752	
Proline....g	0.652		0		1		1.330	0.554	
Serine....g	0.753		0		1		1.536	0.640	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15025
Fish, eel, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 204g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15027
Fish, fish portions and sticks, frozen, preheated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.08	0.318	3	A	1		30.25	14.86	
Energy....kcal	249		0	NC	4		142	70	
Energy....kJ	1041		0	NC	4		594	292	
Protein (N x 6.1)....g	11.04	0.107	3	A	1		6.29	3.09	
Total lipid (fat)....g	13.25	0.228	3	A	1		7.55	3.71	
Ash....g	1.46	0.049	3	A	1		0.83	0.41	
Carbohydrate, by difference....g	21.18		0	NC	4		12.07	5.93	
Fiber, total dietary....g	1.4	0.099	3	A	1		0.8	0.4	
Sugars, total....g	2.50	0.298	3	A	1		1.42	0.70	
Sucrose....g	0.59	0.193	3	A	1		0.34	0.17	
Glucose (dextrose)....g	0.27	0.131	3	A	1		0.16	0.08	
Fructose....g	0.27	0.015	3	A	1		0.15	0.08	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	1.23	0.090	3	A	1		0.70	0.34	
Galactose....g	0.13	0.028	3	A	1		0.07	0.04	
Starch....g	18.90	0.351	3	A	1		10.77	5.29	
Minerals:									
Calcium, Ca....mg	26	3.159	15	A	1		15	7	
Iron, Fe....mg	1.01	0.099	15	A	1		0.58	0.28	
Magnesium, Mg....mg	28	1.122	15	A	1		16	8	
Phosphorus, P....mg	182	4.033	15	A	1		104	51	
Potassium, K....mg	216	5.783	15	A	1		123	61	
Sodium, Na....mg	421	12.268	15	A	1		240	118	
Zinc, Zn....mg	0.48	0.015	15	A	1		0.27	0.13	
Copper, Cu....mg	0.062	0.004	15	A	1		0.035	0.017	
Manganese, Mn....mg	0.212	0.015	15	A	1		0.121	0.059	
Selenium, Se....µg	16.5	0.792	15	A	1		9.4	4.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin....mg	0.150	0.078	3	A	1		0.085	0.042	
Riboflavin....mg	0.117	0.026	3	A	1		0.066	0.033	
Niacin....mg	1.600	0.600	3	A	1		0.912	0.448	
Pantothenic acid....mg	0.423	0.124	3	A	1		0.241	0.119	
Vitamin B-6....mg	0.053	0.013	3	A	1		0.030	0.015	
Folate, total....µg	32	9.351	3	A	1		18	9	
Folic acid....µg	24	9.684	3	A	1		13	7	
Folate, food....µg	9		0	AS	1		5	2	
Folate, DFE....mcg_DFE	49		0	NC	4		28	14	
Choline, total....mg	35.7	2.035	5	AS	1		20.3	10.0	
Betaine....mg	44.7	7.982	5	A	1		25.5	12.5	
Vitamin B-12....µg	1.30	0.058	3	A	1		0.74	0.36	
Vitamin B-12, added....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	25		0	RA	4		14	7	
Retinol....µg	25		0	RA	4		14	7	
Carotene, beta....µg	0		0	RA	4		0	0	
Carotene, alpha....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta....µg	1		0	RA	4		1	0	
Vitamin A, IU....IU	85		0	RA	4		48	24	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	65		0	RA	4		37	18	
Vitamin E (alpha-tocopherol)....mg	1.15	0.308	3	A	1		0.66	0.32	
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta....mg	0.05	0.013	3	A	1		0.03	0.01	
Tocopherol, gamma....mg	4.27	0.469	3	A	1		2.43	1.20	
Tocopherol, delta....mg	1.33	0.540	3	A	1		0.76	0.37	
Vitamin D (D2 + D3)....µg	0.4		0	RA	4		0.2	0.1	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 15027
Fish, fish portions and sticks, frozen, preheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	0.4		0	RA	4		0.2	0.1	
Vitamin D....IU	14		0	RA	4		8	4	
Vitamin K (phylloquinone)....µg	10.7	2.269	3	A	1		6.1	3.0	
Dihydrophylloquinone....µg	11.9	2.947	3	A	1		6.8	3.3	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.758		0	NC	4		1.572	0.772	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g	0.000	0.000	3	A	1		0.000	0.000	
14:0....g	0.031		2	A	1		0.018	0.009	
15:0....g	0.000	0.000	3	A	1		0.000	0.000	
16:0....g	1.876	0.204	3	A	1		1.069	0.525	
17:0....g	0.000	0.000	3	A	1		0.000	0.000	
18:0....g	0.769	0.078	3	A	1		0.438	0.215	
20:0....g	0.059	0.008	3	A	1		0.034	0.017	
22:0....g	0.034	0.017	3	A	1		0.019	0.009	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	4.210		0	NC	4		2.400	1.179	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.025	0.000	3	A	1		0.014	0.007	
17:1....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated....g	4.151		0	AS	1		2.366	1.162	
18:1 c....g	3.296	0.719	3	A	1		1.879	0.923	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.855	0.430	3	A	1		0.487	0.239	
18:1-11t (18:1t n-7)....g									
20:1....g	0.034	0.005	3	A	1		0.019	0.010	
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	5.701		0	NC	4		3.249	1.596	
18:2 undifferentiated....g	4.986	0.709	3	A	1		2.842	1.396	
18:3 undifferentiated....g	0.313		0	AS	1		0.178	0.088	
18:3 n-3 c,c,c (ALA)....g	0.313	0.031	3	A	1		0.178	0.088	
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.150	0.076	3	A	1		0.086	0.042	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.006		0		1		0.003	0.002	
22:6 n-3 (DHA)....g	0.252	0.064	3	A	1		0.144	0.070	
Fatty acids, total trans....g	0.855		0	NC	4		0.487	0.239	
Fatty acids, total trans-monoenoic....g	0.855		0	NC	4		0.487	0.239	
Fatty acids, total trans-polyenoic....g									
Cholesterol....mg	28		0	O	4		16	8	
Phytosterols....mg	3		0	RA	4		1	1	
Amino Acids:									
Tryptophan....g	0.194		0		1		0.111	0.054	
Threonine....g	0.646		0		1		0.368	0.181	
Isoleucine....g	0.745		0		1		0.425	0.209	
Leucine....g	1.266		0		1		0.722	0.354	

NDB No. 15027
Fish, fish portions and sticks, frozen, preheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine....g	1.123		0		1		0.640	0.314	
Methionine....g	0.424		0		1		0.242	0.119	
Cystine....g	0.227		0		1		0.129	0.064	
Phenylalanine....g	0.699		0		1		0.398	0.196	
Tyrosine....g	0.538		0		1		0.307	0.151	
Valine....g	0.835		0		1		0.476	0.234	
Arginine....g	0.847		0		1		0.483	0.237	
Histidine....g	0.419		0		1		0.239	0.117	
Alanine....g	0.832		0		1		0.474	0.233	
Aspartic acid....g	1.373		0		1		0.783	0.384	
Glutamic acid....g	3.180		0		1		1.813	0.890	
Glycine....g	0.679		0		1		0.387	0.190	
Proline....g	0.921		0		1		0.525	0.258	
Serine....g	0.758		0		1		0.432	0.212	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 piece (4" x 2" x 1/2")

Measure 2 = 28g: 1 stick (4" x 1" x 1/2")

Calories Factors: Protein 4.2 **Fat** 8.94 **Carbohydrate** 3.97

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15029
Fish, flatfish (flounder and sole species), cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.11		0	RA	4		103.01	68.94	
Energy	kcal	86		0	RA	4		110	73	
Energy	kJ	362		0	RA	4		459	307	
Protein (N x 6.25)	g	15.24		0	RA	4		19.36	12.96	
Total lipid (fat)	g	2.37		0	RA	4		3.01	2.01	
Ash	g	1.49		0	RA	4		1.90	1.27	
Carbohydrate, by difference	g	0.00		0	RA	4		0.00	0.00	
Fiber, total dietary	g	0.0		0	RA	4		0.0	0.0	
Sugars, total	g	0.00		0	RA	4		0.00	0.00	
Sucrose	g	0.00		0	RA	4		0.00	0.00	
Glucose (dextrose)	g	0.00		0	RA	4		0.00	0.00	
Fructose	g	0.00		0	RA	4		0.00	0.00	
Lactose	g	0.00		0	RA	4		0.00	0.00	
Maltose	g	0.00		0	RA	4		0.00	0.00	
Galactose	g	0.00		0	RA	4		0.00	0.00	
Starch	g	0.00		0	RA	4		0.00	0.00	
Minerals:										
Calcium, Ca	mg	25		0	RA	4		32	22	
Iron, Fe	mg	0.23		0	RA	4		0.29	0.19	
Magnesium, Mg	mg	22		0	RA	4		29	19	
Phosphorus, P	mg	309		0	RA	4		392	263	
Potassium, K	mg	197		0	RA	4		250	167	
Sodium, Na (1)	mg	363		0	RA	4		461	309	
Zinc, Zn	mg	0.39		0	RA	4		0.50	0.33	
Copper, Cu	mg	0.023		0	RA	4		0.029	0.019	
Manganese, Mn	mg	0.017		0	RA	4		0.022	0.014	
Selenium, Se	µg	32.6		0	RA	4		41.4	27.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4		0.0	0.0	
Thiamin	mg	0.026		0	RA	4		0.033	0.022	
Riboflavin	mg	0.025		0	RA	4		0.031	0.021	
Niacin	mg	1.278		0	RA	4		1.623	1.086	
Pantothenic acid	mg	0.227		0	RA	4		0.289	0.193	
Vitamin B-6	mg	0.115		0	RA	4		0.146	0.097	
Folate, total	µg	6		0	RA	4		8	5	
Folic acid	µg	0		0	RA	4		0	0	
Folate, food	µg	6		0	RA	4		8	5	
Folate, DFE	mcg_DFE	6		0	NC	4		8	5	
Choline, total	mg	79.9		0	RA	4		101.4	67.9	
Betaine	mg									
Vitamin B-12	µg	1.31		0	RA	4		1.67	1.12	
Vitamin B-12, added	µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	12		0	RA	4		16	10	
Retinol	µg	12		0	RA	4		16	10	
Carotene, beta	µg	0		0	RA	4		0	0	
Carotene, alpha	µg	0		0	RA	4		0	0	
Cryptoxanthin, beta	µg	0		0	RA	4		0	0	
Vitamin A, IU	IU	37		0	RA	4		47	31	
Lycopene	µg	0		0	RA	4		0	0	
Lutein + zeaxanthin	µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.77		0	RA	4		0.98	0.66	
Vitamin E, added	mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta	mg	0.02		0	RA	4		0.02	0.01	
Tocopherol, gamma	mg	0.01		0	RA	4		0.01	0.01	
Tocopherol, delta	mg	0.32		0	RA	4		0.41	0.27	
Vitamin D (D2 + D3)	µg	3.5		0	RA	4		4.4	3.0	
Vitamin D2 (ergocalciferol)	µg									

NDB No. 15029
Fish, flatfish (flounder and sole species), cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	3.5		0	RA	4		4.4	3.0	
Vitamin D....IU	139		0	RA	4		177	118	
Vitamin K (phylloquinone)....µg	0.1		0	RA	4		0.1	0.1	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg	0.3		0	RA	4		0.3	0.2	
Lipids:									
Fatty acids, total saturated....g	0.542		0	RA	4		0.689	0.461	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.004		0	RA	4		0.005	0.003	
12:0....g	0.008		0	RA	4		0.010	0.007	
13:0....g									
14:0....g	0.106		0	RA	4		0.135	0.090	
15:0....g	0.008		0	RA	4		0.010	0.007	
16:0....g	0.346		0	RA	4		0.440	0.294	
17:0....g	0.004		0	RA	4		0.005	0.003	
18:0....g	0.065		0	RA	4		0.082	0.055	
20:0....g	0.001		0	RA	4		0.001	0.001	
22:0....g	0.000		0	RA	4		0.000	0.000	
24:0....g	0.001		0	RA	4		0.001	0.001	
Fatty acids, total monounsaturated....g	0.657		0	RA	4		0.834	0.558	
14:1....g	0.000		0	RA	4		0.000	0.000	
15:1....g	0.000		0	RA	4		0.000	0.000	
16:1 undifferentiated....g	0.111		0	RA	4		0.141	0.094	
17:1....g	0.033		0	RA	4		0.041	0.028	
18:1 undifferentiated....g	0.439		0	RA	4		0.558	0.373	
20:1....g	0.073		0	RA	4		0.093	0.062	
22:1 undifferentiated....g	0.001		0	RA	4		0.001	0.001	
24:1 c....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.459		0	RA	4		0.583	0.390	
18:2 undifferentiated....g	0.055		0	RA	4		0.069	0.046	
18:3 undifferentiated....g	0.021		0	RA	4		0.027	0.018	
18:4....g	0.015		0	RA	4		0.019	0.013	
20:2 n-6 c,c....g	0.006		0	RA	4		0.008	0.005	
20:3 undifferentiated....g	0.009		0	RA	4		0.011	0.008	
20:4 undifferentiated....g	0.018		0	RA	4		0.023	0.015	
20:5 n-3 (EPA)....g	0.168		0	RA	4		0.213	0.143	
22:5 n-3 (DPA)....g	0.034		0	RA	4		0.043	0.029	
22:6 n-3 (DHA)....g	0.132		0	RA	4		0.168	0.112	
Fatty acids, total trans....g	0.014		0	RA	4		0.018	0.012	
Cholesterol....mg	56		0	RA	4		71	47	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.197		0	RA	4		0.251	0.168	
Threonine....g	0.719		0	RA	4		0.913	0.611	
Isoleucine....g	0.754		0	RA	4		0.957	0.641	
Leucine....g	1.335		0	RA	4		1.696	1.135	
Lysine....g	1.561		0	RA	4		1.982	1.326	
Methionine....g	0.560		0	RA	4		0.711	0.476	
Cystine....g	0.183		0	RA	4		0.233	0.156	
Phenylalanine....g	0.624		0	RA	4		0.792	0.530	
Tyrosine....g	0.588		0	RA	4		0.747	0.500	
Valine....g	0.800		0	RA	4		1.016	0.680	
Arginine....g	1.099		0	RA	4		1.396	0.934	
Histidine....g	0.374		0	RA	4		0.474	0.318	
Alanine....g	0.948		0	RA	4		1.204	0.806	
Aspartic acid....g	1.698		0	RA	4		2.157	1.444	
Glutamic acid....g	2.614		0	RA	4		3.320	2.222	
Glycine....g	0.786		0	RA	4		0.998	0.668	
Proline....g	0.599		0	RA	4		0.761	0.509	
Serine....g	0.712		0	RA	4		0.904	0.605	

NDB No. 15029
Fish, flatfish (flounder and sole species), cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 127g: 1 fillet

Measure 2 = 85g: 3 oz

Footnotes:

1 Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 105 mg sodium/100g.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15028

Fish, flatfish (flounder and sole species), raw

Bothidae and Pleuronectidae

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	84.63	0.806	4	A	1		23.99	137.94	71.93
Energy ... kcal	70		0	NC	4		20	115	60
Energy ... kJ	294		0	NC	4		83	480	250
Protein (N x 6.25) ... g	12.41	1.031	4	A	1		3.52	20.22	10.55
Total lipid (fat) ... g	1.93	0.431	4	A	1		0.55	3.14	1.64
Ash ... g	1.22	0.089	4	A	1		0.34	1.98	1.03
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total ... g	0.00		1	A	1		0.00	0.00	0.00
Sucrose ... g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose) ... g	0.00		1	A	1		0.00	0.00	0.00
Fructose ... g	0.00		1	A	1		0.00	0.00	0.00
Lactose ... g	0.00		1	A	1		0.00	0.00	0.00
Maltose ... g	0.00		1	A	1		0.00	0.00	0.00
Galactose ... g	0.00		1	A	1		0.00	0.00	0.00
Starch ... g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca ... mg	21	3.687	4	A	1		6	34	18
Iron, Fe ... mg	0.18	0.020	4	A	1		0.05	0.30	0.16
Magnesium, Mg ... mg	18	2.222	4	A	1		5	30	16
Phosphorus, P ... mg	252	31.066	4	A	1		71	410	214
Potassium, K ... mg	160	37.627	4	A	1		45	261	136
Sodium, Na (1) ... mg	296	51.370	4	A	1		84	482	251
Zinc, Zn ... mg	0.32	0.011	4	A	1		0.09	0.52	0.27
Copper, Cu ... mg	0.019	0.000	4	A	1		0.005	0.030	0.016
Manganese, Mn ... mg	0.014	0.003	4	A	1		0.004	0.023	0.012
Selenium, Se ... µg	26.6	4.243	4	A	1		7.5	43.3	22.6
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin ... mg	0.022	0.004	4	A	1		0.006	0.037	0.019
Riboflavin ... mg	0.020	0.000	4	A	1		0.006	0.033	0.017
Niacin ... mg	1.040	0.204	4	A	1		0.295	1.695	0.884
Pantothenic acid ... mg	0.185		2	A	1		0.052	0.302	0.157
Vitamin B-6 ... mg	0.098	0.004	4	A	1		0.028	0.160	0.084
Folate, total ... µg	5	1.764	3	A	1		2	9	5
Folic acid ... µg	0		0	Z	7		0	0	0
Folate, food ... µg	5	1.764	3	AS	1		2	9	5
Folate, DFE ... mcg_DFE	5		0	NC	4		2	9	5
Choline, total ... mg	65.0		0	T	4		18.4	106.0	55.3
Betaine ... mg									
Vitamin B-12 ... µg	1.13	0.063	4	A	1		0.32	1.83	0.96
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE ... mcg_RAE	10		0	NC	4		3	16	9
Retinol ... µg	10		0	T	4		3	16	9
Carotene, beta ... µg	0		0	Z	7		0	0	0
Carotene, alpha ... µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta ... µg	0		0	Z	7		0	0	0
Vitamin A, IU ... IU	33		0	NC	4		9	54	28
Lycopene ... µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin ... µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) ... mg	0.63	0.126	4	A	1		0.18	1.03	0.54
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta ... mg	0.01	0.008	4	A	1		0.00	0.02	0.01
Tocopherol, gamma ... mg	0.01	0.008	4	A	1		0.00	0.01	0.01
Tocopherol, delta ... mg	0.26	0.131	4	A	1		0.07	0.42	0.22
Vitamin D (D2 + D3) ... µg	2.8	0.506	11	AS	1		0.8	4.6	2.4
Vitamin D2 (ergocalciferol) ... µg									

NDB No. 15028
Fish, flatfish (flounder and sole species), raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	2.8	0.506	11	A	1		0.8	4.6	2.4
Vitamin D....IU	113	20.232	11	A	1		32	185	96
Vitamin K (phylloquinone)....µg	0.1	0.050	4	A	1		0.0	0.1	0.0
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.2	0.213	4	A	1		0.1	0.3	0.2
Lipids:									
Fatty acids, total saturated....g	0.441		0	NC	4		0.125	0.719	0.375
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.003	0.000	4	A	1		0.001	0.005	0.003
12:0....g	0.006	0.001	4	A	1		0.002	0.010	0.005
13:0....g									
14:0....g	0.087	0.027	4	A	1		0.025	0.141	0.074
15:0....g	0.007	0.001	4	A	1		0.002	0.011	0.006
16:0....g	0.282	0.078	4	A	1		0.080	0.459	0.239
17:0....g	0.003	0.000	4	A	1		0.001	0.005	0.003
18:0....g	0.053	0.006	4	A	1		0.015	0.086	0.045
20:0....g	0.001	0.000	4	A	1		0.000	0.001	0.001
22:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:0....g	0.001	0.000	4	A	1		0.000	0.001	0.000
Fatty acids, total monounsaturated....g	0.535		0	NC	4		0.152	0.871	0.454
14:1....g	0.000		1	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.090	0.029	4	AS	1		0.026	0.147	0.077
16:1 c....g	0.088	0.028	4	A	1		0.025	0.144	0.075
16:1 t....g	0.002	0.001	4	A	1		0.001	0.003	0.002
17:1....g	0.027	0.008	4	A	1		0.008	0.043	0.023
18:1 undifferentiated....g	0.358	0.111	4	AS	1		0.101	0.583	0.304
18:1 c....g	0.350	0.111	4	A	1		0.099	0.571	0.298
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.007	0.001	4	A	1		0.002	0.012	0.006
18:1-11t (18:1t n-7)....g									
20:1....g	0.060	0.017	4	A	1		0.017	0.097	0.051
22:1 undifferentiated....g	0.001	0.001	4	AS	1		0.000	0.001	0.001
22:1 c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 t....g	0.001	0.001	4	A	1		0.000	0.001	0.001
24:1 c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.374		0	NC	4		0.106	0.609	0.317
18:2 undifferentiated....g	0.045	0.006	4	AS	1		0.013	0.073	0.038
18:2 n-6 c,c....g	0.043	0.005	4	A	1		0.012	0.070	0.037
18:2 CLAs....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.001	0.001	4	A	1		0.000	0.002	0.001
18:3 undifferentiated....g	0.017	0.004	4	AS	1		0.005	0.028	0.015
18:3 n-3 c,c,c (ALA)....g	0.017	0.003	4	A	1		0.005	0.027	0.014
18:3 n-6 c,c,c....g	0.001	0.001	4	A	1		0.000	0.001	0.000
18:3i....g									
18:4....g	0.012	0.004	4	A	1		0.003	0.020	0.010
20:2 n-6 c,c....g	0.005	0.001	4	A	1		0.001	0.008	0.004
20:3 undifferentiated....g	0.007	0.001	4	AS	1		0.002	0.012	0.006
20:3 n-3....g	0.005	0.001	4	A	1		0.001	0.008	0.004
20:3 n-6....g	0.002	0.001	4	A	1		0.001	0.004	0.002
20:4 undifferentiated....g	0.015	0.001	4	A	1		0.004	0.024	0.013
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.137	0.034	4	A	1		0.039	0.222	0.116
21:5....g									
22:4....g	0.001	0.001	4	A	1		0.000	0.002	0.001
22:5 n-3 (DPA)....g	0.028	0.004	4	A	1		0.008	0.045	0.023

NDB No. 15028
Fish, flatfish (flounder and sole species), raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.108	0.012	4	A	1		0.030	0.175	0.091
Fatty acids, total trans....g	0.011		0	NC	4		0.003	0.018	0.010
Fatty acids, total trans-monoenoic....g	0.010		0	NC	4		0.003	0.016	0.009
Fatty acids, total trans-polyenoic....g	0.001		0	NC	4		0.000	0.002	0.001
Cholesterol....mg	45	2.084	4	A	1		13	74	39
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.161		0	A	1		0.046	0.262	0.137
Threonine....g	0.585		0	A	1		0.166	0.953	0.497
Isoleucine....g	0.614		0	A	1		0.174	1.000	0.522
Leucine....g	1.087		0	A	1		0.308	1.771	0.924
Lysine....g	1.270		0	A	1		0.360	2.070	1.079
Methionine....g	0.455		0	A	1		0.129	0.742	0.387
Cystine....g	0.149		0	A	1		0.042	0.243	0.127
Phenylalanine....g	0.508		0	A	1		0.144	0.827	0.431
Tyrosine....g	0.479		0	A	1		0.136	0.781	0.407
Valine....g	0.651		0	A	1		0.185	1.061	0.553
Arginine....g	0.895		0	A	1		0.254	1.458	0.760
Histidine....g	0.304		0	A	1		0.086	0.496	0.258
Alanine....g	0.771		0	A	1		0.219	1.257	0.656
Aspartic acid....g	1.382		0	A	1		0.392	2.253	1.175
Glutamic acid....g	2.127		0	A	1		0.603	3.467	1.808
Glycine....g	0.640		0	A	1		0.181	1.042	0.544
Proline....g	0.487		0	A	1		0.138	0.795	0.414
Serine....g	0.579		0	A	1		0.164	0.944	0.492
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 163g: 1 fillet

Measure 3 = 85g: 3 oz

Footnotes:

1 Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 81 mg sodium/100g.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15030
Fish, gefiltefish, commercial, sweet recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.35		2		1		33.75		
Energy	kcal	84		0	NC	4		35		
Energy	kJ	351				4		148		
Protein (N x 6.25)	g	9.07		2		1		3.81		
Total lipid (fat)	g	1.73		2		1		0.73		
Ash	g	1.44		2		1		0.60		
Carbohydrate, by difference	g	7.41		0	NC	4		3.11		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	23		2		1		10		
Iron, Fe	mg	2.48		2		1		1.04		
Magnesium, Mg	mg	9		2		1		4		
Phosphorus, P	mg	73		2		1		31		
Potassium, K	mg	91		2		1		38		
Sodium, Na	mg	524		2		1		220		
Zinc, Zn	mg	0.82		2		1		0.34		
Copper, Cu	mg	0.195		2		1		0.082		
Manganese, Mn	mg	0.073		2		1		0.031		
Selenium, Se	µg	10.5		0	BFSN	4		4.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		4		0.3		
Thiamin	mg	0.065		2		1		0.027		
Riboflavin	mg	0.059		2		1		0.025		
Niacin	mg	1.000		0		4		0.420		
Pantothenic acid	mg	0.200		2		1		0.084		
Vitamin B-6	mg	0.080		0		4		0.034		
Folate, total	µg	3		2		1		1		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	3		2		1		1		
Folate, DFE	mcg_DFE	3		0	NC	4		1		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.84		2		1		0.35		
Vitamin A, RAE	mcg_RAE	27		2		1		11		
Retinol	µg	27		2		1		11		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	89		2		1		37		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.412		0		1		0.173		
4:0	g									

NDB No. 15030
Fish, gefiltefish, commercial, sweet recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.056		2		1		0.024		
15:0....g									
16:0....g	0.300		2		1		0.126		
17:0....g									
18:0....g	0.056		2		1		0.024		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.824		0		1		0.346		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.257		2		1		0.108		
17:1....g									
18:1 undifferentiated....g	0.407		2		1		0.171		
20:1....g	0.109		2		1		0.046		
22:1 undifferentiated....g	0.051		2		1		0.021		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.285		0		1		0.120		
18:2 undifferentiated....g	0.116		2		1		0.049		
18:3 undifferentiated....g									
18:4....g	0.022		2		1		0.009		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g	0.075		2		1		0.032		
22:5 n-3 (DPA)....g	0.027		2		1		0.011		
22:6 n-3 (DHA)....g	0.045		2		1		0.019		
Fatty acids, total trans....g									
Cholesterol....mg	30		2		1		13		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.086		2		1		0.036		
Threonine....g	0.488		2		1		0.205		
Isoleucine....g	0.486		2		1		0.204		
Leucine....g	0.810		2		1		0.340		
Lysine....g	0.842		2		1		0.354		
Methionine....g	0.255		2		1		0.107		
Cystine....g	0.113		2		1		0.047		
Phenylalanine....g	0.493		2		1		0.207		
Tyrosine....g	0.380		2		1		0.160		
Valine....g	0.548		2		1		0.230		
Arginine....g	0.595		2		1		0.250		
Histidine....g	0.261		2		1		0.110		
Alanine....g	0.546		2		1		0.229		
Aspartic acid....g	0.772		2		1		0.324		
Glutamic acid....g	1.750		2		1		0.735		
Glycine....g	0.403		2		1		0.169		
Proline....g	0.341		2		1		0.143		
Serine....g	0.473		2		1		0.199		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 42g: 1 piece

NDB No. 15030
Fish, gefiltefish, commercial, sweet recipe

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15032
Fish, grouper, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.36		0		1		148.19	62.36	
Energy....kcal	118		0	NC	4		238	100	
Energy....kJ	494				4		997	420	
Protein (N x 6.25)....g	24.84		0		1		50.18	21.11	
Total lipid (fat)....g	1.30		0		1		2.63	1.11	
Ash....g	1.41		2		1		2.85	1.20	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	21		2		1		42	18	
Iron, Fe....mg	1.14		0		1		2.30	0.97	
Magnesium, Mg....mg	37		2		1		75	31	
Phosphorus, P....mg	143		2		1		289	122	
Potassium, K....mg	475		2		1		960	404	
Sodium, Na....mg	53		2		1		107	45	
Zinc, Zn....mg	0.51		2		1		1.03	0.43	
Copper, Cu....mg	0.045		2		1		0.091	0.038	
Manganese, Mn....mg	0.012		2		1		0.024	0.010	
Selenium, Se....µg	46.8		0	BFSN	4		94.5	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.081		0		1		0.164	0.069	
Riboflavin....mg	0.006		0		1		0.012	0.005	
Niacin....mg	0.381		0		1		0.770	0.324	
Pantothenic acid....mg	0.870		0		4		1.757	0.740	
Vitamin B-6....mg	0.350		0		4		0.707	0.298	
Folate, total....µg	10		0		4		21	9	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	10		0		4		21	9	
Folate, DFE....mcg_DFE	10		0	NC	4		21	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.69		0		1		1.40	0.59	
Vitamin A, RAE....mcg_RAE	50		0		4		100	42	
Retinol....µg	50		0		4		100	42	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	165		0		4		333	140	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.299		0		1		0.604	0.254	
4:0....g									

NDB No. 15032
Fish, grouper, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.025		2		1		0.051	0.021	
15:0 g									
16:0 g	0.140		2		1		0.283	0.119	
17:0 g									
18:0 g	0.059		2		1		0.119	0.050	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.268		0		1		0.541	0.228	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.026		2		1		0.053	0.022	
17:1 g									
18:1 undifferentiated g	0.086		2		1		0.174	0.073	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.403		0		1		0.814	0.343	
18:2 undifferentiated g	0.018		2		1		0.036	0.015	
18:3 undifferentiated g									
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.057		2		1		0.115	0.048	
20:5 n-3 (EPA) g	0.035		2		1		0.071	0.030	
22:5 n-3 (DPA) g	0.017		2		1		0.034	0.014	
22:6 n-3 (DHA) g	0.213		2		1		0.430	0.181	
Fatty acids, total trans g									
Cholesterol mg	47		0		1		95	40	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.278		0		1		0.562	0.236	
Threonine g	1.089		0		1		2.200	0.926	
Isoleucine g	1.145		0		1		2.313	0.973	
Leucine g	2.019		0		1		4.078	1.716	
Lysine g	2.282		0		1		4.610	1.940	
Methionine g	0.735		0		1		1.485	0.625	
Cystine g	0.266		0		1		0.537	0.226	
Phenylalanine g	0.970		0		1		1.959	0.825	
Tyrosine g	0.839		0		1		1.695	0.713	
Valine g	1.280		0		1		2.586	1.088	
Arginine g	1.487		0		1		3.004	1.264	
Histidine g	0.731		0		1		1.477	0.621	
Alanine g	1.503		0		1		3.036	1.278	
Aspartic acid g	2.544		0		1		5.139	2.162	
Glutamic acid g	3.709		0		1		7.492	3.153	
Glycine g	1.193		0		1		2.410	1.014	
Proline g	0.878		0		1		1.774	0.746	
Serine g	1.014		0		1		2.048	0.862	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 202g: 1 fillet

NDB No. 15032

Fish, grouper, mixed species, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15031

Fish, grouper, mixed species, raw

Epinephelus spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.22	0.478	6		1		205.18	67.34	
Energy....kcal	92		0	NC	4		238	78	
Energy....kJ	385				4		997	327	
Protein (N x 6.25)....g	19.38	0.457	6		1		50.19	16.47	
Total lipid (fat)....g	1.02		7		1		2.64	0.87	
Ash....g	1.17	0.014	5		1		3.03	0.99	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	27	4.075	5		1		70	23	
Iron, Fe....mg	0.89	0.015	5		1		2.31	0.76	
Magnesium, Mg....mg	31	0.580	3		1		80	26	
Phosphorus, P....mg	162		5		1		420	138	
Potassium, K....mg	483	9.220	3		1		1251	411	
Sodium, Na....mg	53	9.409	4		1		137	45	
Zinc, Zn....mg	0.48	0.030	51		1		1.24	0.41	
Copper, Cu....mg	0.020	0.002	52		1		0.052	0.017	
Manganese, Mn....mg	0.014	0.001	3		1		0.036	0.012	
Selenium, Se....µg	36.5		0	CAZN	4		94.5	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.070		2		1		0.181	0.060	
Riboflavin....mg	0.005		2		1		0.013	0.004	
Niacin....mg	0.313		1		1		0.811	0.266	
Pantothenic acid....mg	0.750		0		4		1.943	0.638	
Vitamin B-6....mg	0.300		0		4		0.777	0.255	
Folate, total....µg	9		0		4		23	7	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9		0		4		23	7	
Folate, DFE....mcg_DFE	9		0	NC	4		23	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.60		2		1		1.55	0.51	
Vitamin A, RAE....mcg_RAE	43		0		4		111	37	
Retinol....µg	43		0		4		111	37	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	143		0		4		370	122	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.233		0		1		0.603	0.198	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 15031
Fish, grouper, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.012		2		1		0.031	0.010	
15:0 g									
16:0 g	0.169		2		1		0.438	0.144	
17:0 g									
18:0 g	0.049		2		1		0.127	0.042	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.202		0		1		0.523	0.172	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.027		2		1		0.070	0.023	
17:1 g									
18:1 undifferentiated g	0.145		2		1		0.376	0.123	
20:1 g	0.029		1		1		0.075	0.025	
22:1 undifferentiated g	0.007		1		1		0.018	0.006	
24:1 c g									
Fatty acids, total polyunsaturated g	0.321		0		1		0.831	0.273	
18:2 undifferentiated g	0.012		2		1		0.031	0.010	
18:3 undifferentiated g	0.010		1		1		0.026	0.009	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.033		2		1		0.085	0.028	
20:5 n-3 (EPA) g	0.027		2		1		0.070	0.023	
22:5 n-3 (DPA) g	0.010		2		1		0.026	0.009	
22:6 n-3 (DHA) g	0.220		2		1		0.570	0.187	
Fatty acids, total trans g									
Cholesterol mg	37		2		1		96	31	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.217		0		1		0.562	0.184	
Threonine g	0.849		0		1		2.199	0.722	
Isoleucine g	0.893		0		1		2.313	0.759	
Leucine g	1.575		0		1		4.079	1.339	
Lysine g	1.779		0		1		4.608	1.512	
Methionine g	0.574		0		1		1.487	0.488	
Cystine g	0.208		0		1		0.539	0.177	
Phenylalanine g	0.756		0		1		1.958	0.643	
Tyrosine g	0.654		0		1		1.694	0.556	
Valine g	0.998		0		1		2.585	0.848	
Arginine g	1.159		0		1		3.002	0.985	
Histidine g	0.570		0		1		1.476	0.485	
Alanine g	1.172		0		1		3.035	0.996	
Aspartic acid g	1.984		0		1		5.139	1.686	
Glutamic acid g	2.892		0		1		7.490	2.458	
Glycine g	0.930		0		1		2.409	0.791	
Proline g	0.685		0		1		1.774	0.582	
Serine g	0.791		0		1		2.049	0.672	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 15031

Fish, grouper, mixed species, raw

Common Measures:

Measure 1 = 259g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15034
Fish, haddock, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.65		0	RA	4		119.48	67.70	
Energy....kcal	90		0	NC	4		135	77	
Energy....kJ	378		0	RA	4		567	321	
Protein (N x 6.25)....g	19.99		0	RA	4		29.98	16.99	
Total lipid (fat)....g	0.55		0	RA	4		0.83	0.47	
Ash....g	1.56		0	RA	4		2.35	1.33	
Carbohydrate, by difference....g	0.00		0	RA	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	RA	4		0.0	0.0	
Sugars, total....g	0.00		0	RA	4		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0	RA	4		20	12	
Iron, Fe....mg	0.21		0	RA	4		0.31	0.18	
Magnesium, Mg....mg	26		0	RA	4		39	22	
Phosphorus, P....mg	278		0	RA	4		417	236	
Potassium, K....mg	351		0	RA	4		526	298	
Sodium, Na (1) ....mg	261		0	RA	4		391	222	
Zinc, Zn....mg	0.40		0	RA	4		0.60	0.34	
Copper, Cu....mg	0.026		0	RA	4		0.039	0.022	
Manganese, Mn....mg	0.013		0	RA	4		0.020	0.011	
Selenium, Se....µg	31.7		0	RA	4		47.6	27.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0	0.0	
Thiamin....mg	0.023		0	RA	4		0.035	0.020	
Riboflavin....mg	0.069		0	RA	4		0.104	0.059	
Niacin....mg	4.119		0	RA	4		6.178	3.501	
Pantothenic acid....mg	0.494		0	RA	4		0.741	0.420	
Vitamin B-6....mg	0.327		0	RA	4		0.490	0.278	
Folate, total....µg	13		0	RA	4		20	11	
Folic acid....µg	0		0	RA	4		0	0	
Folate, food....µg	13		0	RA	4		20	11	
Folate, DFE....mcg_DFE	13		0	NC	4		20	11	
Choline, total....mg	79.6		0	RA	4		119.4	67.7	
Betaine....mg									
Vitamin B-12....µg	2.13		0	RA	4		3.20	1.81	
Vitamin B-12, added....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	21		0	RA	4		31	18	
Retinol....µg	21		0	RA	4		31	18	
Carotene, beta....µg	0		0	RA	4		0	0	
Carotene, alpha....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	
Vitamin A, IU....IU	62		0	RA	4		94	53	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.55		0	RA	4		0.83	0.47	
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, delta....mg	0.00		0	RA	4		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.6		0	RA	4		0.8	0.5	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	RA	4		0.8	0.5	
Vitamin D....IU	23		0	RA	4		34	19	
Vitamin K (phylloquinone)....µg	0.1		0	RA	4		0.2	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15034
Fish, haddock, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.111		0	RA	4		0.166	0.094	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.002		0	RA	4		0.003	0.001	
13:0....g									
14:0....g	0.005		0	RA	4		0.008	0.004	
15:0....g	0.001		0	RA	4		0.002	0.001	
16:0....g	0.077		0	RA	4		0.115	0.065	
17:0....g	0.001		0	RA	4		0.002	0.001	
18:0....g	0.025		0	RA	4		0.037	0.021	
20:0....g	0.000		0	RA	4		0.000	0.000	
22:0....g	0.000		0	RA	4		0.000	0.000	
24:0....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total monounsaturated....g	0.074		0	RA	4		0.111	0.063	
14:1....g	0.001		0	RA	4		0.002	0.001	
15:1....g	0.000		0	RA	4		0.000	0.000	
16:1 undifferentiated....g	0.005		0	RA	4		0.007	0.004	
17:1....g	0.008		0	RA	4		0.011	0.006	
18:1 undifferentiated....g	0.048		0	RA	4		0.072	0.041	
20:1....g	0.006		0	RA	4		0.009	0.005	
22:1 undifferentiated....g	0.002		0	RA	4		0.003	0.002	
24:1 c....g	0.005		0	RA	4		0.007	0.004	
Fatty acids, total polyunsaturated....g	0.204		0	RA	4		0.305	0.173	
18:2 undifferentiated....g	0.019		0	RA	4		0.028	0.016	
18:3 undifferentiated....g	0.002		0	RA	4		0.003	0.002	
18:4....g	0.002		0	RA	4		0.003	0.002	
20:2 n-6 c,c....g	0.001		0	RA	4		0.002	0.001	
20:3 undifferentiated....g	0.002		0	RA	4		0.003	0.002	
20:4 undifferentiated....g	0.011		0	RA	4		0.016	0.009	
20:5 n-3 (EPA)....g	0.051		0	RA	4		0.076	0.043	
22:5 n-3 (DPA)....g	0.006		0	RA	4		0.008	0.005	
22:6 n-3 (DHA)....g	0.109		0	RA	4		0.163	0.092	
Fatty acids, total trans....g	0.005		0	RA	4		0.007	0.004	
Cholesterol....mg	66		0	RA	4		99	56	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.260		0	RA	4		0.389	0.221	
Threonine....g	1.015		0	RA	4		1.523	0.863	
Isoleucine....g	1.067		0	RA	4		1.600	0.907	
Leucine....g	1.882		0	RA	4		2.823	1.600	
Lysine....g	2.126		0	RA	4		3.189	1.807	
Methionine....g	0.686		0	RA	4		1.029	0.583	
Cystine....g	0.249		0	RA	4		0.373	0.211	
Phenylalanine....g	0.904		0	RA	4		1.356	0.768	
Tyrosine....g	0.781		0	RA	4		1.172	0.664	
Valine....g	1.193		0	RA	4		1.789	1.014	
Arginine....g	1.385		0	RA	4		2.078	1.177	
Histidine....g	0.682		0	RA	4		1.023	0.580	
Alanine....g	1.400		0	RA	4		2.100	1.190	
Aspartic acid....g	2.371		0	RA	4		3.556	2.015	
Glutamic acid....g	3.456		0	RA	4		5.184	2.938	
Glycine....g	1.112		0	RA	4		1.668	0.945	
Proline....g	0.819		0	RA	4		1.229	0.696	
Serine....g	0.944		0	RA	4		1.416	0.803	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15034
Fish, haddock, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 fillet

Measure 2 = 85g: 3 oz

Footnotes:

1 Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 87 mg sodium/100g.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15033
Fish, haddock, raw
Melanogrammus aeglefinus (L.)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.38	0.748	8	A	1		160.93	70.88	
Energy	kcal	74		0	NC	4		142	63	
Energy	kJ	309		0	NC	4		596	262	
Protein (N x 6.25)	g	16.32	0.818	8	A	1		31.50	13.87	
Total lipid (fat)	g	0.45	0.024	8	A	1		0.87	0.38	
Ash	g	1.28	0.098	8	A	1		2.47	1.09	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11	1.232	8	A	1		21	9	
Iron, Fe	mg	0.17	0.011	8	A	1		0.32	0.14	
Magnesium, Mg	mg	21	1.026	8	A	1		41	18	
Phosphorus, P	mg	227	21.991	8	A	1		438	193	
Potassium, K	mg	286	24.153	8	A	1		553	243	
Sodium, Na (1)	mg	213	55.182	8	A	1		411	181	
Zinc, Zn	mg	0.32	0.012	8	A	1		0.63	0.28	
Copper, Cu	mg	0.021	0.002	8	A	1		0.041	0.018	
Manganese, Mn	mg	0.011	0.000	8	A	1		0.021	0.009	
Selenium, Se	µg	25.9	1.208	8	A	1		50.0	22.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.020	0.000	3	A	1		0.039	0.017	
Riboflavin	mg	0.057	0.015	3	A	1		0.109	0.048	
Niacin	mg	3.363	0.264	3	A	1		6.491	2.859	
Pantothenic acid	mg	0.403	0.131	3	A	1		0.778	0.343	
Vitamin B-6	mg	0.281	0.028	3	A	1		0.542	0.239	
Folate, total	µg	12		0		4		22	10	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	12		0		4		22	10	
Folate, DFE	mcg_DFE	12		0	NC	4		22	10	
Choline, total	mg	65.0		0	T	4		125.5	55.3	
Betaine	mg									
Vitamin B-12	µg	1.83	0.176	3	A	1		3.54	1.56	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	17		0	NC	4		33	14	
Retinol	µg	17		0	T	4		33	14	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	57		0	NC	4		109	48	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.45	0.015	3	A	1		0.87	0.38	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, delta	mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)	µg	0.5	0.093	3	AS	1		0.9	0.4	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.5	0.093	3	A	1		0.9	0.4	
Vitamin D	IU	18	3.664	3	A	1		36	16	
Vitamin K (phylloquinone)	µg	0.1		0	T	4		0.2	0.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15033
Fish, haddock, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.091		0	NC	4		0.175	0.077	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000	0.000	8	A	1		0.000	0.000	
8:0....g	0.000	0.000	8	A	1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.001	0.000	8	A	1		0.003	0.001	
13:0....g									
14:0....g	0.004	0.000	8	A	1		0.008	0.004	
15:0....g	0.001	0.000	8	A	1		0.002	0.001	
16:0....g	0.063	0.006	8	A	1		0.121	0.053	
17:0....g	0.001	0.000	8	A	1		0.002	0.001	
18:0....g	0.020	0.001	8	A	1		0.039	0.017	
20:0....g	0.000	0.000	8	A	1		0.000	0.000	
22:0....g	0.000	0.000	8	A	1		0.000	0.000	
24:0....g	0.000	0.000	8	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.061		0	NC	4		0.117	0.051	
14:1....g	0.001	0.000	8	A	1		0.002	0.001	
15:1....g	0.000	0.000	8	A	1		0.000	0.000	
16:1 undifferentiated....g	0.004	0.001	8	AS	1		0.008	0.003	
16:1 c....g	0.003	0.000	8	A	1		0.007	0.003	
16:1 t....g	0.001	0.000	8	A	1		0.001	0.001	
17:1....g	0.006	0.002	8	A	1		0.012	0.005	
18:1 undifferentiated....g	0.039	0.004	8	AS	1		0.075	0.033	
18:1 c....g	0.037	0.004	8	A	1		0.070	0.031	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.003	0.000	8	A	1		0.005	0.002	
18:1-11t (18:1t n-7)....g									
20:1....g	0.005	0.001	8	A	1		0.009	0.004	
22:1 undifferentiated....g	0.002	0.000	8	AS	1		0.003	0.001	
22:1 c....g	0.002	0.000	8	A	1		0.003	0.001	
22:1 t....g	0.000	0.000	8	A	1		0.000	0.000	
24:1 c....g	0.004	0.000	8	A	1		0.007	0.003	
Fatty acids, total polyunsaturated....g	0.166		0	NC	4		0.321	0.141	
18:2 undifferentiated....g	0.015	0.002	8	AS	1		0.029	0.013	
18:2 n-6 c,c....g	0.014	0.002	8	A	1		0.028	0.012	
18:2 CLAs....g	0.000	0.000	8	A	1		0.000	0.000	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.001	0.000	8	A	1		0.002	0.001	
18:3 undifferentiated....g	0.002	0.000	8	AS	1		0.003	0.001	
18:3 n-3 c,c,c (ALA)....g	0.002	0.000	8	A	1		0.003	0.001	
18:3 n-6 c,c,c....g	0.000	0.000	8	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.002	0.000	8	A	1		0.003	0.001	
20:2 n-6 c,c....g	0.001	0.000	8	A	1		0.002	0.001	
20:3 undifferentiated....g	0.002	0.000	8	AS	1		0.004	0.002	
20:3 n-3....g	0.001	0.000	8	A	1		0.002	0.001	
20:3 n-6....g	0.001	0.000	8	A	1		0.002	0.001	
20:4 undifferentiated....g	0.009	0.001	8	A	1		0.017	0.008	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.042	0.003	8	A	1		0.080	0.035	
21:5....g									
22:4....g	0.001	0.000	8	A	1		0.002	0.001	
22:5 n-3 (DPA)....g	0.005	0.000	8	A	1		0.009	0.004	
22:6 n-3 (DHA)....g	0.089	0.008	8	A	1		0.171	0.075	
Fatty acids, total trans....g	0.004		0	NC	4		0.008	0.003	
Fatty acids, total trans-monoenoic....g	0.003		0	NC	4		0.006	0.003	
Fatty acids, total trans-polyenoic....g	0.001		0	NC	4		0.002	0.001	
Cholesterol....mg	54	3.950	3	A	1		104	46	
Phytosterols....mg									

NDB No. 15033
Fish, haddock, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.212		0	A	1		0.409	0.180	
Threonine....g	0.829		0	A	1		1.600	0.705	
Isoleucine....g	0.871		0	A	1		1.681	0.740	
Leucine....g	1.537		0	A	1		2.966	1.306	
Lysine....g	1.736		0	A	1		3.350	1.476	
Methionine....g	0.560		0	A	1		1.081	0.476	
Cystine....g	0.203		0	A	1		0.392	0.173	
Phenylalanine....g	0.738		0	A	1		1.424	0.627	
Tyrosine....g	0.638		0	A	1		1.231	0.542	
Valine....g	0.974		0	A	1		1.880	0.828	
Arginine....g	1.131		0	A	1		2.183	0.961	
Histidine....g	0.557		0	A	1		1.075	0.473	
Alanine....g	1.143		0	A	1		2.206	0.972	
Aspartic acid....g	1.936		0	A	1		3.736	1.646	
Glutamic acid....g	2.822		0	A	1		5.446	2.399	
Glycine....g	0.908		0	A	1		1.752	0.772	
Proline....g	0.669		0	A	1		1.291	0.569	
Serine....g	0.771		0	A	1		1.488	0.655	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 193g: 1 fillet

Measure 2 = 85g: 3 oz

Footnotes:

1 Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 68 mg sodium/100g.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15035
Fish, haddock, smoked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.48		0		1		20.26	12.15	60.76
Energy....kcal	116		0	NC	4		33	20	99
Energy....kJ	485		0		4		138	83	413
Protein (N x 6.25)....g	25.23		0		1		7.15	4.29	21.45
Total lipid (fat)....g	0.96		0		1		0.27	0.16	0.82
Ash....g	1.62		0		1		0.46	0.28	1.38
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	49		0		1		14	8	42
Iron, Fe....mg	1.40		0		1		0.40	0.24	1.19
Magnesium, Mg....mg	54		0		1		15	9	46
Phosphorus, P....mg	251		0		1		71	43	213
Potassium, K....mg	415		0		1		118	71	353
Sodium, Na....mg	763		0		1		216	130	649
Zinc, Zn....mg	0.50		0		1		0.14	0.09	0.43
Copper, Cu....mg	0.042		0		1		0.012	0.007	0.036
Manganese, Mn....mg	0.030		0		4		0.009	0.005	0.026
Selenium, Se....µg	42.9		0	BFSN	4		12.2	7.3	36.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.047		0		1		0.013	0.008	0.040
Riboflavin....mg	0.049		0		1		0.014	0.008	0.042
Niacin....mg	5.073		0		1		1.438	0.862	4.312
Pantothenic acid....mg	0.170		0		4		0.048	0.029	0.145
Vitamin B-6....mg	0.400		0		1		0.113	0.068	0.340
Folate, total....µg	15		0		4		4	3	13
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	15		0		4		4	3	13
Folate, DFE....mcg_DFE	15		0	NC	4		4	3	13
Choline, total....mg	92.3		0	BFSN	4		26.2	15.7	78.5
Betaine....mg									
Vitamin B-12....µg	1.60		0		1		0.45	0.27	1.36
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	24		0	NC	4		7	4	21
Retinol....µg	24		0	BFSN	4		7	4	21
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	80		0	NC	4		23	14	68
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.55		0	BFSN	4		0.16	0.09	0.47
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		0	AS	1		0.2	0.1	0.7
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.8		0	BFSN	4		0.2	0.1	0.7
Vitamin D....IU	34		0	BFSN	4		10	6	29
Vitamin K (phylloquinone)....µg	0.1		0	BFSN	4		0.0	0.0	0.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15035
Fish, haddock, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.173		0		1		0.049	0.029	0.147
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.011		0		1		0.003	0.002	0.009
15:0....g									
16:0....g	0.117		0		1		0.033	0.020	0.099
17:0....g									
18:0....g	0.044		0		1		0.012	0.007	0.037
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.157		0		1		0.045	0.027	0.133
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.023		0		1		0.007	0.004	0.020
17:1....g									
18:1 undifferentiated....g	0.089		0		1		0.025	0.015	0.076
20:1....g	0.013		0		1		0.004	0.002	0.011
22:1 undifferentiated....g	0.031		0		1		0.009	0.005	0.026
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.321		0		1		0.091	0.055	0.273
18:2 undifferentiated....g	0.012		0		1		0.003	0.002	0.010
18:3 undifferentiated....g	0.003		0		1		0.001	0.001	0.003
18:4....g	0.004		0		1		0.001	0.001	0.003
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.031		0		1		0.009	0.005	0.026
20:5 n-3 (EPA)....g	0.079		0		1		0.022	0.013	0.067
22:5 n-3 (DPA)....g	0.025		0		1		0.007	0.004	0.021
22:6 n-3 (DHA)....g	0.168		0		1		0.048	0.029	0.143
Fatty acids, total trans....g									
Cholesterol....mg	77		0		1		22	13	65
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.283		0		1		0.080	0.048	0.241
Threonine....g	1.106		0		1		0.314	0.188	0.940
Isoleucine....g	1.162		0		1		0.329	0.198	0.988
Leucine....g	2.050		0		1		0.581	0.349	1.743
Lysine....g	2.317		0		1		0.657	0.394	1.969
Methionine....g	0.747		0		1		0.212	0.127	0.635
Cystine....g	0.270		0		1		0.077	0.046	0.230
Phenylalanine....g	0.985		0		1		0.279	0.167	0.837
Tyrosine....g	0.852		0		1		0.242	0.145	0.724
Valine....g	1.300		0		1		0.369	0.221	1.105
Arginine....g	1.509		0		1		0.428	0.257	1.283
Histidine....g	0.743		0		1		0.211	0.126	0.632
Alanine....g	1.526		0		1		0.433	0.259	1.297
Aspartic acid....g	2.583		0		1		0.732	0.439	2.196
Glutamic acid....g	3.766		0		1		1.068	0.640	3.201
Glycine....g	1.211		0		1		0.343	0.206	1.029
Proline....g	0.892		0		1		0.253	0.152	0.758
Serine....g	1.029		0		1		0.292	0.175	0.875
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15035
Fish, haddock, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 17g: 1 cubic inch, boneless

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15037
Fish, halibut, Atlantic and Pacific, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.12		0	RA	4		121.03	64.70	
Energy....kcal	111		0	NC	4		176	94	
Energy....kJ	464		0	RA	4		737	394	
Protein (N x 6.25)....g	22.54		0	RA	4		35.84	19.16	
Total lipid (fat)....g	1.61		0	RA	4		2.56	1.37	
Ash....g	1.57		0	RA	4		2.50	1.34	
Carbohydrate, by difference....g	0.00		0	RA	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	RA	4		0.0	0.0	
Sugars, total....g	0.00		0	RA	4		0.00	0.00	
Sucrose....g									
Glucose (dextrose)....g									
Fructose....g	0.00		0	RA	4		0.00	0.00	
Lactose....g	0.00		0	RA	4		0.00	0.00	
Maltose....g	0.00		0	RA	4		0.00	0.00	
Galactose....g	0.00		0	RA	4		0.00	0.00	
Starch....g	0.00		0	RA	4		0.00	0.00	
Minerals:									
Calcium, Ca....mg	9		0	RA	4		14	8	
Iron, Fe....mg	0.20		0	RA	4		0.31	0.17	
Magnesium, Mg....mg	28		0	RA	4		45	24	
Phosphorus, P....mg	287		0	RA	4		456	244	
Potassium, K....mg	528		0	RA	4		840	449	
Sodium, Na....mg	82		0	RA	4		131	70	
Zinc, Zn....mg	0.43		0	RA	4		0.69	0.37	
Copper, Cu....mg	0.028		0	RA	4		0.044	0.024	
Manganese, Mn....mg	0.013		0	RA	4		0.021	0.011	
Selenium, Se....µg	55.4		0	RA	4		88.1	47.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0	0.0	
Thiamin....mg	0.058		0	RA	4		0.092	0.049	
Riboflavin....mg	0.036		0	RA	4		0.058	0.031	
Niacin....mg	7.911		0	RA	4		12.578	6.724	
Pantothenic acid....mg	0.416		0	RA	4		0.661	0.354	
Vitamin B-6....mg	0.632		0	RA	4		1.005	0.537	
Folate, total....µg	14		0	RA	4		22	12	
Folic acid....µg	0		0	RA	4		0	0	
Folate, food....µg	14		0	RA	4		22	12	
Folate, DFE....mcg_DFE	14		0	NC	4		22	12	
Choline, total....mg	75.1		0	RA	4		119.4	63.8	
Betaine....mg									
Vitamin B-12....µg	1.27		0	RA	4		2.02	1.08	
Vitamin B-12, added....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	24		0	RA	4		39	21	
Retinol....µg	24		0	RA	4		39	21	
Carotene, beta....µg	0		0	RA	4		0	0	
Carotene, alpha....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	
Vitamin A, IU....IU	73		0	RA	4		116	62	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.74		0	RA	4		1.18	0.63	
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, delta....mg	0.00		0	RA	4		0.00	0.00	
Vitamin D (D2 + D3)....µg	5.8		0	RA	4		9.2	4.9	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 15037
Fish, halibut, Atlantic and Pacific, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	5.8		0	RA	4		9.2	4.9	
Vitamin D....IU	231		0	RA	4		367	196	
Vitamin K (phylloquinone)....µg	0.0		0	RA	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg	0.0		0	RA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.354		0	RA	4		0.564	0.301	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.006		0	RA	4		0.010	0.005	
13:0....g									
14:0....g	0.060		0	RA	4		0.095	0.051	
15:0....g	0.005		0	RA	4		0.008	0.004	
16:0....g	0.212		0	RA	4		0.337	0.180	
17:0....g	0.003		0	RA	4		0.005	0.002	
18:0....g	0.065		0	RA	4		0.104	0.056	
20:0....g	0.002		0	RA	4		0.003	0.002	
22:0....g	0.001		0	RA	4		0.001	0.001	
24:0....g	0.001		0	RA	4		0.001	0.001	
Fatty acids, total monounsaturated....g	0.573		0	RA	4		0.910	0.487	
14:1....g	0.004		0	RA	4		0.006	0.003	
15:1....g	0.002		0	RA	4		0.003	0.002	
16:1 undifferentiated....g	0.082		0	RA	4		0.131	0.070	
17:1....g	0.008		0	RA	4		0.013	0.007	
18:1 undifferentiated....g	0.278		0	RA	4		0.442	0.236	
20:1....g	0.161		0	RA	4		0.256	0.137	
22:1 undifferentiated....g	0.017		0	RA	4		0.027	0.014	
24:1 c....g	0.020		0	RA	4		0.032	0.017	
Fatty acids, total polyunsaturated....g	0.352		0	RA	4		0.560	0.299	
18:2 undifferentiated....g	0.041		0	RA	4		0.066	0.035	
18:3 undifferentiated....g	0.013		0	RA	4		0.021	0.011	
18:4....g	0.008		0	RA	4		0.013	0.007	
20:2 n-6 c,c....g	0.005		0	RA	4		0.008	0.004	
20:3 undifferentiated....g	0.010		0	RA	4		0.016	0.008	
20:4 undifferentiated....g	0.017		0	RA	4		0.027	0.014	
20:5 n-3 (EPA)....g	0.080		0	RA	4		0.127	0.068	
22:5 n-3 (DPA)....g	0.020		0	RA	4		0.032	0.017	
22:6 n-3 (DHA)....g	0.155		0	RA	4		0.247	0.132	
Fatty acids, total trans....g	0.028		0	RA	4		0.045	0.024	
Cholesterol....mg	60		0	RA	4		95	51	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.283		0	RA	4		0.450	0.241	
Threonine....g	1.108		0	RA	4		1.761	0.942	
Isoleucine....g	1.165		0	RA	4		1.852	0.990	
Leucine....g	2.055		0	RA	4		3.268	1.747	
Lysine....g	2.321		0	RA	4		3.691	1.973	
Methionine....g	0.748		0	RA	4		1.190	0.636	
Cystine....g	0.271		0	RA	4		0.431	0.230	
Phenylalanine....g	0.988		0	RA	4		1.570	0.839	
Tyrosine....g	0.854		0	RA	4		1.358	0.726	
Valine....g	1.302		0	RA	4		2.070	1.107	
Arginine....g	1.512		0	RA	4		2.405	1.285	
Histidine....g	0.745		0	RA	4		1.184	0.633	
Alanine....g	1.529		0	RA	4		2.432	1.300	
Aspartic acid....g	2.589		0	RA	4		4.116	2.200	
Glutamic acid....g	3.774		0	RA	4		6.001	3.208	
Glycine....g	1.213		0	RA	4		1.929	1.031	
Proline....g	0.894		0	RA	4		1.421	0.760	
Serine....g	1.031		0	RA	4		1.640	0.877	

NDB No. 15037
Fish, halibut, Atlantic and Pacific, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 159g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15036

Fish, halibut, Atlantic and Pacific, raw

Hippoglossus hippoglossus (L.) and H. stenolepis Schmidt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.34	0.523	10	A	1		163.90	68.29	
Energy....kcal	91		0	NC	4		186	78	
Energy....kJ	382		0	NC	4		778	324	
Protein (N x 6.25)....g	18.56	0.378	10	A	1		37.85	15.77	
Total lipid (fat)....g	1.33	0.308	10	A	1		2.71	1.13	
Ash....g	1.29	0.027	10	A	1		2.64	1.10	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Sucrose....g									
Glucose (dextrose)....g									
Fructose....g	0.00		1	A	1		0.00	0.00	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	0.00		1	A	1		0.00	0.00	
Galactose....g	0.00		1	A	1		0.00	0.00	
Starch....g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca....mg	7	1.666	10	A	1		15	6	
Iron, Fe....mg	0.16	0.011	10	A	1		0.33	0.14	
Magnesium, Mg....mg	23	0.984	10	A	1		47	20	
Phosphorus, P....mg	236	2.966	10	A	1		482	201	
Potassium, K....mg	435	16.452	10	A	1		887	369	
Sodium, Na....mg	68	7.449	10	A	1		138	58	
Zinc, Zn....mg	0.36	0.013	10	A	1		0.73	0.30	
Copper, Cu....mg	0.023	0.002	10	A	1		0.047	0.019	
Manganese, Mn....mg	0.011	0.000	10	A	1		0.022	0.009	
Selenium, Se....µg	45.6	3.142	10	A	1		93.1	38.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg	0.050	0.007	4	A	1		0.102	0.043	
Riboflavin....mg	0.030	0.006	4	A	1		0.061	0.026	
Niacin....mg	6.513	0.539	4	A	1		13.286	5.536	
Pantothenic acid....mg	0.343	0.018	4	A	1		0.699	0.291	
Vitamin B-6....mg	0.548	0.050	4	A	1		1.117	0.465	
Folate, total....µg	12		0		4		24	10	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	12		0		4		24	10	
Folate, DFE....mcg_DFE	12		0	NC	4		24	10	
Choline, total....mg	61.8		0	T	4		126.1	52.5	
Betaine....mg									
Vitamin B-12....µg	1.10	0.058	4	A	1		2.24	0.94	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	20		0	AS	1		41	17	
Retinol....µg	20		1	A	1		41	17	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	67		0	AS	1		136	57	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.61		2	A	1		1.24	0.52	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	4.7	1.095	10	AS	1		9.7	4.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 15036
Fish, halibut, Atlantic and Pacific, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	4.7	1.095	10	A	1		9.7	4.0	
Vitamin D....IU	190	43.824	10	A	1		388	161	
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.292		0	NC	4		0.595	0.248	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.000	0.000	8	A	1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.005	0.002	10	A	1		0.010	0.004	
13:0....g									
14:0....g	0.049	0.014	10	A	1		0.101	0.042	
15:0....g	0.004	0.001	10	A	1		0.009	0.004	
16:0....g	0.174	0.041	10	A	1		0.356	0.148	
17:0....g	0.002	0.001	10	A	1		0.005	0.002	
18:0....g	0.054	0.012	10	A	1		0.110	0.046	
20:0....g	0.002	0.000	10	A	1		0.003	0.001	
22:0....g	0.001	0.000	10	A	1		0.001	0.000	
24:0....g	0.001	0.000	10	A	1		0.001	0.000	
Fatty acids, total monounsaturated....g	0.471		0	NC	4		0.962	0.401	
14:1....g	0.003	0.001	10	A	1		0.006	0.002	
15:1....g	0.002	0.000	10	A	1		0.003	0.001	
16:1 undifferentiated....g	0.068	0.024	10	AS	1		0.138	0.058	
16:1 c....g	0.065	0.024	10	A	1		0.133	0.055	
16:1 t....g	0.003	0.001	10	A	1		0.005	0.002	
17:1....g	0.007	0.003	10	A	1		0.014	0.006	
18:1 undifferentiated....g	0.229	0.071	10	AS	1		0.467	0.195	
18:1 c....g	0.221	0.069	10	A	1		0.451	0.188	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.008	0.002	10	A	1		0.016	0.007	
18:1-11t (18:1t n-7)....g									
20:1....g	0.133	0.059	10	A	1		0.271	0.113	
22:1 undifferentiated....g	0.014	0.007	10	AS	1		0.029	0.012	
22:1 c....g	0.014	0.007	10	A	1		0.028	0.012	
22:1 t....g	0.000	0.000	10	A	1		0.000	0.000	
24:1 c....g	0.017	0.005	10	A	1		0.034	0.014	
Fatty acids, total polyunsaturated....g	0.290		0	NC	4		0.592	0.247	
18:2 undifferentiated....g	0.034	0.007	10	AS	1		0.069	0.029	
18:2 n-6 c,c....g	0.019	0.005	10	A	1		0.039	0.016	
18:2 CLAs....g	0.002	0.001	10	A	1		0.005	0.002	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.013	0.002	10	A	1		0.026	0.011	
18:3 undifferentiated....g	0.011	0.003	10	AS	1		0.022	0.009	
18:3 n-3 c,c,c (ALA)....g	0.011	0.003	10	A	1		0.022	0.009	
18:3 n-6 c,c,c....g	0.000	0.000	10	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.007	0.002	10	A	1		0.013	0.006	
20:2 n-6 c,c....g	0.004	0.002	10	A	1		0.009	0.004	
20:3 undifferentiated....g	0.008	0.003	10	AS	1		0.017	0.007	
20:3 n-3....g	0.003	0.001	10	A	1		0.006	0.003	
20:3 n-6....g	0.005	0.002	10	A	1		0.010	0.004	
20:4 undifferentiated....g	0.014	0.002	10	A	1		0.029	0.012	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.066	0.015	10	A	1		0.134	0.056	
21:5....g									
22:4....g	0.001	0.000	10	A	1		0.003	0.001	
22:5 n-3 (DPA)....g	0.016	0.004	10	A	1		0.033	0.014	

NDB No. 15036
Fish, halibut, Atlantic and Pacific, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.128	0.019	10	A	1		0.261	0.109	
Fatty acids, total trans....g									
Fatty acids, total trans-monoenoic....g									
Fatty acids, total trans-polyenoic....g	0.013		0	NC	4		0.026	0.011	
Cholesterol....mg	49	2.892	4	A	1		101	42	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.233		0	A	1		0.475	0.198	
Threonine....g	0.912		0	A	1		1.860	0.775	
Isoleucine....g	0.959		0	A	1		1.956	0.815	
Leucine....g	1.692		0	A	1		3.452	1.438	
Lysine....g	1.911		0	A	1		3.898	1.624	
Methionine....g	0.616		0	A	1		1.257	0.524	
Cystine....g	0.223		0	A	1		0.455	0.190	
Phenylalanine....g	0.813		0	A	1		1.659	0.691	
Tyrosine....g	0.703		0	A	1		1.434	0.598	
Valine....g	1.072		0	A	1		2.187	0.911	
Arginine....g	1.245		0	A	1		2.540	1.058	
Histidine....g	0.613		0	A	1		1.251	0.521	
Alanine....g	1.259		0	A	1		2.568	1.070	
Aspartic acid....g	2.131		0	A	1		4.347	1.811	
Glutamic acid....g	3.107		0	A	1		6.338	2.641	
Glycine....g	0.999		0	A	1		2.038	0.849	
Proline....g	0.736		0	A	1		1.501	0.626	
Serine....g	0.849		0	A	1		1.732	0.722	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 204g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15038

Fish, halibut, Greenland, raw

Reinhardtius hippoglossoides (Walbaum)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.27	1.361	19		1		143.35	59.73	
Energy....kcal	186		0	NC	4		379	158	
Energy....kJ	778		0		4		1588	661	
Protein (N x 6.25)....g	14.37	1.004	3		1		29.31	12.21	
Total lipid (fat)....g	13.84	0.773	22		1		28.23	11.76	
Ash....g	1.00	0.058	3		1		2.04	0.85	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	3		1		1		6	3	
Iron, Fe....mg	0.66		0		4		1.35	0.56	
Magnesium, Mg....mg	26		0		4		53	22	
Phosphorus, P....mg	164		1		1		335	139	
Potassium, K....mg	268		1		1		547	228	
Sodium, Na....mg	80		1		1		163	68	
Zinc, Zn....mg	0.40		0		4		0.82	0.34	
Copper, Cu....mg	0.030		0		4		0.061	0.026	
Manganese, Mn....mg	0.012		0		4		0.024	0.010	
Selenium, Se....µg	36.5		0	CAZN	4		74.5	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		1		1		0.122	0.051	
Riboflavin....mg	0.080		1		1		0.163	0.068	
Niacin....mg	1.500		1		1		3.060	1.275	
Pantothenic acid....mg	0.250		1		1		0.510	0.213	
Vitamin B-6....mg	0.420		0		4		0.857	0.357	
Folate, total....µg	1		0		4		2	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		4		2	1	
Folate, DFE....mcg_DFE	1		0	NC	4		2	1	
Choline, total....mg	61.8		0	T	4		126.1	52.5	
Betaine....mg									
Vitamin B-12....µg	1.00		1		1		2.04	0.85	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	14		0	NC	4		29	12	
Retinol....µg	14		0	BFSN	4		29	12	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	47		0	NC	4		97	40	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.73		0	BFSN	4		1.49	0.62	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	27.4		0	AS	1		55.9	23.3	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	27.4		0	BFFN	4		55.9	23.3	
Vitamin D....IU	1097		0	BFFN	4		2237	932	
Vitamin K (phylloquinone)....µg	0.1		0	BFSN	4		0.3	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15038
Fish, halibut, Greenland, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.419		0		1		4.935	2.056	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.008		2		1		0.016	0.007	
13:0....g									
14:0....g	0.754	0.029	3		1		1.538	0.641	
15:0....g									
16:0....g	1.440	0.052	3		1		2.938	1.224	
17:0....g									
18:0....g	0.193		2		1		0.394	0.164	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.378		0		1		17.091	7.121	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.763	0.243	3		1		3.597	1.499	
17:1....g									
18:1 undifferentiated....g	2.393	0.489	3		1		4.882	2.034	
20:1....g	2.237	0.073	3		1		4.563	1.901	
22:1 undifferentiated....g	1.968	0.296	3		1		4.015	1.673	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.367		0		1		2.789	1.162	
18:2 undifferentiated....g	0.123		2		1		0.251	0.105	
18:3 undifferentiated....g	0.043		2		1		0.088	0.037	
18:4....g	0.132		2		1		0.269	0.112	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.061		2		1		0.124	0.052	
20:5 n-3 (EPA)....g	0.526	0.051	3		1		1.073	0.447	
22:5 n-3 (DPA)....g	0.089		2		1		0.182	0.076	
22:6 n-3 (DHA)....g	0.393	0.016	3		1		0.802	0.334	
Fatty acids, total trans....g									
Cholesterol....mg	46	0.733	9		1		94	39	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.161		0		1		0.328	0.137	
Threonine....g	0.630		0		1		1.285	0.536	
Isoleucine....g	0.662		0		1		1.350	0.563	
Leucine....g	1.168		0		1		2.383	0.993	
Lysine....g	1.320		0		1		2.693	1.122	
Methionine....g	0.425		0		1		0.867	0.361	
Cystine....g	0.154		0		1		0.314	0.131	
Phenylalanine....g	0.561		0		1		1.144	0.477	
Tyrosine....g	0.485		0		1		0.989	0.412	
Valine....g	0.740		0		1		1.510	0.629	
Arginine....g	0.860		0		1		1.754	0.731	
Histidine....g	0.423		0		1		0.863	0.360	
Alanine....g	0.869		0		1		1.773	0.739	
Aspartic acid....g	1.471		0		1		3.001	1.250	
Glutamic acid....g	2.145		0		1		4.376	1.823	
Glycine....g	0.690		0		1		1.408	0.587	
Proline....g	0.508		0		1		1.036	0.432	
Serine....g	0.586		0		1		1.195	0.498	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15038
Fish, halibut, Greenland, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 204g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15196
Fish, halibut, greenland, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.88		0		1		98.39	52.60	
Energy....kcal	239		0	NC	4		380	203	
Energy....kJ	1000				4		1590	850	
Protein (N x 6.25)....g	18.42		0		1		29.29	15.66	
Total lipid (fat)....g	17.74		0		1		28.21	15.08	
Ash....g	1.28		0		1		2.04	1.09	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		1		6	3	
Iron, Fe....mg	0.85		0		1		1.35	0.72	
Magnesium, Mg....mg	33		0		1		52	28	
Phosphorus, P....mg	210		0		1		334	179	
Potassium, K....mg	344		0		1		547	292	
Sodium, Na....mg	103		0		1		164	88	
Zinc, Zn....mg	0.51		0		1		0.81	0.43	
Copper, Cu....mg	0.038		0		1		0.060	0.032	
Manganese, Mn....mg	0.015		0		1		0.024	0.013	
Selenium, Se....µg	46.8		0	BFSN	4		74.4	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.073		0		1		0.116	0.062	
Riboflavin....mg	0.103		0		1		0.164	0.088	
Niacin....mg	1.923		0		1		3.058	1.635	
Pantothenic acid....mg	0.288		0		1		0.458	0.245	
Vitamin B-6....mg	0.485		0		1		0.771	0.412	
Folate, total....µg	1		0		1		2	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		1		2	1	
Folate, DFE....mcg_DFE	1		0	NC	4		2	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.96		0		1		1.53	0.82	
Vitamin A, RAE....mcg_RAE	18		0		1		29	15	
Retinol....µg	18		0		1		29	15	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	60		0		1		95	51	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.102		0		1		4.932	2.637	
4:0....g									

NDB No. 15196
Fish, halibut, greenland, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.010		0		1		0.016	0.009	
13:0....g									
14:0....g	0.967		0		1		1.538	0.822	
15:0....g									
16:0....g	1.846		0		1		2.935	1.569	
17:0....g									
18:0....g	0.247		0		1		0.393	0.210	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.742		0		1		17.080	9.131	
14:1....g									
15:1....g									
16:1 undifferentiated....g	2.261		0		1		3.595	1.922	
17:1....g									
18:1 undifferentiated....g	3.068		0		1		4.878	2.608	
20:1....g	2.868		0		1		4.560	2.438	
22:1 undifferentiated....g	2.523		0		1		4.012	2.145	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.753		0		1		2.787	1.490	
18:2 undifferentiated....g	0.158		0		1		0.251	0.134	
18:3 undifferentiated....g	0.055		0		1		0.087	0.047	
18:4....g	0.169		0		1		0.269	0.144	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.078		0		1		0.124	0.066	
20:5 n-3 (EPA)....g	0.674		0		1		1.072	0.573	
22:5 n-3 (DPA)....g	0.114		0		1		0.181	0.097	
22:6 n-3 (DHA)....g	0.504		0		1		0.801	0.428	
Fatty acids, total trans....g									
Cholesterol....mg	59		0		1		94	50	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.206		0		1		0.328	0.175	
Threonine....g	0.808		0		1		1.285	0.687	
Isoleucine....g	0.849		0		1		1.350	0.722	
Leucine....g	1.497		0		1		2.380	1.272	
Lysine....g	1.692		0		1		2.690	1.438	
Methionine....g	0.545		0		1		0.867	0.463	
Cystine....g	0.197		0		1		0.313	0.167	
Phenylalanine....g	0.719		0		1		1.143	0.611	
Tyrosine....g	0.622		0		1		0.989	0.529	
Valine....g	0.949		0		1		1.509	0.807	
Arginine....g	1.102		0		1		1.752	0.937	
Histidine....g	0.542		0		1		0.862	0.461	
Alanine....g	1.114		0		1		1.771	0.947	
Aspartic acid....g	1.887		0		1		3.000	1.604	
Glutamic acid....g	2.750		0		1		4.373	2.338	
Glycine....g	0.884		0		1		1.406	0.751	
Proline....g	0.651		0		1		1.035	0.553	
Serine....g	0.752		0		1		1.196	0.639	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 159g: .5 fillet

NDB No. 15196

Fish, halibut, greenland, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15040
Fish, herring, Atlantic, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.16		0		4		91.75	54.54	
Energy....kcal	203		0		4		290	173	
Energy....kJ	849		0		4		1215	722	
Protein (N x 6.25)....g	23.03		0		4		32.93	19.58	
Total lipid (fat)....g	11.59		0		4		16.57	9.85	
Ash....g	1.87		0		1		2.67	1.59	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	74		0		4		106	63	
Iron, Fe....mg	1.41		0		4		2.02	1.20	
Magnesium, Mg....mg	41		0		4		59	35	
Phosphorus, P....mg	303		0		4		433	258	
Potassium, K....mg	419		0		4		599	356	
Sodium, Na....mg	115		0		4		164	98	
Zinc, Zn....mg	1.27		0		4		1.82	1.08	
Copper, Cu....mg	0.118		0		4		0.169	0.100	
Manganese, Mn....mg	0.040		0		4		0.057	0.034	
Selenium, Se....µg	46.8		0	BFSN	4		66.9	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		4		1.0	0.6	
Thiamin....mg	0.112		0		4		0.160	0.095	
Riboflavin....mg	0.299		0		4		0.428	0.254	
Niacin....mg	4.124		0		4		5.897	3.505	
Pantothenic acid....mg	0.740		0		4		1.058	0.629	
Vitamin B-6....mg	0.348		0		4		0.498	0.296	
Folate, total....µg	12		0		4		16	10	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	12		0		4		16	10	
Folate, DFE....mcg_DFE	12		0	NC	4		16	10	
Choline, total....mg	83.3		0	BFSN	4		119.2	70.8	
Betaine....mg									
Vitamin B-12....µg	13.14		0		4		18.79	11.17	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	36		0	NC	4		51	31	
Retinol....µg	36		0	BFSN	4		51	31	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	120		0	NC	4		171	102	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	1.37		0	BFSN	4		1.96	1.17	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	5.4		0	AS	1		7.7	4.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	5.4		0	BFSN	4		7.7	4.6	
Vitamin D....IU	214		0	BFSN	4		306	182	
Vitamin K (phylloquinone)....µg	0.1		0	BFSN	4		0.2	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15040
Fish, herring, Atlantic, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.615		0		4		3.739	2.223	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.015		0		1		0.021	0.013	
13:0....g									
14:0....g	0.710		0		1		1.015	0.604	
15:0....g									
16:0....g	1.735		0		1		2.481	1.475	
17:0....g									
18:0....g	0.140		0		1		0.200	0.119	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.790		0		4		6.850	4.072	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.797		0		1		1.140	0.677	
17:1....g									
18:1 undifferentiated....g	1.944		0		1		2.780	1.652	
20:1....g	0.924		0		1		1.321	0.785	
22:1 undifferentiated....g	1.077		0		1		1.540	0.915	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.735		0		4		3.911	2.325	
18:2 undifferentiated....g	0.167		0		1		0.239	0.142	
18:3 undifferentiated....g	0.132		0		1		0.189	0.112	
18:4....g	0.274		0		1		0.392	0.233	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.077		0		1		0.110	0.065	
20:5 n-3 (EPA)....g	0.909		0		1		1.300	0.773	
22:5 n-3 (DPA)....g	0.071		0		1		0.102	0.060	
22:6 n-3 (DHA)....g	1.105		0		1		1.580	0.939	
Fatty acids, total trans....g									
Cholesterol....mg	77		0		4		110	65	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.258		0		1		0.369	0.219	
Threonine....g	1.010		0		1		1.444	0.859	
Isoleucine....g	1.061		0		1		1.517	0.902	
Leucine....g	1.872		0		1		2.677	1.591	
Lysine....g	2.115		0		1		3.024	1.798	
Methionine....g	0.682		0		1		0.975	0.580	
Cystine....g	0.247		0		1		0.353	0.210	
Phenylalanine....g	0.899		0		1		1.286	0.764	
Tyrosine....g	0.778		0		1		1.113	0.661	
Valine....g	1.187		0		1		1.697	1.009	
Arginine....g	1.378		0		1		1.971	1.171	
Histidine....g	0.678		0		1		0.970	0.576	
Alanine....g	1.393		0		1		1.992	1.184	
Aspartic acid....g	2.358		0		1		3.372	2.004	
Glutamic acid....g	3.438		0		1		4.916	2.922	
Glycine....g	1.106		0		1		1.582	0.940	
Proline....g	0.814		0		1		1.164	0.692	
Serine....g	0.940		0		1		1.344	0.799	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15040
Fish, herring, Atlantic, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 143g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15042
Fish, herring, Atlantic, kippered

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.70		0		1		16.92	10.15	38.81
Energy	kcal	217		0	NC	4		62	37	141
Energy	kJ	908		0		4		257	154	590
Protein (N x 6.25)	g	24.58		0		1		6.97	4.18	15.98
Total lipid (fat)	g	12.37		0		1		3.51	2.10	8.04
Ash	g	1.94		0		1		0.55	0.33	1.26
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	84		0		1		24	14	55
Iron, Fe	mg	1.51		0		1		0.43	0.26	0.98
Magnesium, Mg	mg	46		0		1		13	8	30
Phosphorus, P	mg	325		0		1		92	55	211
Potassium, K	mg	447		0		1		127	76	291
Sodium, Na	mg	918		0		1		260	156	597
Zinc, Zn	mg	1.36		0		1		0.39	0.23	0.88
Copper, Cu	mg	0.135		0		1		0.038	0.023	0.088
Manganese, Mn	mg	0.050		0		4		0.014	0.009	0.033
Selenium, Se	µg	52.6		0	BFSN	4		14.9	8.9	34.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		0.3	0.2	0.7
Thiamin	mg	0.126		0		1		0.036	0.021	0.082
Riboflavin	mg	0.319		0		1		0.090	0.054	0.207
Niacin	mg	4.402		0		1		1.248	0.748	2.861
Pantothenic acid	mg	0.880		0		4		0.249	0.150	0.572
Vitamin B-6	mg	0.413		0		1		0.117	0.070	0.268
Folate, total	µg	14		0		4		4	2	9
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	14		0		4		4	2	9
Folate, DFE	mcg_DFE	14		0	NC	4		4	2	9
Choline, total	mg	95.0		0	T	4		26.9	16.2	61.8
Betaine	mg									
Vitamin B-12	µg	18.70		0		1		5.30	3.18	12.16
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	40		0	NC	4		11	7	26
Retinol	µg	40		0	BFSN	4		11	7	26
Carotene, beta	µg	0		0	Z	7		0	0	0
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	135		0	NC	4		38	23	87
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	1.54		0	BFSN	4		0.44	0.26	1.00
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	2.2		0	AS	1		0.6	0.4	1.4
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	2.2		0	T	4		0.6	0.4	1.4
Vitamin D	IU	86		0	NR	4		24	15	56
Vitamin K (phylloquinone)	µg	0.1		0	BFSN	4		0.0	0.0	0.1
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

Lipids:

NDB No. 15042
Fish, herring, Atlantic, kippered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.791		0		1		0.791	0.474	1.814
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.016		0		1		0.005	0.003	0.010
13:0....g									
14:0....g	0.758		0		1		0.215	0.129	0.493
15:0....g									
16:0....g	1.851		0		1		0.525	0.315	1.203
17:0....g									
18:0....g	0.149		0		1		0.042	0.025	0.097
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.112		0		1		1.449	0.869	3.323
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.851		0		1		0.241	0.145	0.553
17:1....g									
18:1 undifferentiated....g	2.074		0		1		0.588	0.353	1.348
20:1....g	0.986		0		1		0.280	0.168	0.641
22:1 undifferentiated....g	1.149		0		1		0.326	0.195	0.747
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.919		0		1		0.828	0.496	1.897
18:2 undifferentiated....g	0.178		0		1		0.050	0.030	0.116
18:3 undifferentiated....g	0.141		0		1		0.040	0.024	0.092
18:4....g	0.293		0		1		0.083	0.050	0.190
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.082		0		1		0.023	0.014	0.053
20:5 n-3 (EPA)....g	0.970		0		1		0.275	0.165	0.631
22:5 n-3 (DPA)....g	0.075		0		1		0.021	0.013	0.049
22:6 n-3 (DHA)....g	1.179		0		1		0.334	0.200	0.766
Fatty acids, total trans....g									
Cholesterol....mg	82		0		1		23	14	53
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.275		0		1		0.078	0.047	0.179
Threonine....g	1.078		0		1		0.306	0.183	0.701
Isoleucine....g	1.133		0		1		0.321	0.193	0.736
Leucine....g	1.998		0		1		0.566	0.340	1.299
Lysine....g	2.258		0		1		0.640	0.384	1.468
Methionine....g	0.728		0		1		0.206	0.124	0.473
Cystine....g	0.264		0		1		0.075	0.045	0.172
Phenylalanine....g	0.960		0		1		0.272	0.163	0.624
Tyrosine....g	0.830		0		1		0.235	0.141	0.540
Valine....g	1.266		0		1		0.359	0.215	0.823
Arginine....g	1.471		0		1		0.417	0.250	0.956
Histidine....g	0.724		0		1		0.205	0.123	0.471
Alanine....g	1.487		0		1		0.422	0.253	0.967
Aspartic acid....g	2.517		0		1		0.714	0.428	1.636
Glutamic acid....g	3.669		0		1		1.040	0.624	2.385
Glycine....g	1.180		0		1		0.335	0.201	0.767
Proline....g	0.869		0		1		0.246	0.148	0.565
Serine....g	1.003		0		1		0.284	0.171	0.652
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15042
Fish, herring, Atlantic, kippered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 17g: 1 cubic inch, boneless

Measure 3 = 65g: 1 fillet, large (7" x 2-1/4" x 1/4")

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15041
Fish, herring, Atlantic, pickled

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.22		2		1		77.31	15.65	11.04
Energy	kcal	262		0	NC	4		367	74	52
Energy	kJ	1096		0		4		1535	311	219
Protein (N x 6.25)	g	14.19		2		1		19.87	4.02	2.84
Total lipid (fat)	g	18.00		2		1		25.20	5.10	3.60
Ash	g	2.95		2		1		4.13	0.84	0.59
Carbohydrate, by difference	g	9.64		0	NC	4		13.50	2.73	1.93
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	7.71		0	T	4		10.79	2.19	1.54
Starch	g									
Minerals:										
Calcium, Ca	mg	77		2		1		108	22	15
Iron, Fe	mg	1.22		2		1		1.71	0.35	0.24
Magnesium, Mg	mg	8		2		1		11	2	2
Phosphorus, P	mg	89		2		1		125	25	18
Potassium, K	mg	69		2		1		97	20	14
Sodium, Na	mg	870		2		1		1218	247	174
Zinc, Zn	mg	0.53		2		1		0.74	0.15	0.11
Copper, Cu	mg	0.105		2		1		0.147	0.030	0.021
Manganese, Mn	mg	0.040		2		1		0.056	0.011	0.008
Selenium, Se	µg	58.5		0	BFSN	4		81.9	16.6	11.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.036		2		1		0.050	0.010	0.007
Riboflavin	mg	0.139		2		1		0.195	0.039	0.028
Niacin	mg	3.300		0		4		4.620	0.936	0.660
Pantothenic acid	mg	0.081		2		1		0.113	0.023	0.016
Vitamin B-6	mg	0.170		0		4		0.238	0.048	0.034
Folate, total	µg	2		2		1		3	1	0
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	2		2		1		3	1	0
Folate, DFE	mcg_DFE	2		0	NC	4		3	1	0
Choline, total	mg	104.1		0	BFSN	4		145.8	29.5	20.8
Betaine	mg									
Vitamin B-12	µg	4.27		2		1		5.98	1.21	0.85
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	258		0	NC	4		361	73	52
Retinol	µg	258		0	T	4		361	73	52
Carotene, beta	µg	0		0	Z	7		0	0	0
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	860		0	NC	4		1204	244	172
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	1.71		0	BFSN	4		2.40	0.49	0.34
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	2.8		0	NR	4		3.9	0.8	0.6
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	2.8		0	NR	4		3.9	0.8	0.6
Vitamin D	IU	113		0	O	4		158	32	23
Vitamin K (phylloquinone)	µg	0.2		0	BFSN	4		0.2	0.0	0.0
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

Lipids:

NDB No. 15041
Fish, herring, Atlantic, pickled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.381		0		1		3.333	0.675	0.476
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.721		2		1		1.009	0.204	0.144
15:0....g									
16:0....g	1.555		2		1		2.177	0.441	0.311
17:0....g									
18:0....g	0.105		2		1		0.147	0.030	0.021
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.947		0		1		16.726	3.387	2.389
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.383		2		1		1.936	0.392	0.277
17:1....g									
18:1 undifferentiated....g	1.750		2		1		2.450	0.496	0.350
20:1....g	3.648		2		1		5.107	1.034	0.730
22:1 undifferentiated....g	5.166		2		1		7.232	1.465	1.033
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.679		0		1		2.351	0.476	0.336
18:2 undifferentiated....g	0.211		2		1		0.295	0.060	0.042
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.843		2		1		1.180	0.239	0.169
22:5 n-3 (DPA)....g	0.079		2		1		0.111	0.022	0.016
22:6 n-3 (DHA)....g	0.546		2		1		0.764	0.155	0.109
Fatty acids, total trans....g									
Cholesterol....mg	13		2		1		18	4	3
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.159		0		1		0.223	0.045	0.032
Threonine....g	0.622		0		1		0.871	0.176	0.124
Isoleucine....g	0.654		0		1		0.916	0.185	0.131
Leucine....g	1.153		0		1		1.614	0.327	0.231
Lysine....g	1.303		0		1		1.824	0.369	0.261
Methionine....g	0.420		0		1		0.588	0.119	0.084
Cystine....g	0.152		0		1		0.213	0.043	0.030
Phenylalanine....g	0.554		0		1		0.776	0.157	0.111
Tyrosine....g	0.479		0		1		0.671	0.136	0.096
Valine....g	0.731		0		1		1.023	0.207	0.146
Arginine....g	0.849		0		1		1.189	0.241	0.170
Histidine....g	0.418		0		1		0.585	0.119	0.084
Alanine....g	0.858		0		1		1.201	0.243	0.172
Aspartic acid....g	1.453		0		1		2.034	0.412	0.291
Glutamic acid....g	2.118		0		1		2.965	0.600	0.424
Glycine....g	0.681		0		1		0.953	0.193	0.136
Proline....g	0.502		0		1		0.703	0.142	0.100
Serine....g	0.579		0		1		0.811	0.164	0.116
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15041
Fish, herring, Atlantic, pickled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 20g: 1 cubic inch

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15039

Fish, herring, Atlantic, raw

Clupea harengus harengus (L.)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.05	0.496	138		1		20.43	132.57	61.24
Energy	kcal	158		0	NC	4		45	291	134
Energy	kJ	661		0		4		187	1216	562
Protein (N x 6.25)	g	17.96	0.235	59		1		5.09	33.05	15.27
Total lipid (fat)	g	9.04	0.091	2524		1		2.56	16.63	7.68
Ash	g	1.46	0.035	28		1		0.41	2.69	1.24
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	57	16.753	3		1		16	105	48
Iron, Fe	mg	1.10		1		1		0.31	2.02	0.94
Magnesium, Mg	mg	32		1		1		9	59	27
Phosphorus, P	mg	236	33.702	4		1		67	434	201
Potassium, K	mg	327	50.952	5		1		93	602	278
Sodium, Na	mg	90	4.019	7		1		26	166	77
Zinc, Zn	mg	0.99	0.073	56		1		0.28	1.82	0.84
Copper, Cu	mg	0.092	0.006	48		1		0.026	0.169	0.078
Manganese, Mn	mg	0.035		0		1		0.010	0.064	0.030
Selenium, Se	µg	36.5		0	CAZN	4		10.3	67.2	31.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		2		1		0.2	1.3	0.6
Thiamin	mg	0.092	0.007	43		1		0.026	0.169	0.078
Riboflavin	mg	0.233	0.031	32		1		0.066	0.429	0.198
Niacin	mg	3.217	0.166	34		1		0.912	5.919	2.734
Pantothenic acid	mg	0.645	0.098	12		1		0.183	1.187	0.548
Vitamin B-6	mg	0.302	0.022	17		1		0.086	0.556	0.257
Folate, total	µg	10		0		4		3	18	9
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	10		0		4		3	18	9
Folate, DFE	mcg_DFE	10		0	NC	4		3	18	9
Choline, total	mg	65.0		0	T	4		18.4	119.6	55.3
Betaine	mg									
Vitamin B-12	µg	13.67	0.558	6		1		3.87	25.15	11.62
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	28		0	NC	4		8	52	24
Retinol	µg	28		0	T	4		8	52	24
Carotene, beta	µg	0		0	Z	7		0	0	0
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	93		0	NC	4		26	172	79
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	1.07		0	NR	4		0.30	1.97	0.91
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	4.2		0	AS	1		1.2	7.7	3.6
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	4.2		0	T	4		1.2	7.7	3.6
Vitamin D	IU	167		0	NR	4		47	307	142
Vitamin K (phylloquinone)	µg	0.1		0	T	4		0.0	0.2	0.1
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

Lipids:

NDB No. 15039
Fish, herring, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.040		0		1		0.578	3.754	1.734
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.005	0.000	12		1		0.001	0.009	0.004
12:0....g	0.012	0.001	20		1		0.003	0.022	0.010
13:0....g									
14:0....g	0.554	0.021	24		1		0.157	1.019	0.471
15:0....g									
16:0....g	1.353	0.048	24		1		0.384	2.490	1.150
17:0....g									
18:0....g	0.109	0.008	24		1		0.031	0.201	0.093
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.736		0		1		1.059	6.874	3.176
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.622	0.029	24		1		0.176	1.144	0.529
17:1....g									
18:1 undifferentiated....g	1.516	0.090	24		1		0.430	2.789	1.289
20:1....g	0.721	0.056	24		1		0.204	1.327	0.613
22:1 undifferentiated....g	0.840	0.090	24		1		0.238	1.546	0.714
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.133		0		1		0.605	3.925	1.813
18:2 undifferentiated....g	0.130	0.005	22		1		0.037	0.239	0.111
18:3 undifferentiated....g	0.103	0.008	20		1		0.029	0.190	0.088
18:4....g	0.214	0.026	21		1		0.061	0.394	0.182
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.060	0.004	21		1		0.017	0.110	0.051
20:5 n-3 (EPA)....g	0.709	0.028	24		1		0.201	1.305	0.603
22:5 n-3 (DPA)....g	0.055	0.009	22		1		0.016	0.101	0.047
22:6 n-3 (DHA)....g	0.862	0.057	24		1		0.244	1.586	0.733
Fatty acids, total trans....g									
Cholesterol....mg	60	1.593	20		1		17	110	51
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.201		0		1		0.057	0.370	0.171
Threonine....g	0.787		0		1		0.223	1.448	0.669
Isoleucine....g	0.828		0		1		0.235	1.524	0.704
Leucine....g	1.460		0		1		0.414	2.686	1.241
Lysine....g	1.650		0		1		0.468	3.036	1.403
Methionine....g	0.532		0		1		0.151	0.979	0.452
Cystine....g	0.193		0		1		0.055	0.355	0.164
Phenylalanine....g	0.701		0		1		0.199	1.290	0.596
Tyrosine....g	0.606		0		1		0.172	1.115	0.515
Valine....g	0.925		0		1		0.262	1.702	0.786
Arginine....g	1.075		0		1		0.305	1.978	0.914
Histidine....g	0.529		0		1		0.150	0.973	0.450
Alanine....g	1.086		0		1		0.308	1.998	0.923
Aspartic acid....g	1.839		0		1		0.521	3.384	1.563
Glutamic acid....g	2.681		0		1		0.760	4.933	2.279
Glycine....g	0.862		0		1		0.244	1.586	0.733
Proline....g	0.635		0		1		0.180	1.168	0.540
Serine....g	0.733		0		1		0.208	1.349	0.623
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15039
Fish, herring, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 184g: 1 fillet

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15197
Fish, herring, Pacific, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.49		0		1		91.43	53.97	
Energy	kcal	250		0	NC	4		360	213	
Energy	kJ	1046				4		1506	889	
Protein (N x 6.25)	g	21.01		0		1		30.25	17.86	
Total lipid (fat)	g	17.79		0		1		25.62	15.12	
Ash	g	3.04		0		1		4.38	2.58	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	106		0		1		153	90	
Iron, Fe	mg	1.44		0		1		2.07	1.22	
Magnesium, Mg	mg	41		0		1		59	35	
Phosphorus, P	mg	292		0		1		420	248	
Potassium, K	mg	542		0		1		780	461	
Sodium, Na	mg	95		0		1		137	81	
Zinc, Zn	mg	0.68		0		1		0.98	0.58	
Copper, Cu	mg	0.100		0		1		0.144	0.085	
Manganese, Mn	mg	0.058		0		1		0.084	0.049	
Selenium, Se	µg	46.8		0	BFSN	4		67.4	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.073		0		1		0.105	0.062	
Riboflavin	mg	0.256		0		1		0.369	0.218	
Niacin	mg	2.821		0		1		4.062	2.398	
Pantothenic acid	mg	1.154		0		1		1.662	0.981	
Vitamin B-6	mg	0.519		0		1		0.747	0.441	
Folate, total	µg	6		0		1		9	5	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	6		0		1		9	5	
Folate, DFE	mcg_DFE	6		0	NC	4		9	5	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	9.62		0		1		13.85	8.18	
Vitamin A, RAE	mcg_RAE	35		0		1		50	30	
Retinol	µg	35		0		1		50	30	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	116		0		1		167	99	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	4.174		0		1		6.011	3.548	
4:0	g									

NDB No. 15197
Fish, herring, Pacific, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	1.170		0		1		1.685	0.995	
15:0....g									
16:0....g	2.593		0		1		3.734	2.204	
17:0....g									
18:0....g	0.329		0		1		0.474	0.280	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.807		0		1		12.682	7.486	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.355		0		1		1.951	1.152	
17:1....g									
18:1 undifferentiated....g	3.734		0		1		5.377	3.174	
20:1....g	1.742		0		1		2.508	1.481	
22:1 undifferentiated....g	1.912		0		1		2.753	1.625	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.106		0		1		4.473	2.640	
18:2 undifferentiated....g	0.246		0		1		0.354	0.209	
18:3 undifferentiated....g	0.073		0		1		0.105	0.062	
18:4....g	0.318		0		1		0.458	0.270	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.123		0		1		0.177	0.105	
20:5 n-3 (EPA)....g	1.242		0		1		1.788	1.056	
22:5 n-3 (DPA)....g	0.220		0		1		0.317	0.187	
22:6 n-3 (DHA)....g	0.883		0		1		1.272	0.751	
Fatty acids, total trans....g									
Cholesterol....mg	99		0		1		143	84	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.235		0		1		0.338	0.200	
Threonine....g	0.921		0		1		1.326	0.783	
Isoleucine....g	0.968		0		1		1.394	0.823	
Leucine....g	1.708		0		1		2.460	1.452	
Lysine....g	1.930		0		1		2.779	1.641	
Methionine....g	0.622		0		1		0.896	0.529	
Cystine....g	0.225		0		1		0.324	0.191	
Phenylalanine....g	0.820		0		1		1.181	0.697	
Tyrosine....g	0.709		0		1		1.021	0.603	
Valine....g	1.083		0		1		1.560	0.921	
Arginine....g	1.257		0		1		1.810	1.068	
Histidine....g	0.619		0		1		0.891	0.526	
Alanine....g	1.271		0		1		1.830	1.080	
Aspartic acid....g	2.152		0		1		3.099	1.829	
Glutamic acid....g	3.137		0		1		4.517	2.666	
Glycine....g	1.009		0		1		1.453	0.858	
Proline....g	0.743		0		1		1.070	0.632	
Serine....g	0.857		0		1		1.234	0.728	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 144g: 1 fillet

NDB No. 15197

Fish, herring, Pacific, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15043

Fish, herring, Pacific, raw

Clupea harengus pallasi Valenciennes

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	71.52	0.477	84		1		131.60	60.79	
Energy ... kcal	195		0	NC	4		359	166	
Energy ... kJ	816				4		1501	693	
Protein (N x 6.25) ... g	16.39	0.133	70		1		30.16	13.93	
Total lipid (fat) ... g	13.88	0.475	128		1		25.54	11.80	
Ash ... g	2.37	0.031	71		1		4.36	2.01	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	83		0		4		153	71	
Iron, Fe ... mg	1.12		1		1		2.06	0.95	
Magnesium, Mg ... mg	32		0		4		59	27	
Phosphorus, P ... mg	228		0		4		420	194	
Potassium, K ... mg	423	7.117	31		1		778	360	
Sodium, Na ... mg	74	0.631	31		1		136	63	
Zinc, Zn ... mg	0.53	0.050	14		1		0.98	0.45	
Copper, Cu ... mg	0.078	0.006	18		1		0.144	0.066	
Manganese, Mn ... mg	0.045		0		1		0.083	0.038	
Selenium, Se ... µg	36.5		0	CAZN	4		67.2	31.0	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.060		0		4		0.110	0.051	
Riboflavin ... mg	0.200		0		4		0.368	0.170	
Niacin ... mg	2.200		0		4		4.048	1.870	
Pantothenic acid ... mg	1.000		0		4		1.840	0.850	
Vitamin B-6 ... mg	0.450		0		4		0.828	0.383	
Folate, total ... µg	5		0		4		9	4	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	5		0		4		9	4	
Folate, DFE ... mcg_DFE	5		0	NC	4		9	4	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	10.00		0		4		18.40	8.50	
Vitamin A, RAE ... mcg_RAE	32		2		1		59	27	
Retinol ... µg	32		2		1		59	27	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	106		2		1		195	90	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	3.257		0		1		5.993	2.768	
4:0 ... g									

NDB No. 15043
Fish, herring, Pacific, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.913	0.043	3		1		1.680	0.776	
15:0....g									
16:0....g	2.023	0.266	3		1		3.722	1.720	
17:0....g									
18:0....g	0.257	0.024	3		1		0.473	0.218	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.872		0		1		12.644	5.841	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.057	0.016	3		1		1.945	0.898	
17:1....g									
18:1 undifferentiated....g	2.913	0.471	3		1		5.360	2.476	
20:1....g	1.359		2		1		2.501	1.155	
22:1 undifferentiated....g	1.492		2		1		2.745	1.268	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.423		0		1		4.458	2.060	
18:2 undifferentiated....g	0.192	0.051	3		1		0.353	0.163	
18:3 undifferentiated....g	0.057		2		1		0.105	0.048	
18:4....g	0.248		2		1		0.456	0.211	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.096		2		1		0.177	0.082	
20:5 n-3 (EPA)....g	0.969	0.165	3		1		1.783	0.824	
22:5 n-3 (DPA)....g	0.172		2		1		0.316	0.146	
22:6 n-3 (DHA)....g	0.689	0.170	3		1		1.268	0.586	
Fatty acids, total trans....g									
Cholesterol....mg	77	5.391	3		1		142	65	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.184		0		1		0.339	0.156	
Threonine....g	0.719		0		1		1.323	0.611	
Isoleucine....g	0.755		0		1		1.389	0.642	
Leucine....g	1.332		0		1		2.451	1.132	
Lysine....g	1.506		0		1		2.771	1.280	
Methionine....g	0.485		0		1		0.892	0.412	
Cystine....g	0.176		0		1		0.324	0.150	
Phenylalanine....g	0.640		0		1		1.178	0.544	
Tyrosine....g	0.553		0		1		1.018	0.470	
Valine....g	0.845		0		1		1.555	0.718	
Arginine....g	0.981		0		1		1.805	0.834	
Histidine....g	0.483		0		1		0.889	0.411	
Alanine....g	0.991		0		1		1.823	0.842	
Aspartic acid....g	1.679		0		1		3.089	1.427	
Glutamic acid....g	2.447		0		1		4.502	2.080	
Glycine....g	0.787		0		1		1.448	0.669	
Proline....g	0.580		0		1		1.067	0.493	
Serine....g	0.669		0		1		1.231	0.569	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 184g: 1 fillet

NDB No. 15043
Fish, herring, Pacific, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15198
Fish, ling, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.88		0		1		111.56	62.80	
Energy....kcal	111		0	NC	4		168	94	
Energy....kJ	464				4		701	395	
Protein (N x 6.25)....g	24.35		0		1		36.77	20.70	
Total lipid (fat)....g	0.82		0		1		1.24	0.70	
Ash....g	1.79		0		1		2.70	1.52	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	44		0		1		66	37	
Iron, Fe....mg	0.83		0		1		1.25	0.71	
Magnesium, Mg....mg	81		0		1		122	69	
Phosphorus, P....mg	254		0		1		384	216	
Potassium, K....mg	486		0		1		734	413	
Sodium, Na....mg	173		0		1		261	147	
Zinc, Zn....mg	1.00		0		1		1.51	0.85	
Copper, Cu....mg	0.141		0		1		0.213	0.120	
Manganese, Mn....mg	0.038		0		1		0.057	0.032	
Selenium, Se....µg	46.8		0	BFSN	4		70.7	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.127		0		1		0.192	0.108	
Riboflavin....mg	0.231		0		1		0.349	0.196	
Niacin....mg	2.801		0		1		4.230	2.381	
Pantothenic acid....mg	0.369		0		1		0.557	0.314	
Vitamin B-6....mg	0.351		0		1		0.530	0.298	
Folate, total....µg	8		0		1		12	7	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		0		1		12	7	
Folate, DFE....mcg_DFE	8		0	NC	4		12	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.65		0		1		0.98	0.55	
Vitamin A, RAE....mcg_RAE	35		0		1		52	29	
Retinol....µg	35		0		1		52	29	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	115		0		1		174	98	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									

NDB No. 15198
Fish, ling, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	51		0		1		77	43	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.273		0		1		0.412	0.232	
Threonine.....g	1.067		0		1		1.611	0.907	
Isoleucine.....g	1.122		0		1		1.694	0.954	
Leucine.....g	1.979		0		1		2.988	1.682	
Lysine.....g	2.236		0		1		3.376	1.901	
Methionine.....g	0.721		0		1		1.089	0.613	
Cystine.....g	0.261		0		1		0.394	0.222	
Phenylalanine.....g	0.950		0		1		1.435	0.808	
Tyrosine.....g	0.822		0		1		1.241	0.699	
Valine.....g	1.254		0		1		1.894	1.066	
Arginine.....g	1.457		0		1		2.200	1.238	
Histidine.....g	0.717		0		1		1.083	0.609	
Alanine.....g	1.472		0		1		2.223	1.251	
Aspartic acid.....g	2.493		0		1		3.764	2.119	
Glutamic acid.....g	3.634		0		1		5.487	3.089	
Glycine.....g	1.169		0		1		1.765	0.994	
Proline.....g	0.861		0		1		1.300	0.732	
Serine.....g	0.993		0		1		1.499	0.844	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 151g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15044
Fish, ling, raw
Molva molva (L.)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.63	0.265	16		1		153.69	67.69	
Energy....kcal	87		0	NC	4		168	74	
Energy....kJ	364				4		703	309	
Protein (N x 6.25)....g	18.99	0.281	10		1		36.65	16.14	
Total lipid (fat)....g	0.64	0.105	7		1		1.24	0.54	
Ash....g	1.40	0.103	6		1		2.70	1.19	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	34		2		1		66	29	
Iron, Fe....mg	0.65		2		1		1.25	0.55	
Magnesium, Mg....mg	63		1		1		122	54	
Phosphorus, P....mg	198	8.322	3		1		382	168	
Potassium, K....mg	379		1		1		731	322	
Sodium, Na....mg	135		1		1		261	115	
Zinc, Zn....mg	0.78		0		4		1.51	0.66	
Copper, Cu....mg	0.110		0		4		0.212	0.094	
Manganese, Mn....mg	0.030		0		4		0.058	0.026	
Selenium, Se....µg	36.5		0	CAZN	4		70.4	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.110		2		1		0.212	0.094	
Riboflavin....mg	0.190	0.078	5		1		0.367	0.162	
Niacin....mg	2.300	0.115	3		1		4.439	1.955	
Pantothenic acid....mg	0.320	0.040	3		1		0.618	0.272	
Vitamin B-6....mg	0.304	0.047	3		1		0.587	0.258	
Folate, total....µg	7		0		4		14	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	7		0		4		14	6	
Folate, DFE....mcg_DFE	7		0	NC	4		14	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.56	0.068	5		1		1.08	0.48	
Vitamin A, RAE....mcg_RAE	30	19.539	3		1		58	26	
Retinol....µg	30	19.539	3		1		58	26	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	100	65.064	3		1		193	85	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.120		0		4		0.232	0.102	
Fatty acids, total monounsaturated....g	0.090		0		4		0.174	0.077	

NDB No. 15044
Fish, ling, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	0.220		0		4		0.425	0.187	
Fatty acids, total trans.....g									
Cholesterol.....mg	40		0		4		77	34	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.213		0		1		0.411	0.181	
Threonine.....g	0.832		0		1		1.606	0.707	
Isoleucine.....g	0.875		0		1		1.689	0.744	
Leucine.....g	1.543		0		1		2.978	1.312	
Lysine.....g	1.744		0		1		3.366	1.482	
Methionine.....g	0.562		0		1		1.085	0.478	
Cystine.....g	0.204		0		1		0.394	0.173	
Phenylalanine.....g	0.741		0		1		1.430	0.630	
Tyrosine.....g	0.641		0		1		1.237	0.545	
Valine.....g	0.978		0		1		1.888	0.831	
Arginine.....g	1.136		0		1		2.192	0.966	
Histidine.....g	0.559		0		1		1.079	0.475	
Alanine.....g	1.148		0		1		2.216	0.976	
Aspartic acid.....g	1.944		0		1		3.752	1.652	
Glutamic acid.....g	2.834		0		1		5.470	2.409	
Glycine.....g	0.911		0		1		1.758	0.774	
Proline.....g	0.671		0		1		1.295	0.570	
Serine.....g	0.775		0		1		1.496	0.659	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 193g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15199
Fish, lingcod, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.68		0		1		114.28	64.33	
Energy....kcal	109		0	NC	4		165	93	
Energy....kJ	456				4		689	388	
Protein (N x 6.25)....g	22.64		0		1		34.19	19.24	
Total lipid (fat)....g	1.36		0		1		2.05	1.16	
Ash....g	1.55		0		1		2.34	1.32	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0		1		27	15	
Iron, Fe....mg	0.41		0		1		0.62	0.35	
Magnesium, Mg....mg	33		0		1		50	28	
Phosphorus, P....mg	258		0		1		390	219	
Potassium, K....mg	560		0		1		846	476	
Sodium, Na....mg	76		0		1		115	65	
Zinc, Zn....mg	0.58		0		1		0.88	0.49	
Copper, Cu....mg	0.035		0		1		0.053	0.030	
Manganese, Mn....mg	0.026		0		1		0.039	0.022	
Selenium, Se....µg	46.8		0	BFSN	4		70.7	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.035		0		1		0.053	0.030	
Riboflavin....mg	0.139		0		1		0.210	0.118	
Niacin....mg	2.314		0		1		3.494	1.967	
Pantothenic acid....mg	0.865		0		1		1.306	0.735	
Vitamin B-6....mg	0.346		0		1		0.522	0.294	
Folate, total....µg	10		0		1		15	9	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	10		0		1		15	9	
Folate, DFE....mcg_DFE	10		0	NC	4		15	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	4.15		0		1		6.27	3.53	
Vitamin A, RAE....mcg_RAE	17		0		1		26	15	
Retinol....µg	17		0		1		26	15	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	58		0		1		88	49	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.255		0		1		0.385	0.217	
4:0....g									

NDB No. 15199
Fish, lingcod, cooked, dry heat

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.047		0		1		0.071	0.040	
15:0	g									
16:0	g	0.151		0		1		0.228	0.128	
17:0	g									
18:0	g	0.045		0		1		0.068	0.038	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.447		0		1		0.675	0.380	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.097		0		1		0.146	0.082	
17:1	g									
18:1 undifferentiated	g	0.244		0		1		0.368	0.207	
20:1	g	0.093		0		1		0.140	0.079	
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.383		0		1		0.578	0.326	
18:2 undifferentiated	g	0.038		0		1		0.057	0.032	
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.064		0		1		0.097	0.054	
20:5 n-3 (EPA)	g	0.133		0		1		0.201	0.113	
22:5 n-3 (DPA)	g	0.018		0		1		0.027	0.015	
22:6 n-3 (DHA)	g	0.130		0		1		0.196	0.111	
Fatty acids, total trans	g									
Cholesterol	mg	67		0		1		101	57	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.254		0		1		0.384	0.216	
Threonine	g	0.993		0		1		1.499	0.844	
Isoleucine	g	1.043		0		1		1.575	0.887	
Leucine	g	1.840		0		1		2.778	1.564	
Lysine	g	2.079		0		1		3.139	1.767	
Methionine	g	0.670		0		1		1.012	0.570	
Cystine	g	0.243		0		1		0.367	0.207	
Phenylalanine	g	0.884		0		1		1.335	0.751	
Tyrosine	g	0.764		0		1		1.154	0.649	
Valine	g	1.166		0		1		1.761	0.991	
Arginine	g	1.355		0		1		2.046	1.152	
Histidine	g	0.667		0		1		1.007	0.567	
Alanine	g	1.369		0		1		2.067	1.164	
Aspartic acid	g	2.318		0		1		3.500	1.970	
Glutamic acid	g	3.380		0		1		5.104	2.873	
Glycine	g	1.087		0		1		1.641	0.924	
Proline	g	0.801		0		1		1.210	0.681	
Serine	g	0.924		0		1		1.395	0.785	
Hydroxyproline	g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 151g: .5 fillet

NDB No. 15199
Fish, lingcod, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15045
Fish, lingcod, raw
Ophiodon elongatus Girard

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.03	0.066	181		1		156.39	68.88	
Energy	kcal	85		0	NC	4		164	72	
Energy	kJ	356				4		686	302	
Protein (N x 6.25)	g	17.66	0.078	173		1		34.08	15.01	
Total lipid (fat)	g	1.06	0.143	16		1		2.05	0.90	
Ash	g	1.21	0.005	174		1		2.34	1.03	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		1		1		27	12	
Iron, Fe	mg	0.32		2		1		0.62	0.27	
Magnesium, Mg	mg	26		1		1		50	22	
Phosphorus, P	mg	201		1		1		388	171	
Potassium, K	mg	437	2.904	95		1		843	371	
Sodium, Na	mg	59	1.020	95		1		114	50	
Zinc, Zn	mg	0.45	0.013	78		1		0.87	0.38	
Copper, Cu	mg	0.027	0.001	75		1		0.052	0.023	
Manganese, Mn	mg	0.020		1		1		0.039	0.017	
Selenium, Se	µg	36.5		0	CAZN	4		70.4	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.030	0.006	3		1		0.058	0.026	
Riboflavin	mg	0.114	0.009	3		1		0.220	0.097	
Niacin	mg	1.900	0.179	3		1		3.667	1.615	
Pantothenic acid	mg	0.750		0		4		1.448	0.638	
Vitamin B-6	mg	0.300		0		4		0.579	0.255	
Folate, total	µg	9		0		4		17	8	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	9		0		4		17	8	
Folate, DFE	mcg_DFE	9		0	NC	4		17	8	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	3.60		0		4		6.95	3.06	
Vitamin A, RAE	mcg_RAE	15		0		4		29	13	
Retinol	µg	15		0		4		29	13	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	50		0		4		97	43	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.197		0		4		0.380	0.167	
4:0	g	0.000		0		7		0.000	0.000	

NDB No. 15045
Fish, lingcod, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		7		0.000	0.000	
8:0....g	0.000		0		7		0.000	0.000	
10:0....g	0.000		0		7		0.000	0.000	
12:0....g	0.000		0		7		0.000	0.000	
13:0....g									
14:0....g	0.000		0		7		0.000	0.000	
15:0....g									
16:0....g	0.000		0		7		0.000	0.000	
17:0....g									
18:0....g	0.000		0		7		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.350		0		4		0.676	0.298	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		7		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0		7		0.000	0.000	
20:1....g	0.000		0		7		0.000	0.000	
22:1 undifferentiated....g	0.000		0		7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.300		0		4		0.579	0.255	
18:2 undifferentiated....g	0.000		0		7		0.000	0.000	
18:3 undifferentiated....g	0.000		0		7		0.000	0.000	
18:4....g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		7		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		7		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	52		0		4		100	44	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.198		0		1		0.382	0.168	
Threonine....g	0.774		0		1		1.494	0.658	
Isoleucine....g	0.814		0		1		1.571	0.692	
Leucine....g	1.435		0		1		2.770	1.220	
Lysine....g	1.622		0		1		3.130	1.379	
Methionine....g	0.523		0		1		1.009	0.445	
Cystine....g	0.189		0		1		0.365	0.161	
Phenylalanine....g	0.689		0		1		1.330	0.586	
Tyrosine....g	0.596		0		1		1.150	0.507	
Valine....g	0.910		0		1		1.756	0.774	
Arginine....g	1.057		0		1		2.040	0.898	
Histidine....g	0.520		0		1		1.004	0.442	
Alanine....g	1.068		0		1		2.061	0.908	
Aspartic acid....g	1.808		0		1		3.489	1.537	
Glutamic acid....g	2.636		0		1		5.087	2.241	
Glycine....g	0.848		0		1		1.637	0.721	
Proline....g	0.624		0		1		1.204	0.530	
Serine....g	0.720		0		1		1.390	0.612	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 15045
Fish, lingcod, raw

Common Measures:

Measure 1 = 193g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15047
Fish, mackerel, Atlantic, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	53.27		0		1		46.88	45.28	
Energy ... kcal	262		0	NC	4		231	223	
Energy ... kJ	1096				4		965	932	
Protein (N x 6.25) ... g	23.85		0		1		20.99	20.27	
Total lipid (fat) ... g	17.81		0		1		15.67	15.14	
Ash ... g	1.53	0.070	10		1		1.35	1.30	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	15		0		1		13	13	
Iron, Fe ... mg	1.57	0.080	10		1		1.38	1.33	
Magnesium, Mg ... mg	97		0		1		85	82	
Phosphorus, P ... mg	278		0		1		245	236	
Potassium, K ... mg	401	15.900	10		1		353	341	
Sodium, Na ... mg	83	8.200	10		1		73	71	
Zinc, Zn ... mg	0.94	0.060	10		1		0.83	0.80	
Copper, Cu ... mg	0.094		0		1		0.083	0.080	
Manganese, Mn ... mg	0.020		0		4		0.018	0.017	
Selenium, Se ... µg	51.6	1.508	33	A	1		45.4	43.9	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.4		0		1		0.4	0.3	
Thiamin ... mg	0.159	0.006	10		1		0.140	0.135	
Riboflavin ... mg	0.412	0.013	10		1		0.363	0.350	
Niacin ... mg	6.850	0.470	10		1		6.028	5.823	
Pantothenic acid ... mg	0.990		0		4		0.871	0.842	
Vitamin B-6 ... mg	0.460		0		1		0.405	0.391	
Folate, total ... µg	2		0		4		1	1	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	2		0		4		1	1	
Folate, DFE ... mcg_DFE	2		0	NC	4		1	1	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	19.00	1.610	10		1		16.72	16.15	
Vitamin A, RAE ... mcg_RAE	54		0		1		48	46	
Retinol ... µg	54		0		1		48	46	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	180		0		1		158	153	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	4.176		0		1		3.675	3.550	
4:0 ... g									

NDB No. 15047
Fish, mackerel, Atlantic, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g									
8:0 ... g									
10:0 ... g									
12:0 ... g									
13:0 ... g									
14:0 ... g	0.592	83.700	10		1		0.521	0.503	
15:0 ... g									
16:0 ... g	1.375	188.900	10		1		1.210	1.169	
17:0 ... g									
18:0 ... g	0.256	39.100	10		1		0.225	0.218	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.006		0		1		6.165	5.955	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.534	105.400	10		1		0.470	0.454	
17:1 ... g									
18:1 undifferentiated ... g	1.202	313.300	10		1		1.058	1.022	
20:1 ... g	1.598	244.500	10		1		1.406	1.358	
22:1 undifferentiated ... g	2.498	368.800	10		1		2.198	2.123	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	4.300		0		1		3.784	3.655	
18:2 undifferentiated ... g	0.147	17.000	10		1		0.129	0.125	
18:3 undifferentiated ... g	0.113	14.100	10		1		0.099	0.096	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.051	7.100	10		1		0.045	0.043	
20:5 n-3 (EPA) ... g	0.504	75.500	10		1		0.444	0.428	
22:5 n-3 (DPA) ... g	0.106	15.000	10		1		0.093	0.090	
22:6 n-3 (DHA) ... g	0.699	58.700	10		1		0.615	0.594	
Fatty acids, total trans ... g									
Cholesterol ... mg	75	2.940	10		1		66	64	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.267		0		1		0.235	0.227	
Threonine ... g	1.045		0		1		0.920	0.888	
Isoleucine ... g	1.099		0		1		0.967	0.934	
Leucine ... g	1.938		0		1		1.705	1.647	
Lysine ... g	2.190		0		1		1.927	1.862	
Methionine ... g	0.706		0		1		0.621	0.600	
Cystine ... g	0.256		0		1		0.225	0.218	
Phenylalanine ... g	0.931		0		1		0.819	0.791	
Tyrosine ... g	0.805		0		1		0.708	0.684	
Valine ... g	1.228		0		1		1.081	1.044	
Arginine ... g	1.427		0		1		1.256	1.213	
Histidine ... g	0.702		0		1		0.618	0.597	
Alanine ... g	1.442		0		1		1.269	1.226	
Aspartic acid ... g	2.442		0		1		2.149	2.076	
Glutamic acid ... g	3.559		0		1		3.132	3.025	
Glycine ... g	1.145		0		1		1.008	0.973	
Proline ... g	0.843		0		1		0.742	0.717	
Serine ... g	0.973		0		1		0.856	0.827	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 88g: 1 fillet

NDB No. 15047

Fish, mackerel, Atlantic, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15046
Fish, mackerel, Atlantic, raw
Scomber scombrus L.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.55	0.657	142		1		71.18	54.02	
Energy	kcal	205		0	NC	4		230	174	
Energy	kJ	858		0		4		961	729	
Protein (N x 6.25)	g	18.60	0.171	83		1		20.83	15.81	
Total lipid (fat)	g	13.89	0.380	364		1		15.56	11.81	
Ash	g	1.35	0.032	60		1		1.51	1.15	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	12	2.437	7		1		13	10	
Iron, Fe	mg	1.63	0.398	3		1		1.83	1.39	
Magnesium, Mg	mg	76		1		1		85	65	
Phosphorus, P	mg	217	11.557	8		1		243	184	
Potassium, K	mg	314	19.569	10		1		352	267	
Sodium, Na	mg	90	7.283	14		1		101	77	
Zinc, Zn	mg	0.63	0.017	82		1		0.71	0.54	
Copper, Cu	mg	0.073	0.004	81		1		0.082	0.062	
Manganese, Mn	mg	0.015		0		1		0.017	0.013	
Selenium, Se	µg	44.1	2.285	11	A	1		49.4	37.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		2		1		0.4	0.3	
Thiamin	mg	0.176	0.050	6		1		0.197	0.150	
Riboflavin	mg	0.312	0.032	7		1		0.349	0.265	
Niacin	mg	9.080	1.278	11		1		10.170	7.718	
Pantothenic acid	mg	0.856	0.113	7		1		0.959	0.728	
Vitamin B-6	mg	0.399	0.045	16		1		0.447	0.339	
Folate, total	µg	1		0		4		1	1	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	1		0		4		1	1	
Folate, DFE	mcg_DFE	1		0	NC	4		1	1	
Choline, total	mg	65.0		0	T	4		72.8	55.3	
Betaine	mg									
Vitamin B-12	µg	8.71	1.332	9		1		9.76	7.40	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	50		0	NC	4		56	43	
Retinol	µg	50		0	T	4		56	43	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	167		0	NC	4		187	142	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	1.52		0	T	4		1.70	1.29	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	16.1		0	AS	1		18.0	13.7	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	16.1		0	BFFN	4		18.0	13.7	
Vitamin D	IU	643		0	BFFN	4		721	547	
Vitamin K (phylloquinone)	µg	5.0		0	T	4		5.6	4.3	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15046
Fish, mackerel, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.257		0		1		3.648	2.768	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.017		18		1		0.019	0.014	
13:0....g									
14:0....g	0.674		29		1		0.755	0.573	
15:0....g									
16:0....g	2.125		29		1		2.380	1.806	
17:0....g									
18:0....g	0.423		29		1		0.474	0.360	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.456		0		4		6.111	4.638	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.727		29		1		0.814	0.618	
17:1....g									
18:1 undifferentiated....g	2.283		29		1		2.557	1.941	
20:1....g	1.039		29		1		1.164	0.883	
22:1 undifferentiated....g	1.407		29		1		1.576	1.196	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.350		0		4		3.752	2.848	
18:2 undifferentiated....g	0.219		23		1		0.245	0.186	
18:3 undifferentiated....g	0.159		20		1		0.178	0.135	
18:4....g	0.278		27		1		0.311	0.236	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.183		20		1		0.205	0.156	
20:5 n-3 (EPA)....g	0.898		29		1		1.006	0.763	
22:5 n-3 (DPA)....g	0.212		23		1		0.237	0.180	
22:6 n-3 (DHA)....g	1.401		29		1		1.569	1.191	
Fatty acids, total trans....g									
Cholesterol....mg	70		2		1		78	60	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.208		0		1		0.233	0.177	
Threonine....g	0.815		0		1		0.913	0.693	
Isoleucine....g	0.857		0		1		0.960	0.728	
Leucine....g	1.512		0		1		1.693	1.285	
Lysine....g	1.708		0		1		1.913	1.452	
Methionine....g	0.551		0		1		0.617	0.468	
Cystine....g	0.199		0		1		0.223	0.169	
Phenylalanine....g	0.726		0		1		0.813	0.617	
Tyrosine....g	0.628		0		1		0.703	0.534	
Valine....g	0.958		0		1		1.073	0.814	
Arginine....g	1.113		0		1		1.247	0.946	
Histidine....g	0.548		0		1		0.614	0.466	
Alanine....g	1.125		0		1		1.260	0.956	
Aspartic acid....g	1.905		0		1		2.134	1.619	
Glutamic acid....g	2.777		0		1		3.110	2.360	
Glycine....g	0.893		0		1		1.000	0.759	
Proline....g	0.658		0		1		0.737	0.559	
Serine....g	0.759		0		1		0.850	0.645	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15046
Fish, mackerel, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 112g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15201

Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.73		0		1		17.50	10.49	108.64
Energy....kcal	201		0	NC	4		57	34	354
Energy....kJ	841		0		4		238	143	1480
Protein (N x 6.25)....g	25.73		0		1		7.29	4.37	45.28
Total lipid (fat)....g	10.12		0		1		2.87	1.72	17.81
Ash....g	2.08		0		1		0.59	0.35	3.66
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	29		0		1		8	5	51
Iron, Fe....mg	1.49		0		1		0.42	0.25	2.62
Magnesium, Mg....mg	36		0		1		10	6	63
Phosphorus, P....mg	160		0		1		45	27	282
Potassium, K....mg	521		0		1		148	89	917
Sodium, Na....mg	110		0		1		31	19	194
Zinc, Zn....mg	0.86		0		1		0.24	0.15	1.51
Copper, Cu....mg	0.119		0		1		0.034	0.020	0.209
Manganese, Mn....mg	0.019		0		1		0.005	0.003	0.033
Selenium, Se....µg	46.8		0	BFSN	4		13.3	8.0	82.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.1		0		1		0.6	0.4	3.7
Thiamin....mg	0.135		0		1		0.038	0.023	0.238
Riboflavin....mg	0.540		0		1		0.153	0.092	0.950
Niacin....mg	10.667		0		1		3.024	1.813	18.774
Pantothenic acid....mg	0.365		0		1		0.103	0.062	0.642
Vitamin B-6....mg	0.381		0		1		0.108	0.065	0.671
Folate, total....µg	2		0		1		1	0	4
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	2		0		1		1	0	4
Folate, DFE....mcg_DFE	2		0	NC	4		1	0	4
Choline, total....mg	83.6		0	BFYN	4		23.7	14.2	147.1
Betaine....mg									
Vitamin B-12....µg	4.23		0		1		1.20	0.72	7.44
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	23		0	NC	4		7	4	41
Retinol....µg	23		0	BFYN	4		7	4	41
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	77		0	NC	4		22	13	136
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	1.25		0	BFYN	4		0.35	0.21	2.20
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	11.4		0	AS	1		3.2	1.9	20.1
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	11.4		0	BFYN	4		3.2	1.9	20.1
Vitamin D....IU	457		0	BFYN	4		130	78	804
Vitamin K (phylloquinone)....µg	0.1		0	BFYN	4		0.0	0.0	0.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

Lipids:

NDB No. 15201

Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.881		0		1		0.817	0.490	5.071
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.012		0		1		0.003	0.002	0.021
13:0....g									
14:0....g	0.436		0		1		0.124	0.074	0.767
15:0....g									
16:0....g	1.781		0		1		0.505	0.303	3.135
17:0....g									
18:0....g	0.565		0		1		0.160	0.096	0.994
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.371		0		1		0.956	0.573	5.933
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.603		0		1		0.171	0.103	1.061
17:1....g									
18:1 undifferentiated....g	1.703		0		1		0.483	0.290	2.997
20:1....g	0.417		0		1		0.118	0.071	0.734
22:1 undifferentiated....g	0.622		0		1		0.176	0.106	1.095
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.488		0		1		0.705	0.423	4.379
18:2 undifferentiated....g	0.149		0		1		0.042	0.025	0.262
18:3 undifferentiated....g	0.064		0		1		0.018	0.011	0.113
18:4....g	0.160		0		1		0.045	0.027	0.282
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.104		0		1		0.029	0.018	0.183
20:5 n-3 (EPA)....g	0.653		0		1		0.185	0.111	1.149
22:5 n-3 (DPA)....g	0.158		0		1		0.045	0.027	0.278
22:6 n-3 (DHA)....g	1.195		0		1		0.339	0.203	2.103
Fatty acids, total trans....g									
Cholesterol....mg	60		0		1		17	10	106
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.288		0		1		0.082	0.049	0.507
Threonine....g	1.128		0		1		0.320	0.192	1.985
Isoleucine....g	1.186		0		1		0.336	0.202	2.087
Leucine....g	2.091		0		1		0.593	0.355	3.680
Lysine....g	2.363		0		1		0.670	0.402	4.159
Methionine....g	0.762		0		1		0.216	0.130	1.341
Cystine....g	0.276		0		1		0.078	0.047	0.486
Phenylalanine....g	1.005		0		1		0.285	0.171	1.769
Tyrosine....g	0.869		0		1		0.246	0.148	1.529
Valine....g	1.326		0		1		0.376	0.225	2.334
Arginine....g	1.540		0		1		0.437	0.262	2.710
Histidine....g	0.758		0		1		0.215	0.129	1.334
Alanine....g	1.556		0		1		0.441	0.265	2.739
Aspartic acid....g	2.635		0		1		0.747	0.448	4.638
Glutamic acid....g	3.841		0		1		1.089	0.653	6.760
Glycine....g	1.235		0		1		0.350	0.210	2.174
Proline....g	0.910		0		1		0.258	0.155	1.602
Serine....g	1.050		0		1		0.298	0.179	1.848
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15201

Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 17g: 1 cubic inch, boneless

Measure 3 = 176g: 1 fillet

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15050

Fish, mackerel, Pacific and jack, mixed species, raw

Scomber spp. and Trachurus spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	70.15	2.322	12		1		157.84	59.63	
Energy ... kcal	158		0	NC	4		356	134	
Energy ... kJ	661		0		4		1487	562	
Protein (N x 6.25) ... g	20.07		11		1		45.16	17.06	
Total lipid (fat) ... g	7.89	0.865	126		1		17.75	6.71	
Ash ... g	1.62		6		1		3.65	1.38	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	23		1		1		52	20	
Iron, Fe ... mg	1.16	0.143	4		1		2.61	0.99	
Magnesium, Mg ... mg	28		1		1		63	24	
Phosphorus, P ... mg	125		1		1		281	106	
Potassium, K ... mg	406	8.686	3		1		914	345	
Sodium, Na ... mg	86	1.938	3		1		194	73	
Zinc, Zn ... mg	0.67	0.028	63		1		1.51	0.57	
Copper, Cu ... mg	0.093	0.006	56		1		0.209	0.079	
Manganese, Mn ... mg	0.015		0		1		0.034	0.013	
Selenium, Se ... µg	36.5		0	CAZN	4		82.1	31.0	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	2.0		0		4		4.5	1.7	
Thiamin ... mg	0.111		2		1		0.250	0.094	
Riboflavin ... mg	0.421		5		1		0.947	0.358	
Niacin ... mg	8.320		3		1		18.720	7.072	
Pantothenic acid ... mg	0.316	0.075	12		1		0.711	0.269	
Vitamin B-6 ... mg	0.330	0.029	11		1		0.743	0.281	
Folate, total ... µg	2	0.060	5		1		5	2	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	2	0.060	5		1		5	2	
Folate, DFE ... mcg_DFE	2		0	NC	4		5	2	
Choline, total ... mg	66.9		0	BFSN	4		150.5	56.8	
Betaine ... mg									
Vitamin B-12 ... µg	4.40		4		1		9.90	3.74	
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	19		0	NC	4		42	16	
Retinol ... µg	19		0	BFSN	4		42	16	
Carotene, beta ... µg	0		0	Z	7		0	0	
Carotene, alpha ... µg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... µg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	62		0	NC	4		139	52	
Lycopene ... µg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	1.00		0	T	4		2.25	0.85	
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	9.1		0	AS	1		20.6	7.8	
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg	9.1		0	BFFN	4		20.6	7.8	
Vitamin D ... IU	366		0	BFFN	4		822	311	
Vitamin K (phylloquinone) ... µg	0.1		0	BFSN	4		0.2	0.1	
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 15050
Fish, mackerel, Pacific and jack, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.247		0		1		5.056	1.910	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.009		11		1		0.020	0.008	
13:0....g									
14:0....g	0.340		83		1		0.765	0.289	
15:0....g									
16:0....g	1.389		83		1		3.125	1.181	
17:0....g									
18:0....g	0.441		83		1		0.992	0.375	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.629		0		1		5.915	2.235	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.470		83		1		1.058	0.400	
17:1....g									
18:1 undifferentiated....g	1.328		83		1		2.988	1.129	
20:1....g	0.325		65		1		0.731	0.276	
22:1 undifferentiated....g	0.485		41		1		1.091	0.412	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.940		0		1		4.365	1.649	
18:2 undifferentiated....g	0.116		83		1		0.261	0.099	
18:3 undifferentiated....g	0.050		42		1		0.113	0.043	
18:4....g	0.125		33		1		0.281	0.106	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.081		58		1		0.182	0.069	
20:5 n-3 (EPA)....g	0.509		83		1		1.145	0.433	
22:5 n-3 (DPA)....g	0.123		60		1		0.277	0.105	
22:6 n-3 (DHA)....g	0.932		82		1		2.097	0.792	
Fatty acids, total trans....g									
Cholesterol....mg	47		6		1		106	40	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.225		0		1		0.506	0.191	
Threonine....g	0.880		0		1		1.980	0.748	
Isoleucine....g	0.925		0		1		2.081	0.786	
Leucine....g	1.631		0		1		3.670	1.386	
Lysine....g	1.843		0		1		4.147	1.567	
Methionine....g	0.594		0		1		1.337	0.505	
Cystine....g	0.215		0		1		0.484	0.183	
Phenylalanine....g	0.783		0		1		1.762	0.666	
Tyrosine....g	0.678		0		1		1.526	0.576	
Valine....g	1.034		0		1		2.327	0.879	
Arginine....g	1.201		0		1		2.702	1.021	
Histidine....g	0.591		0		1		1.330	0.502	
Alanine....g	1.214		0		1		2.732	1.032	
Aspartic acid....g	2.055		0		1		4.624	1.747	
Glutamic acid....g	2.996		0		1		6.741	2.547	
Glycine....g	0.963		0		1		2.167	0.819	
Proline....g	0.710		0		1		1.598	0.604	
Serine....g	0.819		0		1		1.843	0.696	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15050

Fish, mackerel, Pacific and jack, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 225g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15048

Fish, mackerel, jack, canned, drained solids

Trachurus symmetricus (Ayers)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.17		2		1		131.42	19.61	11.07
Energy	kcal	156		0	NC	4		296	44	25
Energy	kJ	653		0		4		1240	185	104
Protein (N x 6.25)	g	23.19		2		1		44.06	6.57	3.71
Total lipid (fat)	g	6.30		2		1		11.97	1.79	1.01
Ash	g	1.73		2		1		3.29	0.49	0.28
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	241		2		1		458	68	39
Iron, Fe	mg	2.04		2		1		3.88	0.58	0.33
Magnesium, Mg	mg	37		2		1		70	10	6
Phosphorus, P	mg	301		2		1		572	85	48
Potassium, K	mg	194		2		1		369	55	31
Sodium, Na	mg	379		2		1		720	107	61
Zinc, Zn	mg	1.02		2		1		1.94	0.29	0.16
Copper, Cu	mg	0.147		2		1		0.279	0.042	0.024
Manganese, Mn	mg	0.040		2		1		0.076	0.011	0.006
Selenium, Se	µg	37.7		0	BFSN	4		71.6	10.7	6.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		2		1		1.7	0.3	0.1
Thiamin	mg	0.040		2		1		0.076	0.011	0.006
Riboflavin	mg	0.212		2		1		0.403	0.060	0.034
Niacin	mg	6.180		2		1		11.742	1.752	0.989
Pantothenic acid	mg	0.305		2		1		0.580	0.086	0.049
Vitamin B-6	mg	0.210		2		1		0.399	0.060	0.034
Folate, total	µg	5		2		1		10	1	1
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	5		2		1		10	1	1
Folate, DFE	mcg_DFE	5		0	NC	4		10	1	1
Choline, total	mg	85.0		0	T	4		161.5	24.1	13.6
Betaine	mg									
Vitamin B-12	µg	6.94		2		1		13.19	1.97	1.11
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	130		0	NC	4		247	37	21
Retinol	µg	130		0	T	4		247	37	21
Carotene, beta	µg	0		0	Z	7		0	0	0
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	433		0	NC	4		823	123	69
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	1.03		0	BFSN	4		1.96	0.29	0.17
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	7.3		0	AS	1		13.9	2.1	1.2
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	7.3		0	BFFN	4		13.9	2.1	1.2
Vitamin D	IU	292		0	BFFN	4		555	83	47
Vitamin K (phylloquinone)	µg	0.1		0	BFSN	4		0.2	0.0	0.0
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

Lipids:

NDB No. 15048
Fish, mackerel, jack, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.857		0		1		3.528	0.526	0.297
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.007		2		1		0.013	0.002	0.001
13:0....g									
14:0....g	0.289		2		1		0.549	0.082	0.046
15:0....g									
16:0....g	1.185		2		1		2.252	0.336	0.190
17:0....g									
18:0....g	0.376		2		1		0.714	0.107	0.060
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.225		0		1		4.228	0.631	0.356
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.400		2		1		0.760	0.113	0.064
17:1....g									
18:1 undifferentiated....g	1.132		2		1		2.151	0.321	0.181
20:1....g	0.278		2		1		0.528	0.079	0.044
22:1 undifferentiated....g	0.414		2		1		0.787	0.117	0.066
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.651		0		1		3.137	0.468	0.264
18:2 undifferentiated....g	0.099		2		1		0.188	0.028	0.016
18:3 undifferentiated....g	0.043		2		1		0.082	0.012	0.007
18:4....g	0.106		2		1		0.201	0.030	0.017
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.069		2		1		0.131	0.020	0.011
20:5 n-3 (EPA)....g	0.434		2		1		0.825	0.123	0.069
22:5 n-3 (DPA)....g	0.104		2		1		0.198	0.029	0.017
22:6 n-3 (DHA)....g	0.796		2		1		1.512	0.226	0.127
Fatty acids, total trans....g									
Cholesterol....mg	79		2		1		150	22	13
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.260		0		1		0.494	0.074	0.042
Threonine....g	1.017		0		1		1.932	0.288	0.163
Isoleucine....g	1.069		0		1		2.031	0.303	0.171
Leucine....g	1.885		0		1		3.582	0.534	0.302
Lysine....g	2.130		0		1		4.047	0.604	0.341
Methionine....g	0.686		0		1		1.303	0.194	0.110
Cystine....g	0.249		0		1		0.473	0.071	0.040
Phenylalanine....g	0.905		0		1		1.720	0.257	0.145
Tyrosine....g	0.783		0		1		1.488	0.222	0.125
Valine....g	1.195		0		1		2.271	0.339	0.191
Arginine....g	1.388		0		1		2.637	0.393	0.222
Histidine....g	0.683		0		1		1.298	0.194	0.109
Alanine....g	1.403		0		1		2.666	0.398	0.224
Aspartic acid....g	2.375		0		1		4.513	0.673	0.380
Glutamic acid....g	3.462		0		1		6.578	0.981	0.554
Glycine....g	1.113		0		1		2.115	0.316	0.178
Proline....g	0.820		0		1		1.558	0.232	0.131
Serine....g	0.946		0		1		1.797	0.268	0.151
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15048
Fish, mackerel, jack, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 190g: 1 cup

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 16g: 1 cubic inch

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15200
Fish, mackerel, king, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.04		0		1		106.32	58.68	
Energy	kcal	134		0	NC	4		206	114	
Energy	kJ	561				4		863	477	
Protein (N x 6.25)	g	26.00		0		1		40.04	22.10	
Total lipid (fat)	g	2.56		0		1		3.94	2.18	
Ash	g	1.64		0		1		2.53	1.39	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	40		0		1		62	34	
Iron, Fe	mg	2.28		0		1		3.51	1.94	
Magnesium, Mg	mg	41		0		1		63	35	
Phosphorus, P	mg	318		0		1		490	270	
Potassium, K	mg	558		0		1		859	474	
Sodium, Na	mg	203		0		1		313	173	
Zinc, Zn	mg	0.72		0		1		1.11	0.61	
Copper, Cu	mg	0.033		0		1		0.051	0.028	
Manganese, Mn	mg	0.006		0		1		0.009	0.005	
Selenium, Se	µg	46.8		0	BFSN	4		72.1	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0		1		2.5	1.4	
Thiamin	mg	0.115		0		1		0.177	0.098	
Riboflavin	mg	0.580		0		1		0.893	0.493	
Niacin	mg	10.462		0		1		16.111	8.893	
Pantothenic acid	mg	0.968		0		1		1.491	0.823	
Vitamin B-6	mg	0.510		0		1		0.785	0.434	
Folate, total	µg	9		0		1		14	8	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	9		0		1		14	8	
Folate, DFE	mcg_DFE	9		0	NC	4		14	8	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	18.00		0		1		27.72	15.30	
Vitamin A, RAE	mcg_RAE	252		0		1		388	214	
Retinol	µg	252		0		1		388	214	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	839		0		1		1292	713	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.465		0		1		0.716	0.395	
4:0	g									

NDB No. 15200
Fish, mackerel, king, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.105		0		1		0.162	0.089	
15:0....g									
16:0....g	0.310		0		1		0.477	0.264	
17:0....g									
18:0....g	0.050		0		1		0.077	0.043	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.979		0		1		1.508	0.832	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.151		0		1		0.233	0.128	
17:1....g									
18:1 undifferentiated....g	0.398		0		1		0.613	0.338	
20:1....g	0.156		0		1		0.240	0.133	
22:1 undifferentiated....g	0.273		0		1		0.420	0.232	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.589		0		1		0.907	0.501	
18:2 undifferentiated....g	0.051		0		1		0.079	0.043	
18:3 undifferentiated....g									
18:4....g	0.115		0		1		0.177	0.098	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g	0.174		0		1		0.268	0.148	
22:5 n-3 (DPA)....g	0.022		0		1		0.034	0.019	
22:6 n-3 (DHA)....g	0.227		0		1		0.350	0.193	
Fatty acids, total trans....g									
Cholesterol....mg	68		0		1		105	58	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.291		0		1		0.448	0.247	
Threonine....g	1.140		0		1		1.756	0.969	
Isoleucine....g	1.198		0		1		1.845	1.018	
Leucine....g	2.113		0		1		3.254	1.796	
Lysine....g	2.388		0		1		3.678	2.030	
Methionine....g	0.770		0		1		1.186	0.655	
Cystine....g	0.279		0		1		0.430	0.237	
Phenylalanine....g	1.015		0		1		1.563	0.863	
Tyrosine....g	0.878		0		1		1.352	0.746	
Valine....g	1.340		0		1		2.064	1.139	
Arginine....g	1.556		0		1		2.396	1.323	
Histidine....g	0.765		0		1		1.178	0.650	
Alanine....g	1.572		0		1		2.421	1.336	
Aspartic acid....g	2.662		0		1		4.099	2.263	
Glutamic acid....g	3.881		0		1		5.977	3.299	
Glycine....g	1.248		0		1		1.922	1.061	
Proline....g	0.919		0		1		1.415	0.781	
Serine....g	1.061		0		1		1.634	0.902	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 154g: .5 fillet

NDB No. 15200
Fish, mackerel, king, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15049
Fish, mackerel, king, raw
Scombermorus cavalla (Cuvier)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.85	0.456	6		1		150.18	64.47	
Energy....kcal	105		0	NC	4		208	89	
Energy....kJ	439				4		870	373	
Protein (N x 6.25)....g	20.28	0.786	6		1		40.15	17.24	
Total lipid (fat)....g	2.00	0.188	6		1		3.96	1.70	
Ash....g	1.28	0.017	6		1		2.53	1.09	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	31		2		1		61	26	
Iron, Fe....mg	1.78		2		1		3.52	1.51	
Magnesium, Mg....mg	32		2		1		63	27	
Phosphorus, P....mg	248		2		1		491	211	
Potassium, K....mg	435		2		1		861	370	
Sodium, Na....mg	158		2		1		313	134	
Zinc, Zn....mg	0.56	0.018	106		1		1.11	0.48	
Copper, Cu....mg	0.026	0.001	107		1		0.051	0.022	
Manganese, Mn....mg	0.005		0		1		0.010	0.004	
Selenium, Se....µg	36.5		0	CAZN	4		72.3	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.6		0		4		3.2	1.4	
Thiamin....mg	0.100		2		1		0.198	0.085	
Riboflavin....mg	0.476		2		1		0.942	0.405	
Niacin....mg	8.590		2		1		17.008	7.302	
Pantothenic acid....mg	0.839		2		1		1.661	0.713	
Vitamin B-6....mg	0.442		2		1		0.875	0.376	
Folate, total....µg	8		2		1		15	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		2		1		15	6	
Folate, DFE....mcg_DFE	8		0	NC	4		15	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	15.60		2		1		30.89	13.26	
Vitamin A, RAE....mcg_RAE	218		2		1		432	186	
Retinol....µg	218		2		1		432	186	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	727		2		1		1439	618	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.363		0		1		0.719	0.309	
4:0....g									

NDB No. 15049
Fish, mackerel, king, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.082		2		1		0.162	0.070	
15:0 g									
16:0 g	0.242		2		1		0.479	0.206	
17:0 g									
18:0 g	0.039		2		1		0.077	0.033	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.764		0		1		1.513	0.649	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.118		2		1		0.234	0.100	
17:1 g									
18:1 undifferentiated g	0.311		2		1		0.616	0.264	
20:1 g	0.122		2		1		0.242	0.104	
22:1 undifferentiated g	0.213		2		1		0.422	0.181	
24:1 c g									
Fatty acids, total polyunsaturated g	0.460		0		1		0.911	0.391	
18:2 undifferentiated g	0.040		2		1		0.079	0.034	
18:3 undifferentiated g									
18:4 g	0.090		2		1		0.178	0.077	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g	0.136		2		1		0.269	0.116	
22:5 n-3 (DPA) g	0.017		2		1		0.034	0.014	
22:6 n-3 (DHA) g	0.177		2		1		0.350	0.150	
Fatty acids, total trans g									
Cholesterol mg	53		2		1		105	45	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.227		0		1		0.449	0.193	
Threonine g	0.889		0		1		1.760	0.756	
Isoleucine g	0.935		0		1		1.851	0.795	
Leucine g	1.648		0		1		3.263	1.401	
Lysine g	1.863		0		1		3.689	1.584	
Methionine g	0.600		0		1		1.188	0.510	
Cystine g	0.217		0		1		0.430	0.184	
Phenylalanine g	0.792		0		1		1.568	0.673	
Tyrosine g	0.685		0		1		1.356	0.582	
Valine g	1.045		0		1		2.069	0.888	
Arginine g	1.214		0		1		2.404	1.032	
Histidine g	0.597		0		1		1.182	0.507	
Alanine g	1.227		0		1		2.429	1.043	
Aspartic acid g	2.077		0		1		4.112	1.765	
Glutamic acid g	3.028		0		1		5.995	2.574	
Glycine g	0.974		0		1		1.929	0.828	
Proline g	0.717		0		1		1.420	0.609	
Serine g	0.827		0		1		1.637	0.703	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 198g: .5 fillet

NDB No. 15049
Fish, mackerel, king, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 83110
Fish, mackerel, salted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	43.00		0		1		58.48		
Energy	kcal	305		0		1		415		
Energy	kJ	1276		0		1		1736		
Protein	g	18.50		0		1		25.16		
Total lipid (fat)	g	25.10		0		1		34.13		
Ash	g	13.40		0	NR	4		18.22		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0		7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	66		0		1		90		
Iron, Fe	mg	1.40		0		1		1.90		
Magnesium, Mg	mg	60		0		4		82		
Phosphorus, P	mg	254		0		1		345		
Potassium, K	mg	520		0		4		707		
Sodium, Na	mg	4450		0		4		6052		
Zinc, Zn	mg	1.10		0		4		1.50		
Copper, Cu	mg	0.100		0		4		0.136		
Manganese, Mn	mg									
Selenium, Se	µg	73.4		0	BFSN	4		99.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.020		0		1		0.027		
Riboflavin	mg	0.190		0		1		0.258		
Niacin	mg	3.300		0		1		4.488		
Pantothenic acid	mg									
Vitamin B-6	mg	0.410		0		1		0.558		
Folate, total	µg	15		0		4		20		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	15		0	NR	4		20		
Folate, DFE	mcg_DFE	15		0	NC	4		20		
Choline, total	mg	101.6		0	BFSN	4		138.2		
Betaine	mg									
Vitamin B-12	µg	12.00		0		1		16.32		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	47		0	NC	4		64		
Retinol	µg	47		0	T	4		64		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	157		0	NC	4		213		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	2.38		0	BFSN	4		3.23		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	25.2		0	AS	1		34.2		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	25.2		0	BFSN	4		34.2		
Vitamin D	IU	1006		0	BFSN	4		1369		
Vitamin K (phylloquinone)	µg	7.8		0	BFSN	4		10.6		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 83110
Fish, mackerel, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	7.148		0		4		9.721		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.029		0		4		0.039		
13:0....g									
14:0....g	1.082		0		4		1.472		
15:0....g									
16:0....g	4.418		0		4		6.008		
17:0....g									
18:0....g	1.403		0		4		1.908		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.320		0		4		11.315		
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.495		0		4		2.033		
17:1....g									
18:1 undifferentiated....g	4.224		0		4		5.745		
20:1....g	1.034		0		4		1.406		
22:1 undifferentiated....g	1.543		0		4		2.098		
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.210		0		4		8.446		
18:2 undifferentiated....g	0.369		0		4		0.502		
18:3 undifferentiated....g	0.159		0		4		0.216		
18:4....g	0.398		0		4		0.541		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.258		0		4		0.351		
20:5 n-3 (EPA)....g	1.619		0		4		2.202		
22:5 n-3 (DPA)....g	0.391		0		4		0.532		
22:6 n-3 (DHA)....g	2.965		0		4		4.032		
Fatty acids, total trans....g									
Cholesterol....mg	95		0		1		129		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 136g: 1 cup, cooked

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15052
Fish, mackerel, spanish, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.46		3		1		99.95	58.19	
Energy	kcal	158		0	NC	4		231	134	
Energy	kJ	661				4		965	562	
Protein (N x 6.25)	g	23.59		3		1		34.44	20.05	
Total lipid (fat)	g	6.32		3		1		9.23	5.37	
Ash	g	1.53		3		1		2.23	1.30	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		2		1		19	11	
Iron, Fe	mg	0.74		3		1		1.08	0.63	
Magnesium, Mg	mg	38		2		1		55	32	
Phosphorus, P	mg	271		2		1		396	230	
Potassium, K	mg	554		3		1		809	471	
Sodium, Na	mg	66		3		1		96	56	
Zinc, Zn	mg	0.62		3		1		0.91	0.53	
Copper, Cu	mg	0.065		2		1		0.095	0.055	
Manganese, Mn	mg	0.012		2		1		0.018	0.010	
Selenium, Se	µg	40.6		0	BFSN	4		59.3	34.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0		4		2.3	1.4	
Thiamin	mg	0.130		1		1		0.190	0.111	
Riboflavin	mg	0.210		1		1		0.307	0.179	
Niacin	mg	5.000		1		1		7.300	4.250	
Pantothenic acid	mg	0.870		0		4		1.270	0.740	
Vitamin B-6	mg	0.460		0		4		0.672	0.391	
Folate, total	µg	1		0		4		2	1	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	1		0		4		2	1	
Folate, DFE	mcg_DFE	1		0	NC	4		2	1	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	7.00		1		1		10.22	5.95	
Vitamin A, RAE	mcg_RAE	33		0		4		48	28	
Retinol	µg	33		0		4		48	28	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	109		0		4		159	93	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	1.801		0		1		2.629	1.531	
4:0	g									

NDB No. 15052
Fish, mackerel, spanish, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.204		3		1		0.298	0.173	
15:0....g									
16:0....g	1.155		3		1		1.686	0.982	
17:0....g									
18:0....g	0.442		3		1		0.645	0.376	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.139		0		1		3.123	1.818	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.309		3		1		0.451	0.263	
17:1....g									
18:1 undifferentiated....g	1.104		3		1		1.612	0.938	
20:1....g	0.123		3		1		0.180	0.105	
22:1 undifferentiated....g	0.070		3		1		0.102	0.060	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.805		0		1		2.635	1.534	
18:2 undifferentiated....g	0.108		3		1		0.158	0.092	
18:3 undifferentiated....g	0.116		3		1		0.169	0.099	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.159		3		1		0.232	0.135	
20:5 n-3 (EPA)....g	0.294		3		1		0.429	0.250	
22:5 n-3 (DPA)....g	0.095		3		1		0.139	0.081	
22:6 n-3 (DHA)....g	0.952		3		1		1.390	0.809	
Fatty acids, total trans....g									
Cholesterol....mg	73		1		1		107	62	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.264		0		1		0.385	0.224	
Threonine....g	1.034		0		1		1.510	0.879	
Isoleucine....g	1.087		0		1		1.587	0.924	
Leucine....g	1.917		0		1		2.799	1.629	
Lysine....g	2.166		0		1		3.162	1.841	
Methionine....g	0.698		0		1		1.019	0.593	
Cystine....g	0.253		0		1		0.369	0.215	
Phenylalanine....g	0.921		0		1		1.345	0.783	
Tyrosine....g	0.796		0		1		1.162	0.677	
Valine....g	1.215		0		1		1.774	1.033	
Arginine....g	1.411		0		1		2.060	1.199	
Histidine....g	0.694		0		1		1.013	0.590	
Alanine....g	1.427		0		1		2.083	1.213	
Aspartic acid....g	2.415		0		1		3.526	2.053	
Glutamic acid....g	3.521		0		1		5.141	2.993	
Glycine....g	1.132		0		1		1.653	0.962	
Proline....g	0.834		0		1		1.218	0.709	
Serine....g	0.962		0		1		1.405	0.818	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 146g: 1 fillet

NDB No. 15052

Fish, mackerel, spanish, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15051

Fish, mackerel, spanish, raw

Scombermorus maculatus (Mitchill)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.67	4.380	3		1		134.02	60.92	
Energy....kcal	139		0	NC	4		260	118	
Energy....kJ	582		0		4		1088	494	
Protein (N x 6.25)....g	19.29	1.200	3		1		36.07	16.40	
Total lipid (fat)....g	6.30	3.810	3		1		11.78	5.36	
Ash....g	1.27	0.080	3		1		2.37	1.08	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.950	3		1		21	9	
Iron, Fe....mg	0.44	0.120	3		1		0.82	0.37	
Magnesium, Mg....mg	33	1.670	3		1		62	28	
Phosphorus, P....mg	205	31.300	3		1		383	174	
Potassium, K....mg	446	32.480	3		1		834	379	
Sodium, Na....mg	59	7.090	3		1		110	50	
Zinc, Zn....mg	0.49	0.030	3		1		0.92	0.42	
Copper, Cu....mg	0.055	0.005	3		1		0.103	0.047	
Manganese, Mn....mg	0.014	0.001	3		1		0.026	0.012	
Selenium, Se....µg	36.5		0	CAZN	4		68.3	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.6		0		4		3.0	1.4	
Thiamin....mg	0.130		1		1		0.243	0.111	
Riboflavin....mg	0.170		1		1		0.318	0.145	
Niacin....mg	2.300		1		1		4.301	1.955	
Pantothenic acid....mg	0.750		0		4		1.403	0.638	
Vitamin B-6....mg	0.400		0		4		0.748	0.340	
Folate, total....µg	1		0		4		2	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		4		2	1	
Folate, DFE....mcg_DFE	1		0	NC	4		2	1	
Choline, total....mg	50.5		0	BFSN	4		94.5	42.9	
Betaine....mg									
Vitamin B-12....µg	2.40		1		1		4.49	2.04	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	39		0	NC	4		73	33	
Retinol....µg	39		0	BFSN	4		73	33	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	130		0	NC	4		242	110	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.69		0	T	4		1.29	0.59	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	7.3		0	AS	1		13.6	6.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	7.3		0	BFFN	4		13.6	6.2	
Vitamin D....IU	292		0	BFFN	4		546	248	
Vitamin K (phylloquinone)....µg	0.1		0	T	4		0.2	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15051
Fish, mackerel, spanish, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.828		0		1		3.418	1.554	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.173		3		1		0.324	0.147	
15:0....g									
16:0....g	1.239		3		1		2.317	1.053	
17:0....g									
18:0....g	0.416		3		1		0.778	0.354	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.530		0		1		2.861	1.301	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.291		3		1		0.544	0.247	
17:1....g									
18:1 undifferentiated....g	1.117		3		1		2.089	0.949	
20:1....g	0.072		3		1		0.135	0.061	
22:1 undifferentiated....g	0.050		3		1		0.094	0.043	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.739		0		1		3.252	1.478	
18:2 undifferentiated....g	0.097		3		1		0.181	0.082	
18:3 undifferentiated....g	0.034		3		1		0.064	0.029	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.166		3		1		0.310	0.141	
20:5 n-3 (EPA)....g	0.329		3		1		0.615	0.280	
22:5 n-3 (DPA)....g	0.101		3		1		0.189	0.086	
22:6 n-3 (DHA)....g	1.012		3		1		1.892	0.860	
Fatty acids, total trans....g									
Cholesterol....mg	76		1		1		142	65	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.216		0		1		0.404	0.184	
Threonine....g	0.846		0		1		1.582	0.719	
Isoleucine....g	0.889		0		1		1.662	0.756	
Leucine....g	1.568		0		1		2.932	1.333	
Lysine....g	1.771		0		1		3.312	1.505	
Methionine....g	0.571		0		1		1.068	0.485	
Cystine....g	0.207		0		1		0.387	0.176	
Phenylalanine....g	0.753		0		1		1.408	0.640	
Tyrosine....g	0.651		0		1		1.217	0.553	
Valine....g	0.994		0		1		1.859	0.845	
Arginine....g	1.154		0		1		2.158	0.981	
Histidine....g	0.568		0		1		1.062	0.483	
Alanine....g	1.167		0		1		2.182	0.992	
Aspartic acid....g	1.975		0		1		3.693	1.679	
Glutamic acid....g	2.879		0		1		5.384	2.447	
Glycine....g	0.926		0		1		1.732	0.787	
Proline....g	0.682		0		1		1.275	0.580	
Serine....g	0.787		0		1		1.472	0.669	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15051
Fish, mackerel, spanish, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 187g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15202
Fish, milkfish, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.63		0		1		53.24		
Energy	kcal	190		0	NC	4		162		
Energy	kJ	795				4		676		
Protein (N x 6.25)	g	26.32		0		1		22.37		
Total lipid (fat)	g	8.63		0		1		7.34		
Ash	g	1.46		0		1		1.24		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	65		0		1		55		
Iron, Fe	mg	0.41		0		1		0.35		
Magnesium, Mg	mg	38		0		1		32		
Phosphorus, P	mg	208		0		1		177		
Potassium, K	mg	374		0		1		318		
Sodium, Na	mg	92		0		1		78		
Zinc, Zn	mg	1.05		0		1		0.89		
Copper, Cu	mg	0.044		0		1		0.037		
Manganese, Mn	mg	0.026		0		1		0.022		
Selenium, Se	µg	16.2		0	BFSN	4		13.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.016		0		1		0.014		
Riboflavin	mg	0.069		0		1		0.059		
Niacin	mg	8.256		0		1		7.018		
Pantothenic acid	mg	0.865		0		1		0.735		
Vitamin B-6	mg	0.488		0		1		0.415		
Folate, total	µg	18		0		1		15		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	18		0		1		15		
Folate, DFE	mcg_DFE	18		0	NC	4		15		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	3.27		0		1		2.78		
Vitamin A, RAE	mcg_RAE	33		0		1		28		
Retinol	µg	33		0		1		28		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	109		0		1		93		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									

NDB No. 15202
Fish, milkfish, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0		1		57		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.295		0		1		0.251		
Threonine.....g	1.154		0		1		0.981		
Isoleucine.....g	1.213		0		1		1.031		
Leucine.....g	2.139		0		1		1.818		
Lysine.....g	2.417		0		1		2.054		
Methionine.....g	0.779		0		1		0.662		
Cystine.....g	0.282		0		1		0.240		
Phenylalanine.....g	1.028		0		1		0.874		
Tyrosine.....g	0.889		0		1		0.756		
Valine.....g	1.356		0		1		1.153		
Arginine.....g	1.575		0		1		1.339		
Histidine.....g	0.775		0		1		0.659		
Alanine.....g	1.592		0		1		1.353		
Aspartic acid.....g	2.695		0		1		2.291		
Glutamic acid.....g	3.929		0		1		3.340		
Glycine.....g	1.263		0		1		1.074		
Proline.....g	0.931		0		1		0.791		
Serine.....g	1.074		0		1		0.913		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15053
Fish, milkfish, raw
Chanos chanos (Forskaal)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.85		2		1		60.22		
Energy....kcal	148		0	NC	4		126		
Energy....kJ	619				4		526		
Protein (N x 6.25)....g	20.53		1		1		17.45		
Total lipid (fat)....g	6.73		2		1		5.72		
Ash....g	1.14		1		1		0.97		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	51		1		1		43		
Iron, Fe....mg	0.32		1		1		0.27		
Magnesium, Mg....mg	30		0		4		26		
Phosphorus, P....mg	162		1		1		138		
Potassium, K....mg	292		0		4		248		
Sodium, Na....mg	72		0		4		61		
Zinc, Zn....mg	0.82	0.040	40		1		0.70		
Copper, Cu....mg	0.034	0.002	41		1		0.029		
Manganese, Mn....mg	0.020		0		4		0.017		
Selenium, Se....µg	12.6		0	BFZN	4		10.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.013		1		1		0.011		
Riboflavin....mg	0.054		1		1		0.046		
Niacin....mg	6.440		1		1		5.474		
Pantothenic acid....mg	0.750		0		4		0.638		
Vitamin B-6....mg	0.423		1		1		0.360		
Folate, total....µg	16		0		4		14		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	16		0		4		14		
Folate, DFE....mcg_DFE	16		0	NC	4		14		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.40		1		1		2.89		
Vitamin A, RAE....mcg_RAE	30		0		4		26		
Retinol....µg	30		0		4		26		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	100		0		4		85		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.660		0		4		1.411		
Fatty acids, total monounsaturated....g	2.580		0		4		2.193		

NDB No. 15053
Fish, milkfish, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.840		0		4		1.564		
Fatty acids, total trans.....g									
Cholesterol.....mg	52		1		1		44		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.230		0		1		0.196		
Threonine.....g	0.900		0		1		0.765		
Isoleucine.....g	0.946		0		1		0.804		
Leucine.....g	1.669		0		1		1.419		
Lysine.....g	1.886		0		1		1.603		
Methionine.....g	0.608		0		1		0.517		
Cystine.....g	0.220		0		1		0.187		
Phenylalanine.....g	0.802		0		1		0.682		
Tyrosine.....g	0.693		0		1		0.589		
Valine.....g	1.058		0		1		0.899		
Arginine.....g	1.229		0		1		1.045		
Histidine.....g	0.604		0		1		0.513		
Alanine.....g	1.242		0		1		1.056		
Aspartic acid.....g	2.102		0		1		1.787		
Glutamic acid.....g	3.065		0		1		2.605		
Glycine.....g	0.986		0		1		0.838		
Proline.....g	0.726		0		1		0.617		
Serine.....g	0.838		0		1		0.712		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15203
Fish, monkfish, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.51		0		1		66.73		
Energy	kcal	97		0	NC	4		82		
Energy	kJ	406				4		345		
Protein (N x 6.25)	g	18.56		0		1		15.78		
Total lipid (fat)	g	1.95		0		1		1.66		
Ash	g	1.55		0		1		1.32		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		9		
Iron, Fe	mg	0.41		0		1		0.35		
Magnesium, Mg	mg	27		0		1		23		
Phosphorus, P	mg	256		0		1		218		
Potassium, K	mg	513		0		1		436		
Sodium, Na	mg	23		0		1		20		
Zinc, Zn	mg	0.53		0		1		0.45		
Copper, Cu	mg	0.036		0		1		0.031		
Manganese, Mn	mg	0.031		0		1		0.026		
Selenium, Se	µg	46.8		0	BFSN	4		39.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		0.9		
Thiamin	mg	0.029		0		1		0.025		
Riboflavin	mg	0.073		0		1		0.062		
Niacin	mg	2.558		0		1		2.174		
Pantothenic acid	mg	0.173		0		1		0.147		
Vitamin B-6	mg	0.277		0		1		0.235		
Folate, total	µg	8		0		1		7		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	8		0		1		7		
Folate, DFE	mcg_DFE	8		0	NC	4		7		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.04		0		1		0.88		
Vitamin A, RAE	mcg_RAE	14		0		1		12		
Retinol	µg	14		0		1		12		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	46		0		1		39		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									

NDB No. 15203
Fish, monkfish, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	32		0		1		27		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.208		0		1		0.177		
Threonine.....g	0.814		0		1		0.692		
Isoleucine.....g	0.855		0		1		0.727		
Leucine.....g	1.509		0		1		1.283		
Lysine.....g	1.705		0		1		1.449		
Methionine.....g	0.549		0		1		0.467		
Cystine.....g	0.199		0		1		0.169		
Phenylalanine.....g	0.725		0		1		0.616		
Tyrosine.....g	0.627		0		1		0.533		
Valine.....g	0.956		0		1		0.813		
Arginine.....g	1.111		0		1		0.944		
Histidine.....g	0.547		0		1		0.465		
Alanine.....g	1.123		0		1		0.955		
Aspartic acid.....g	1.901		0		1		1.616		
Glutamic acid.....g	2.771		0		1		2.355		
Glycine.....g	0.891		0		1		0.757		
Proline.....g	0.656		0		1		0.558		
Serine.....g	0.757		0		1		0.643		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15054
Fish, monkfish, raw
Lophius piscatorius L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.24		2		1		70.75		
Energy....kcal	76		0	NC	4		65		
Energy....kJ	318				4		270		
Protein (N x 6.25)....g	14.48		2		1		12.31		
Total lipid (fat)....g	1.52		2		1		1.29		
Ash....g	1.21		1		1		1.03		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1		1		7		
Iron, Fe....mg	0.32		1		1		0.27		
Magnesium, Mg....mg	21		1		1		18		
Phosphorus, P....mg	200		0		4		170		
Potassium, K....mg	400		0		4		340		
Sodium, Na....mg	18		1		1		15		
Zinc, Zn....mg	0.41		1		1		0.35		
Copper, Cu....mg	0.028		1		1		0.024		
Manganese, Mn....mg	0.024		1		1		0.020		
Selenium, Se....µg	36.5		0	CAZN	4		31.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		4		0.9		
Thiamin....mg	0.025		1		1		0.021		
Riboflavin....mg	0.060		1		1		0.051		
Niacin....mg	2.100		0		4		1.785		
Pantothenic acid....mg	0.150		0		4		0.128		
Vitamin B-6....mg	0.240		0		4		0.204		
Folate, total....µg	7		0		4		6		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	7		0		4		6		
Folate, DFE....mcg_DFE	7		0	NC	4		6		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.90		0		4		0.77		
Vitamin A, RAE....mcg_RAE	12		0		4		10		
Retinol....µg	12		0		4		10		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	40		0		4		34		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.340		0		4		0.289		
Fatty acids, total monounsaturated....g	0.240		0		4		0.204		

NDB No. 15054
Fish, monkfish, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	0.610		0		4		0.519		
Fatty acids, total trans.....g									
Cholesterol.....mg	25		1		1		21		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.162		0		1		0.138		
Threonine.....g	0.635		0		1		0.540		
Isoleucine.....g	0.667		0		1		0.567		
Leucine.....g	1.177		0		1		1.000		
Lysine.....g	1.330		0		1		1.131		
Methionine.....g	0.429		0		1		0.365		
Cystine.....g	0.155		0		1		0.132		
Phenylalanine.....g	0.565		0		1		0.480		
Tyrosine.....g	0.489		0		1		0.416		
Valine.....g	0.746		0		1		0.634		
Arginine.....g	0.867		0		1		0.737		
Histidine.....g	0.426		0		1		0.362		
Alanine.....g	0.876		0		1		0.745		
Aspartic acid.....g	1.483		0		1		1.261		
Glutamic acid.....g	2.162		0		1		1.838		
Glycine.....g	0.695		0		1		0.591		
Proline.....g	0.512		0		1		0.435		
Serine.....g	0.591		0		1		0.502		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15056
Fish, mullet, striped, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.52		0		1		65.58	59.94	
Energy	kcal	150		0	NC	4		140	128	
Energy	kJ	628				4		584	533	
Protein (N x 6.25)	g	24.81		0		1		23.07	21.09	
Total lipid (fat)	g	4.86		0		1		4.52	4.13	
Ash	g	1.34		2		1		1.25	1.14	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	31		2		1		29	26	
Iron, Fe	mg	1.41		2		1		1.31	1.20	
Magnesium, Mg	mg	33		2		1		31	28	
Phosphorus, P	mg	244		2		1		227	207	
Potassium, K	mg	458		2		1		426	389	
Sodium, Na	mg	71		2		1		66	60	
Zinc, Zn	mg	0.88		2		1		0.82	0.75	
Copper, Cu	mg	0.141		2		1		0.131	0.120	
Manganese, Mn	mg	0.022		2		1		0.020	0.019	
Selenium, Se	µg	46.8		0	BFSN	4		43.5	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0		1		1.1	1.0	
Thiamin	mg	0.100		0		4		0.093	0.085	
Riboflavin	mg	0.100		0		4		0.093	0.085	
Niacin	mg	6.300		0		4		5.859	5.355	
Pantothenic acid	mg	0.880		0		4		0.818	0.748	
Vitamin B-6	mg	0.490		0		1		0.456	0.417	
Folate, total	µg	10		0		1		9	8	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	10		0		1		9	8	
Folate, DFE	mcg_DFE	10		0	NC	4		9	8	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.25		0		4		0.23	0.21	
Vitamin A, RAE	mcg_RAE	42		0		1		39	36	
Retinol	µg	42		0		1		39	36	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	141		0		1		131	120	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	1.431		0		1		1.331	1.216	
4:0	g									

NDB No. 15056
Fish, mullet, striped, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.062		2		1		0.058	0.053	
15:0....g									
16:0....g	0.291		2		1		0.271	0.247	
17:0....g									
18:0....g	0.096		2		1		0.089	0.082	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.382		0		1		1.285	1.175	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.177		2		1		0.165	0.150	
17:1....g									
18:1 undifferentiated....g	0.196		2		1		0.182	0.167	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.917		0		1		0.853	0.779	
18:2 undifferentiated....g	0.094		2		1		0.087	0.080	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.097		2		1		0.090	0.082	
20:5 n-3 (EPA)....g	0.180		2		1		0.167	0.153	
22:5 n-3 (DPA)....g	0.092		2		1		0.086	0.078	
22:6 n-3 (DHA)....g	0.148		2		1		0.138	0.126	
Fatty acids, total trans....g									
Cholesterol....mg	63		0		1		59	54	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.278		0		1		0.259	0.236	
Threonine....g	1.088		0		1		1.012	0.925	
Isoleucine....g	1.143		0		1		1.063	0.972	
Leucine....g	2.016		0		1		1.875	1.714	
Lysine....g	2.278		0		1		2.119	1.936	
Methionine....g	0.734		0		1		0.683	0.624	
Cystine....g	0.266		0		1		0.247	0.226	
Phenylalanine....g	0.968		0		1		0.900	0.823	
Tyrosine....g	0.837		0		1		0.778	0.711	
Valine....g	1.278		0		1		1.189	1.086	
Arginine....g	1.484		0		1		1.380	1.261	
Histidine....g	0.730		0		1		0.679	0.621	
Alanine....g	1.500		0		1		1.395	1.275	
Aspartic acid....g	2.540		0		1		2.362	2.159	
Glutamic acid....g	3.703		0		1		3.444	3.148	
Glycine....g	1.191		0		1		1.108	1.012	
Proline....g	0.877		0		1		0.816	0.745	
Serine....g	1.012		0		1		0.941	0.860	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 93g: 1 fillet

NDB No. 15056

Fish, mullet, striped, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15055
Fish, mullet, striped, raw
Mugil cephalus L.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.01	0.631	18		1		21.83	91.64	65.46
Energy	kcal	117		0	NC	4		33	139	99
Energy	kJ	490		0		4		139	583	416
Protein (N x 6.25)	g	19.35	0.523	16		1		5.49	23.03	16.45
Total lipid (fat)	g	3.79	0.357	43		1		1.07	4.51	3.22
Ash	g	1.20	0.038	14		1		0.34	1.43	1.02
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	41	7.422	6		1		12	49	35
Iron, Fe	mg	1.02	0.091	11		1		0.29	1.21	0.87
Magnesium, Mg	mg	29	0.795	6		1		8	35	25
Phosphorus, P	mg	221	8.792	7		1		63	263	188
Potassium, K	mg	357	19.552	10		1		101	425	303
Sodium, Na	mg	65	3.466	12		1		18	77	55
Zinc, Zn	mg	0.52	0.015	200		1		0.15	0.62	0.44
Copper, Cu	mg	0.051	0.003	202		1		0.014	0.061	0.043
Manganese, Mn	mg	0.016	0.002	6		1		0.005	0.019	0.014
Selenium, Se	µg	36.5		0	CAZN	4		10.3	43.4	31.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2	0.071	8		1		0.3	1.4	1.0
Thiamin	mg	0.090		0		4		0.026	0.107	0.077
Riboflavin	mg	0.080		0		4		0.023	0.095	0.068
Niacin	mg	5.200		0		4		1.474	6.188	4.420
Pantothenic acid	mg	0.760		2		1		0.215	0.904	0.646
Vitamin B-6	mg	0.425		2		1		0.120	0.506	0.361
Folate, total	µg	9		2		1		2	10	7
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	9		2		1		2	10	7
Folate, DFE	mcg_DFE	9		0	NC	4		2	10	7
Choline, total	mg	70.2		0	BFSN	4		19.9	83.5	59.6
Betaine	mg									
Vitamin B-12	µg	0.22		0		4		0.06	0.26	0.19
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	37		0	NC	4		10	44	31
Retinol	µg	37		0	T	4		10	44	31
Carotene, beta	µg	0		0	Z	7		0	0	0
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	123		0	NC	4		35	147	105
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	1.00		0	T	4		0.28	1.19	0.85
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	1.5		0	AS	1		0.4	1.8	1.3
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	1.5		0	BFFN	4		0.4	1.8	1.3
Vitamin D	IU	61		0	BFFN	4		17	73	52
Vitamin K (phylloquinone)	µg	0.1		0	BFSN	4		0.0	0.1	0.1
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15055
Fish, mullet, striped, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.116		0		1		0.316	1.328	0.949
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.003		2		1		0.001	0.004	0.003
13:0....g									
14:0....g	0.245	0.015	24		1		0.069	0.292	0.208
15:0....g									
16:0....g	0.747	0.033	25		1		0.212	0.889	0.635
17:0....g									
18:0....g	0.100	0.008	25		1		0.028	0.119	0.085
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.078		0		1		0.306	1.283	0.916
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.564	0.030	24		1		0.160	0.671	0.479
17:1....g									
18:1 undifferentiated....g	0.293	0.010	24		1		0.083	0.349	0.249
20:1....g	0.023	0.002	3		1		0.007	0.027	0.020
22:1 undifferentiated....g	0.031		2		1		0.009	0.037	0.026
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.715		0		1		0.203	0.851	0.608
18:2 undifferentiated....g	0.088	0.018	25		1		0.025	0.105	0.075
18:3 undifferentiated....g	0.025	0.002	22		1		0.007	0.030	0.021
18:4....g	0.082	0.007	23		1		0.023	0.098	0.070
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.096	0.007	25		1		0.027	0.114	0.082
20:5 n-3 (EPA)....g	0.217	0.017	25		1		0.062	0.258	0.184
22:5 n-3 (DPA)....g	0.099	0.007	25		1		0.028	0.118	0.084
22:6 n-3 (DHA)....g	0.108	0.022	25		1		0.031	0.129	0.092
Fatty acids, total trans....g									
Cholesterol....mg	49		1		1		14	58	42
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.217		0		1		0.062	0.258	0.184
Threonine....g	0.848		0		1		0.240	1.009	0.721
Isoleucine....g	0.892		0		1		0.253	1.061	0.758
Leucine....g	1.573		0		1		0.446	1.872	1.337
Lysine....g	1.777		0		1		0.504	2.115	1.510
Methionine....g	0.573		0		1		0.162	0.682	0.487
Cystine....g	0.207		0		1		0.059	0.246	0.176
Phenylalanine....g	0.755		0		1		0.214	0.898	0.642
Tyrosine....g	0.653		0		1		0.185	0.777	0.555
Valine....g	0.997		0		1		0.283	1.186	0.847
Arginine....g	1.158		0		1		0.328	1.378	0.984
Histidine....g	0.570		0		1		0.162	0.678	0.485
Alanine....g	1.170		0		1		0.332	1.392	0.995
Aspartic acid....g	1.981		0		1		0.562	2.357	1.684
Glutamic acid....g	2.889		0		1		0.819	3.438	2.456
Glycine....g	0.929		0		1		0.263	1.106	0.790
Proline....g	0.684		0		1		0.194	0.814	0.581
Serine....g	0.789		0		1		0.224	0.939	0.671
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15055
Fish, mullet, striped, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 119g: 1 fillet

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15058
Fish, ocean perch, Atlantic, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.24		0	RA	4		37.12	63.10	
Energy....kcal	96		0	NC	4		48	81	
Energy....kJ	401		0	RA	4		201	341	
Protein (N x 6.25)....g	18.51		0	RA	4		9.26	15.74	
Total lipid (fat)....g	1.87		0	RA	4		0.93	1.59	
Ash....g	1.60		0	RA	4		0.80	1.36	
Carbohydrate, by difference....g	0.00		0	RA	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	RA	4		0.0	0.0	
Sugars, total....g	0.00		0	RA	4		0.00	0.00	
Sucrose....g									
Glucose (dextrose)....g	0.00		0	RA	4		0.00	0.00	
Fructose....g	0.00		0	RA	4		0.00	0.00	
Lactose....g	0.00		0	RA	4		0.00	0.00	
Maltose....g	0.00		0	RA	4		0.00	0.00	
Galactose....g	0.00		0	RA	4		0.00	0.00	
Starch....g	0.00		0	RA	4		0.00	0.00	
Minerals:									
Calcium, Ca....mg	34		0	RA	4		17	29	
Iron, Fe....mg	0.27		0	RA	4		0.14	0.23	
Magnesium, Mg....mg	27		0	RA	4		14	23	
Phosphorus, P....mg	300		0	RA	4		150	255	
Potassium, K....mg	226		0	RA	4		113	192	
Sodium, Na (1) ....mg	347		0	RA	4		174	295	
Zinc, Zn....mg	0.35		0	RA	4		0.18	0.30	
Copper, Cu....mg	0.026		0	RA	4		0.013	0.022	
Manganese, Mn....mg	0.013		0	RA	4		0.007	0.011	
Selenium, Se....µg	34.6		0	RA	4		17.3	29.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0	0.0	
Thiamin....mg	0.046		0	RA	4		0.023	0.039	
Riboflavin....mg	0.057		0	RA	4		0.029	0.049	
Niacin....mg	1.215		0	RA	4		0.608	1.033	
Pantothenic acid....mg	0.329		0	RA	4		0.164	0.280	
Vitamin B-6....mg	0.084		0	RA	4		0.042	0.072	
Folate, total....µg	10		0	RA	4		5	9	
Folic acid....µg	0		0	RA	4		0	0	
Folate, food....µg	10		0	RA	4		5	9	
Folate, DFE....mcg_DFE	10		0	NC	4		5	9	
Choline, total....mg	78.6		0	RA	4		39.3	66.8	
Betaine....mg									
Vitamin B-12....µg	1.72		0	RA	4		0.86	1.46	
Vitamin B-12, added....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	15		0	RA	4		7	12	
Retinol....µg	15		0	RA	4		7	12	
Carotene, beta....µg	0		0	RA	4		0	0	
Carotene, alpha....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	
Vitamin A, IU....IU	44		0	RA	4		22	37	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.91		0	RA	4		0.46	0.78	
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, delta....mg	0.00		0	RA	4		0.00	0.00	
Vitamin D (D2 + D3)....µg	1.4		0	RA	4		0.7	1.2	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 15058
Fish, ocean perch, Atlantic, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	1.4		0	RA	4		0.7	1.2	
Vitamin D....IU	58		0	RA	4		29	49	
Vitamin K (phylloquinone)....µg	0.1		0	RA	4		0.1	0.1	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg	0.2		0	RA	4		0.1	0.2	
Lipids:									
Fatty acids, total saturated....g	0.330		0	RA	4		0.165	0.280	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.002		0	RA	4		0.001	0.002	
13:0....g									
14:0....g	0.072		0	RA	4		0.036	0.061	
15:0....g	0.005		0	RA	4		0.002	0.004	
16:0....g	0.187		0	RA	4		0.094	0.159	
17:0....g	0.004		0	RA	4		0.002	0.003	
18:0....g	0.055		0	RA	4		0.028	0.047	
20:0....g	0.002		0	RA	4		0.001	0.002	
22:0....g	0.001		0	RA	4		0.001	0.001	
24:0....g	0.001		0	RA	4		0.000	0.000	
Fatty acids, total monounsaturated....g	0.575		0	RA	4		0.287	0.489	
14:1....g	0.002		0	RA	4		0.001	0.002	
15:1....g	0.001		0	RA	4		0.001	0.001	
16:1 undifferentiated....g	0.093		0	RA	4		0.047	0.079	
17:1....g	0.014		0	RA	4		0.007	0.012	
18:1 undifferentiated....g	0.228		0	RA	4		0.114	0.193	
20:1....g	0.185		0	RA	4		0.092	0.157	
22:1 undifferentiated....g	0.035		0	RA	4		0.017	0.030	
24:1 c....g	0.017		0	RA	4		0.009	0.015	
Fatty acids, total polyunsaturated....g	0.368		0	RA	4		0.184	0.313	
18:2 undifferentiated....g	0.039		0	RA	4		0.020	0.033	
18:3 undifferentiated....g	0.019		0	RA	4		0.010	0.016	
18:4....g	0.010		0	RA	4		0.005	0.008	
20:2 n-6 c,c....g	0.005		0	RA	4		0.002	0.004	
20:3 undifferentiated....g	0.009		0	RA	4		0.005	0.008	
20:4 undifferentiated....g	0.011		0	RA	4		0.006	0.009	
20:5 n-3 (EPA)....g	0.075		0	RA	4		0.037	0.063	
22:5 n-3 (DPA)....g	0.012		0	RA	4		0.006	0.010	
22:6 n-3 (DHA)....g	0.186		0	RA	4		0.093	0.158	
Fatty acids, total trans....g	0.011		0	RA	4		0.005	0.009	
Cholesterol....mg	63		0	RA	4		31	53	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.227		0	RA	4		0.113	0.193	
Threonine....g	0.851		0	RA	4		0.426	0.723	
Isoleucine....g	0.874		0	RA	4		0.437	0.743	
Leucine....g	1.498		0	RA	4		0.749	1.273	
Lysine....g	1.770		0	RA	4		0.885	1.505	
Methionine....g	0.590		0	RA	4		0.295	0.502	
Cystine....g	0.193		0	RA	4		0.096	0.164	
Phenylalanine....g	0.772		0	RA	4		0.386	0.656	
Tyrosine....g	0.658		0	RA	4		0.329	0.559	
Valine....g	0.897		0	RA	4		0.448	0.762	
Arginine....g	1.226		0	RA	4		0.613	1.042	
Histidine....g	0.386		0	RA	4		0.193	0.328	
Alanine....g	1.089		0	RA	4		0.545	0.926	
Aspartic acid....g	1.884		0	RA	4		0.942	1.601	
Glutamic acid....g	2.917		0	RA	4		1.458	2.479	
Glycine....g	0.817		0	RA	4		0.409	0.695	
Proline....g	0.636		0	RA	4		0.318	0.540	
Serine....g	0.760		0	RA	4		0.380	0.646	

NDB No. 15058
Fish, ocean perch, Atlantic, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 fillet

Measure 2 = 85g: 3 oz

Footnotes:

1 Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 96 mg sodium/100g.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15057

Fish, ocean perch, Atlantic, raw

Sebastes marinus L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	78.70	0.129	183		1		22.31	50.37	66.90
Energy ... kcal	79		0	NC	4		22	51	67
Energy ... kJ	332		0	NC	4		94	212	282
Protein (N x 6.25) ... g	15.31	0.784	11	A	1		4.34	9.80	13.01
Total lipid (fat) ... g	1.54	0.259	11	A	1		0.44	0.99	1.31
Ash ... g	1.32	0.073	11	A	1		0.37	0.85	1.12
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	0.00
Sucrose ... g									
Glucose (dextrose) ... g	0.00		1	A	1		0.00	0.00	0.00
Fructose ... g	0.00		1	A	1		0.00	0.00	0.00
Lactose ... g	0.00		1	A	1		0.00	0.00	0.00
Maltose ... g	0.00		1	A	1		0.00	0.00	0.00
Galactose ... g	0.00		1	A	1		0.00	0.00	0.00
Starch ... g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca ... mg	28	4.723	11	A	1		8	18	24
Iron, Fe ... mg	0.22	0.010	11	A	1		0.06	0.14	0.19
Magnesium, Mg ... mg	23	1.204	11	A	1		6	14	19
Phosphorus, P ... mg	248	20.938	11	A	1		70	159	211
Potassium, K ... mg	187	27.491	11	A	1		53	120	159
Sodium, Na (1) ... mg	287	42.331	11	A	1		81	184	244
Zinc, Zn ... mg	0.29	0.011	11	A	1		0.08	0.19	0.25
Copper, Cu ... mg	0.021	0.001	11	A	1		0.006	0.014	0.018
Manganese, Mn ... mg	0.011	0.000	11	A	1		0.003	0.007	0.009
Selenium, Se ... µg	28.6	2.900	11	A	1		8.1	18.3	24.3
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin ... mg	0.040	0.014	4	A	1		0.011	0.026	0.034
Riboflavin ... mg	0.048	0.010	4	A	1		0.013	0.030	0.040
Niacin ... mg	1.005	0.112	4	A	1		0.285	0.643	0.854
Pantothenic acid ... mg	0.272	0.057	4	A	1		0.077	0.174	0.231
Vitamin B-6 ... mg	0.073	0.006	4	A	1		0.021	0.047	0.062
Folate, total ... µg	9		0		4		3	6	8
Folic acid ... µg	0		0	Z	7		0	0	0
Folate, food ... µg	9		0		4		3	6	8
Folate, DFE ... mcg_DFE	9		0	NC	4		3	6	8
Choline, total ... mg	65.0		0	T	4		18.4	41.6	55.3
Betaine ... mg									
Vitamin B-12 ... µg	1.50	0.212	4	A	1		0.43	0.96	1.28
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE ... mcg_RAE	12		0	NC	4		3	8	10
Retinol ... µg	12		0	T	4		3	8	10
Carotene, beta ... µg	0		0	Z	7		0	0	0
Carotene, alpha ... µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta ... µg	0		0	Z	7		0	0	0
Vitamin A, IU ... IU	40		0	NC	4		11	26	34
Lycopene ... µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin ... µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) ... mg	0.76	0.069	4	A	1		0.21	0.48	0.64
Vitamin E, added ... mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta ... mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma ... mg	0.00	0.004	4	A	1		0.00	0.00	0.00
Tocopherol, delta ... mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3) ... µg	1.2	0.805	4	AS	1		0.3	0.8	1.0
Vitamin D2 (ergocalciferol) ... µg									

NDB No. 15057
Fish, ocean perch, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	1.2	0.805	4	A	1		0.3	0.8	1.0
Vitamin D....IU	48	32.180	4	A	1		14	31	41
Vitamin K (phylloquinone)....µg	0.1		1	A	1		0.0	0.1	0.1
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.2		1	A	1		0.1	0.1	0.2
Lipids:									
Fatty acids, total saturated....g	0.273		0	NC	4		0.077	0.174	0.232
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000	0.000	10	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	11	A	1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.002	0.000	11	A	1		0.001	0.001	0.002
13:0....g									
14:0....g	0.060	0.018	11	A	1		0.017	0.038	0.051
15:0....g	0.004	0.001	11	A	1		0.001	0.003	0.003
16:0....g	0.155	0.023	11	A	1		0.044	0.099	0.132
17:0....g	0.003	0.000	11	A	1		0.001	0.002	0.003
18:0....g	0.046	0.004	11	A	1		0.013	0.029	0.039
20:0....g	0.002	0.000	11	A	1		0.001	0.001	0.002
22:0....g	0.001	0.000	11	A	1		0.000	0.001	0.001
24:0....g	0.000	0.000	11	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.475		0	NC	4		0.135	0.304	0.404
14:1....g	0.002	0.000	11	A	1		0.000	0.001	0.001
15:1....g	0.001	0.001	11	A	1		0.000	0.001	0.001
16:1 undifferentiated....g	0.077	0.017	11	AS	1		0.022	0.049	0.065
16:1 c....g	0.075	0.017	11	A	1		0.021	0.048	0.064
16:1 t....g	0.002	0.000	11	A	1		0.001	0.001	0.002
17:1....g	0.012	0.003	11	A	1		0.003	0.008	0.010
18:1 undifferentiated....g	0.188	0.034	11	AS	1		0.053	0.120	0.160
18:1 c....g	0.185	0.034	11	A	1		0.052	0.119	0.157
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.003	0.000	11	A	1		0.001	0.002	0.003
18:1-11t (18:1t n-7)....g									
20:1....g	0.153	0.033	11	A	1		0.043	0.098	0.130
22:1 undifferentiated....g	0.029	0.007	11	AS	1		0.008	0.018	0.024
22:1 c....g	0.028	0.007	11	A	1		0.008	0.018	0.024
22:1 t....g	0.000	0.000	11	A	1		0.000	0.000	0.000
24:1 c....g	0.014	0.002	11	A	1		0.004	0.009	0.012
Fatty acids, total polyunsaturated....g	0.304		0	NC	4		0.086	0.195	0.258
18:2 undifferentiated....g	0.032	0.006	11	AS	1		0.009	0.021	0.028
18:2 n-6 c,c....g	0.027	0.005	11	A	1		0.008	0.018	0.023
18:2 CLAs....g	0.002	0.000	11	A	1		0.000	0.001	0.001
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.003	0.001	11	A	1		0.001	0.002	0.003
18:3 undifferentiated....g	0.016	0.003	11	AS	1		0.004	0.010	0.013
18:3 n-3 c,c,c (ALA)....g	0.015	0.003	11	A	1		0.004	0.009	0.013
18:3 n-6 c,c,c....g	0.001	0.000	11	A	1		0.000	0.001	0.001
18:3i....g									
18:4....g	0.008	0.003	11	A	1		0.002	0.005	0.007
20:2 n-6 c,c....g	0.004	0.001	11	A	1		0.001	0.002	0.003
20:3 undifferentiated....g	0.008	0.001	11	AS	1		0.002	0.005	0.006
20:3 n-3....g	0.005	0.001	11	A	1		0.001	0.003	0.004
20:3 n-6....g	0.003	0.001	11	A	1		0.001	0.002	0.002
20:4 undifferentiated....g	0.009	0.002	11	A	1		0.003	0.006	0.008
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.062	0.013	11	A	1		0.017	0.039	0.052
21:5....g									
22:4....g	0.001	0.000	11	A	1		0.000	0.001	0.001
22:5 n-3 (DPA)....g	0.010	0.002	11	A	1		0.003	0.006	0.009

NDB No. 15057
Fish, ocean perch, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.153	0.021	11	A	1		0.044	0.098	0.130
Fatty acids, total trans....g	0.009		0	NC	4		0.002	0.006	0.007
Fatty acids, total trans-monoenoic....g	0.005		0	NC	4		0.001	0.003	0.004
Fatty acids, total trans-polyenoic....g	0.003		0	NC	4		0.001	0.002	0.003
Cholesterol....mg	52	2.522	4	A	1		15	33	44
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.188		0	A	1		0.053	0.120	0.160
Threonine....g	0.704		0	A	1		0.200	0.450	0.598
Isoleucine....g	0.723		0	A	1		0.205	0.462	0.614
Leucine....g	1.239		0	A	1		0.351	0.793	1.053
Lysine....g	1.464		0	A	1		0.415	0.937	1.244
Methionine....g	0.488		0	A	1		0.138	0.312	0.415
Cystine....g	0.160		0	A	1		0.045	0.102	0.136
Phenylalanine....g	0.638		0	A	1		0.181	0.408	0.542
Tyrosine....g	0.544		0	A	1		0.154	0.348	0.463
Valine....g	0.741		0	A	1		0.210	0.474	0.630
Arginine....g	1.013		0	A	1		0.287	0.649	0.861
Histidine....g	0.319		0	A	1		0.090	0.204	0.271
Alanine....g	0.901		0	A	1		0.255	0.577	0.766
Aspartic acid....g	1.558		0	A	1		0.442	0.997	1.324
Glutamic acid....g	2.412		0	A	1		0.684	1.543	2.050
Glycine....g	0.676		0	A	1		0.192	0.432	0.574
Proline....g	0.525		0	A	1		0.149	0.336	0.447
Serine....g	0.629		0	A	1		0.178	0.402	0.534
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 64g: 1 fillet

Measure 3 = 85g: 3 oz

Footnotes:

1 Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 75 mg sodium/100g.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15061
Fish, perch, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.25		0		1		33.70	62.26	
Energy	kcal	117		0	NC	4		54	99	
Energy	kJ	490				4		225	416	
Protein (N x 6.25)	g	24.86		0		1		11.44	21.13	
Total lipid (fat)	g	1.18		0		1		0.54	1.00	
Ash	g	1.59		0		1		0.73	1.35	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	102		0		1		47	87	
Iron, Fe	mg	1.16		0		1		0.53	0.99	
Magnesium, Mg	mg	38		0		1		17	32	
Phosphorus, P	mg	257		0		1		118	218	
Potassium, K	mg	344		0		1		158	292	
Sodium, Na	mg	79		0		1		36	67	
Zinc, Zn	mg	1.43		0		1		0.66	1.22	
Copper, Cu	mg	0.192		0		1		0.088	0.163	
Manganese, Mn	mg	0.900		0		4		0.414	0.765	
Selenium, Se	µg	16.1		0	BFSN	4		7.4	13.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		0		4		0.8	1.4	
Thiamin	mg	0.080		0		4		0.037	0.068	
Riboflavin	mg	0.120		0		4		0.055	0.102	
Niacin	mg	1.900		0		4		0.874	1.615	
Pantothenic acid	mg	0.870		0		4		0.400	0.740	
Vitamin B-6	mg	0.140		0		4		0.064	0.119	
Folate, total	µg	6		0		4		3	5	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	6		0		4		3	5	
Folate, DFE	mcg_DFE	6		0	NC	4		3	5	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	2.20		0		4		1.01	1.87	
Vitamin A, RAE	mcg_RAE	10		0		4		4	8	
Retinol	µg	10		0		4		4	8	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	32		0		4		15	27	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.237		0		1		0.109	0.201	
4:0	g									

NDB No. 15061
Fish, perch, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.017		0		1		0.008	0.014	
15:0....g									
16:0....g	0.179		0		1		0.082	0.152	
17:0....g									
18:0....g	0.040		0		1		0.018	0.034	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.195		0		1		0.090	0.166	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.073		0		1		0.034	0.062	
17:1....g									
18:1 undifferentiated....g	0.090		0		1		0.041	0.077	
20:1....g	0.031		0		1		0.014	0.026	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.472		0		1		0.217	0.401	
18:2 undifferentiated....g	0.014		0		1		0.006	0.012	
18:3 undifferentiated....g	0.015		0		1		0.007	0.013	
18:4....g	0.010		0		1		0.005	0.009	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.067		0		1		0.031	0.057	
20:5 n-3 (EPA)....g	0.101		0		1		0.046	0.086	
22:5 n-3 (DPA)....g	0.036		0		1		0.017	0.031	
22:6 n-3 (DHA)....g	0.223		0		1		0.103	0.190	
Fatty acids, total trans....g									
Cholesterol....mg	115		0		1		53	98	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.278		0		1		0.128	0.236	
Threonine....g	1.090		0		1		0.501	0.927	
Isoleucine....g	1.145		0		1		0.527	0.973	
Leucine....g	2.020		0		1		0.929	1.717	
Lysine....g	2.283		0		1		1.050	1.941	
Methionine....g	0.736		0		1		0.339	0.626	
Cystine....g	0.266		0		1		0.122	0.226	
Phenylalanine....g	0.970		0		1		0.446	0.825	
Tyrosine....g	0.839		0		1		0.386	0.713	
Valine....g	1.281		0		1		0.589	1.089	
Arginine....g	1.487		0		1		0.684	1.264	
Histidine....g	0.732		0		1		0.337	0.622	
Alanine....g	1.503		0		1		0.691	1.278	
Aspartic acid....g	2.545		0		1		1.171	2.163	
Glutamic acid....g	3.711		0		1		1.707	3.154	
Glycine....g	1.193		0		1		0.549	1.014	
Proline....g	0.879		0		1		0.404	0.747	
Serine....g	1.014		0		1		0.466	0.862	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 46g: 1 fillet

NDB No. 15061

Fish, perch, mixed species, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15060

Fish, perch, mixed species, raw

Morone americana Gmelin and Perca flavescens (Mitchill)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.13	0.128	38		1		47.48	67.26	
Energy....kcal	91		0	NC	4		55	77	
Energy....kJ	381		0		4		228	324	
Protein (N x 6.25)....g	19.39	0.172	39		1		11.63	16.48	
Total lipid (fat)....g	0.92	0.049	24		1		0.55	0.78	
Ash....g	1.24	0.068	39		1		0.74	1.05	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	80		2		1		48	68	
Iron, Fe....mg	0.90		2		1		0.54	0.77	
Magnesium, Mg....mg	30		2		1		18	26	
Phosphorus, P....mg	200		2		1		120	170	
Potassium, K....mg	269		4		1		161	229	
Sodium, Na....mg	62		4		1		37	53	
Zinc, Zn....mg	1.11	0.153	53		1		0.67	0.94	
Copper, Cu....mg	0.150	0.006	80		1		0.090	0.128	
Manganese, Mn....mg	0.700		2		1		0.420	0.595	
Selenium, Se....µg	12.6		0	BFZN	4		7.6	10.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7		0		4		1.0	1.4	
Thiamin....mg	0.070		0		4		0.042	0.060	
Riboflavin....mg	0.100		0		4		0.060	0.085	
Niacin....mg	1.520		0		4		0.912	1.292	
Pantothenic acid....mg	0.750		0		4		0.450	0.638	
Vitamin B-6....mg	0.120		0		4		0.072	0.102	
Folate, total....µg	5		0		4		3	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		4		3	4	
Folate, DFE....mcg_DFE	5		0	NC	4		3	4	
Choline, total....mg	65.0		0	T	4		39.0	55.3	
Betaine....mg									
Vitamin B-12....µg	1.90		0		4		1.14	1.62	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	9		0	NC	4		5	8	
Retinol....µg	9		0	T	4		5	8	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	30		0	NC	4		18	26	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20		0	NR	4		0.12	0.17	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	3.0		0	AS	1		1.8	2.5	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	3.0		0	T	4		1.8	2.5	
Vitamin D....IU	118		0	NR	4		71	100	
Vitamin K (phylloquinone)....µg	0.1		0	T	4		0.1	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15060
Fish, perch, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.185		0		1		0.111	0.157	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.013		16		1		0.008	0.011	
15:0....g									
16:0....g	0.140		16		1		0.084	0.119	
17:0....g									
18:0....g	0.031		16		1		0.019	0.026	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.152		0		1		0.091	0.129	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.057		16		1		0.034	0.048	
17:1....g									
18:1 undifferentiated....g	0.070		16		1		0.042	0.060	
20:1....g	0.024		6		1		0.014	0.020	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.368		0		1		0.221	0.313	
18:2 undifferentiated....g	0.011		16		1		0.007	0.009	
18:3 undifferentiated....g	0.012		16		1		0.007	0.010	
18:4....g	0.008		16		1		0.005	0.007	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.052		16		1		0.031	0.044	
20:5 n-3 (EPA)....g	0.079		16		1		0.047	0.067	
22:5 n-3 (DPA)....g	0.028		16		1		0.017	0.024	
22:6 n-3 (DHA)....g	0.174		16		1		0.104	0.148	
Fatty acids, total trans....g									
Cholesterol....mg	90		2		1		54	77	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.217		0		1		0.130	0.184	
Threonine....g	0.850		0		1		0.510	0.723	
Isoleucine....g	0.893		0		1		0.536	0.759	
Leucine....g	1.576		0		1		0.946	1.340	
Lysine....g	1.781		0		1		1.069	1.514	
Methionine....g	0.574		0		1		0.344	0.488	
Cystine....g	0.208		0		1		0.125	0.177	
Phenylalanine....g	0.757		0		1		0.454	0.643	
Tyrosine....g	0.655		0		1		0.393	0.557	
Valine....g	0.999		0		1		0.599	0.849	
Arginine....g	1.160		0		1		0.696	0.986	
Histidine....g	0.571		0		1		0.343	0.485	
Alanine....g	1.173		0		1		0.704	0.997	
Aspartic acid....g	1.985		0		1		1.191	1.687	
Glutamic acid....g	2.894		0		1		1.736	2.460	
Glycine....g	0.931		0		1		0.559	0.791	
Proline....g	0.686		0		1		0.412	0.583	
Serine....g	0.791		0		1		0.475	0.672	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15060
Fish, perch, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15063
Fish, pike, northern, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.97		0		1		113.10	62.02	
Energy....kcal	113		0	NC	4		175	96	
Energy....kJ	473				4		733	402	
Protein (N x 6.25)....g	24.69		0		1		38.27	20.99	
Total lipid (fat)....g	0.88		0		1		1.36	0.75	
Ash....g	1.54		0		1		2.39	1.31	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	73		0		1		113	62	
Iron, Fe....mg	0.71		0		1		1.10	0.60	
Magnesium, Mg....mg	40		0		4		62	34	
Phosphorus, P....mg	282		0		1		437	240	
Potassium, K....mg	331		0		1		513	281	
Sodium, Na....mg	49		0		4		76	42	
Zinc, Zn....mg	0.86		0		1		1.33	0.73	
Copper, Cu....mg	0.065		0		1		0.101	0.055	
Manganese, Mn....mg	0.310		0		4		0.481	0.264	
Selenium, Se....µg	16.2		0	BFSN	4		25.1	13.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.8		0		1		5.9	3.2	
Thiamin....mg	0.067		0		1		0.104	0.057	
Riboflavin....mg	0.077		0		1		0.119	0.065	
Niacin....mg	2.800		0		4		4.340	2.380	
Pantothenic acid....mg	0.870		0		4		1.349	0.740	
Vitamin B-6....mg	0.135		0		1		0.209	0.115	
Folate, total....µg	17		0		4		27	15	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	17		0		4		27	15	
Folate, DFE....mcg_DFE	17		0	NC	4		27	15	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.30		0		4		3.57	1.96	
Vitamin A, RAE....mcg_RAE	24		0		1		38	21	
Retinol....µg	24		0		1		38	21	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	81		0		1		126	69	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.151		0		1		0.234	0.128	
4:0....g									

NDB No. 15063
Fish, pike, northern, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.001		0		1		0.002	0.001	
13:0....g									
14:0....g	0.023		0		1		0.036	0.020	
15:0....g									
16:0....g	0.100		0		1		0.155	0.085	
17:0....g									
18:0....g	0.023		0		1		0.036	0.020	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.201		0		1		0.312	0.171	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.072		0		1		0.112	0.061	
17:1....g									
18:1 undifferentiated....g	0.101		0		1		0.157	0.086	
20:1....g	0.017		0		1		0.026	0.014	
22:1 undifferentiated....g	0.006		0		1		0.009	0.005	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.259		0		1		0.401	0.220	
18:2 undifferentiated....g	0.041		0		1		0.064	0.035	
18:3 undifferentiated....g	0.027		0		1		0.042	0.023	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.036		0		1		0.056	0.031	
20:5 n-3 (EPA)....g	0.042		0		1		0.065	0.036	
22:5 n-3 (DPA)....g	0.018		0		1		0.028	0.015	
22:6 n-3 (DHA)....g	0.095		0		1		0.147	0.081	
Fatty acids, total trans....g									
Cholesterol....mg	50		0		1		78	43	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.277		0		1		0.429	0.235	
Threonine....g	1.082		0		1		1.677	0.920	
Isoleucine....g	1.138		0		1		1.764	0.967	
Leucine....g	2.007		0		1		3.111	1.706	
Lysine....g	2.267		0		1		3.514	1.927	
Methionine....g	0.731		0		1		1.133	0.621	
Cystine....g	0.265		0		1		0.411	0.225	
Phenylalanine....g	0.964		0		1		1.494	0.819	
Tyrosine....g	0.833		0		1		1.291	0.708	
Valine....g	1.272		0		1		1.972	1.081	
Arginine....g	1.477		0		1		2.289	1.255	
Histidine....g	0.727		0		1		1.127	0.618	
Alanine....g	1.493		0		1		2.314	1.269	
Aspartic acid....g	2.528		0		1		3.918	2.149	
Glutamic acid....g	3.685		0		1		5.712	3.132	
Glycine....g	1.185		0		1		1.837	1.007	
Proline....g	0.873		0		1		1.353	0.742	
Serine....g	1.007		0		1		1.561	0.856	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 155g: .5 fillet

NDB No. 15063

Fish, pike, northern, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15062
Fish, pike, northern, raw
Esox lucius L.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.92	0.059	238		1		156.26	67.08	
Energy	kcal	88		0	NC	4		174	75	
Energy	kJ	368		0		4		729	313	
Protein (N x 6.25)	g	19.26	0.046	236		1		38.13	16.37	
Total lipid (fat)	g	0.69	0.005	224		1		1.37	0.59	
Ash	g	1.20	0.089	16		1		2.38	1.02	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	57	15.246	3		1		113	48	
Iron, Fe	mg	0.55		2		1		1.09	0.47	
Magnesium, Mg	mg	31		0		4		61	26	
Phosphorus, P	mg	220	23.024	3		1		436	187	
Potassium, K	mg	259		2		1		513	220	
Sodium, Na	mg	39		0		4		77	33	
Zinc, Zn	mg	0.67	0.053	59		1		1.33	0.57	
Copper, Cu	mg	0.051	0.019	8		1		0.101	0.043	
Manganese, Mn	mg	0.240		0		4		0.475	0.204	
Selenium, Se	µg	12.6		0	BFZN	4		24.9	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.8	0.854	4		1		7.5	3.2	
Thiamin	mg	0.058	0.011	4		1		0.115	0.049	
Riboflavin	mg	0.063	0.013	3		1		0.125	0.054	
Niacin	mg	2.300		0		4		4.554	1.955	
Pantothenic acid	mg	0.750		0		4		1.485	0.638	
Vitamin B-6	mg	0.117	0.024	3		1		0.232	0.099	
Folate, total	µg	15		0		4		30	13	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	15		0		4		30	13	
Folate, DFE	mcg_DFE	15		0	NC	4		30	13	
Choline, total	mg	65.0		0	T	4		128.7	55.3	
Betaine	mg									
Vitamin B-12	µg	2.00		0		4		3.96	1.70	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	21		0	NC	4		42	18	
Retinol	µg	21		0	T	4		42	18	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	70		0	NC	4		139	60	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.20		0	NR	4		0.40	0.17	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	2.5		0	AS	1		4.9	2.1	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	2.5		0	T	4		4.9	2.1	
Vitamin D	IU	99		0	NR	4		196	84	
Vitamin K (phylloquinone)	µg	0.1		0	T	4		0.2	0.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15062
Fish, pike, northern, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.118		0		1		0.234	0.100	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.001		1		1		0.002	0.001	
13:0....g									
14:0....g	0.018	0.003	4		1		0.036	0.015	
15:0....g									
16:0....g	0.078	0.002	4		1		0.154	0.066	
17:0....g									
18:0....g	0.018	0.002	4		1		0.036	0.015	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.157		0		1		0.311	0.133	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.056	0.013	4		1		0.111	0.048	
17:1....g									
18:1 undifferentiated....g	0.079	0.013	4		1		0.156	0.067	
20:1....g	0.013	0.001	3		1		0.026	0.011	
22:1 undifferentiated....g	0.005	0.003	3		1		0.010	0.004	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.202		0		1		0.400	0.172	
18:2 undifferentiated....g	0.032	0.005	4		1		0.063	0.027	
18:3 undifferentiated....g	0.021	0.004	3		1		0.042	0.018	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.028	0.009	3		1		0.055	0.024	
20:5 n-3 (EPA)....g	0.033	0.005	4		1		0.065	0.028	
22:5 n-3 (DPA)....g	0.014	0.003	4		1		0.028	0.012	
22:6 n-3 (DHA)....g	0.074	0.029	4		1		0.147	0.063	
Fatty acids, total trans....g									
Cholesterol....mg	39		1		1		77	33	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.216		0		1		0.428	0.184	
Threonine....g	0.844		0		1		1.671	0.717	
Isoleucine....g	0.887		0		1		1.756	0.754	
Leucine....g	1.565		0		1		3.099	1.330	
Lysine....g	1.768		0		1		3.501	1.503	
Methionine....g	0.570		0		1		1.129	0.485	
Cystine....g	0.206		0		1		0.408	0.175	
Phenylalanine....g	0.752		0		1		1.489	0.639	
Tyrosine....g	0.650		0		1		1.287	0.553	
Valine....g	0.992		0		1		1.964	0.843	
Arginine....g	1.152		0		1		2.281	0.979	
Histidine....g	0.567		0		1		1.123	0.482	
Alanine....g	1.165		0		1		2.307	0.990	
Aspartic acid....g	1.972		0		1		3.905	1.676	
Glutamic acid....g	2.875		0		1		5.693	2.444	
Glycine....g	0.924		0		1		1.830	0.785	
Proline....g	0.681		0		1		1.348	0.579	
Serine....g	0.786		0		1		1.556	0.668	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15062
Fish, pike, northern, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 198g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15204
Fish, pike, walleye, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.47		0		1		91.10	62.45	
Energy....kcal	119		0	NC	4		148	101	
Energy....kJ	498				4		617	423	
Protein (N x 6.25)....g	24.54		0		1		30.43	20.86	
Total lipid (fat)....g	1.56		0		1		1.93	1.33	
Ash....g	1.54		0		1		1.91	1.31	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	141		0		1		175	120	
Iron, Fe....mg	1.67		0		1		2.07	1.42	
Magnesium, Mg....mg	38		0		1		47	32	
Phosphorus, P....mg	269		0		1		334	229	
Potassium, K....mg	499		0		1		619	424	
Sodium, Na....mg	65		0		1		81	55	
Zinc, Zn....mg	0.79		0		1		0.98	0.67	
Copper, Cu....mg	0.228		0		1		0.283	0.194	
Manganese, Mn....mg	1.026		0		1		1.272	0.872	
Selenium, Se....µg	16.2		0	BFSN	4		20.1	13.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.312		0		1		0.387	0.265	
Riboflavin....mg	0.195		0		1		0.242	0.166	
Niacin....mg	2.801		0		1		3.473	2.381	
Pantothenic acid....mg	0.865		0		1		1.073	0.735	
Vitamin B-6....mg	0.138		0		1		0.171	0.117	
Folate, total....µg	17		0		1		21	14	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	17		0		1		21	14	
Folate, DFE....mcg_DFE	17		0	NC	4		21	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.31		0		1		2.86	1.96	
Vitamin A, RAE....mcg_RAE	24		0		1		30	21	
Retinol....µg	24		0		1		30	21	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	81		0		1		100	69	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.319		0		1		0.396	0.271	
4:0....g									

NDB No. 15204
Fish, pike, walleye, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.023		0		1		0.029	0.020	
15:0....g									
16:0....g	0.252		0		1		0.312	0.214	
17:0....g									
18:0....g	0.044		0		1		0.055	0.037	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.377		0		1		0.467	0.320	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.126		0		1		0.156	0.107	
17:1....g									
18:1 undifferentiated....g	0.251		0		1		0.311	0.213	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.573		0		1		0.711	0.487	
18:2 undifferentiated....g	0.033		0		1		0.041	0.028	
18:3 undifferentiated....g	0.018		0		1		0.022	0.015	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.074		0		1		0.092	0.063	
20:5 n-3 (EPA)....g	0.110		0		1		0.136	0.094	
22:5 n-3 (DPA)....g	0.049		0		1		0.061	0.042	
22:6 n-3 (DHA)....g	0.288		0		1		0.357	0.245	
Fatty acids, total trans....g									
Cholesterol....mg	110		0		1		136	94	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.275		0		1		0.341	0.234	
Threonine....g	1.076		0		1		1.334	0.915	
Isoleucine....g	1.131		0		1		1.402	0.961	
Leucine....g	1.994		0		1		2.473	1.695	
Lysine....g	2.254		0		1		2.795	1.916	
Methionine....g	0.726		0		1		0.900	0.617	
Cystine....g	0.263		0		1		0.326	0.224	
Phenylalanine....g	0.958		0		1		1.188	0.814	
Tyrosine....g	0.828		0		1		1.027	0.704	
Valine....g	1.264		0		1		1.567	1.074	
Arginine....g	1.468		0		1		1.820	1.248	
Histidine....g	0.722		0		1		0.895	0.614	
Alanine....g	1.484		0		1		1.840	1.261	
Aspartic acid....g	2.513		0		1		3.116	2.136	
Glutamic acid....g	3.663		0		1		4.542	3.114	
Glycine....g	1.178		0		1		1.461	1.001	
Proline....g	0.868		0		1		1.076	0.738	
Serine....g	1.001		0		1		1.241	0.851	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: 1 fillet

NDB No. 15204
Fish, pike, walleye, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15064

Fish, pike, walleye, raw

Stizostedion vitreum vitreum (Mitchill)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	79.31	0.210	28		1		126.10	67.41	
Energy ... kcal	93		0	NC	4		148	79	
Energy ... kJ	389				4		619	331	
Protein (N x 6.25) ... g	19.14	0.106	29		1		30.43	16.27	
Total lipid (fat) ... g	1.22	0.162	14		1		1.94	1.04	
Ash ... g	1.20	0.018	29		1		1.91	1.02	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	110		1		1		175	94	
Iron, Fe ... mg	1.30		1		1		2.07	1.11	
Magnesium, Mg ... mg	30		1		1		48	26	
Phosphorus, P ... mg	210		1		1		334	179	
Potassium, K ... mg	389	70.392	3		1		619	331	
Sodium, Na ... mg	51	0.667	3		1		81	43	
Zinc, Zn ... mg	0.62	0.070	28		1		0.99	0.53	
Copper, Cu ... mg	0.178	0.111	3		1		0.283	0.151	
Manganese, Mn ... mg	0.800		1		1		1.272	0.680	
Selenium, Se ... µg	12.6		0	BFZN	4		20.0	10.7	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.270		0		4		0.429	0.230	
Riboflavin ... mg	0.160		0		4		0.254	0.136	
Niacin ... mg	2.300		0		4		3.657	1.955	
Pantothenic acid ... mg	0.750		0		4		1.193	0.638	
Vitamin B-6 ... mg	0.120		0		4		0.191	0.102	
Folate, total ... µg	15		0		4		24	13	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	15		0		4		24	13	
Folate, DFE ... mcg_DFE	15		0	NC	4		24	13	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	2.00		0		4		3.18	1.70	
Vitamin A, RAE ... mcg_RAE	21		0		4		33	18	
Retinol ... µg	21		0		4		33	18	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	70		0		4		111	60	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.249		0		1		0.396	0.212	
4:0 ... g	0.000		0		1		0.000	0.000	

NDB No. 15064
Fish, pike, walleye, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.018	0.000	7		1		0.029	0.015	
15:0....g									
16:0....g	0.197	0.004	7		1		0.313	0.167	
17:0....g									
18:0....g	0.034	0.002	7		1		0.054	0.029	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.294		0		1		0.467	0.250	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.098	0.007	7		1		0.156	0.083	
17:1....g									
18:1 undifferentiated....g	0.196	0.013	7		1		0.312	0.167	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.447		0		1		0.711	0.380	
18:2 undifferentiated....g	0.026	0.002	7		1		0.041	0.022	
18:3 undifferentiated....g	0.014	0.000	7		1		0.022	0.012	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.058	0.006	7		1		0.092	0.049	
20:5 n-3 (EPA)....g	0.086	0.003	7		1		0.137	0.073	
22:5 n-3 (DPA)....g	0.038	0.002	7		1		0.060	0.032	
22:6 n-3 (DHA)....g	0.225	0.011	7		1		0.358	0.191	
Fatty acids, total trans....g									
Cholesterol....mg	86		1		1		137	73	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.214		0		1		0.340	0.182	
Threonine....g	0.839		0		1		1.334	0.713	
Isoleucine....g	0.882		0		1		1.402	0.750	
Leucine....g	1.555		0		1		2.472	1.322	
Lysine....g	1.758		0		1		2.795	1.494	
Methionine....g	0.566		0		1		0.900	0.481	
Cystine....g	0.205		0		1		0.326	0.174	
Phenylalanine....g	0.747		0		1		1.188	0.635	
Tyrosine....g	0.646		0		1		1.027	0.549	
Valine....g	0.986		0		1		1.568	0.838	
Arginine....g	1.145		0		1		1.821	0.973	
Histidine....g	0.563		0		1		0.895	0.479	
Alanine....g	1.157		0		1		1.840	0.983	
Aspartic acid....g	1.960		0		1		3.116	1.666	
Glutamic acid....g	2.857		0		1		4.543	2.428	
Glycine....g	0.919		0		1		1.461	0.781	
Proline....g	0.677		0		1		1.076	0.575	
Serine....g	0.781		0		1		1.242	0.664	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 15064
Fish, pike, walleye, raw

Common Measures:

Measure 1 = 159g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15205
Fish, pollock, Atlantic, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.03		0		1		108.77	61.23	
Energy	kcal	118		0	NC	4		178	100	
Energy	kJ	494				4		746	420	
Protein (N x 6.25)	g	24.92		0		1		37.63	21.18	
Total lipid (fat)	g	1.26		0		1		1.90	1.07	
Ash	g	1.81		0		1		2.73	1.54	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	77		0		1		116	65	
Iron, Fe	mg	0.59		0		1		0.89	0.50	
Magnesium, Mg	mg	86		0		1		130	73	
Phosphorus, P	mg	283		0		1		427	241	
Potassium, K	mg	456		0		1		689	388	
Sodium, Na	mg	110		0		1		166	94	
Zinc, Zn	mg	0.60		0		1		0.91	0.51	
Copper, Cu	mg	0.064		0		1		0.097	0.054	
Manganese, Mn	mg	0.019		0		1		0.029	0.016	
Selenium, Se	µg	46.8		0	BFSN	4		70.7	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.054		0		1		0.082	0.046	
Riboflavin	mg	0.225		0		1		0.340	0.191	
Niacin	mg	3.983		0		1		6.014	3.386	
Pantothenic acid	mg	0.413		0		1		0.624	0.351	
Vitamin B-6	mg	0.331		0		1		0.500	0.281	
Folate, total	µg	3		0		1		5	3	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	3		0		1		5	3	
Folate, DFE	mcg_DFE	3		0	NC	4		5	3	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	3.68		0		1		5.56	3.13	
Vitamin A, RAE	mcg_RAE	12		0		1		18	10	
Retinol	µg	12		0		1		18	10	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	40		0		1		60	34	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.170		0		1		0.257	0.145	
4:0	g									

NDB No. 15205
Fish, pollock, Atlantic, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.006		0		1		0.009	0.005	
15:0....g									
16:0....g	0.108		0		1		0.163	0.092	
17:0....g									
18:0....g	0.055		0		1		0.083	0.047	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.143		0		1		0.216	0.122	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.015		0		1		0.023	0.013	
17:1....g									
18:1 undifferentiated....g	0.086		0		1		0.130	0.073	
20:1....g	0.028		0		1		0.042	0.024	
22:1 undifferentiated....g	0.013		0		1		0.020	0.011	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.622		0		1		0.939	0.529	
18:2 undifferentiated....g	0.012		0		1		0.018	0.010	
18:3 undifferentiated....g									
18:4....g	0.006		0		1		0.009	0.005	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.033		0		1		0.050	0.028	
20:5 n-3 (EPA)....g	0.091		0		1		0.137	0.077	
22:5 n-3 (DPA)....g	0.028		0		1		0.042	0.024	
22:6 n-3 (DHA)....g	0.451		0		1		0.681	0.383	
Fatty acids, total trans....g									
Cholesterol....mg	91		0		1		137	77	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.279		0		1		0.421	0.237	
Threonine....g	1.093		0		1		1.650	0.929	
Isoleucine....g	1.148		0		1		1.733	0.976	
Leucine....g	2.026		0		1		3.059	1.722	
Lysine....g	2.289		0		1		3.456	1.946	
Methionine....g	0.738		0		1		1.114	0.627	
Cystine....g	0.267		0		1		0.403	0.227	
Phenylalanine....g	0.973		0		1		1.469	0.827	
Tyrosine....g	0.841		0		1		1.270	0.715	
Valine....g	1.284		0		1		1.939	1.091	
Arginine....g	1.491		0		1		2.251	1.267	
Histidine....g	0.734		0		1		1.108	0.624	
Alanine....g	1.507		0		1		2.276	1.281	
Aspartic acid....g	2.552		0		1		3.854	2.169	
Glutamic acid....g	3.721		0		1		5.619	3.163	
Glycine....g	1.196		0		1		1.806	1.017	
Proline....g	0.881		0		1		1.330	0.749	
Serine....g	1.017		0		1		1.536	0.864	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 151g: .5 fillet

NDB No. 15205

Fish, pollock, Atlantic, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15065
Fish, pollock, Atlantic, raw
Pollachius virens L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.18	0.171	62		1		150.89	66.45	
Energy....kcal	92		0	NC	4		178	78	
Energy....kJ	385		0		4		743	327	
Protein (N x 6.25)....g	19.44	0.214	61		1		37.52	16.52	
Total lipid (fat)....g	0.98	0.027	14		1		1.89	0.83	
Ash....g	1.41	0.029	56		1		2.72	1.20	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	60	11.988	17		1		116	51	
Iron, Fe....mg	0.46		0		4		0.89	0.39	
Magnesium, Mg....mg	67		1		1		129	57	
Phosphorus, P....mg	221	8.557	22		1		427	188	
Potassium, K....mg	356	9.510	30		1		687	303	
Sodium, Na....mg	86	5.136	28		1		166	73	
Zinc, Zn....mg	0.47	0.016	84		1		0.91	0.40	
Copper, Cu....mg	0.050	0.003	75		1		0.097	0.043	
Manganese, Mn....mg	0.015		0		1		0.029	0.013	
Selenium, Se....µg	36.5		0	CAZN	4		70.4	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.047		2		1		0.091	0.040	
Riboflavin....mg	0.185	0.023	10		1		0.357	0.157	
Niacin....mg	3.270	0.231	10		1		6.311	2.780	
Pantothenic acid....mg	0.358	0.020	10		1		0.691	0.304	
Vitamin B-6....mg	0.287		2		1		0.554	0.244	
Folate, total....µg	3		0		4		6	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		4		6	3	
Folate, DFE....mcg_DFE	3		0	NC	4		6	3	
Choline, total....mg	75.8		0	BFSN	4		146.3	64.4	
Betaine....mg									
Vitamin B-12....µg	3.19	0.350	11		1		6.16	2.71	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	14		0	NC	4		27	12	
Retinol....µg	14		0	BFSN	4		27	12	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	46		0	NC	4		90	40	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.23		0	T	4		0.44	0.20	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	1.0		0	AS	1		2.0	0.9	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.0		0	BFSN	4		2.0	0.9	
Vitamin D....IU	42		0	BFSN	4		81	36	
Vitamin K (phylloquinone)....µg	0.1		0	BFSN	4		0.2	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15065
Fish, pollock, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.135		0		1		0.261	0.115	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.005		1		1		0.010	0.004	
15:0....g									
16:0....g	0.084		1		1		0.162	0.071	
17:0....g									
18:0....g	0.043		1		1		0.083	0.037	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.112		0		1		0.216	0.095	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		1		1		0.023	0.010	
17:1....g									
18:1 undifferentiated....g	0.067		1		1		0.129	0.057	
20:1....g	0.022		1		1		0.042	0.019	
22:1 undifferentiated....g	0.010		1		1		0.019	0.009	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.483		0		1		0.932	0.411	
18:2 undifferentiated....g	0.009		1		1		0.017	0.008	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.005		1		1		0.010	0.004	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.026		1		1		0.050	0.022	
20:5 n-3 (EPA)....g	0.071		1		1		0.137	0.060	
22:5 n-3 (DPA)....g	0.022		1		1		0.042	0.019	
22:6 n-3 (DHA)....g	0.350		1		1		0.676	0.298	
Fatty acids, total trans....g									
Cholesterol....mg	71		1		1		137	60	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.218		0		1		0.421	0.185	
Threonine....g	0.852		0		1		1.644	0.724	
Isoleucine....g	0.896		0		1		1.729	0.762	
Leucine....g	1.580		0		1		3.049	1.343	
Lysine....g	1.786		0		1		3.447	1.518	
Methionine....g	0.576		0		1		1.112	0.490	
Cystine....g	0.208		0		1		0.401	0.177	
Phenylalanine....g	0.759		0		1		1.465	0.645	
Tyrosine....g	0.656		0		1		1.266	0.558	
Valine....g	1.002		0		1		1.934	0.852	
Arginine....g	1.164		0		1		2.247	0.989	
Histidine....g	0.572		0		1		1.104	0.486	
Alanine....g	1.176		0		1		2.270	1.000	
Aspartic acid....g	1.991		0		1		3.843	1.692	
Glutamic acid....g	2.903		0		1		5.603	2.468	
Glycine....g	0.933		0		1		1.801	0.793	
Proline....g	0.688		0		1		1.328	0.585	
Serine....g	0.793		0		1		1.530	0.674	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15065
Fish, pollock, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 193g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15067
Fish, pollock, walleye, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.65		0	RA	4		44.19	62.60	
Energy	kcal	111		0	RA	4		67	94	
Energy	kJ	464		0	RA	4		278	395	
Protein (N x 6.25)	g	23.48		0	RA	4		14.09	19.96	
Total lipid (fat)	g	1.18		0	RA	4		0.71	1.01	
Ash	g	1.70		0	RA	4		1.02	1.45	
Carbohydrate, by difference	g	0.00		0	RA	4		0.00	0.00	
Fiber, total dietary	g	0.0		0	RA	4		0.0	0.0	
Sugars, total	g	0.00		0	RA	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	72		0	RA	4		43	62	
Iron, Fe	mg	0.56		0	RA	4		0.33	0.47	
Magnesium, Mg	mg	81		0	RA	4		49	69	
Phosphorus, P	mg	267		0	RA	4		160	227	
Potassium, K	mg	430		0	RA	4		258	365	
Sodium, Na (1)	mg	419		0	O	4		251	356	
Zinc, Zn	mg	0.57		0	RA	4		0.34	0.48	
Copper, Cu	mg	0.060		0	RA	4		0.036	0.051	
Manganese, Mn	mg	0.018		0	RA	4		0.011	0.015	
Selenium, Se	µg	44.1		0	RA	4		26.4	37.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4		0.0	0.0	
Thiamin	mg	0.054		0	RA	4		0.032	0.046	
Riboflavin	mg	0.223		0	RA	4		0.134	0.190	
Niacin	mg	3.949		0	RA	4		2.370	3.357	
Pantothenic acid	mg	0.432		0	RA	4		0.259	0.368	
Vitamin B-6	mg	0.329		0	RA	4		0.198	0.280	
Folate, total	µg	3		0	RA	4		2	3	
Folic acid	µg	0		0	RA	4		0	0	
Folate, food	µg	3		0	RA	4		2	3	
Folate, DFE	mcg_DFE	3		0	NC	4		2	3	
Choline, total	mg	91.6		0	RA	4		54.9	77.8	
Betaine	mg									
Vitamin B-12	µg	3.66		0	RA	4		2.20	3.11	
Vitamin B-12, added	µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	17		0	RA	4		10	14	
Retinol	µg	17		0	RA	4		10	14	
Carotene, beta	µg	0		0	RA	4		0	0	
Carotene, alpha	µg	0		0	RA	4		0	0	
Cryptoxanthin, beta	µg	0		0	RA	4		0	0	
Vitamin A, IU	IU	51		0	RA	4		30	43	
Lycopene	µg	0		0	RA	4		0	0	
Lutein + zeaxanthin	µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.28		0	RA	4		0.17	0.24	
Vitamin E, added	mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	1.3		0	RA	4		0.8	1.1	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	1.3		0	RA	4		0.8	1.1	
Vitamin D	IU	51		0	RA	4		30	43	
Vitamin K (phylloquinone)	µg	0.1		0	RA	4		0.1	0.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15067
Fish, pollock, walleye, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.159		0	RA	4		0.096	0.136	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.000		0	RA	4		0.000	0.000	
13:0....g									
14:0....g	0.006		0	RA	4		0.004	0.005	
15:0....g									
16:0....g	0.101		0	RA	4		0.061	0.086	
17:0....g									
18:0....g	0.052		0	RA	4		0.031	0.044	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.134		0	RA	4		0.080	0.114	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.014		0	RA	4		0.009	0.012	
17:1....g									
18:1 undifferentiated....g	0.081		0	RA	4		0.049	0.069	
20:1....g	0.027		0	RA	4		0.016	0.023	
22:1 undifferentiated....g	0.012		0	RA	4		0.007	0.010	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.583		0	RA	4		0.350	0.496	
18:2 undifferentiated....g	0.011		0	RA	4		0.007	0.009	
18:3 undifferentiated....g	0.000		0	RA	4		0.000	0.000	
18:4....g	0.006		0	RA	4		0.004	0.005	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.031		0	RA	4		0.019	0.027	
20:5 n-3 (EPA)....g	0.086		0	RA	4		0.051	0.073	
22:5 n-3 (DPA)....g	0.027		0	RA	4		0.016	0.023	
22:6 n-3 (DHA)....g	0.423		0	RA	4		0.254	0.359	
Fatty acids, total trans....g									
Cholesterol....mg	86		0	RA	4		51	73	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.263		0	RA	4		0.158	0.224	
Threonine....g	1.029		0	RA	4		0.617	0.875	
Isoleucine....g	1.082		0	RA	4		0.649	0.920	
Leucine....g	1.908		0	RA	4		1.145	1.622	
Lysine....g	2.157		0	RA	4		1.294	1.833	
Methionine....g	0.696		0	RA	4		0.417	0.591	
Cystine....g	0.251		0	RA	4		0.151	0.214	
Phenylalanine....g	0.917		0	RA	4		0.550	0.779	
Tyrosine....g	0.792		0	RA	4		0.475	0.673	
Valine....g	1.210		0	RA	4		0.726	1.029	
Arginine....g	1.406		0	RA	4		0.843	1.195	
Histidine....g	0.691		0	RA	4		0.414	0.587	
Alanine....g	1.420		0	RA	4		0.852	1.207	
Aspartic acid....g	2.405		0	RA	4		1.443	2.044	
Glutamic acid....g	3.506		0	RA	4		2.104	2.980	
Glycine....g	1.127		0	RA	4		0.676	0.958	
Proline....g	0.831		0	RA	4		0.499	0.706	
Serine....g	0.958		0	RA	4		0.575	0.814	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15067
Fish, pollock, walleye, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: 1 fillet

Measure 2 = 85g: 3 oz

Footnotes:

1 Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 116 mg sodium/100g.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15066

Fish, pollock, walleye, raw

Theragra chalcogramma (Pallas)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.75	1.185	8	A	1		66.79	73.73	
Energy	kcal	56		0	NC	4		43	47	
Energy	kJ	233		0	NC	4		179	198	
Protein (N x 6.25)	g	12.19	1.276	8	A	1		9.38	10.36	
Total lipid (fat)	g	0.41	0.035	8	A	1		0.31	0.35	
Ash	g	1.36	0.170	8	A	1		1.04	1.15	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Sucrose	g									
Glucose (dextrose)	g									
Fructose	g	0.00		1	A	1		0.00	0.00	
Lactose	g	0.00		1	A	1		0.00	0.00	
Maltose	g	0.00		1	A	1		0.00	0.00	
Galactose	g	0.00		1	A	1		0.00	0.00	
Starch	g	0.00		1	A	1		0.00	0.00	
Minerals:										
Calcium, Ca	mg	15	4.178	8	A	1		11	13	
Iron, Fe	mg	0.22	0.017	8	A	1		0.17	0.19	
Magnesium, Mg	mg	16	2.320	8	A	1		12	14	
Phosphorus, P	mg	284	48.180	8	A	1		219	241	
Potassium, K	mg	160	40.138	8	A	1		123	136	
Sodium, Na (1)	mg	333	67.108	8	A	1		257	283	
Zinc, Zn	mg	0.31	0.023	8	A	1		0.24	0.26	
Copper, Cu	mg	0.031	0.004	8	A	1		0.024	0.026	
Manganese, Mn	mg	0.011	0.000	8	A	1		0.008	0.009	
Selenium, Se	µg	15.9	2.219	8	A	1		12.2	13.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	
Thiamin	mg	0.030	0.010	3	A	1		0.023	0.026	
Riboflavin	mg	0.080	0.010	3	A	1		0.062	0.068	
Niacin	mg	0.653	0.239	3	A	1		0.503	0.555	
Pantothenic acid	mg	0.237	0.055	3	A	1		0.182	0.201	
Vitamin B-6	mg	0.069	0.030	3	A	1		0.053	0.058	
Folate, total	µg	3		2		1		2	3	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	3		2		1		2	3	
Folate, DFE	mcg_DFE	3		0	NC	4		2	3	
Choline, total	mg	65.0		0	T	4		50.1	55.3	
Betaine	mg									
Vitamin B-12	µg	1.63	0.584	3	A	1		1.26	1.39	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	3		0	AS	1		2	2	
Retinol	µg	3		1	A	1		2	2	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	10		0	AS	1		7	8	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.49		2	A	1		0.38	0.42	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta	mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)	µg	0.2	0.113	3	AS	1		0.2	0.2	
Vitamin D2 (ergocalciferol)	µg									

NDB No. 15066
Fish, pollock, walleye, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	0.2	0.113	3	A	1		0.2	0.2	
Vitamin D....IU	8	4.510	3	A	1		6	7	
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.124		0	NC	4		0.095	0.105	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000	0.000	7	A	1		0.000	0.000	
8:0....g	0.000	0.000	7	A	1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.001	0.000	8	A	1		0.001	0.001	
13:0....g									
14:0....g	0.004	0.001	8	A	1		0.003	0.004	
15:0....g	0.001	0.000	8	A	1		0.001	0.001	
16:0....g	0.087	0.009	8	A	1		0.067	0.074	
17:0....g	0.001	0.000	8	A	1		0.001	0.001	
18:0....g	0.029	0.003	8	A	1		0.022	0.024	
20:0....g	0.000	0.000	8	A	1		0.000	0.000	
22:0....g	0.000	0.000	8	A	1		0.000	0.000	
24:0....g	0.000	0.000	8	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.079		0	NC	4		0.061	0.067	
14:1....g	0.001	0.000	8	A	1		0.001	0.001	
15:1....g	0.001	0.000	8	A	1		0.001	0.001	
16:1 undifferentiated....g	0.004	0.001	8	AS	1		0.003	0.003	
16:1 c....g	0.003	0.001	8	A	1		0.003	0.003	
16:1 t....g	0.001	0.000	8	A	1		0.000	0.000	
17:1....g	0.004	0.002	8	A	1		0.003	0.004	
18:1 undifferentiated....g	0.052	0.007	8	AS	1		0.040	0.044	
18:1 c....g	0.048	0.006	8	A	1		0.037	0.041	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.004	0.001	8	A	1		0.003	0.003	
18:1-11t (18:1t n-7)....g									
20:1....g	0.010	0.001	8	A	1		0.007	0.008	
22:1 undifferentiated....g	0.001	0.000	8	AS	1		0.001	0.001	
22:1 c....g	0.001	0.000	8	A	1		0.001	0.001	
22:1 t....g	0.000	0.000	8	A	1		0.000	0.000	
24:1 c....g	0.005	0.000	8	A	1		0.004	0.005	
Fatty acids, total polyunsaturated....g	0.195		0	NC	4		0.150	0.166	
18:2 undifferentiated....g	0.016	0.001	8	AS	1		0.012	0.013	
18:2 n-6 c,c....g	0.004	0.000	8	A	1		0.003	0.004	
18:2 CLAs....g	0.000	0.000	8	A	1		0.000	0.000	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.011	0.001	8	A	1		0.009	0.010	
18:3 undifferentiated....g	0.001	0.000	8	AS	1		0.001	0.001	
18:3 n-3 c,c,c (ALA)....g	0.001	0.000	8	A	1		0.001	0.001	
18:3 n-6 c,c,c....g	0.000	0.000	8	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.001	0.000	8	A	1		0.001	0.001	
20:2 n-6 c,c....g	0.001	0.000	8	A	1		0.001	0.001	
20:3 undifferentiated....g	0.002	0.000	8	AS	1		0.002	0.002	
20:3 n-3....g	0.001	0.000	8	A	1		0.000	0.000	
20:3 n-6....g	0.002	0.000	8	A	1		0.001	0.002	
20:4 undifferentiated....g	0.005	0.001	8	A	1		0.004	0.004	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.049	0.009	8	A	1		0.038	0.041	
21:5....g									
22:4....g	0.000	0.000	8	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.004	0.001	8	A	1		0.003	0.003	

NDB No. 15066
Fish, pollock, walleye, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.116	0.013	8	A	1		0.090	0.099	
Fatty acids, total trans....g	0.016		0	NC	4		0.012	0.013	
Fatty acids, total trans-monoenoic....g	0.004		0	NC	4		0.003	0.004	
Fatty acids, total trans-polyenoic....g	0.011		0	NC	4		0.009	0.010	
Cholesterol....mg	46	3.078	3	A	1		35	39	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.166		0	A	1		0.128	0.141	
Threonine....g	0.536		0	A	1		0.413	0.456	
Isoleucine....g	0.573		0	A	1		0.441	0.487	
Leucine....g	0.980		0	A	1		0.754	0.833	
Lysine....g	1.118		0	A	1		0.861	0.951	
Methionine....g	0.370		0	A	1		0.285	0.314	
Cystine....g	0.129		0	A	1		0.100	0.110	
Phenylalanine....g	0.471		0	A	1		0.363	0.401	
Tyrosine....g	0.453		0	A	1		0.349	0.385	
Valine....g	0.619		0	A	1		0.477	0.526	
Arginine....g	0.859		0	A	1		0.662	0.731	
Histidine....g	0.259		0	A	1		0.199	0.220	
Alanine....g	0.693		0	A	1		0.534	0.589	
Aspartic acid....g	1.211		0	A	1		0.932	1.029	
Glutamic acid....g	1.922		0	A	1		1.480	1.634	
Glycine....g	0.545		0	A	1		0.420	0.463	
Proline....g	0.462		0	A	1		0.356	0.393	
Serine....g	0.499		0	A	1		0.384	0.424	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 77g: 1 fillet

Measure 2 = 85g: 3 oz

Footnotes:

1 Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 99 mg sodium/100g.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15069
Fish, pompano, florida, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.97		0		1		55.41	53.52	
Energy....kcal	211		0	NC	4		186	179	
Energy....kJ	883		0		4		777	750	
Protein (N x 6.25)....g	23.69		0		1		20.85	20.14	
Total lipid (fat)....g	12.14		0		1		10.68	10.32	
Ash....g	1.38		1		1		1.21	1.17	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	43		1		1		38	37	
Iron, Fe....mg	0.67		1		1		0.59	0.57	
Magnesium, Mg....mg	31		1		1		27	26	
Phosphorus, P....mg	341		1		1		300	290	
Potassium, K....mg	636		1		1		560	541	
Sodium, Na....mg	76		1		1		67	65	
Zinc, Zn....mg	0.69		1		1		0.61	0.59	
Copper, Cu....mg	0.078		1		1		0.069	0.066	
Manganese, Mn....mg	0.025		1		1		0.022	0.021	
Selenium, Se....µg	46.8		0	BFSN	4		41.2	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.680		0		4		0.598	0.578	
Riboflavin....mg	0.150		0		4		0.132	0.128	
Niacin....mg	3.800		0		4		3.344	3.230	
Pantothenic acid....mg	0.870		0		4		0.766	0.740	
Vitamin B-6....mg	0.230		0		4		0.202	0.196	
Folate, total....µg	17		0		4		15	15	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	17		0		4		15	15	
Folate, DFE....mcg_DFE	17		0	NC	4		15	15	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.20		0		4		1.06	1.02	
Vitamin A, RAE....mcg_RAE	36		0	NC	4		32	31	
Retinol....µg	36		0		4		32	31	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	120		0		4		106	102	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.499		0		1		3.959	3.824	
4:0....g									

NDB No. 15069
Fish, pompano, florida, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.526		0	BFFN	4		0.463	0.447	
15:0....g									
16:0....g	2.842		0	BFFN	4		2.501	2.416	
17:0....g									
18:0....g	1.056		0	BFFN	4		0.930	0.898	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.315		0		1		2.917	2.818	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.722		0	BFFN	4		0.635	0.613	
17:1....g									
18:1 undifferentiated....g	2.593		0	BFFN	4		2.282	2.204	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.458		0		1		1.283	1.239	
18:2 undifferentiated....g	0.155		0	BFFN	4		0.137	0.132	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.315		0	BFFN	4		0.278	0.268	
20:5 n-3 (EPA)....g	0.224		0	BFFN	4		0.197	0.191	
22:5 n-3 (DPA)....g	0.259		0	BFFN	4		0.228	0.220	
22:6 n-3 (DHA)....g	0.504		0	BFFN	4		0.443	0.428	
Fatty acids, total trans....g									
Cholesterol....mg	64		0		1		56	54	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.265		0		1		0.233	0.225	
Threonine....g	1.038		0		1		0.913	0.882	
Isoleucine....g	1.092		0		1		0.961	0.928	
Leucine....g	1.925		0		1		1.694	1.636	
Lysine....g	2.175		0		1		1.914	1.849	
Methionine....g	0.701		0		1		0.617	0.596	
Cystine....g	0.254		0		1		0.224	0.216	
Phenylalanine....g	0.925		0		1		0.814	0.786	
Tyrosine....g	0.800		0		1		0.704	0.680	
Valine....g	1.220		0		1		1.074	1.037	
Arginine....g	1.417		0		1		1.247	1.204	
Histidine....g	0.697		0		1		0.613	0.592	
Alanine....g	1.433		0		1		1.261	1.218	
Aspartic acid....g	2.426		0		1		2.135	2.062	
Glutamic acid....g	3.536		0		1		3.112	3.006	
Glycine....g	1.137		0		1		1.001	0.966	
Proline....g	0.838		0		1		0.737	0.712	
Serine....g	0.966		0		1		0.850	0.821	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 88g: 1 fillet

NDB No. 15069

Fish, pompano, florida, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15068

Fish, pompano, florida, raw

Trachinotus carolinus (L.)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.12	1.704	6		1		20.16	79.65	60.45
Energy	kcal	164		0	NC	4		46	184	139
Energy	kJ	686		0		4		195	769	583
Protein (N x 6.25)	g	18.48	0.842	6		1		5.24	20.70	15.71
Total lipid (fat)	g	9.47	2.259	7		1		2.68	10.61	8.05
Ash	g	1.10	0.033	6		1		0.31	1.23	0.94
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	22	3.899	6		1		6	25	19
Iron, Fe	mg	0.60	0.046	6		1		0.17	0.67	0.51
Magnesium, Mg	mg	27	1.354	6		1		8	30	23
Phosphorus, P	mg	195	19.532	6		1		55	218	166
Potassium, K	mg	381	39.072	7		1		108	427	324
Sodium, Na	mg	65	3.496	7		1		18	73	55
Zinc, Zn	mg	0.72	0.022	65		1		0.20	0.81	0.61
Copper, Cu	mg	0.038	0.010	64		1		0.011	0.043	0.032
Manganese, Mn	mg	0.013	0.002	6		1		0.004	0.015	0.011
Selenium, Se	µg	36.5		0	CAZN	4		10.3	40.9	31.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.560		0		4		0.159	0.627	0.476
Riboflavin	mg	0.120		0		4		0.034	0.134	0.102
Niacin	mg	3.000		0		4		0.851	3.360	2.550
Pantothenic acid	mg	0.750		0		4		0.213	0.840	0.638
Vitamin B-6	mg	0.200		0		4		0.057	0.224	0.170
Folate, total	µg	15		0		4		4	17	13
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	15		0		4		4	17	13
Folate, DFE	mcg_DFE	15		0	NC	4		4	17	13
Choline, total	mg	51.5		0	BFSN	4		14.6	57.7	43.8
Betaine	mg									
Vitamin B-12	µg	1.30		0		4		0.37	1.46	1.11
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	40		0	NC	4		11	44	34
Retinol	µg	40		0	BFSN	4		11	44	34
Carotene, beta	µg	0		0	Z	7		0	0	0
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	132		0	NC	4		37	148	112
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.18		0	T	4		0.05	0.20	0.15
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	11.0		0	AS	1		3.1	12.3	9.3
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	11.0		0	BFFN	4		3.1	12.3	9.3
Vitamin D	IU	439		0	BFFN	4		124	491	373
Vitamin K (phylloquinone)	µg	0.1		0	T	4		0.0	0.1	0.1
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

Lipids:

NDB No. 15068
Fish, pompano, florida, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.509		0		1		0.995	3.930	2.983
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.410		2		1		0.116	0.459	0.349
15:0....g									
16:0....g	2.217		2		1		0.629	2.483	1.884
17:0....g									
18:0....g	0.824		2		1		0.234	0.923	0.700
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.586		0		1		0.733	2.896	2.198
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.563		2		1		0.160	0.631	0.479
17:1....g									
18:1 undifferentiated....g	2.023		2		1		0.574	2.266	1.720
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.137		0		1		0.322	1.273	0.966
18:2 undifferentiated....g	0.121		2		1		0.034	0.136	0.103
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.246		2		1		0.070	0.276	0.209
20:5 n-3 (EPA)....g	0.175		2		1		0.050	0.196	0.149
22:5 n-3 (DPA)....g	0.202		2		1		0.057	0.226	0.172
22:6 n-3 (DHA)....g	0.393		2		1		0.111	0.440	0.334
Fatty acids, total trans....g									
Cholesterol....mg	50		1		1		14	56	43
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.207		0		1		0.059	0.232	0.176
Threonine....g	0.810		0		1		0.230	0.907	0.689
Isoleucine....g	0.851		0		1		0.241	0.953	0.723
Leucine....g	1.502		0		1		0.426	1.682	1.277
Lysine....g	1.697		0		1		0.481	1.901	1.442
Methionine....g	0.547		0		1		0.155	0.613	0.465
Cystine....g	0.198		0		1		0.056	0.222	0.168
Phenylalanine....g	0.721		0		1		0.204	0.808	0.613
Tyrosine....g	0.624		0		1		0.177	0.699	0.530
Valine....g	0.952		0		1		0.270	1.066	0.809
Arginine....g	1.106		0		1		0.314	1.239	0.940
Histidine....g	0.544		0		1		0.154	0.609	0.462
Alanine....g	1.117		0		1		0.317	1.251	0.949
Aspartic acid....g	1.892		0		1		0.536	2.119	1.608
Glutamic acid....g	2.758		0		1		0.782	3.089	2.344
Glycine....g	0.887		0		1		0.251	0.993	0.754
Proline....g	0.653		0		1		0.185	0.731	0.555
Serine....g	0.754		0		1		0.214	0.844	0.641
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15068
Fish, pompano, florida, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 112g: 1 fillet

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15206
Fish, pout, ocean, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.10		0		1		104.26	64.69	
Energy	kcal	102		0	NC	4		140	87	
Energy	kJ	427				4		585	363	
Protein (N x 6.25)	g	21.33		0		1		29.22	18.13	
Total lipid (fat)	g	1.17		0		1		1.60	0.99	
Ash	g	1.45		0		1		1.99	1.23	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		18	11	
Iron, Fe	mg	0.36		0		1		0.49	0.31	
Magnesium, Mg	mg	17		0		1		23	14	
Phosphorus, P	mg	256		0		1		351	218	
Potassium, K	mg	513		0		1		703	436	
Sodium, Na	mg	78		0		1		107	66	
Zinc, Zn	mg	1.32		0		1		1.81	1.12	
Copper, Cu	mg	0.041		0		1		0.056	0.035	
Manganese, Mn	mg	0.019		0		1		0.026	0.016	
Selenium, Se	µg	46.8		0	BFSN	4		64.1	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.092		0		1		0.126	0.078	
Riboflavin	mg	0.073		0		1		0.100	0.062	
Niacin	mg	2.558		0		1		3.504	2.174	
Pantothenic acid	mg	0.173		0		1		0.237	0.147	
Vitamin B-6	mg	0.277		0		1		0.379	0.235	
Folate, total	µg	8		0		1		11	7	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	8		0		1		11	7	
Folate, DFE	mcg_DFE	8		0	NC	4		11	7	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.04		0		1		1.42	0.88	
Vitamin A, RAE	mcg_RAE	14		0		1		19	12	
Retinol	µg	14		0		1		19	12	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	46		0		1		63	39	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.410		0		1		0.562	0.349	
4:0	g									

NDB No. 15206
Fish, pout, ocean, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g	0.073		0		1		0.100	0.062	
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.040		0		1		0.055	0.034	
15:0....g									
16:0....g	0.226		0		1		0.310	0.192	
17:0....g									
18:0....g	0.072		0		1		0.099	0.061	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.422		0		1		0.578	0.359	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.105		0		1		0.144	0.089	
17:1....g									
18:1 undifferentiated....g	0.317		0		1		0.434	0.269	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.041		0		1		0.056	0.035	
18:2 undifferentiated....g	0.041		0		1		0.056	0.035	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	67		0		1		92	57	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.239		0		1		0.327	0.203	
Threonine....g	0.935		0		1		1.281	0.795	
Isoleucine....g	0.983		0		1		1.347	0.836	
Leucine....g	1.734		0		1		2.376	1.474	
Lysine....g	1.959		0		1		2.684	1.665	
Methionine....g	0.631		0		1		0.864	0.536	
Cystine....g	0.229		0		1		0.314	0.195	
Phenylalanine....g	0.833		0		1		1.141	0.708	
Tyrosine....g	0.720		0		1		0.986	0.612	
Valine....g	1.099		0		1		1.506	0.934	
Arginine....g	1.277		0		1		1.749	1.085	
Histidine....g	0.628		0		1		0.860	0.534	
Alanine....g	1.290		0		1		1.767	1.097	
Aspartic acid....g	2.185		0		1		2.993	1.857	
Glutamic acid....g	3.185		0		1		4.363	2.707	
Glycine....g	1.024		0		1		1.403	0.870	
Proline....g	0.754		0		1		1.033	0.641	
Serine....g	0.870		0		1		1.192	0.740	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 137g: .5 fillet

NDB No. 15206

Fish, pout, ocean, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15059

Fish, pout, ocean, raw

Macrozoarces americanus (Schneider)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.36	0.695	6		1		143.19	69.16	
Energy....kcal	79		0	NC	4		139	67	
Energy....kJ	331				4		582	281	
Protein (N x 6.25)....g	16.64	0.676	5		1		29.29	14.14	
Total lipid (fat)....g	0.91	0.096	5		1		1.60	0.77	
Ash....g	1.13	0.022	5		1		1.99	0.96	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		1		1		18	9	
Iron, Fe....mg	0.28		1		1		0.49	0.24	
Magnesium, Mg....mg	13		1		1		23	11	
Phosphorus, P....mg	200		0		4		352	170	
Potassium, K....mg	400		0		4		704	340	
Sodium, Na....mg	61		1		1		107	52	
Zinc, Zn....mg	1.03	0.055	34		1		1.81	0.88	
Copper, Cu....mg	0.032	0.003	34		1		0.056	0.027	
Manganese, Mn....mg	0.015		1		1		0.026	0.013	
Selenium, Se....µg	36.5		0	CAZN	4		64.2	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		0		4		0.141	0.068	
Riboflavin....mg	0.060		0		4		0.106	0.051	
Niacin....mg	2.100		0		4		3.696	1.785	
Pantothenic acid....mg	0.150		0		4		0.264	0.128	
Vitamin B-6....mg	0.240		0		4		0.422	0.204	
Folate, total....µg	7		0		4		12	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	7		0		4		12	6	
Folate, DFE....mcg_DFE	7		0	NC	4		12	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.90		0		4		1.58	0.77	
Vitamin A, RAE....mcg_RAE	12		0		4		21	10	
Retinol....µg	12		0		4		21	10	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	40		0		4		70	34	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.320		0		1		0.563	0.272	
4:0....g									

NDB No. 15059
Fish, pout, ocean, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g	0.057		1		1		0.100	0.048	
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.031		1		1		0.055	0.026	
15:0 g									
16:0 g	0.176		1		1		0.310	0.150	
17:0 g									
18:0 g	0.056		1		1		0.099	0.048	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.329		0		1		0.579	0.280	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.082		1		1		0.144	0.070	
17:1 g									
18:1 undifferentiated g	0.247		1		1		0.435	0.210	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.032		0		1		0.056	0.027	
18:2 undifferentiated g	0.032		1		1		0.056	0.027	
18:3 undifferentiated g									
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	52		1		1		92	44	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.186		0		1		0.327	0.158	
Threonine g	0.729		0		1		1.283	0.620	
Isoleucine g	0.767		0		1		1.350	0.652	
Leucine g	1.352		0		1		2.380	1.149	
Lysine g	1.528		0		1		2.689	1.299	
Methionine g	0.492		0		1		0.866	0.418	
Cystine g	0.178		0		1		0.313	0.151	
Phenylalanine g	0.650		0		1		1.144	0.553	
Tyrosine g	0.562		0		1		0.989	0.478	
Valine g	0.857		0		1		1.508	0.728	
Arginine g	0.996		0		1		1.753	0.847	
Histidine g	0.490		0		1		0.862	0.417	
Alanine g	1.006		0		1		1.771	0.855	
Aspartic acid g	1.704		0		1		2.999	1.448	
Glutamic acid g	2.484		0		1		4.372	2.111	
Glycine g	0.799		0		1		1.406	0.679	
Proline g	0.588		0		1		1.035	0.500	
Serine g	0.679		0		1		1.195	0.577	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 176g: .5 fillet

NDB No. 15059
Fish, pout, ocean, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15071
Fish, rockfish, Pacific, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.67		0	RA	4		111.26	63.47	
Energy	kcal	109		0	RA	4		163	93	
Energy	kJ	458		0	RA	4		683	389	
Protein (N x 6.25)	g	22.23		0	RA	4		33.12	18.89	
Total lipid (fat)	g	1.62		0	RA	4		2.41	1.38	
Ash	g	1.59		0	RA	4		2.37	1.35	
Carbohydrate, by difference	g	0.00		0	RA	4		0.00	0.00	
Fiber, total dietary	g	0.0		0	RA	4		0.0	0.0	
Sugars, total	g	0.00		0	RA	4		0.00	0.00	
Sucrose	g									
Glucose (dextrose)	g									
Fructose	g	0.00		0	RA	4		0.00	0.00	
Lactose	g	0.00		0	RA	4		0.00	0.00	
Maltose	g	0.00		0	RA	4		0.00	0.00	
Galactose	g	0.00		0	RA	4		0.00	0.00	
Starch	g	0.00		0	RA	4		0.00	0.00	
Minerals:										
Calcium, Ca	mg	17		0	RA	4		25	14	
Iron, Fe	mg	0.36		0	RA	4		0.54	0.31	
Magnesium, Mg	mg	33		0	RA	4		50	28	
Phosphorus, P	mg	248		0	RA	4		370	211	
Potassium, K	mg	467		0	RA	4		696	397	
Sodium, Na	mg	89		0	RA	4		133	76	
Zinc, Zn	mg	0.43		0	RA	4		0.64	0.37	
Copper, Cu	mg	0.041		0	RA	4		0.061	0.035	
Manganese, Mn	mg	0.013		0	RA	4		0.020	0.011	
Selenium, Se	µg	76.2		0	RA	4		113.5	64.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4		0.0	0.0	
Thiamin	mg	0.027		0	RA	4		0.040	0.023	
Riboflavin	mg	0.226		0	RA	4		0.337	0.192	
Niacin	mg	2.897		0	RA	4		4.317	2.463	
Pantothenic acid	mg	0.404		0	RA	4		0.601	0.343	
Vitamin B-6	mg	0.241		0	RA	4		0.359	0.205	
Folate, total	µg	10		0	RA	4		15	9	
Folic acid	µg	0		0	RA	4		0	0	
Folate, food	µg	10		0	RA	4		15	9	
Folate, DFE	mcg_DFE	10		0	NC	4		15	9	
Choline, total	mg	78.7		0	RA	4		117.2	66.9	
Betaine	mg									
Vitamin B-12	µg	1.59		0	RA	4		2.38	1.36	
Vitamin B-12, added	µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	5		0	RA	4		8	5	
Retinol	µg	5		0	RA	4		8	5	
Carotene, beta	µg	0		0	RA	4		0	0	
Carotene, alpha	µg	0		0	RA	4		0	0	
Cryptoxanthin, beta	µg	0		0	RA	4		0	0	
Vitamin A, IU	IU	16		0	RA	4		24	14	
Lycopene	µg	0		0	RA	4		0	0	
Lutein + zeaxanthin	µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.44		0	RA	4		0.66	0.37	
Vitamin E, added	mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, gamma	mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, delta	mg	0.00		0	RA	4		0.00	0.00	
Vitamin D (D2 + D3)	µg	4.6		0	RA	4		6.8	3.9	
Vitamin D2 (ergocalciferol)	µg									

NDB No. 15071
Fish, rockfish, Pacific, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	4.6		0	RA	4		6.8	3.9	
Vitamin D....IU	183		0	RA	4		272	155	
Vitamin K (phylloquinone)....µg	0.0		0	RA	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg	0.0		0	RA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.420		0	RA	4		0.625	0.357	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.002		0	RA	4		0.003	0.002	
13:0....g									
14:0....g	0.060		0	RA	4		0.089	0.051	
15:0....g	0.007		0	RA	4		0.010	0.006	
16:0....g	0.277		0	RA	4		0.413	0.235	
17:0....g	0.005		0	RA	4		0.007	0.004	
18:0....g	0.066		0	RA	4		0.098	0.056	
20:0....g	0.002		0	RA	4		0.004	0.002	
22:0....g	0.001		0	RA	4		0.002	0.001	
24:0....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total monounsaturated....g	0.466		0	RA	4		0.694	0.396	
14:1....g	0.002		0	RA	4		0.004	0.002	
15:1....g	0.002		0	RA	4		0.003	0.002	
16:1 undifferentiated....g	0.087		0	RA	4		0.130	0.074	
17:1....g	0.006		0	RA	4		0.009	0.005	
18:1 undifferentiated....g	0.284		0	RA	4		0.423	0.242	
20:1....g	0.060		0	RA	4		0.089	0.051	
22:1 undifferentiated....g	0.012		0	RA	4		0.018	0.010	
24:1 c....g	0.013		0	RA	4		0.020	0.011	
Fatty acids, total polyunsaturated....g	0.485		0	RA	4		0.723	0.412	
18:2 undifferentiated....g	0.046		0	RA	4		0.069	0.039	
18:3 undifferentiated....g	0.014		0	RA	4		0.021	0.012	
18:4....g	0.018		0	RA	4		0.028	0.016	
20:2 n-6 c,c....g	0.005		0	RA	4		0.007	0.004	
20:3 undifferentiated....g	0.006		0	RA	4		0.009	0.005	
20:4 undifferentiated....g	0.018		0	RA	4		0.028	0.016	
20:5 n-3 (EPA)....g	0.107		0	RA	4		0.160	0.091	
22:5 n-3 (DPA)....g	0.027		0	RA	4		0.041	0.023	
22:6 n-3 (DHA)....g	0.238		0	RA	4		0.355	0.202	
Fatty acids, total trans....g	0.025		0	RA	4		0.037	0.021	
Cholesterol....mg	61		0	RA	4		91	52	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.296		0	RA	4		0.442	0.252	
Threonine....g	1.014		0	RA	4		1.511	0.862	
Isoleucine....g	1.060		0	RA	4		1.579	0.901	
Leucine....g	1.835		0	RA	4		2.734	1.560	
Lysine....g	2.188		0	RA	4		3.261	1.860	
Methionine....g	0.707		0	RA	4		1.053	0.601	
Cystine....g	0.239		0	RA	4		0.357	0.203	
Phenylalanine....g	0.935		0	RA	4		1.393	0.794	
Tyrosine....g	0.798		0	RA	4		1.189	0.678	
Valine....g	1.106		0	RA	4		1.647	0.940	
Arginine....g	1.516		0	RA	4		2.259	1.289	
Histidine....g	0.502		0	RA	4		0.747	0.426	
Alanine....g	1.322		0	RA	4		1.970	1.124	
Aspartic acid....g	2.325		0	RA	4		3.465	1.976	
Glutamic acid....g	3.545		0	RA	4		5.282	3.013	
Glycine....g	1.037		0	RA	4		1.545	0.882	
Proline....g	0.843		0	RA	4		1.257	0.717	
Serine....g	0.923		0	RA	4		1.376	0.785	

NDB No. 15071
Fish, rockfish, Pacific, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 149g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15070

Fish, rockfish, Pacific, mixed species, raw

Sebastes spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.08	1.394	4	A	1		151.04	67.21	
Energy....kcal	90		0	NC	4		173	77	
Energy....kJ	378		0	NC	4		723	322	
Protein (N x 6.25)....g	18.36	0.344	4	A	1		35.07	15.61	
Total lipid (fat)....g	1.34	0.467	4	A	1		2.55	1.14	
Ash....g	1.31	0.133	4	A	1		2.51	1.12	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Sucrose....g									
Glucose (dextrose)....g									
Fructose....g	0.00		1	A	1		0.00	0.00	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	0.00		1	A	1		0.00	0.00	
Galactose....g	0.00		1	A	1		0.00	0.00	
Starch....g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca....mg	14	1.576	4	A	1		27	12	
Iron, Fe....mg	0.30	0.088	4	A	1		0.57	0.25	
Magnesium, Mg....mg	27	0.706	4	A	1		52	23	
Phosphorus, P....mg	205	8.230	4	A	1		392	174	
Potassium, K....mg	386	6.455	4	A	1		737	328	
Sodium, Na....mg	74	3.946	4	A	1		141	63	
Zinc, Zn....mg	0.36	0.030	4	A	1		0.68	0.30	
Copper, Cu....mg	0.034	0.006	4	A	1		0.064	0.029	
Manganese, Mn....mg	0.011	0.000	4	A	1		0.021	0.009	
Selenium, Se....µg	63.0	6.907	4	A	1		120.2	53.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg	0.023	0.003	3	A	1		0.045	0.020	
Riboflavin....mg	0.187	0.142	3	A	1		0.357	0.159	
Niacin....mg	2.393	0.710	3	A	1		4.571	2.034	
Pantothenic acid....mg	0.333	0.052	3	A	1		0.637	0.283	
Vitamin B-6....mg	0.210	0.088	3	A	1		0.400	0.178	
Folate, total....µg	9		0		4		17	8	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9		0		4		17	8	
Folate, DFE....mcg_DFE	9		0	NC	4		17	8	
Choline, total....mg	65.0		0	T	4		124.2	55.3	
Betaine....mg									
Vitamin B-12....µg	1.39	0.429	3	A	1		2.65	1.18	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	4		0	AS	1		9	4	
Retinol....µg	4		1	A	1		9	4	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	15		0	AS	1		28	13	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.36	0.070	3	A	1		0.69	0.31	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	3.8	2.264	4	AS	1		7.2	3.2	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 15070
Fish, rockfish, Pacific, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	3.8	2.264	4	A	1		7.2	3.2	
Vitamin D....IU	151	90.608	4	A	1		288	128	
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.347		0	NC	4		0.662	0.295	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.000	0.000	4	A	1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.002	0.000	4	A	1		0.003	0.001	
13:0....g									
14:0....g	0.049	0.024	4	A	1		0.094	0.042	
15:0....g	0.006	0.002	4	A	1		0.011	0.005	
16:0....g	0.229	0.080	4	A	1		0.437	0.194	
17:0....g	0.004	0.002	4	A	1		0.008	0.003	
18:0....g	0.055	0.019	4	A	1		0.104	0.046	
20:0....g	0.002	0.001	4	A	1		0.004	0.002	
22:0....g	0.001	0.000	4	A	1		0.002	0.001	
24:0....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.385		0	NC	4		0.735	0.327	
14:1....g	0.002	0.001	4	A	1		0.004	0.002	
15:1....g	0.002	0.001	4	A	1		0.003	0.001	
16:1 undifferentiated....g	0.072	0.040	4	AS	1		0.138	0.061	
16:1 c....g	0.070	0.039	4	A	1		0.133	0.059	
16:1 t....g	0.002	0.001	4	A	1		0.004	0.002	
17:1....g	0.005	0.002	4	A	1		0.009	0.004	
18:1 undifferentiated....g	0.235	0.110	4	AS	1		0.448	0.200	
18:1 c....g	0.232	0.108	4	A	1		0.442	0.197	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.003	0.001	4	A	1		0.006	0.003	
18:1-11t (18:1t n-7)....g									
20:1....g	0.049	0.017	4	A	1		0.094	0.042	
22:1 undifferentiated....g	0.010	0.003	4	AS	1		0.019	0.008	
22:1 c....g	0.010	0.003	4	A	1		0.018	0.008	
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c....g	0.011	0.003	4	A	1		0.021	0.009	
Fatty acids, total polyunsaturated....g	0.401		0	NC	4		0.765	0.341	
18:2 undifferentiated....g	0.038	0.009	4	AS	1		0.073	0.032	
18:2 n-6 c,c....g	0.022	0.006	4	A	1		0.041	0.018	
18:2 CLAs....g	0.002	0.001	4	A	1		0.004	0.002	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.015	0.002	4	A	1		0.028	0.012	
18:3 undifferentiated....g	0.012	0.005	4	AS	1		0.022	0.010	
18:3 n-3 c,c,c (ALA)....g	0.011	0.004	4	A	1		0.021	0.009	
18:3 n-6 c,c,c....g	0.001	0.001	4	A	1		0.002	0.001	
18:3i....g									
18:4....g	0.015	0.007	4	A	1		0.029	0.013	
20:2 n-6 c,c....g	0.004	0.002	4	A	1		0.008	0.003	
20:3 undifferentiated....g	0.005	0.002	4	AS	1		0.010	0.004	
20:3 n-3....g	0.003	0.001	4	A	1		0.006	0.003	
20:3 n-6....g	0.002	0.001	4	A	1		0.004	0.002	
20:4 undifferentiated....g	0.015	0.006	4	A	1		0.029	0.013	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.089	0.036	4	A	1		0.170	0.075	
21:5....g									
22:4....g	0.002	0.002	4	A	1		0.004	0.002	
22:5 n-3 (DPA)....g	0.023	0.014	4	A	1		0.043	0.019	

NDB No. 15070
Fish, rockfish, Pacific, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.197	0.059	4	A	1		0.376	0.167	
Fatty acids, total trans....g	0.020		0	NC	4		0.039	0.017	
Fatty acids, total trans-monoenoic....g	0.006		0	NC	4		0.011	0.005	
Fatty acids, total trans-polyenoic....g	0.015		0	NC	4		0.028	0.012	
Cholesterol....mg	50	2.007	3	A	1		96	43	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.245		0	A	1		0.468	0.208	
Threonine....g	0.838		0	A	1		1.600	0.712	
Isoleucine....g	0.876		0	A	1		1.672	0.744	
Leucine....g	1.516		0	A	1		2.895	1.288	
Lysine....g	1.808		0	A	1		3.453	1.537	
Methionine....g	0.584		0	A	1		1.115	0.496	
Cystine....g	0.198		0	A	1		0.378	0.168	
Phenylalanine....g	0.772		0	A	1		1.475	0.656	
Tyrosine....g	0.659		0	A	1		1.259	0.560	
Valine....g	0.913		0	A	1		1.744	0.776	
Arginine....g	1.252		0	A	1		2.392	1.064	
Histidine....g	0.414		0	A	1		0.791	0.352	
Alanine....g	1.092		0	A	1		2.086	0.928	
Aspartic acid....g	1.921		0	A	1		3.668	1.633	
Glutamic acid....g	2.928		0	A	1		5.593	2.489	
Glycine....g	0.857		0	A	1		1.636	0.728	
Proline....g	0.697		0	A	1		1.331	0.592	
Serine....g	0.763		0	A	1		1.457	0.648	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 191g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15207
Fish, roe, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.63		0		1		16.62	49.84	
Energy....kcal	204		0	NC	4		58	173	
Energy....kJ	854				4		242	726	
Protein (N x 6.25)....g	28.62		0		1		8.11	24.33	
Total lipid (fat)....g	8.23		0		1		2.33	7.00	
Ash....g	1.76		0		1		0.50	1.50	
Carbohydrate, by difference....g	1.92		0	NC	4		0.54	1.63	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	28		0		1		8	24	
Iron, Fe....mg	0.77		0		1		0.22	0.65	
Magnesium, Mg....mg	26		0		1		7	22	
Phosphorus, P....mg	515		0		1		146	438	
Potassium, K....mg	283		0		1		80	241	
Sodium, Na....mg	117		0		1		33	99	
Zinc, Zn....mg	1.28		0		1		0.36	1.09	
Copper, Cu....mg	0.128		0		1		0.036	0.109	
Manganese, Mn....mg	0.013		0		1		0.004	0.011	
Selenium, Se....µg	51.7		0	BFSN	4		14.7	43.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	16.4		0		1		4.6	13.9	
Thiamin....mg	0.277		0		1		0.079	0.235	
Riboflavin....mg	0.949		0		1		0.269	0.807	
Niacin....mg	2.192		0		1		0.621	1.863	
Pantothenic acid....mg	1.154		0		1		0.327	0.981	
Vitamin B-6....mg	0.185		0		1		0.052	0.157	
Folate, total....µg	92		0		1		26	78	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	92		0		1		26	78	
Folate, DFE....mcg_DFE	92		0	NC	4		26	78	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	11.54		0		1		3.27	9.81	
Vitamin A, RAE....mcg_RAE	91		0		1		26	77	
Retinol....µg	91		0		1		26	77	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	303		0		1		86	258	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.866		0		1		0.529	1.586	
4:0....g									

NDB No. 15207
Fish, roe, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.097		0		1		0.027	0.082	
15:0....g									
16:0....g	1.634		0		1		0.463	1.389	
17:0....g									
18:0....g	0.135		0		1		0.038	0.115	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.129		0		1		0.604	1.810	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.479		0		1		0.136	0.407	
17:1....g									
18:1 undifferentiated....g	1.455		0		1		0.412	1.237	
20:1....g	0.142		0		1		0.040	0.121	
22:1 undifferentiated....g	0.053		0		1		0.015	0.045	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.404		0		1		0.965	2.893	
18:2 undifferentiated....g	0.037		0		1		0.010	0.031	
18:3 undifferentiated....g	0.008		0		1		0.002	0.007	
18:4....g	0.015		0		1		0.004	0.013	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.232		0		1		0.066	0.197	
20:5 n-3 (EPA)....g	1.260		0		1		0.357	1.071	
22:5 n-3 (DPA)....g	0.105		0		1		0.030	0.089	
22:6 n-3 (DHA)....g	1.747		0		1		0.495	1.485	
Fatty acids, total trans....g									
Cholesterol....mg	479		0		1		136	407	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.375		0		1		0.106	0.319	
Threonine....g	1.305		0		1		0.370	1.109	
Isoleucine....g	1.465		0		1		0.415	1.245	
Leucine....g	2.509		0		1		0.711	2.133	
Lysine....g	2.179		0		1		0.618	1.852	
Methionine....g	0.710		0		1		0.201	0.604	
Cystine....g	0.499		0		1		0.141	0.424	
Phenylalanine....g	1.401		0		1		0.397	1.191	
Tyrosine....g	1.438		0		1		0.408	1.222	
Valine....g	1.676		0		1		0.475	1.425	
Arginine....g	1.639		0		1		0.465	1.393	
Histidine....g	0.778		0		1		0.221	0.661	
Alanine....g	1.831		0		1		0.519	1.556	
Aspartic acid....g	2.294		0		1		0.650	1.950	
Glutamic acid....g	3.425		0		1		0.971	2.911	
Glycine....g	0.833		0		1		0.236	0.708	
Proline....g	1.525		0		1		0.432	1.296	
Serine....g	1.250		0		1		0.354	1.063	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 15207

Fish, roe, mixed species, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15072
Fish, roe, mixed species, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.73		8		1		9.48	19.20	153.75
Energy....kcal	143		0	NC	4		20	41	325
Energy....kJ	599		0	NC	4		84	170	1359
Protein (N x 6.25)....g	22.32		8		1		3.12	6.33	50.67
Total lipid (fat)....g	6.42		8		1		0.90	1.82	14.57
Ash....g	1.37		3		1		0.19	0.39	3.11
Carbohydrate, by difference....g	1.50		0	NC	4		0.21	0.43	3.41
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0		4		3	6	50
Iron, Fe....mg	0.60		0		4		0.08	0.17	1.36
Magnesium, Mg....mg	20		0		4		3	6	45
Phosphorus, P....mg	402		0		4		56	114	913
Potassium, K....mg	221		0		4		31	63	502
Sodium, Na....mg	91		0		4		13	26	207
Zinc, Zn....mg	1.00		0		4		0.14	0.28	2.27
Copper, Cu....mg	0.100		0		4		0.014	0.028	0.227
Manganese, Mn....mg	0.010		0		4		0.001	0.003	0.023
Selenium, Se....µg	40.3		0	BFSN	4		5.6	11.4	91.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	16.0		0		4		2.2	4.5	36.3
Thiamin....mg	0.240		0		4		0.034	0.068	0.545
Riboflavin....mg	0.740		0		4		0.104	0.210	1.680
Niacin....mg	1.800		0		4		0.252	0.510	4.086
Pantothenic acid....mg	1.000		0		4		0.140	0.284	2.270
Vitamin B-6....mg	0.160		0		4		0.022	0.045	0.363
Folate, total....µg	80		0		4		11	23	182
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	80		0		4		11	23	182
Folate, DFE....mcg_DFE	80		0	NC	4		11	23	182
Choline, total....mg	335.4		0	BFSN	4		47.0	95.1	761.4
Betaine....mg									
Vitamin B-12....µg	10.00		0		4		1.40	2.84	22.70
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	90		0	NC	4		13	25	203
Retinol....µg	90		0	BFFN	4		13	25	203
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	299		0	NC	4		42	85	678
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	214		0	BFFN	4		30	61	486
Vitamin E (alpha-tocopherol)....mg	7.00		0	NR	4		0.98	1.98	15.89
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	12.1		0	AS	1		1.7	3.4	27.5
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	12.1		0	T	4		1.7	3.4	27.5
Vitamin D....IU	484		0	NR	4		68	137	1099
Vitamin K (phylloquinone)....µg	0.2		0	BFFN	4		0.0	0.1	0.4
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15072
Fish, roe, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.456		0		1		0.204	0.413	3.305
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.076		1		1		0.011	0.022	0.173
15:0....g									
16:0....g	1.275		1		1		0.179	0.361	2.894
17:0....g									
18:0....g	0.105		1		1		0.015	0.030	0.238
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.661		0		1		0.233	0.471	3.770
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.374		1		1		0.052	0.106	0.849
17:1....g									
18:1 undifferentiated....g	1.135		1		1		0.159	0.322	2.576
20:1....g	0.111		1		1		0.016	0.031	0.252
22:1 undifferentiated....g	0.041		1		1		0.006	0.012	0.093
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.656		0		1		0.372	0.753	6.029
18:2 undifferentiated....g	0.029		1		1		0.004	0.008	0.066
18:3 undifferentiated....g	0.006		1		1		0.001	0.002	0.014
18:4....g	0.012		1		1		0.002	0.003	0.027
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.181		1		1		0.025	0.051	0.411
20:5 n-3 (EPA)....g	0.983		1		1		0.138	0.279	2.231
22:5 n-3 (DPA)....g	0.082		1		1		0.011	0.023	0.186
22:6 n-3 (DHA)....g	1.363		1		1		0.191	0.386	3.094
Fatty acids, total trans....g									
Cholesterol....mg	374		5		1		52	106	849
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.293		12		1		0.041	0.083	0.665
Threonine....g	1.017		26		1		0.142	0.288	2.309
Isoleucine....g	1.142		26		1		0.160	0.324	2.592
Leucine....g	1.956		26		1		0.274	0.555	4.440
Lysine....g	1.699		26		1		0.238	0.482	3.857
Methionine....g	0.553		26		1		0.077	0.157	1.255
Cystine....g	0.389		26		1		0.054	0.110	0.883
Phenylalanine....g	1.092		26		1		0.153	0.310	2.479
Tyrosine....g	1.121		26		1		0.157	0.318	2.545
Valine....g	1.307		26		1		0.183	0.371	2.967
Arginine....g	1.278		26		1		0.179	0.362	2.901
Histidine....g	0.607		25		1		0.085	0.172	1.378
Alanine....g	1.428		26		1		0.200	0.405	3.242
Aspartic acid....g	1.789		26		1		0.250	0.507	4.061
Glutamic acid....g	2.670		26		1		0.374	0.757	6.061
Glycine....g	0.650		26		1		0.091	0.184	1.476
Proline....g	1.189		26		1		0.166	0.337	2.699
Serine....g	0.975		26		1		0.137	0.276	2.213
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15072
Fish, roe, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

Measure 3 = 227g: 1 can (8 oz), solids and liquid

Calories Factors: Protein 3.57 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15232
Fish, roughy, orange, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.97		2	A	1		56.93		
Energy	kcal	105		0	NC	4		89		
Energy	kJ	439		0	NC	4		373		
Protein (N x 6.25)	g	22.64		2	A	1		19.25		
Total lipid (fat)	g	0.90		0		1		0.77		
Ash	g	0.99		2	A	1		0.84		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	11		2	A	1		10		
Iron, Fe	mg	1.13		2	A	1		0.96		
Magnesium, Mg	mg	18		2	A	1		15		
Phosphorus, P	mg	102		2	A	1		87		
Potassium, K	mg	181		2	A	1		154		
Sodium, Na	mg	69		2	A	1		59		
Zinc, Zn	mg	0.32		1	A	1		0.27		
Copper, Cu	mg	0.075		2	A	1		0.063		
Manganese, Mn	mg	0.037		2	A	1		0.032		
Selenium, Se	µg	88.3		2	A	1		75.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.045		2	A	1		0.038		
Riboflavin	mg	0.063		2	A	1		0.053		
Niacin	mg	1.820		2	A	1		1.547		
Pantothenic acid	mg	0.056		2	A	1		0.048		
Vitamin B-6	mg	0.067		2	A	1		0.057		
Folate, total	µg	5		2	A	1		4		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	5		2	A	1		4		
Folate, DFE	mcg_DFE	5		0	NC	4		4		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.47		2	A	1		0.40		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	24		0	NC	4		20		
Retinol	µg	24		0	T	4		20		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	80		0	NC	4		68		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	1.87		2	A	1		1.59		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.00		2	A	1		0.00		
Tocopherol, gamma	mg	0.03		2	A	1		0.03		
Tocopherol, delta	mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	1.1		2	A	1		0.9		
Dihydrophylloquinone	µg	0.0		2	A	1		0.0		
Menaquinone-4	µg									
Lipids:										

NDB No. 15232
Fish, roughy, orange, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.034		0	NC	4		0.029		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.005		2	A	1		0.004		
15:0....g	0.000		2	A	1		0.000		
16:0....g	0.016		2	A	1		0.013		
17:0....g	0.000		2	A	1		0.000		
18:0....g	0.005		2	A	1		0.004		
20:0....g	0.000		2	A	1		0.000		
22:0....g	0.000		2	A	1		0.000		
24:0....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated....g	0.439		0	NC	4		0.373		
14:1....g	0.001		2	A	1		0.001		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.055		2	A	1		0.046		
17:1....g	0.000		2	A	1		0.000		
18:1 undifferentiated....g	0.293		2	A	1		0.249		
20:1....g	0.066		2	A	1		0.056		
22:1 undifferentiated....g	0.025		2	A	1		0.021		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.184		0	NC	4		0.156		
18:2 undifferentiated....g	0.057		2	A	1		0.048		
18:3 undifferentiated....g	0.000		0	AS	1		0.000		
18:3 n-3 c,c,c (ALA)....g	0.000		2	A	1		0.000		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.001		2	A	1		0.001		
20:2 n-6 c,c....g	0.069		2	A	1		0.059		
20:3 undifferentiated....g	0.000		2	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.019		2	A	1		0.016		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006		2	A	1		0.005		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.001		2	A	1		0.001		
22:6 n-3 (DHA)....g	0.025		2	A	1		0.021		
Fatty acids, total trans....g									
Cholesterol....mg	80		2	A	1		68		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.230		0	A	1		0.195		
Threonine....g	1.030		0	A	1		0.875		
Isoleucine....g	1.058		0	A	1		0.899		
Leucine....g	1.797		0	A	1		1.528		
Lysine....g	2.092		0	A	1		1.778		
Methionine....g	0.728		0	A	1		0.619		
Cystine....g	0.240		0	A	1		0.204		
Phenylalanine....g	0.869		0	A	1		0.738		
Tyrosine....g	0.799		0	A	1		0.679		
Valine....g	1.083		0	A	1		0.921		
Arginine....g	1.448		0	A	1		1.231		
Histidine....g	0.474		0	A	1		0.403		
Alanine....g	1.265		0	A	1		1.075		
Aspartic acid....g	2.519		0	A	1		2.142		
Glutamic acid....g	3.706		0	A	1		3.150		
Glycine....g	0.871		0	A	1		0.740		

NDB No. 15232
Fish, roughy, orange, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.729		0	A	1		0.620		
Serine.....g	0.936		0	A	1		0.796		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15073
Fish, roughy, orange, raw
Hoplostethus atlanticus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.67	1.352	3	A	1		64.32		
Energy....kcal	76		0	NC	4		65		
Energy....kJ	320		0	NC	4		272		
Protein (N x 6.25)....g	16.41	1.451	3	A	1		13.95		
Total lipid (fat)....g	0.70		0		4		0.60		
Ash....g	1.08	0.252	3	A	1		0.92		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.873	3	A	1		8		
Iron, Fe....mg	1.01	0.287	3	A	1		0.85		
Magnesium, Mg....mg	17	1.369	3	A	1		15		
Phosphorus, P....mg	107	14.710	3	A	1		91		
Potassium, K....mg	167	9.770	3	A	1		142		
Sodium, Na....mg	72		1	A	1		61		
Zinc, Zn....mg	0.23	0.007	3	A	1		0.20		
Copper, Cu....mg	0.075	0.000	3	A	1		0.063		
Manganese, Mn....mg	0.050	0.012	3	A	1		0.042		
Selenium, Se....µg	66.7	2.508	3	A	1		56.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.031	0.002	3	A	1		0.027		
Riboflavin....mg	0.045	0.007	3	A	1		0.038		
Niacin....mg	1.530	0.203	3	A	1		1.300		
Pantothenic acid....mg	0.051	0.010	3	A	1		0.043		
Vitamin B-6....mg	0.052	0.011	3	A	1		0.045		
Folate, total....µg	26	2.184	3	A	1		22		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	26	2.184	3	A	1		22		
Folate, DFE....mcg_DFE	26		0	NC	4		22		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.38	0.047	3	A	1		0.32		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	21		0	NC	4		18		
Retinol....µg	21		0	T	4		18		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	70		0	NC	4		60		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	1.20		2	A	1		1.02		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		2	A	1		0.00		
Tocopherol, gamma....mg	0.04		2	A	1		0.03		
Tocopherol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.7		2	A	1		0.6		
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0		
Menaquinone-4....µg									
Lipids:									

NDB No. 15073
Fish, roughy, orange, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.015		0	NC	4		0.013		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000	0.000	3	A	1		0.000		
10:0....g	0.000	0.000	3	A	1		0.000		
12:0....g	0.000	0.000	3	A	1		0.000		
13:0....g									
14:0....g	0.003	0.006	3	A	1		0.002		
15:0....g	0.000	0.000	3	A	1		0.000		
16:0....g	0.008	0.009	3	A	1		0.007		
17:0....g	0.000	0.000	3	A	1		0.000		
18:0....g	0.002	0.003	3	A	1		0.002		
20:0....g	0.000	0.000	3	A	1		0.000		
22:0....g	0.000	0.000	3	A	1		0.000		
24:0....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated....g	0.239		0	NC	4		0.203		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.028	0.035	3	A	1		0.024		
17:1....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated....g	0.154	0.249	3	A	1		0.131		
20:1....g	0.041	0.055	3	A	1		0.035		
22:1 undifferentiated....g	0.016	0.057	3	A	1		0.014		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.109		0	NC	4		0.093		
18:2 undifferentiated....g	0.032	0.038	3	A	1		0.027		
18:3 undifferentiated....g	0.003		0	AS	1		0.003		
18:3 n-3 c,c,c (ALA)....g	0.003	0.023	3	A	1		0.003		
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.001	0.003	3	A	1		0.001		
20:2 n-6 c,c....g	0.037	0.057	3	A	1		0.031		
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.011	0.020	3	A	1		0.009		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.000	3	A	1		0.004		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.001	0.000	3	A	1		0.001		
22:6 n-3 (DHA)....g	0.015	0.012	3	A	1		0.012		
Fatty acids, total trans....g									
Cholesterol....mg	60	2.885	3	A	1		51		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.184		0	A	1		0.157		
Threonine....g	0.740		0	A	1		0.629		
Isoleucine....g	0.767		0	A	1		0.652		
Leucine....g	1.293		0	A	1		1.099		
Lysine....g	1.490		0	A	1		1.266		
Methionine....g	0.526		0	A	1		0.447		
Cystine....g	0.174		0	A	1		0.148		
Phenylalanine....g	0.626		0	A	1		0.532		
Tyrosine....g	0.569		0	A	1		0.483		
Valine....g	0.789		0	A	1		0.670		
Arginine....g	1.039		0	A	1		0.883		
Histidine....g	0.338		0	A	1		0.287		
Alanine....g	0.923		0	A	1		0.784		
Aspartic acid....g	1.845		0	A	1		1.568		
Glutamic acid....g	2.673		0	A	1		2.272		
Glycine....g	0.651		0	A	1		0.554		

NDB No. 15073
Fish, roughy, orange, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.545		0	A	1		0.464		
Serine.....g	0.675		0	A	1		0.573		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15208
Fish, sablefish, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.85		0		1		94.90	53.42	
Energy....kcal	250		0	NC	4		378	213	
Energy....kJ	1046				4		1579	889	
Protein (N x 6.25)....g	17.19		0		1		25.96	14.61	
Total lipid (fat)....g	19.62		0		1		29.63	16.68	
Ash....g	1.35		0		1		2.04	1.15	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	45		0		1		68	38	
Iron, Fe....mg	1.64		0		1		2.48	1.39	
Magnesium, Mg....mg	71		0		1		107	60	
Phosphorus, P....mg	215		0		1		325	183	
Potassium, K....mg	459		0		1		693	390	
Sodium, Na....mg	72		0		1		109	61	
Zinc, Zn....mg	0.41		0		1		0.62	0.35	
Copper, Cu....mg	0.028		0		1		0.042	0.024	
Manganese, Mn....mg	0.019		0		1		0.029	0.016	
Selenium, Se....µg	46.8		0	BFSN	4		70.7	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.122		0		1		0.184	0.104	
Riboflavin....mg	0.115		0		1		0.174	0.098	
Niacin....mg	5.128		0		1		7.743	4.359	
Pantothenic acid....mg	0.865		0		1		1.306	0.735	
Vitamin B-6....mg	0.346		0		1		0.522	0.294	
Folate, total....µg	17		0		1		26	14	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	17		0		1		26	14	
Folate, DFE....mcg_DFE	17		0	NC	4		26	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.44		0		1		2.17	1.22	
Vitamin A, RAE....mcg_RAE	102		0		1		153	86	
Retinol....µg	102		0		1		153	86	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	338		0		1		510	287	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.099		0		1		6.189	3.484	
4:0....g									

NDB No. 15208
Fish, sablefish, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.012		0		1		0.018	0.010	
13:0....g									
14:0....g	0.921		0		1		1.391	0.783	
15:0....g									
16:0....g	2.631		0		1		3.973	2.236	
17:0....g									
18:0....g	0.523		0		1		0.790	0.445	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.328		0		1		15.595	8.779	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.567		0		1		2.366	1.332	
17:1....g									
18:1 undifferentiated....g	5.219		0		1		7.881	4.436	
20:1....g	1.820		0		1		2.748	1.547	
22:1 undifferentiated....g	1.670		0		1		2.522	1.420	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.618		0		1		3.953	2.225	
18:2 undifferentiated....g	0.211		0		1		0.319	0.179	
18:3 undifferentiated....g	0.122		0		1		0.184	0.104	
18:4....g	0.146		0		1		0.220	0.124	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.133		0		1		0.201	0.113	
20:5 n-3 (EPA)....g	0.867		0		1		1.309	0.737	
22:5 n-3 (DPA)....g	0.216		0		1		0.326	0.184	
22:6 n-3 (DHA)....g	0.920		0		1		1.389	0.782	
Fatty acids, total trans....g									
Cholesterol....mg	63		0		1		95	54	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.193		0		1		0.291	0.164	
Threonine....g	0.754		0		1		1.139	0.641	
Isoleucine....g	0.792		0		1		1.196	0.673	
Leucine....g	1.397		0		1		2.109	1.187	
Lysine....g	1.579		0		1		2.384	1.342	
Methionine....g	0.509		0		1		0.769	0.433	
Cystine....g	0.184		0		1		0.278	0.156	
Phenylalanine....g	0.671		0		1		1.013	0.570	
Tyrosine....g	0.580		0		1		0.876	0.493	
Valine....g	0.886		0		1		1.338	0.753	
Arginine....g	1.029		0		1		1.554	0.875	
Histidine....g	0.506		0		1		0.764	0.430	
Alanine....g	1.040		0		1		1.570	0.884	
Aspartic acid....g	1.760		0		1		2.658	1.496	
Glutamic acid....g	2.566		0		1		3.875	2.181	
Glycine....g	0.825		0		1		1.246	0.701	
Proline....g	0.608		0		1		0.918	0.517	
Serine....g	0.701		0		1		1.059	0.596	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 151g: .5 fillet

NDB No. 15208
Fish, sablefish, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15074
Fish, sablefish, raw
Anoplopoma fimbria (Pallas)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.02	0.294	169		1		137.07	60.37	
Energy....kcal	195		0	NC	4		376	166	
Energy....kJ	816				4		1575	693	
Protein (N x 6.25)....g	13.41	0.089	169		1		25.88	11.40	
Total lipid (fat)....g	15.30	0.314	178		1		29.53	13.01	
Ash....g	1.05	0.016	169		1		2.03	0.89	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	35		0		4		68	30	
Iron, Fe....mg	1.28		0		4		2.47	1.09	
Magnesium, Mg....mg	55		0		4		106	47	
Phosphorus, P....mg	168		0		4		324	143	
Potassium, K....mg	358	2.652	56		1		691	304	
Sodium, Na....mg	56	1.253	56		1		108	48	
Zinc, Zn....mg	0.32	0.012	103		1		0.62	0.27	
Copper, Cu....mg	0.022	0.001	100		1		0.042	0.019	
Manganese, Mn....mg	0.015		0		1		0.029	0.013	
Selenium, Se....µg	36.5		0	CAZN	4		70.4	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.100		0		4		0.193	0.085	
Riboflavin....mg	0.090		0		4		0.174	0.077	
Niacin....mg	4.000		0		4		7.720	3.400	
Pantothenic acid....mg	0.750		0		4		1.448	0.638	
Vitamin B-6....mg	0.300		0		4		0.579	0.255	
Folate, total....µg	15		0		4		29	13	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0		4		29	13	
Folate, DFE....mcg_DFE	15		0	NC	4		29	13	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.50		0		4		2.90	1.28	
Vitamin A, RAE....mcg_RAE	93		0		4		180	79	
Retinol....µg	93		0		4		180	79	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	310		0		4		598	264	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.201		0		1		6.178	2.721	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 15074
Fish, sablefish, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.009		1		1		0.017	0.008	
13:0 g									
14:0 g	0.719	0.141	3		1		1.388	0.611	
15:0 g									
16:0 g	2.054	0.348	3		1		3.964	1.746	
17:0 g									
18:0 g	0.408	0.094	3		1		0.787	0.347	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.057		0		1		15.550	6.848	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.223	0.238	3		1		2.360	1.040	
17:1 g									
18:1 undifferentiated g	4.074	0.831	3		1		7.863	3.463	
20:1 g	1.421	0.701	3		1		2.743	1.208	
22:1 undifferentiated g	1.304	0.541	3		1		2.517	1.108	
24:1 c g									
Fatty acids, total polyunsaturated g	2.042		0		1		3.941	1.736	
18:2 undifferentiated g	0.165	0.076	3		1		0.318	0.140	
18:3 undifferentiated g	0.095	0.053	3		1		0.183	0.081	
18:4 g	0.114		2		1		0.220	0.097	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.104	0.027	3		1		0.201	0.088	
20:5 n-3 (EPA) g	0.677	0.355	3		1		1.307	0.575	
22:5 n-3 (DPA) g	0.169		2		1		0.326	0.144	
22:6 n-3 (DHA) g	0.718	0.609	3		1		1.386	0.610	
Fatty acids, total trans g									
Cholesterol mg	49		1		1		95	42	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.150		0		1		0.290	0.128	
Threonine g	0.588		0		1		1.135	0.500	
Isoleucine g	0.618		0		1		1.193	0.525	
Leucine g	1.090		0		1		2.104	0.927	
Lysine g	1.232		0		1		2.378	1.047	
Methionine g	0.397		0		1		0.766	0.337	
Cystine g	0.144		0		1		0.278	0.122	
Phenylalanine g	0.524		0		1		1.011	0.445	
Tyrosine g	0.453		0		1		0.874	0.385	
Valine g	0.691		0		1		1.334	0.587	
Arginine g	0.803		0		1		1.550	0.683	
Histidine g	0.395		0		1		0.762	0.336	
Alanine g	0.811		0		1		1.565	0.689	
Aspartic acid g	1.373		0		1		2.650	1.167	
Glutamic acid g	2.002		0		1		3.864	1.702	
Glycine g	0.644		0		1		1.243	0.547	
Proline g	0.474		0		1		0.915	0.403	
Serine g	0.547		0		1		1.056	0.465	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 15074
Fish, sablefish, raw

Common Measures:

Measure 1 = 193g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15075
Fish, sablefish, smoked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.14		0		1		17.05	51.12	
Energy....kcal	257		0	NC	4		73	218	
Energy....kJ	1075		0	NC	4		305	914	
Protein (N x 6.25)....g	17.65		0		1		5.00	15.00	
Total lipid (fat)....g	20.14		0		1		5.71	17.12	
Ash....g	2.07		0	NR	4		0.59	1.76	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	50		0		4		14	43	
Iron, Fe....mg	1.69		0		4		0.48	1.44	
Magnesium, Mg....mg	74		0		4		21	63	
Phosphorus, P....mg	222		0		4		63	189	
Potassium, K....mg	471		0		1		134	400	
Sodium, Na....mg	737		0		1		209	626	
Zinc, Zn....mg	0.43		0		1		0.12	0.37	
Copper, Cu....mg	0.036		0		1		0.010	0.031	
Manganese, Mn....mg	0.020		0		4		0.006	0.017	
Selenium, Se....µg	50.2		0	BFSN	4		14.2	42.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.130		0		4		0.037	0.111	
Riboflavin....mg	0.120		0		4		0.034	0.102	
Niacin....mg	5.300		0		4		1.503	4.505	
Pantothenic acid....mg	0.990		0		4		0.281	0.842	
Vitamin B-6....mg	0.390		0		4		0.111	0.332	
Folate, total....µg	20		0		4		6	17	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	20		0		4		6	17	
Folate, DFE....mcg_DFE	20		0	NC	4		6	17	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.00		0		4		0.57	1.70	
Vitamin A, RAE....mcg_RAE	122		0	NR	4		35	104	
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	408		0		4		116	347	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.213		0		1		1.194	3.581	
4:0....g									

NDB No. 15075
Fish, sablefish, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.012		0		1		0.003	0.010	
13:0....g									
14:0....g	0.946		0		1		0.268	0.804	
15:0....g									
16:0....g	2.703		0		1		0.766	2.298	
17:0....g									
18:0....g	0.537		0		1		0.152	0.456	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.605		0		1		3.007	9.014	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.609		0		1		0.456	1.368	
17:1....g									
18:1 undifferentiated....g	5.361		0		1		1.520	4.557	
20:1....g	1.870		0		1		0.530	1.590	
22:1 undifferentiated....g	1.716		0		1		0.486	1.459	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.688		0		1		0.762	2.285	
18:2 undifferentiated....g	0.217		0		1		0.062	0.184	
18:3 undifferentiated....g	0.125		0		1		0.035	0.106	
18:4....g	0.150		0		1		0.043	0.128	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.137		0		1		0.039	0.116	
20:5 n-3 (EPA)....g	0.891		0		1		0.253	0.757	
22:5 n-3 (DPA)....g	0.222		0		1		0.063	0.189	
22:6 n-3 (DHA)....g	0.945		0		1		0.268	0.803	
Fatty acids, total trans....g									
Cholesterol....mg	64		0		1		18	54	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.198		0		1		0.056	0.168	
Threonine....g	0.774		0		1		0.219	0.658	
Isoleucine....g	0.814		0		1		0.231	0.692	
Leucine....g	1.435		0		1		0.407	1.220	
Lysine....g	1.622		0		1		0.460	1.379	
Methionine....g	0.523		0		1		0.148	0.445	
Cystine....g	0.189		0		1		0.054	0.161	
Phenylalanine....g	0.689		0		1		0.195	0.586	
Tyrosine....g	0.596		0		1		0.169	0.507	
Valine....g	0.910		0		1		0.258	0.774	
Arginine....g	1.057		0		1		0.300	0.898	
Histidine....g	0.520		0		1		0.147	0.442	
Alanine....g	1.068		0		1		0.303	0.908	
Aspartic acid....g	1.808		0		1		0.513	1.537	
Glutamic acid....g	2.636		0		1		0.747	2.241	
Glycine....g	0.848		0		1		0.240	0.721	
Proline....g	0.624		0		1		0.177	0.530	
Serine....g	0.720		0		1		0.204	0.612	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 15075
Fish, sablefish, smoked

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15237
Fish, salmon, Atlantic, farmed, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.75		2		1		115.26	55.04	
Energy	kcal	206		0	NC	4		366	175	
Energy	kJ	861		0	NC	4		1532	732	
Protein (N x 6.25)	g	22.10		2		1		39.34	18.79	
Total lipid (fat)	g	12.35		2		1		21.98	10.50	
Ash	g	1.15		2		1		2.05	0.98	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		4		27	13	
Iron, Fe	mg	0.34		2		1		0.61	0.29	
Magnesium, Mg	mg	30		2		1		53	26	
Phosphorus, P	mg	252		2		1		449	214	
Potassium, K	mg	384		2		1		684	326	
Sodium, Na	mg	61		2		1		109	52	
Zinc, Zn	mg	0.43		2		1		0.77	0.37	
Copper, Cu	mg	0.049		2		1		0.087	0.042	
Manganese, Mn	mg	0.016		2		1		0.028	0.014	
Selenium, Se	µg	41.4		0	BFSN	4		73.7	35.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.7		2		1		6.6	3.1	
Thiamin	mg	0.340		2		1		0.605	0.289	
Riboflavin	mg	0.135		2		1		0.240	0.115	
Niacin	mg	8.045		2		1		14.320	6.838	
Pantothenic acid	mg	1.475		2		1		2.626	1.254	
Vitamin B-6	mg	0.647		2		1		1.152	0.550	
Folate, total	µg	34		1		1		61	29	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	34		1		1		61	29	
Folate, DFE	mcg_DFE	34		0	NC	4		61	29	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	2.80		2		1		4.98	2.38	
Vitamin A, RAE	mcg_RAE									
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	50		2		1		89	43	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	2.504		0		1		4.457	2.128	
4:0	g									

NDB No. 15237
Fish, salmon, Atlantic, farmed, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.571		2		1		1.016	0.485	
15:0....g									
16:0....g	1.493		2		1		2.658	1.269	
17:0....g									
18:0....g	0.315		2		1		0.561	0.268	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.432		0		1		7.889	3.767	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.767		2		1		1.365	0.652	
17:1....g									
18:1 undifferentiated....g	2.046		2		1		3.642	1.739	
20:1....g	1.368		2		1		2.435	1.163	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.426		0		1		7.878	3.762	
18:2 undifferentiated....g	0.666		2		1		1.185	0.566	
18:3 undifferentiated....g	0.113		2		1		0.201	0.096	
18:4....g	0.184		2		1		0.328	0.156	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	1.273		2		1		2.266	1.082	
20:5 n-3 (EPA)....g	0.690		2		1		1.228	0.587	
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	1.457		2		1		2.593	1.238	
Fatty acids, total trans....g									
Cholesterol....mg	63		2		1		112	54	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.248		0		1		0.441	0.211	
Threonine....g	0.969		0		1		1.725	0.824	
Isoleucine....g	1.018		0		1		1.812	0.865	
Leucine....g	1.796		0		1		3.197	1.527	
Lysine....g	2.030		0		1		3.613	1.726	
Methionine....g	0.654		0		1		1.164	0.556	
Cystine....g	0.237		0		1		0.422	0.201	
Phenylalanine....g	0.863		0		1		1.536	0.734	
Tyrosine....g	0.746		0		1		1.328	0.634	
Valine....g	1.139		0		1		2.027	0.968	
Arginine....g	1.322		0		1		2.353	1.124	
Histidine....g	0.651		0		1		1.159	0.553	
Alanine....g	1.337		0		1		2.380	1.136	
Aspartic acid....g	2.263		0		1		4.028	1.924	
Glutamic acid....g	3.299		0		1		5.872	2.804	
Glycine....g	1.061		0		1		1.889	0.902	
Proline....g	0.781		0		1		1.390	0.664	
Serine....g	0.902		0		1		1.606	0.767	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 178g: .5 fillet

NDB No. 15237

Fish, salmon, Atlantic, farmed, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15236

Fish, salmon, Atlantic, farmed, raw

Salmo salar L.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.89	0.677	4	A	1		128.49	55.16	
Energy	kcal	208		0	NC	4		412	177	
Energy	kJ	871		0	NC	4		1725	741	
Protein (N x 6.25)	g	20.42	0.360	4	A	1		40.44	17.36	
Total lipid (fat)	g	13.42	1.275	4	A	1		26.57	11.40	
Ash	g	1.13	0.047	4	A	1		2.24	0.96	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9	0.718	4	A	1		17	7	
Iron, Fe	mg	0.34	0.018	4	A	1		0.66	0.28	
Magnesium, Mg	mg	27	0.402	4	A	1		53	23	
Phosphorus, P	mg	240	4.230	4	A	1		476	204	
Potassium, K	mg	363	5.515	4	A	1		718	308	
Sodium, Na	mg	59	11.244	4	A	1		117	50	
Zinc, Zn	mg	0.36	0.010	4	A	1		0.71	0.31	
Copper, Cu	mg	0.045	0.004	4	A	1		0.089	0.038	
Manganese, Mn	mg	0.011	0.000	4	A	1		0.022	0.009	
Selenium, Se	µg	24.0	1.252	4	A	1		47.6	20.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.9		2		1		7.7	3.3	
Thiamin	mg	0.207	0.017	4	A	1		0.411	0.176	
Riboflavin	mg	0.155	0.009	4	A	1		0.307	0.132	
Niacin	mg	8.672	0.080	4	A	1		17.171	7.372	
Pantothenic acid	mg	1.547	0.125	4	A	1		3.064	1.315	
Vitamin B-6	mg	0.636	0.064	4	A	1		1.260	0.541	
Folate, total	µg	26		1		1		51	22	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	26		1		1		51	22	
Folate, DFE	mcg_DFE	26		0	NC	4		51	22	
Choline, total	mg	78.5		0	AS	1		155.5	66.8	
Betaine	mg	3.0		1	A	1		5.9	2.6	
Vitamin B-12	µg	3.23	0.867	4	A	1		6.41	2.75	
Vitamin A, RAE	mcg_RAE									
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	50		2		1		99	43	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	3.55	0.263	4	A	1		7.03	3.02	
Tocopherol, beta	mg	0.01	0.000	4	A	1		0.03	0.01	
Tocopherol, gamma	mg	0.30	0.040	4	A	1		0.60	0.26	
Tocopherol, delta	mg	0.05	0.010	4	A	1		0.09	0.04	
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	0.5		2	A	1		1.0	0.4	
Dihydrophylloquinone	µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4	µg	0.0		2	A	1		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	3.050		0	NC	4		6.040	2.593	
4:0	g									

NDB No. 15236
Fish, salmon, Atlantic, farmed, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g	0.000	0.000	4	A	1		0.000	0.000	
10:0 g	0.000	0.000	4	A	1		0.000	0.000	
12:0 g	0.000	0.000	4	A	1		0.000	0.000	
13:0 g									
14:0 g	0.556	0.074	4	A	1		1.100	0.472	
15:0 g	0.046	0.007	4	A	1		0.090	0.039	
16:0 g	1.877	0.178	4	A	1		3.716	1.595	
17:0 g	0.043	0.006	4	A	1		0.086	0.037	
18:0 g	0.495	0.049	4	A	1		0.981	0.421	
20:0 g	0.022	0.003	4	A	1		0.044	0.019	
22:0 g	0.011	0.002	4	A	1		0.022	0.009	
24:0 g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	3.770		0	NC	4		7.465	3.205	
14:1 g	0.000	0.000	4	A	1		0.000	0.000	
15:1 g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated g	0.791	0.073	4	A	1		1.566	0.672	
17:1 g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated g	2.715	0.222	4	A	1		5.376	2.308	
20:1 g	0.265	0.039	4	A	1		0.524	0.225	
22:1 undifferentiated g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.886		0	NC	4		7.694	3.303	
18:2 undifferentiated g	0.900	0.029	4	A	1		1.781	0.765	
18:3 undifferentiated g	0.167	0.013	4	AS	1		0.331	0.142	
18:3 n-3 c,c,c (ALA) g	0.148	0.012	4	A	1		0.292	0.126	
18:3 n-6 c,c,c g	0.020	0.002	4	A	1		0.039	0.017	
18:3i g									
18:4 g	0.121	0.014	4	A	1		0.239	0.103	
20:2 n-6 c,c g	0.062	0.003	4	A	1		0.122	0.052	
20:3 undifferentiated g	0.018	0.002	4	A	1		0.036	0.015	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.092	0.008	4	A	1		0.181	0.078	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.862	0.105	4	A	1		1.707	0.733	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.393	0.054	4	A	1		0.778	0.334	
22:6 n-3 (DHA) g	1.104	0.125	4	A	1		2.187	0.939	
Fatty acids, total trans g									
Cholesterol mg	55	1.237	4	A	1		108	46	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.209		0	A	1		0.413	0.177	
Threonine g	0.860		0	A	1		1.702	0.731	
Isoleucine g	0.968		0	A	1		1.916	0.822	
Leucine g	1.615		0	A	1		3.197	1.372	
Lysine g	1.870		0	A	1		3.703	1.590	
Methionine g	0.626		0	A	1		1.240	0.532	
Cystine g	0.219		0	A	1		0.433	0.186	
Phenylalanine g	0.845		0	A	1		1.672	0.718	
Tyrosine g	0.759		0	A	1		1.502	0.645	
Valine g	1.107		0	A	1		2.192	0.941	
Arginine g	1.221		0	A	1		2.418	1.038	
Histidine g	0.549		0	A	1		1.087	0.467	
Alanine g	1.271		0	A	1		2.517	1.081	
Aspartic acid g	2.025		0	A	1		4.010	1.721	
Glutamic acid g	2.830		0	A	1		5.604	2.406	
Glycine g	0.960		0	A	1		1.901	0.816	
Proline g	0.721		0	A	1		1.427	0.613	
Serine g	0.896		0	A	1		1.773	0.761	

NDB No. 15236
Fish, salmon, Atlantic, farmed, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.042	0.009	3	A	1		0.083	0.036	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 198g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15209
Fish, salmon, Atlantic, wild, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	59.62		0		1		91.81	50.68	
Energy ... kcal	182		0	NC	4		280	155	
Energy ... kJ	761				4		1173	647	
Protein (N x 6.25) ... g	25.44		0		1		39.18	21.62	
Total lipid (fat) ... g	8.13		0		1		12.52	6.91	
Ash ... g	3.26		0		1		5.02	2.77	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	15		0		1		23	13	
Iron, Fe ... mg	1.03		0		1		1.59	0.88	
Magnesium, Mg ... mg	37		0		1		57	31	
Phosphorus, P ... mg	256		0		1		394	218	
Potassium, K ... mg	628		0		1		967	534	
Sodium, Na ... mg	56		0		1		86	48	
Zinc, Zn ... mg	0.82		0		1		1.26	0.70	
Copper, Cu ... mg	0.321		0		1		0.494	0.273	
Manganese, Mn ... mg	0.021		0		1		0.032	0.018	
Selenium, Se ... µg	46.8		0	BFSN	4		72.1	39.8	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.275		0		1		0.424	0.234	
Riboflavin ... mg	0.487		0		1		0.750	0.414	
Niacin ... mg	10.077		0		1		15.519	8.565	
Pantothenic acid ... mg	1.920		0		1		2.957	1.632	
Vitamin B-6 ... mg	0.944		0		1		1.454	0.802	
Folate, total ... µg	29		0		1		45	25	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	29		0		1		45	25	
Folate, DFE ... mcg_DFE	29		0	NC	4		45	25	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	3.05		0		1		4.70	2.59	
Vitamin A, RAE ... mcg_RAE	13		0		1		20	11	
Retinol ... µg	13		0		1		20	11	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	44		0		1		68	37	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	1.257		0		1		1.936	1.068	
4:0 ... g									

NDB No. 15209
Fish, salmon, Atlantic, wild, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.176		0		1		0.271	0.150	
15:0....g									
16:0....g	0.810		0		1		1.247	0.689	
17:0....g									
18:0....g	0.272		0		1		0.419	0.231	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.697		0		1		4.153	2.292	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.322		0		1		0.496	0.274	
17:1....g									
18:1 undifferentiated....g	1.732		0		1		2.667	1.472	
20:1....g	0.286		0		1		0.440	0.243	
22:1 undifferentiated....g	0.358		0		1		0.551	0.304	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.256		0		1		5.014	2.768	
18:2 undifferentiated....g	0.220		0		1		0.339	0.187	
18:3 undifferentiated....g	0.378		0		1		0.582	0.321	
18:4....g	0.106		0		1		0.163	0.090	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.342		0		1		0.527	0.291	
20:5 n-3 (EPA)....g	0.411		0		1		0.633	0.349	
22:5 n-3 (DPA)....g	0.368		0		1		0.567	0.313	
22:6 n-3 (DHA)....g	1.429		0		1		2.201	1.215	
Fatty acids, total trans....g									
Cholesterol....mg	71		0		1		109	60	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.285		0		1		0.439	0.242	
Threonine....g	1.115		0		1		1.717	0.948	
Isoleucine....g	1.172		0		1		1.805	0.996	
Leucine....g	2.067		0		1		3.183	1.757	
Lysine....g	2.336		0		1		3.597	1.986	
Methionine....g	0.753		0		1		1.160	0.640	
Cystine....g	0.273		0		1		0.420	0.232	
Phenylalanine....g	0.993		0		1		1.529	0.844	
Tyrosine....g	0.859		0		1		1.323	0.730	
Valine....g	1.310		0		1		2.017	1.114	
Arginine....g	1.522		0		1		2.344	1.294	
Histidine....g	0.749		0		1		1.153	0.637	
Alanine....g	1.538		0		1		2.369	1.307	
Aspartic acid....g	2.605		0		1		4.012	2.214	
Glutamic acid....g	3.797		0		1		5.847	3.227	
Glycine....g	1.221		0		1		1.880	1.038	
Proline....g	0.899		0		1		1.384	0.764	
Serine....g	1.038		0		1		1.599	0.882	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 154g: .5 fillet

NDB No. 15209

Fish, salmon, Atlantic, wild, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15076
Fish, salmon, Atlantic, wild, raw
Salmo salar L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.50	1.146	21		1		135.63	58.23	
Energy....kcal	142		0	NC	4		281	121	
Energy....kJ	594				4		1176	505	
Protein (N x 6.25)....g	19.84	0.662	9		1		39.28	16.86	
Total lipid (fat)....g	6.34	1.772	7		1		12.55	5.39	
Ash....g	2.54	0.894	6		1		5.03	2.16	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12	4.117	3		1		24	10	
Iron, Fe....mg	0.80		1		1		1.58	0.68	
Magnesium, Mg....mg	29		1		1		57	25	
Phosphorus, P....mg	200		1		1		396	170	
Potassium, K....mg	490	30.234	3		1		970	417	
Sodium, Na....mg	44		2		1		87	37	
Zinc, Zn....mg	0.64		1		1		1.27	0.54	
Copper, Cu....mg	0.250		1		1		0.495	0.213	
Manganese, Mn....mg	0.016		1		1		0.032	0.014	
Selenium, Se....µg	36.5		0	CAZN	4		72.3	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.226	0.038	11		1		0.447	0.192	
Riboflavin....mg	0.380	0.147	6		1		0.752	0.323	
Niacin....mg	7.860	0.618	13		1		15.563	6.681	
Pantothenic acid....mg	1.664	0.375	5		1		3.295	1.414	
Vitamin B-6....mg	0.818	0.035	4		1		1.620	0.695	
Folate, total....µg	25		1		1		50	21	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	25		1		1		50	21	
Folate, DFE....mcg_DFE	25		0	NC	4		50	21	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.18	0.312	10		1		6.30	2.70	
Vitamin A, RAE....mcg_RAE	12		1		1		24	10	
Retinol....µg	12		1		1		24	10	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	40		1		1		79	34	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.981		0		1		1.942	0.834	
4:0....g									

NDB No. 15076
Fish, salmon, Atlantic, wild, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.137		2		1		0.271	0.116	
15:0....g									
16:0....g	0.632		2		1		1.251	0.537	
17:0....g									
18:0....g	0.212		2		1		0.420	0.180	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.103		0		1		4.164	1.788	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.251		2		1		0.497	0.213	
17:1....g									
18:1 undifferentiated....g	1.351		2		1		2.675	1.148	
20:1....g	0.223		2		1		0.442	0.190	
22:1 undifferentiated....g	0.279		1		1		0.552	0.237	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.539		0		1		5.027	2.158	
18:2 undifferentiated....g	0.172		2		1		0.341	0.146	
18:3 undifferentiated....g	0.295		1		1		0.584	0.251	
18:4....g	0.083		1		1		0.164	0.071	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.267		2		1		0.529	0.227	
20:5 n-3 (EPA)....g	0.321		2		1		0.636	0.273	
22:5 n-3 (DPA)....g	0.287		2		1		0.568	0.244	
22:6 n-3 (DHA)....g	1.115		2		1		2.208	0.948	
Fatty acids, total trans....g									
Cholesterol....mg	55		0		1		109	47	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.222		0		1		0.440	0.189	
Threonine....g	0.870		0		1		1.723	0.740	
Isoleucine....g	0.914		0		1		1.810	0.777	
Leucine....g	1.613		0		1		3.194	1.371	
Lysine....g	1.822		0		1		3.608	1.549	
Methionine....g	0.587		0		1		1.162	0.499	
Cystine....g	0.213		0		1		0.422	0.181	
Phenylalanine....g	0.775		0		1		1.535	0.659	
Tyrosine....g	0.670		0		1		1.327	0.570	
Valine....g	1.022		0		1		2.024	0.869	
Arginine....g	1.187		0		1		2.350	1.009	
Histidine....g	0.584		0		1		1.156	0.496	
Alanine....g	1.200		0		1		2.376	1.020	
Aspartic acid....g	2.032		0		1		4.023	1.727	
Glutamic acid....g	2.962		0		1		5.865	2.518	
Glycine....g	0.952		0		1		1.885	0.809	
Proline....g	0.702		0		1		1.390	0.597	
Serine....g	0.809		0		1		1.602	0.688	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 198g: .5 fillet

NDB No. 15076
Fish, salmon, Atlantic, wild, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15210
Fish, salmon, chinook, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.60		0		1		101.02	55.76	
Energy....kcal	231		0	NC	4		356	196	
Energy....kJ	967				4		1488	822	
Protein (N x 6.25)....g	25.72		0		1		39.61	21.86	
Total lipid (fat)....g	13.38		0		1		20.61	11.37	
Ash....g	1.76		0		1		2.71	1.50	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	28		0		1		43	24	
Iron, Fe....mg	0.91		0		1		1.40	0.77	
Magnesium, Mg....mg	122		0		1		188	104	
Phosphorus, P....mg	371		0		1		571	315	
Potassium, K....mg	505		0		1		778	429	
Sodium, Na....mg	60		0		1		92	51	
Zinc, Zn....mg	0.56		0		1		0.86	0.48	
Copper, Cu....mg	0.053		0		1		0.082	0.045	
Manganese, Mn....mg	0.019		0		1		0.029	0.016	
Selenium, Se....µg	46.8		0	BFSN	4		72.1	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.1		0		1		6.3	3.5	
Thiamin....mg	0.044		0		1		0.068	0.037	
Riboflavin....mg	0.154		0		1		0.237	0.131	
Niacin....mg	10.045		0		1		15.469	8.538	
Pantothenic acid....mg	0.865		0		1		1.332	0.735	
Vitamin B-6....mg	0.462		0		1		0.711	0.393	
Folate, total....µg	35		0		1		54	30	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	35		0		1		54	30	
Folate, DFE....mcg_DFE	35		0	NC	4		54	30	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.87		0		1		4.42	2.44	
Vitamin A, RAE....mcg_RAE	149		0		1		229	127	
Retinol....µg	149		0		1		229	127	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	496		0		1		764	422	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.214		0		1		4.950	2.732	
4:0....g									

NDB No. 15210
Fish, salmon, chinook, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.455		0		1		0.701	0.387	
15:0....g									
16:0....g	2.045		0		1		3.149	1.738	
17:0....g									
18:0....g	0.714		0		1		1.100	0.607	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.742		0		1		8.843	4.881	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.133		0		1		1.745	0.963	
17:1....g									
18:1 undifferentiated....g	3.585		0		1		5.521	3.047	
20:1....g	0.580		0		1		0.893	0.493	
22:1 undifferentiated....g	0.444		0		1		0.684	0.377	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.662		0		1		4.099	2.263	
18:2 undifferentiated....g	0.136		0		1		0.209	0.116	
18:3 undifferentiated....g	0.110		0		1		0.169	0.094	
18:4....g	0.185		0		1		0.285	0.157	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.197		0		1		0.303	0.167	
20:5 n-3 (EPA)....g	1.010		0		1		1.555	0.859	
22:5 n-3 (DPA)....g	0.296		0		1		0.456	0.252	
22:6 n-3 (DHA)....g	0.727		0		1		1.120	0.618	
Fatty acids, total trans....g									
Cholesterol....mg	85		0		1		131	72	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.288		0		1		0.444	0.245	
Threonine....g	1.127		0		1		1.736	0.958	
Isoleucine....g	1.185		0		1		1.825	1.007	
Leucine....g	2.090		0		1		3.219	1.777	
Lysine....g	2.362		0		1		3.637	2.008	
Methionine....g	0.761		0		1		1.172	0.647	
Cystine....g	0.276		0		1		0.425	0.235	
Phenylalanine....g	1.004		0		1		1.546	0.853	
Tyrosine....g	0.868		0		1		1.337	0.738	
Valine....g	1.325		0		1		2.041	1.126	
Arginine....g	1.539		0		1		2.370	1.308	
Histidine....g	0.757		0		1		1.166	0.643	
Alanine....g	1.555		0		1		2.395	1.322	
Aspartic acid....g	2.634		0		1		4.056	2.239	
Glutamic acid....g	3.839		0		1		5.912	3.263	
Glycine....g	1.234		0		1		1.900	1.049	
Proline....g	0.909		0		1		1.400	0.773	
Serine....g	1.049		0		1		1.615	0.892	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 154g: .5 fillet

NDB No. 15210

Fish, salmon, chinook, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15078

Fish, salmon, chinook, raw

Oncorhynchus tshawytscha (Walbaum)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.64	1.018	9	JA	6		141.84	60.89	
Energy....kcal	179		0	NC	4		355	152	
Energy....kJ	750		0	NC	4		1484	637	
Protein (N x 6.25)....g	19.93	0.420	9	JO	11		39.45	16.94	
Total lipid (fat)....g	10.43	1.478	12	JA	6		20.66	8.87	
Ash....g	1.33	0.080	9	JA	6		2.62	1.13	
Carbohydrate, by difference....g	0.00		0		7		0.00	0.00	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	26	13.333	3	JA	6		51	22	
Iron, Fe....mg	0.25		2	A	1		0.50	0.21	
Magnesium, Mg....mg	95		0		4		188	81	
Phosphorus, P....mg	289		0		4		572	246	
Potassium, K....mg	394		77		1		780	335	
Sodium, Na....mg	47	0.037	79	JA	6		94	40	
Zinc, Zn....mg	0.44		110		1		0.88	0.38	
Copper, Cu....mg	0.041		63		1		0.081	0.035	
Manganese, Mn....mg	0.015		0		1		0.030	0.013	
Selenium, Se....µg	36.5		0	CAZN	4		72.3	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.0		1		1		7.9	3.4	
Thiamin....mg	0.054	0.004	4		1		0.107	0.046	
Riboflavin....mg	0.113	0.016	4		1		0.223	0.096	
Niacin....mg	8.420	0.543	3		1		16.672	7.157	
Pantothenic acid....mg	0.750		0		4		1.485	0.638	
Vitamin B-6....mg	0.400		0		4		0.792	0.340	
Folate, total....µg	30		0		4		59	26	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	30		0	NR	4		59	26	
Folate, DFE....mcg_DFE	30		0	NC	4		59	26	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.30		1	A	1		2.57	1.11	
Vitamin A, RAE....mcg_RAE	136		0	NC	4		269	116	
Retinol....µg	136		0	NR	4		269	116	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	453		0	NC	4		898	385	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	1.22		0		4		2.42	1.04	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.100		0	NC	4		6.138	2.635	
4:0....g									

NDB No. 15078
Fish, salmon, chinook, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.421	0.004	3	A	1		0.834	0.358	
15:0....g									
16:0....g	2.092	0.035	3	A	1		4.141	1.778	
17:0....g									
18:0....g	0.577	0.005	3	A	1		1.143	0.491	
20:0....g	0.010		2	A	1		0.020	0.008	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.399		0	NC	4		8.710	3.739	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.909	0.092	3	A	1		1.801	0.773	
17:1....g									
18:1 undifferentiated....g	2.958	0.437	3	A	1		5.857	2.515	
20:1....g	0.344	0.000	3	A	1		0.681	0.293	
22:1 undifferentiated....g	0.187	0.002	3	A	1		0.370	0.159	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.799		0	NC	4		5.543	2.380	
18:2 undifferentiated....g	0.122	0.021	3	A	1		0.241	0.104	
18:3 undifferentiated....g	0.089	0.015	3	A	1		0.175	0.075	
18:4....g	0.188		1	A	1		0.373	0.160	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.147	0.025	3	A	1		0.291	0.125	
20:5 n-3 (EPA)....g	1.008	0.047	3	A	1		1.996	0.857	
22:5 n-3 (DPA)....g	0.301	0.194	3	A	1		0.597	0.256	
22:6 n-3 (DHA)....g	0.944	0.200	3	A	1		1.870	0.803	
Fatty acids, total trans....g									
Cholesterol....mg	50		2	A	1		100	43	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.225		0		1		0.446	0.191	
Threonine....g	0.879		0		1		1.740	0.747	
Isoleucine....g	0.924		0		1		1.830	0.785	
Leucine....g	1.630		0		1		3.227	1.386	
Lysine....g	1.842		0		1		3.647	1.566	
Methionine....g	0.594		0		1		1.176	0.505	
Cystine....g	0.215		0		1		0.426	0.183	
Phenylalanine....g	0.783		0		1		1.550	0.666	
Tyrosine....g	0.677		0		1		1.340	0.575	
Valine....g	1.033		0		1		2.045	0.878	
Arginine....g	1.200		0		1		2.376	1.020	
Histidine....g	0.590		0		1		1.168	0.502	
Alanine....g	1.213		0		1		2.402	1.031	
Aspartic acid....g	2.054		0		1		4.067	1.746	
Glutamic acid....g	2.994		0		1		5.928	2.545	
Glycine....g	0.963		0		1		1.907	0.819	
Proline....g	0.709		0		1		1.404	0.603	
Serine....g	0.818		0		1		1.620	0.695	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 15078
Fish, salmon, chinook, raw

Common Measures:

Measure 1 = 198g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15077
Fish, salmon, chinook, smoked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.00		2		1		97.92	20.41	12.24
Energy....kcal	117		0	NC	4		159	33	20
Energy....kJ	490		0		4		666	139	83
Protein (N x 6.25)....g	18.28		2		1		24.86	5.18	3.11
Total lipid (fat)....g	4.32		2		1		5.88	1.22	0.73
Ash....g	2.62		2		1		3.56	0.74	0.45
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	11		2		1		15	3	2
Iron, Fe....mg	0.85		2		1		1.16	0.24	0.14
Magnesium, Mg....mg	18		2		1		24	5	3
Phosphorus, P....mg	164		2		1		223	46	28
Potassium, K....mg	175		2		1		238	50	30
Sodium, Na....mg	784		2		1		1066	222	133
Zinc, Zn....mg	0.31		2		1		0.42	0.09	0.05
Copper, Cu....mg	0.230		2		1		0.313	0.065	0.039
Manganese, Mn....mg	0.017		2		1		0.023	0.005	0.003
Selenium, Se....µg	32.4		0	BFSN	4		44.1	9.2	5.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.023		2		1		0.031	0.007	0.004
Riboflavin....mg	0.101		2		1		0.137	0.029	0.017
Niacin....mg	4.720		2		1		6.419	1.338	0.802
Pantothenic acid....mg	0.870		2		1		1.183	0.247	0.148
Vitamin B-6....mg	0.278		2		1		0.378	0.079	0.047
Folate, total....µg	2		2		1		3	1	0
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	2		2		1		3	1	0
Folate, DFE....mcg_DFE	2		0	NC	4		3	1	0
Choline, total....mg	89.0		0	BFSN	4		121.0	25.2	15.1
Betaine....mg									
Vitamin B-12....µg	3.26		2		1		4.43	0.92	0.55
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	26		0	NC	4		35	7	4
Retinol....µg	26		0	T	4		35	7	4
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	87		0	NC	4		118	25	15
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	1.35		0	T	4		1.84	0.38	0.23
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	17.1		0	AS	1		23.3	4.9	2.9
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	17.1		0	BFSN	4		23.3	4.9	2.9
Vitamin D....IU	685		0	BFSN	4		932	194	116
Vitamin K (phylloquinone)....µg	0.1		0	T	4		0.1	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15077
Fish, salmon, chinook, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.929		0		1		1.263	0.263	0.158
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.183		2		1		0.249	0.052	0.031
15:0....g									
16:0....g	0.560		2		1		0.762	0.159	0.095
17:0....g									
18:0....g	0.186		2		1		0.253	0.053	0.032
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.023		0		1		2.751	0.574	0.344
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.305		2		1		0.415	0.086	0.052
17:1....g									
18:1 undifferentiated....g	0.949		2		1		1.291	0.269	0.161
20:1....g	0.468		2		1		0.636	0.133	0.080
22:1 undifferentiated....g	0.301		2		1		0.409	0.085	0.051
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.995		0		1		1.353	0.282	0.169
18:2 undifferentiated....g	0.472		2		1		0.642	0.134	0.080
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.183		2		1		0.249	0.052	0.031
22:5 n-3 (DPA)....g	0.073		2		1		0.099	0.021	0.012
22:6 n-3 (DHA)....g	0.267		2		1		0.363	0.076	0.045
Fatty acids, total trans....g									
Cholesterol....mg	23		2		1		31	7	4
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.205		0		1		0.279	0.058	0.035
Threonine....g	0.801		0		1		1.089	0.227	0.136
Isoleucine....g	0.842		0		1		1.145	0.239	0.143
Leucine....g	1.486		0		1		2.021	0.421	0.253
Lysine....g	1.679		0		1		2.283	0.476	0.285
Methionine....g	0.541		0		1		0.736	0.153	0.092
Cystine....g	0.196		0		1		0.267	0.056	0.033
Phenylalanine....g	0.714		0		1		0.971	0.202	0.121
Tyrosine....g	0.617		0		1		0.839	0.175	0.105
Valine....g	0.942		0		1		1.281	0.267	0.160
Arginine....g	1.094		0		1		1.488	0.310	0.186
Histidine....g	0.538		0		1		0.732	0.153	0.091
Alanine....g	1.106		0		1		1.504	0.314	0.188
Aspartic acid....g	1.872		0		1		2.546	0.531	0.318
Glutamic acid....g	2.729		0		1		3.711	0.774	0.464
Glycine....g	0.878		0		1		1.194	0.249	0.149
Proline....g	0.646		0		1		0.879	0.183	0.110
Serine....g	0.746		0		1		1.015	0.211	0.127
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15077
Fish, salmon, chinook, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 136g: 1 cup, cooked

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 17g: 1 cubic inch, boneless

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15179
Fish, salmon, chinook, smoked, (lox), regular

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.00		2		1		20.41	61.20	
Energy	kcal	117		0	NC	4		33	99	
Energy	kJ	490				4		139	416	
Protein (N x 6.25)	g	18.28		2		1		5.18	15.54	
Total lipid (fat)	g	4.32		2		1		1.22	3.67	
Ash	g	2.62		2		1		0.74	2.23	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		2		1		3	9	
Iron, Fe	mg	0.85		2		1		0.24	0.72	
Magnesium, Mg	mg	18		2		1		5	15	
Phosphorus, P	mg	164		2		1		46	139	
Potassium, K	mg	175		2		1		50	149	
Sodium, Na	mg	2000		0		1		567	1700	
Zinc, Zn	mg	0.31		2		1		0.09	0.26	
Copper, Cu	mg	0.230		2		1		0.065	0.196	
Manganese, Mn	mg	0.017		2		1		0.005	0.014	
Selenium, Se	µg	38.1		0	BFSN	4		10.8	32.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.023		2		1		0.007	0.020	
Riboflavin	mg	0.101		2		1		0.029	0.086	
Niacin	mg	4.720		2		1		1.338	4.012	
Pantothenic acid	mg	0.870		2		1		0.247	0.740	
Vitamin B-6	mg	0.278		2		1		0.079	0.236	
Folate, total	µg	2		2		1		1	2	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	2		2		1		1	2	
Folate, DFE	mcg_DFE	2		0	NC	4		1	2	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	3.26		2		1		0.92	2.77	
Vitamin A, RAE	mcg_RAE	26		2		1		7	22	
Retinol	µg	26		2		1		7	22	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	88		2		1		25	75	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.929		0		1		0.263	0.790	
4:0	g									

NDB No. 15179
Fish, salmon, chinook, smoked, (lox), regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.183		2		1		0.052	0.156	
15:0....g									
16:0....g	0.560		2		1		0.159	0.476	
17:0....g									
18:0....g	0.186		2		1		0.053	0.158	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.023		0		1		0.574	1.720	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.305		2		1		0.086	0.259	
17:1....g									
18:1 undifferentiated....g	0.949		2		1		0.269	0.807	
20:1....g	0.468		2		1		0.133	0.398	
22:1 undifferentiated....g	0.301		2		1		0.085	0.256	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.995		0		1		0.282	0.846	
18:2 undifferentiated....g	0.472		2		1		0.134	0.401	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g	0.183		2		1		0.052	0.156	
22:5 n-3 (DPA)....g	0.073		2		1		0.021	0.062	
22:6 n-3 (DHA)....g	0.267		2		1		0.076	0.227	
Fatty acids, total trans....g									
Cholesterol....mg	23		2		1		7	20	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.205		0		1		0.058	0.174	
Threonine....g	0.801		0		1		0.227	0.681	
Isoleucine....g	0.842		0		1		0.239	0.716	
Leucine....g	1.486		0		1		0.421	1.263	
Lysine....g	1.679		0		1		0.476	1.427	
Methionine....g	0.541		0		1		0.153	0.460	
Cystine....g	0.196		0		1		0.056	0.167	
Phenylalanine....g	0.714		0		1		0.202	0.607	
Tyrosine....g	0.617		0		1		0.175	0.524	
Valine....g	0.942		0		1		0.267	0.801	
Arginine....g	1.094		0		1		0.310	0.930	
Histidine....g	0.538		0		1		0.153	0.457	
Alanine....g	1.106		0		1		0.314	0.940	
Aspartic acid....g	1.872		0		1		0.531	1.591	
Glutamic acid....g	2.729		0		1		0.774	2.320	
Glycine....g	0.878		0		1		0.249	0.746	
Proline....g	0.646		0		1		0.183	0.549	
Serine....g	0.746		0		1		0.211	0.634	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 15179

Fish, salmon, chinook, smoked, (lox), regular

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15080
Fish, salmon, chum, canned, drained solids with bone

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.77	0.102	6		1		261.14	60.15	
Energy	kcal	141		0	NC	4		520	120	
Energy	kJ	590		0		4		2177	501	
Protein (N x 6.25)	g	21.43	0.105	6		1		79.08	18.22	
Total lipid (fat)	g	5.50	0.202	7		1		20.30	4.68	
Ash	g	2.47	0.111	6		1		9.11	2.10	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	249	1.174	6		1		919	212	
Iron, Fe	mg	0.70		0		4		2.58	0.60	
Magnesium, Mg	mg	30		0		4		111	26	
Phosphorus, P	mg	354	2.352	6		1		1306	301	
Potassium, K	mg	300		0		4		1107	255	
Sodium, Na	mg	487		1		1		1797	414	
Zinc, Zn	mg	1.00		0		4		3.69	0.85	
Copper, Cu	mg	0.100		0		4		0.369	0.085	
Manganese, Mn	mg	0.020		0		4		0.074	0.017	
Selenium, Se	µg	43.3		0	BFSN	4		159.8	36.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.020		0		4		0.074	0.017	
Riboflavin	mg	0.160		0		4		0.590	0.136	
Niacin	mg	7.000		0		4		25.830	5.950	
Pantothenic acid	mg	0.560		0		4		2.066	0.476	
Vitamin B-6	mg	0.380		0		4		1.402	0.323	
Folate, total	µg	20		0		4		74	17	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	20		0		4		74	17	
Folate, DFE	mcg_DFE	20		0	NC	4		74	17	
Choline, total	mg	85.0		0	T	4		313.7	72.3	
Betaine	mg									
Vitamin B-12	µg	4.40		0		4		16.24	3.74	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	18		0	NC	4		66	15	
Retinol	µg	18		0	T	4		66	15	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	60		0	NC	4		221	51	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	1.60		0	T	4		5.90	1.36	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	9.6		0	AS	1		35.6	8.2	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	9.6		0	BFSN	4		35.6	8.2	
Vitamin D	IU	386		0	BFSN	4		1423	328	
Vitamin K (phylloquinone)	µg	0.1		0	T	4		0.4	0.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15080
Fish, salmon, chum, canned, drained solids with bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.486		0		1		5.483	1.263	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.482		1		1		1.779	0.410	
15:0....g									
16:0....g	0.816		1		1		3.011	0.694	
17:0....g									
18:0....g	0.188		1		1		0.694	0.160	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.919		0		1		7.081	1.631	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.237		1		1		0.875	0.201	
17:1....g									
18:1 undifferentiated....g	1.159		1		1		4.277	0.985	
20:1....g	0.278		1		1		1.026	0.236	
22:1 undifferentiated....g	0.245		2		1		0.904	0.208	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.517		0		1		5.598	1.289	
18:2 undifferentiated....g	0.057		1		1		0.210	0.048	
18:3 undifferentiated....g	0.049		2		1		0.181	0.042	
18:4....g	0.073		1		1		0.269	0.062	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.073		1		1		0.269	0.062	
20:5 n-3 (EPA)....g	0.473		2		1		1.745	0.402	
22:5 n-3 (DPA)....g	0.090		2		1		0.332	0.077	
22:6 n-3 (DHA)....g	0.702		1		1		2.590	0.597	
Fatty acids, total trans....g									
Cholesterol....mg	39		1		1		144	33	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.240		0		1		0.886	0.204	
Threonine....g	0.940		0		1		3.469	0.799	
Isoleucine....g	0.988		0		1		3.646	0.840	
Leucine....g	1.742		0		1		6.428	1.481	
Lysine....g	1.968		0		1		7.262	1.673	
Methionine....g	0.634		0		1		2.339	0.539	
Cystine....g	0.230		0		1		0.849	0.196	
Phenylalanine....g	0.837		0		1		3.089	0.711	
Tyrosine....g	0.724		0		1		2.672	0.615	
Valine....g	1.104		0		1		4.074	0.938	
Arginine....g	1.282		0		1		4.731	1.090	
Histidine....g	0.631		0		1		2.328	0.536	
Alanine....g	1.296		0		1		4.782	1.102	
Aspartic acid....g	2.195		0		1		8.100	1.866	
Glutamic acid....g	3.199		0		1		11.804	2.719	
Glycine....g	1.029		0		1		3.797	0.875	
Proline....g	0.758		0		1		2.797	0.644	
Serine....g	0.874		0		1		3.225	0.743	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15080

Fish, salmon, chum, canned, drained solids with bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 369g: 1 can

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15180

Fish, salmon, chum, canned, without salt, drained solids with bone

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.77	0.102	6		1		261.14	60.15	
Energy....kcal	141		0	NC	4		520	120	
Energy....kJ	590				4		2177	501	
Protein (N x 6.25)....g	21.43	0.105	6		1		79.08	18.22	
Total lipid (fat)....g	5.50	0.202	7		1		20.30	4.68	
Ash....g	2.47	0.111	6		1		9.11	2.10	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	249	1.174	6		1		919	212	
Iron, Fe....mg	0.70		0		4		2.58	0.60	
Magnesium, Mg....mg	30		0		4		111	26	
Phosphorus, P....mg	354	2.352	6		1		1306	301	
Potassium, K....mg	300		0		4		1107	255	
Sodium, Na....mg	75		0		1		277	64	
Zinc, Zn....mg	1.00		0		4		3.69	0.85	
Copper, Cu....mg	0.100		0		4		0.369	0.085	
Manganese, Mn....mg	0.020		0		4		0.074	0.017	
Selenium, Se....µg	43.3		0	BFSN	4		159.8	36.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.020		0		4		0.074	0.017	
Riboflavin....mg	0.160		0		4		0.590	0.136	
Niacin....mg	7.000		0		4		25.830	5.950	
Pantothenic acid....mg	0.560		0		4		2.066	0.476	
Vitamin B-6....mg	0.380		0		4		1.402	0.323	
Folate, total....µg	20		0		4		74	17	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	20		0		4		74	17	
Folate, DFE....mcg_DFE	20		0	NC	4		74	17	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	4.40		0		4		16.24	3.74	
Vitamin A, RAE....mcg_RAE	18	0.401	6		1		68	16	
Retinol....µg	18	0.401	6		1		68	16	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	61	1.335	6		1		225	52	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.486		0		1		5.483	1.263	
4:0....g									

NDB No. 15180
Fish, salmon, chum, canned, without salt, drained solids with bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.482		1		1		1.779	0.410	
15:0....g									
16:0....g	0.816		1		1		3.011	0.694	
17:0....g									
18:0....g	0.188		1		1		0.694	0.160	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.919		0		1		7.081	1.631	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.237		1		1		0.875	0.201	
17:1....g									
18:1 undifferentiated....g	1.159		1		1		4.277	0.985	
20:1....g	0.278		1		1		1.026	0.236	
22:1 undifferentiated....g	0.245		2		1		0.904	0.208	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.517		0		1		5.598	1.289	
18:2 undifferentiated....g	0.057		1		1		0.210	0.048	
18:3 undifferentiated....g	0.049		2		1		0.181	0.042	
18:4....g	0.073		1		1		0.269	0.062	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.073		1		1		0.269	0.062	
20:5 n-3 (EPA)....g	0.473		2		1		1.745	0.402	
22:5 n-3 (DPA)....g	0.090		2		1		0.332	0.077	
22:6 n-3 (DHA)....g	0.702		1		1		2.590	0.597	
Fatty acids, total trans....g									
Cholesterol....mg	39		1		1		144	33	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.240		0		1		0.886	0.204	
Threonine....g	0.940		0		1		3.469	0.799	
Isoleucine....g	0.988		0		1		3.646	0.840	
Leucine....g	1.742		0		1		6.428	1.481	
Lysine....g	1.968		0		1		7.262	1.673	
Methionine....g	0.634		0		1		2.339	0.539	
Cystine....g	0.230		0		1		0.849	0.196	
Phenylalanine....g	0.837		0		1		3.089	0.711	
Tyrosine....g	0.724		0		1		2.672	0.615	
Valine....g	1.104		0		1		4.074	0.938	
Arginine....g	1.282		0		1		4.731	1.090	
Histidine....g	0.631		0		1		2.328	0.536	
Alanine....g	1.296		0		1		4.782	1.102	
Aspartic acid....g	2.195		0		1		8.100	1.866	
Glutamic acid....g	3.199		0		1		11.804	2.719	
Glycine....g	1.029		0		1		3.797	0.875	
Proline....g	0.758		0		1		2.797	0.644	
Serine....g	0.874		0		1		3.225	0.743	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 369g: 1 can

NDB No. 15180

Fish, salmon, chum, canned, without salt, drained solids with bone

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15211
Fish, salmon, chum, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.44		0		1		105.40	58.17	
Energy	kcal	154		0	NC	4		237	131	
Energy	kJ	644				4		992	548	
Protein (N x 6.25)	g	25.82		0		1		39.76	21.95	
Total lipid (fat)	g	4.83		0		1		7.44	4.11	
Ash	g	1.51		0		1		2.33	1.28	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0		1		22	12	
Iron, Fe	mg	0.71		0		1		1.09	0.60	
Magnesium, Mg	mg	28		0		1		43	24	
Phosphorus, P	mg	363		0		1		559	309	
Potassium, K	mg	550		0		1		847	468	
Sodium, Na	mg	64		0		1		99	54	
Zinc, Zn	mg	0.60		0		1		0.92	0.51	
Copper, Cu	mg	0.071		0		1		0.109	0.060	
Manganese, Mn	mg	0.019		0		1		0.029	0.016	
Selenium, Se	µg	46.8		0	BFSN	4		72.1	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.092		0		1		0.142	0.078	
Riboflavin	mg	0.219		0		1		0.337	0.186	
Niacin	mg	8.526		0		1		13.130	7.247	
Pantothenic acid	mg	0.865		0		1		1.332	0.735	
Vitamin B-6	mg	0.462		0		1		0.711	0.393	
Folate, total	µg	5		0		1		8	4	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	5		0		1		8	4	
Folate, DFE	mcg_DFE	5		0	NC	4		8	4	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	3.46		0		1		5.33	2.94	
Vitamin A, RAE	mcg_RAE	34		0		1		53	29	
Retinol	µg	34		0		1		53	29	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	114		0		1		176	97	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	1.077		0		1		1.659	0.915	
4:0	g									

NDB No. 15211
Fish, salmon, chum, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.192		0		1		0.296	0.163	
15:0....g									
16:0....g	0.751		0		1		1.157	0.638	
17:0....g									
18:0....g	0.133		0		1		0.205	0.113	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.976		0		1		3.043	1.680	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.283		0		1		0.436	0.241	
17:1....g									
18:1 undifferentiated....g	1.046		0		1		1.611	0.889	
20:1....g	0.236		0		1		0.363	0.201	
22:1 undifferentiated....g	0.410		0		1		0.631	0.349	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.152		0		1		1.774	0.979	
18:2 undifferentiated....g	0.077		0		1		0.119	0.065	
18:3 undifferentiated....g	0.044		0		1		0.068	0.037	
18:4....g	0.087		0		1		0.134	0.074	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.038		0		1		0.059	0.032	
20:5 n-3 (EPA)....g	0.299		0		1		0.460	0.254	
22:5 n-3 (DPA)....g	0.101		0		1		0.156	0.086	
22:6 n-3 (DHA)....g	0.505		0		1		0.778	0.429	
Fatty acids, total trans....g									
Cholesterol....mg	95		0		1		146	81	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.289		0		1		0.445	0.246	
Threonine....g	1.132		0		1		1.743	0.962	
Isoleucine....g	1.190		0		1		1.833	1.012	
Leucine....g	2.099		0		1		3.232	1.784	
Lysine....g	2.371		0		1		3.651	2.015	
Methionine....g	0.764		0		1		1.177	0.649	
Cystine....g	0.277		0		1		0.427	0.235	
Phenylalanine....g	1.008		0		1		1.552	0.857	
Tyrosine....g	0.872		0		1		1.343	0.741	
Valine....g	1.330		0		1		2.048	1.131	
Arginine....g	1.545		0		1		2.379	1.313	
Histidine....g	0.760		0		1		1.170	0.646	
Alanine....g	1.562		0		1		2.405	1.328	
Aspartic acid....g	2.644		0		1		4.072	2.247	
Glutamic acid....g	3.854		0		1		5.935	3.276	
Glycine....g	1.239		0		1		1.908	1.053	
Proline....g	0.913		0		1		1.406	0.776	
Serine....g	1.053		0		1		1.622	0.895	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 154g: .5 fillet

NDB No. 15211

Fish, salmon, chum, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15079
Fish, salmon, chum, raw
Oncorhynchus keta (Walbaum)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.38	1.391	8		1		149.25	64.07	
Energy....kcal	120		0		4		238	102	
Energy....kJ	502				4		994	427	
Protein (N x 6.25)....g	20.14	1.222	8		1		39.88	17.12	
Total lipid (fat)....g	3.77	0.650	13		1		7.46	3.20	
Ash....g	1.18	0.035	7		1		2.34	1.00	
Carbohydrate, by difference....g	0.00		0		7		0.00	0.00	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11		1		1		22	9	
Iron, Fe....mg	0.55		0		1		1.09	0.47	
Magnesium, Mg....mg	22		0		4		44	19	
Phosphorus, P....mg	283		1		1		560	241	
Potassium, K....mg	429	5.797	6		1		849	365	
Sodium, Na....mg	50	1.029	6		1		99	43	
Zinc, Zn....mg	0.47	0.015	56		1		0.93	0.40	
Copper, Cu....mg	0.055	0.002	57		1		0.109	0.047	
Manganese, Mn....mg	0.015		0		1		0.030	0.013	
Selenium, Se....µg	36.5		0	CAZN	4		72.3	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		1		1		0.158	0.068	
Riboflavin....mg	0.180		1		1		0.356	0.153	
Niacin....mg	7.000		0		4		13.860	5.950	
Pantothenic acid....mg	0.750		0		4		1.485	0.638	
Vitamin B-6....mg	0.400		0		4		0.792	0.340	
Folate, total....µg	4		0		4		8	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		4		8	3	
Folate, DFE....mcg_DFE	4		0	NC	4		8	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.00		0		4		5.94	2.55	
Vitamin A, RAE....mcg_RAE	30		1		1		59	25	
Retinol....µg	30		1		1		59	25	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	99		1		1		196	84	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	1.09		0		4		2.16	0.93	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.840		0		1		1.663	0.714	
4:0....g									

NDB No. 15079
Fish, salmon, chum, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.150		2		1		0.297	0.128	
15:0....g									
16:0....g	0.586		2		1		1.160	0.498	
17:0....g									
18:0....g	0.104		2		1		0.206	0.088	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.541		0		1		3.051	1.310	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.221		2		1		0.438	0.188	
17:1....g									
18:1 undifferentiated....g	0.816		2		1		1.616	0.694	
20:1....g	0.184		1		1		0.364	0.156	
22:1 undifferentiated....g	0.320		1		1		0.634	0.272	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.898		0		1		1.778	0.763	
18:2 undifferentiated....g	0.060		2		1		0.119	0.051	
18:3 undifferentiated....g	0.034		1		1		0.067	0.029	
18:4....g	0.068		1		1		0.135	0.058	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		1		1		0.059	0.026	
20:5 n-3 (EPA)....g	0.233		2		1		0.461	0.198	
22:5 n-3 (DPA)....g	0.079		1		1		0.156	0.067	
22:6 n-3 (DHA)....g	0.394		2		1		0.780	0.335	
Fatty acids, total trans....g									
Cholesterol....mg	74		2		1		147	63	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.226		0		1		0.447	0.192	
Threonine....g	0.883		0		1		1.748	0.751	
Isoleucine....g	0.928		0		1		1.837	0.789	
Leucine....g	1.637		0		1		3.241	1.391	
Lysine....g	1.849		0		1		3.661	1.572	
Methionine....g	0.596		0		1		1.180	0.507	
Cystine....g	0.216		0		1		0.428	0.184	
Phenylalanine....g	0.786		0		1		1.556	0.668	
Tyrosine....g	0.680		0		1		1.346	0.578	
Valine....g	1.037		0		1		2.053	0.881	
Arginine....g	1.205		0		1		2.386	1.024	
Histidine....g	0.593		0		1		1.174	0.504	
Alanine....g	1.218		0		1		2.412	1.035	
Aspartic acid....g	2.062		0		1		4.083	1.753	
Glutamic acid....g	3.006		0		1		5.952	2.555	
Glycine....g	0.967		0		1		1.915	0.822	
Proline....g	0.712		0		1		1.410	0.605	
Serine....g	0.822		0		1		1.628	0.699	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 15079
Fish, salmon, chum, raw

Common Measures:

Measure 1 = 198g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15239
Fish, salmon, coho, farmed, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.00	1.353	3		1		95.81	56.95	
Energy....kcal	178		0	NC	4		255	151	
Energy....kJ	745				4		1065	633	
Protein (N x 6.25)....g	24.30	0.666	3		1		34.75	20.66	
Total lipid (fat)....g	8.23	0.899	3		1		11.77	7.00	
Ash....g	1.40	0.000	3		1		2.00	1.19	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		2		1		17	10	
Iron, Fe....mg	0.39	0.037	3		1		0.56	0.33	
Magnesium, Mg....mg	34	0.353	3		1		49	29	
Phosphorus, P....mg	332	31.598	3		1		475	282	
Potassium, K....mg	460	13.352	3		1		658	391	
Sodium, Na....mg	52	1.819	3		1		74	44	
Zinc, Zn....mg	0.47	0.006	3		1		0.67	0.40	
Copper, Cu....mg	0.089	0.022	3		1		0.127	0.076	
Manganese, Mn....mg	0.021	0.001	3		1		0.030	0.018	
Selenium, Se....µg	14.1		0	BFSN	4		20.2	12.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5	0.484	3		1		2.1	1.3	
Thiamin....mg	0.100	0.000	3		1		0.143	0.085	
Riboflavin....mg	0.113	0.013	3		1		0.162	0.096	
Niacin....mg	7.393	0.504	3		1		10.572	6.284	
Pantothenic acid....mg	1.273	0.057	3		1		1.820	1.082	
Vitamin B-6....mg	0.568	0.100	3		1		0.812	0.483	
Folate, total....µg	14	4.000	3		1		20	12	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	14	4.000	3		1		20	12	
Folate, DFE....mcg_DFE	14		0	NC	4		20	12	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.17	0.318	3		1		4.53	2.69	
Vitamin A, RAE....mcg_RAE	59	7.218	3		1		85	50	
Retinol....µg	59	7.218	3		1		85	50	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	197	24.037	3		1		282	167	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.944		0		1		2.780	1.652	
4:0....g									

NDB No. 15239
Fish, salmon, coho, farmed, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.308		3		1		0.440	0.262	
15:0....g									
16:0....g	1.175		3		1		1.680	0.999	
17:0....g									
18:0....g	0.330		3		1		0.472	0.281	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.618		0		1		5.174	3.075	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.482		3		1		0.689	0.410	
17:1....g									
18:1 undifferentiated....g	1.844		3		1		2.637	1.567	
20:1....g	0.551		3		1		0.788	0.468	
22:1 undifferentiated....g	0.665		3		1		0.951	0.565	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.963		0		1		2.807	1.669	
18:2 undifferentiated....g	0.373		3		1		0.533	0.317	
18:3 undifferentiated....g	0.076		3		1		0.109	0.065	
18:4....g	0.118		3		1		0.169	0.100	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.094		3		1		0.134	0.080	
20:5 n-3 (EPA)....g	0.408		3		1		0.583	0.347	
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.871		3		1		1.246	0.740	
Fatty acids, total trans....g									
Cholesterol....mg	63	4.201	3		1		90	54	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.272		0		1		0.389	0.231	
Threonine....g	1.065		0		1		1.523	0.905	
Isoleucine....g	1.120		0		1		1.602	0.952	
Leucine....g	1.975		0		1		2.824	1.679	
Lysine....g	2.232		0		1		3.192	1.897	
Methionine....g	0.719		0		1		1.028	0.611	
Cystine....g	0.260		0		1		0.372	0.221	
Phenylalanine....g	0.949		0		1		1.357	0.807	
Tyrosine....g	0.820		0		1		1.173	0.697	
Valine....g	1.252		0		1		1.790	1.064	
Arginine....g	1.454		0		1		2.079	1.236	
Histidine....g	0.715		0		1		1.022	0.608	
Alanine....g	1.470		0		1		2.102	1.250	
Aspartic acid....g	2.488		0		1		3.558	2.115	
Glutamic acid....g	3.627		0		1		5.187	3.083	
Glycine....g	1.166		0		1		1.667	0.991	
Proline....g	0.859		0		1		1.228	0.730	
Serine....g	0.991		0		1		1.417	0.842	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 143g: 1 fillet

NDB No. 15239

Fish, salmon, coho, farmed, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15238

Fish, salmon, coho, farmed, raw

Oncorhynchus kisutch (Walbaum)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.47	1.198	3		1		112.05	59.90	
Energy....kcal	160		0	NC	4		254	136	
Energy....kJ	669				4		1064	569	
Protein (N x 6.25)....g	21.27	0.874	3		1		33.82	18.08	
Total lipid (fat)....g	7.67	0.696	3		1		12.20	6.52	
Ash....g	1.30	0.058	3		1		2.07	1.11	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		2		1		19	10	
Iron, Fe....mg	0.34	0.032	3		1		0.54	0.29	
Magnesium, Mg....mg	31	1.576	3		1		49	26	
Phosphorus, P....mg	292	20.611	3		1		464	248	
Potassium, K....mg	450	19.231	3		1		716	383	
Sodium, Na....mg	47	4.191	3		1		75	40	
Zinc, Zn....mg	0.43	0.022	3		1		0.68	0.37	
Copper, Cu....mg	0.048	0.005	3		1		0.076	0.041	
Manganese, Mn....mg	0.012	0.001	3		1		0.019	0.010	
Selenium, Se....µg	12.6		0	BFZN	4		20.0	10.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1	0.376	3		1		1.7	0.9	
Thiamin....mg	0.090	0.006	3		1		0.143	0.077	
Riboflavin....mg	0.110	0.020	3		1		0.175	0.094	
Niacin....mg	6.813	0.706	3		1		10.833	5.791	
Pantothenic acid....mg	1.140	0.091	3		1		1.813	0.969	
Vitamin B-6....mg	0.660	0.061	3		1		1.049	0.561	
Folate, total....µg	13	2.963	3		1		21	11	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	13	2.963	3		1		21	11	
Folate, DFE....mcg_DFE	13		0	NC	4		21	11	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.67	0.318	3		1		4.25	2.27	
Vitamin A, RAE....mcg_RAE	56	6.734	3		1		90	48	
Retinol....µg	56	6.734	3		1		90	48	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	188	22.423	3		1		299	160	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.816		0		1		2.887	1.544	
4:0....g									

NDB No. 15238
Fish, salmon, coho, farmed, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.287		3		1		0.456	0.244	
15:0....g									
16:0....g	1.090		3		1		1.733	0.927	
17:0....g									
18:0....g	0.312		3		1		0.496	0.265	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.330		0		1		5.295	2.831	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.446		3		1		0.709	0.379	
17:1....g									
18:1 undifferentiated....g	1.724		3		1		2.741	1.465	
20:1....g	0.507		3		1		0.806	0.431	
22:1 undifferentiated....g	0.585		3		1		0.930	0.497	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.861		0		1		2.959	1.582	
18:2 undifferentiated....g	0.349		3		1		0.555	0.297	
18:3 undifferentiated....g	0.075		3		1		0.119	0.064	
18:4....g	0.112		3		1		0.178	0.095	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.095		3		1		0.151	0.081	
20:5 n-3 (EPA)....g	0.385		3		1		0.612	0.327	
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.821		3		1		1.305	0.698	
Fatty acids, total trans....g									
Cholesterol....mg	51	0.536	3		1		81	43	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.238		0		1		0.378	0.202	
Threonine....g	0.932		0		1		1.482	0.792	
Isoleucine....g	0.980		0		1		1.558	0.833	
Leucine....g	1.729		0		1		2.749	1.470	
Lysine....g	1.953		0		1		3.105	1.660	
Methionine....g	0.629		0		1		1.000	0.535	
Cystine....g	0.228		0		1		0.363	0.194	
Phenylalanine....g	0.830		0		1		1.320	0.706	
Tyrosine....g	0.718		0		1		1.142	0.610	
Valine....g	1.096		0		1		1.743	0.932	
Arginine....g	1.273		0		1		2.024	1.082	
Histidine....g	0.626		0		1		0.995	0.532	
Alanine....g	1.286		0		1		2.045	1.093	
Aspartic acid....g	2.178		0		1		3.463	1.851	
Glutamic acid....g	3.175		0		1		5.048	2.699	
Glycine....g	1.021		0		1		1.623	0.868	
Proline....g	0.752		0		1		1.196	0.639	
Serine....g	0.868		0		1		1.380	0.738	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 159g: 1 fillet

NDB No. 15238
Fish, salmon, coho, farmed, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15247
Fish, salmon, coho, wild, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.50		2		1		127.27	60.78	
Energy	kcal	139		0	NC	4		247	118	
Energy	kJ	582		0		4		1035	494	
Protein (N x 6.25)	g	23.45		2		1		41.74	19.93	
Total lipid (fat)	g	4.30		2		1		7.65	3.66	
Ash	g	1.30		2		1		2.31	1.11	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	45		0	BFSN	4		80	38	
Iron, Fe	mg	0.61		2		1		1.09	0.52	
Magnesium, Mg	mg	33		2		1		59	28	
Phosphorus, P	mg	322		2		1		573	274	
Potassium, K	mg	434		2		1		773	369	
Sodium, Na	mg	58		2		1		103	49	
Zinc, Zn	mg	0.56		2		1		1.00	0.48	
Copper, Cu	mg	0.071		2		1		0.126	0.060	
Manganese, Mn	mg	0.019		2		1		0.034	0.016	
Selenium, Se	µg	38.0		0	BFSN	4		67.6	32.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4		2		1		2.5	1.2	
Thiamin	mg	0.075		2		1		0.134	0.064	
Riboflavin	mg	0.140		2		1		0.249	0.119	
Niacin	mg	7.950		2		1		14.151	6.758	
Pantothenic acid	mg	0.810		2		1		1.442	0.689	
Vitamin B-6	mg	0.568		2		1		1.011	0.483	
Folate, total	µg	13		2		1		23	11	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	13		2		1		23	11	
Folate, DFE	mcg_DFE	13		0	NC	4		23	11	
Choline, total	mg	72.0		0	T	4		128.2	61.2	
Betaine	mg									
Vitamin B-12	µg	5.00		2		1		8.90	4.25	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	51		0	NC	4		90	43	
Retinol	µg	51		0	BFYN	4		90	43	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	169		0	NC	4		300	143	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.92		0	BFYN	4		1.63	0.78	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	11.3		0	AS	1		20.1	9.6	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	11.3		0	BFYN	4		20.1	9.6	
Vitamin D	IU	451		0	BFYN	4		802	383	
Vitamin K (phylloquinone)	µg	0.1		0	BFYN	4		0.2	0.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15247
Fish, salmon, coho, wild, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.054		0		1		1.876	0.896	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.150		2		1		0.267	0.128	
15:0....g									
16:0....g	0.683		2		1		1.216	0.581	
17:0....g									
18:0....g	0.158		2		1		0.281	0.134	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.581		0		1		2.814	1.344	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.272		2		1		0.484	0.231	
17:1....g									
18:1 undifferentiated....g	0.860		2		1		1.531	0.731	
20:1....g	0.275		2		1		0.490	0.234	
22:1 undifferentiated....g	0.153		2		1		0.272	0.130	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.273		0		1		2.266	1.082	
18:2 undifferentiated....g	0.056		2		1		0.100	0.048	
18:3 undifferentiated....g	0.055		2		1		0.098	0.047	
18:4....g	0.052		2		1		0.093	0.044	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		2		1		0.039	0.019	
20:5 n-3 (EPA)....g	0.401		2		1		0.714	0.341	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.658		2		1		1.171	0.559	
Fatty acids, total trans....g									
Cholesterol....mg	55		2		1		98	47	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.263		0		1		0.468	0.224	
Threonine....g	1.028		0		1		1.830	0.874	
Isoleucine....g	1.081		0		1		1.924	0.919	
Leucine....g	1.906		0		1		3.393	1.620	
Lysine....g	2.154		0		1		3.834	1.831	
Methionine....g	0.694		0		1		1.235	0.590	
Cystine....g	0.251		0		1		0.447	0.213	
Phenylalanine....g	0.915		0		1		1.629	0.778	
Tyrosine....g	0.792		0		1		1.410	0.673	
Valine....g	1.208		0		1		2.150	1.027	
Arginine....g	1.403		0		1		2.497	1.193	
Histidine....g	0.690		0		1		1.228	0.587	
Alanine....g	1.418		0		1		2.524	1.205	
Aspartic acid....g	2.401		0		1		4.274	2.041	
Glutamic acid....g	3.501		0		1		6.232	2.976	
Glycine....g	1.126		0		1		2.004	0.957	
Proline....g	0.829		0		1		1.476	0.705	
Serine....g	0.957		0		1		1.703	0.813	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15247
Fish, salmon, coho, wild, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 178g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15082
Fish, salmon, coho, wild, cooked, moist heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.39		0		1		101.35	55.58	
Energy	kcal	184		0	NC	4		285	156	
Energy	kJ	770				4		1193	654	
Protein (N x 6.25)	g	27.36		0		1		42.41	23.26	
Total lipid (fat)	g	7.50		0		1		11.63	6.38	
Ash	g	1.53		0		1		2.37	1.30	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	46		0		1		71	39	
Iron, Fe	mg	0.71		0		1		1.10	0.60	
Magnesium, Mg	mg	35		0		1		54	30	
Phosphorus, P	mg	298		0		1		462	253	
Potassium, K	mg	455		0		1		705	387	
Sodium, Na	mg	53		0		1		82	45	
Zinc, Zn	mg	0.52		0		1		0.81	0.44	
Copper, Cu	mg	0.065		0		1		0.101	0.055	
Manganese, Mn	mg	0.018		0		1		0.028	0.015	
Selenium, Se	µg	46.2		0	BFSN	4		71.6	39.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		1.6	0.9	
Thiamin	mg	0.115		0		1		0.178	0.098	
Riboflavin	mg	0.159		0		1		0.246	0.135	
Niacin	mg	7.779		0		1		12.057	6.612	
Pantothenic acid	mg	0.834		0		1		1.293	0.709	
Vitamin B-6	mg	0.556		0		1		0.862	0.473	
Folate, total	µg	9		0		1		14	8	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	9		0		1		14	8	
Folate, DFE	mcg_DFE	9		0	NC	4		14	8	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	4.48		0		1		6.94	3.81	
Vitamin A, RAE	mcg_RAE	32		0		1		50	28	
Retinol	µg	32		0		1		50	28	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	108		0		1		167	92	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	1.595		0		1		2.472	1.356	
4:0	g									

NDB No. 15082
Fish, salmon, coho, wild, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.334		0		1		0.518	0.284	
15:0....g									
16:0....g	0.950		0		1		1.473	0.808	
17:0....g									
18:0....g	0.262		0		1		0.406	0.223	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.702		0		1		4.188	2.297	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.640		0		1		0.992	0.544	
17:1....g									
18:1 undifferentiated....g	1.524		0		1		2.362	1.295	
20:1....g	0.316		0		1		0.490	0.269	
22:1 undifferentiated....g	0.185		0		1		0.287	0.157	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.521		0		1		3.908	2.143	
18:2 undifferentiated....g	0.260		0		1		0.403	0.221	
18:3 undifferentiated....g	0.199		0		1		0.308	0.169	
18:4....g	0.150		0		1		0.233	0.128	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.169		0		1		0.262	0.144	
20:5 n-3 (EPA)....g	0.543		0		1		0.842	0.462	
22:5 n-3 (DPA)....g	0.294		0		1		0.456	0.250	
22:6 n-3 (DHA)....g	0.831		0		1		1.288	0.706	
Fatty acids, total trans....g									
Cholesterol....mg	57		0		1		88	48	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.306		0		1		0.474	0.260	
Threonine....g	1.200		0		1		1.860	1.020	
Isoleucine....g	1.261		0		1		1.955	1.072	
Leucine....g	2.224		0		1		3.447	1.890	
Lysine....g	2.513		0		1		3.895	2.136	
Methionine....g	0.810		0		1		1.256	0.689	
Cystine....g	0.293		0		1		0.454	0.249	
Phenylalanine....g	1.068		0		1		1.655	0.908	
Tyrosine....g	0.924		0		1		1.432	0.785	
Valine....g	1.410		0		1		2.186	1.199	
Arginine....g	1.637		0		1		2.537	1.391	
Histidine....g	0.806		0		1		1.249	0.685	
Alanine....g	1.655		0		1		2.565	1.407	
Aspartic acid....g	2.802		0		1		4.343	2.382	
Glutamic acid....g	4.085		0		1		6.332	3.472	
Glycine....g	1.313		0		1		2.035	1.116	
Proline....g	0.968		0		1		1.500	0.823	
Serine....g	1.116		0		1		1.730	0.949	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 155g: .5 fillet

NDB No. 15082

Fish, salmon, coho, wild, cooked, moist heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15081
Fish, salmon, coho, wild, raw
Oncorhynchus kisutch (Walbaum)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.66	0.162	178		1		143.87	61.76	
Energy....kcal	146		0	NC	4		289	124	
Energy....kJ	611		0		4		1210	519	
Protein (N x 6.25)....g	21.62	0.044	178		1		42.81	18.38	
Total lipid (fat)....g	5.93	0.161	219		1		11.74	5.04	
Ash....g	1.21	0.004	178		1		2.40	1.03	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	36		1		1		71	31	
Iron, Fe....mg	0.56	0.077	3		1		1.11	0.48	
Magnesium, Mg....mg	31	0.897	3		1		61	26	
Phosphorus, P....mg	262	16.165	3		1		519	223	
Potassium, K....mg	423	2.619	47		1		838	360	
Sodium, Na....mg	46	1.105	47		1		91	39	
Zinc, Zn....mg	0.41	0.017	74		1		0.81	0.35	
Copper, Cu....mg	0.051	0.003	69		1		0.101	0.043	
Manganese, Mn....mg	0.014	0.001	3		1		0.028	0.012	
Selenium, Se....µg	36.5		0	CAZN	4		72.3	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0	0.239	4		1		2.0	0.9	
Thiamin....mg	0.113	0.030	3		1		0.224	0.096	
Riboflavin....mg	0.140	0.012	3		1		0.277	0.119	
Niacin....mg	7.230	0.922	3		1		14.315	6.146	
Pantothenic acid....mg	0.823	0.055	3		1		1.630	0.700	
Vitamin B-6....mg	0.549	0.132	3		1		1.087	0.467	
Folate, total....µg	9	3.215	3		1		18	8	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9	3.215	3		1		18	8	
Folate, DFE....mcg_DFE	9		0	NC	4		18	8	
Choline, total....mg	109.4		0	BFSN	4		216.5	93.0	
Betaine....mg									
Vitamin B-12....µg	4.17	0.694	3		1		8.26	3.54	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	40		0	NC	4		80	34	
Retinol....µg	40		0	BFSN	4		80	34	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	135		0	NC	4		267	115	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.73		0	BFSN	4		1.45	0.62	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	9.0		0	AS	1		17.9	7.7	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	9.0		0	BFSN	4		17.9	7.7	
Vitamin D....IU	361		0	BFSN	4		714	307	
Vitamin K (phylloquinone)....µg	0.1		0	T	4		0.2	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15081
Fish, salmon, coho, wild, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.260		0		1		2.495	1.071	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.264		6		1		0.523	0.224	
15:0....g									
16:0....g	0.751		6		1		1.487	0.638	
17:0....g									
18:0....g	0.207		6		1		0.410	0.176	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.134		0		1		4.225	1.814	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.506		6		1		1.002	0.430	
17:1....g									
18:1 undifferentiated....g	1.204		6		1		2.384	1.023	
20:1....g	0.250		6		1		0.495	0.213	
22:1 undifferentiated....g	0.146		6		1		0.289	0.124	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.992		0		1		3.944	1.693	
18:2 undifferentiated....g	0.206		6		1		0.408	0.175	
18:3 undifferentiated....g	0.157		6		1		0.311	0.133	
18:4....g	0.119		6		1		0.236	0.101	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.133		6		1		0.263	0.113	
20:5 n-3 (EPA)....g	0.429		6		1		0.849	0.365	
22:5 n-3 (DPA)....g	0.232	0.000	6		1		0.459	0.197	
22:6 n-3 (DHA)....g	0.656		6		1		1.299	0.558	
Fatty acids, total trans....g									
Cholesterol....mg	45	3.060	3		1		89	38	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.242		0		1		0.479	0.206	
Threonine....g	0.948		0		1		1.877	0.806	
Isoleucine....g	0.996		0		1		1.972	0.847	
Leucine....g	1.757		0		1		3.479	1.493	
Lysine....g	1.985		0		1		3.930	1.687	
Methionine....g	0.640		0		1		1.267	0.544	
Cystine....g	0.232		0		1		0.459	0.197	
Phenylalanine....g	0.844		0		1		1.671	0.717	
Tyrosine....g	0.730		0		1		1.445	0.621	
Valine....g	1.114		0		1		2.206	0.947	
Arginine....g	1.294		0		1		2.562	1.100	
Histidine....g	0.636		0		1		1.259	0.541	
Alanine....g	1.307		0		1		2.588	1.111	
Aspartic acid....g	2.214		0		1		4.384	1.882	
Glutamic acid....g	3.227		0		1		6.389	2.743	
Glycine....g	1.038		0		1		2.055	0.882	
Proline....g	0.764		0		1		1.513	0.649	
Serine....g	0.882		0		1		1.746	0.750	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15081
Fish, salmon, coho, wild, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 198g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15260
Fish, salmon, pink, canned, drained solids

Refuse:

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.71	0.235	17	A	1		222.74		
Energy	kcal	138		0	NC	4		433		
Energy	kJ	576		0	NC	4		1814		
Protein	g	23.10	0.090	17	A	1		72.76		
Total lipid (fat)	g	5.02	0.189	17	A	1		15.83		
Ash	g	2.50	0.039	17	A	1		7.87		
Carbohydrate, by difference	g	0.00		0	NC	4		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	283	6.156	17	A	1		891		
Iron, Fe	mg	0.77	0.020	17	A	1		2.43		
Magnesium, Mg	mg	32	0.322	17	A	1		102		
Phosphorus, P	mg	379	3.988	17	A	1		1193		
Potassium, K	mg	333	3.258	17	A	1		1050		
Sodium, Na	mg	381	7.997	17	A	1		1201		
Zinc, Zn	mg	0.96	0.015	17	A	1		3.03		
Copper, Cu	mg	0.082	0.002	17	A	1		0.257		
Manganese, Mn	mg	0.031	0.001	17	A	1		0.098		
Selenium, Se	µg	39.5	8.257	15	A	1		124.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg	0.027	0.001	15	A	1		0.086		
Riboflavin	mg	0.202	0.011	15	A	1		0.637		
Niacin	mg	7.409	0.170	15	A	1		23.337		
Pantothenic acid	mg	0.563	0.023	15	A	1		1.774		
Vitamin B-6	mg	0.105	0.003	15	A	1		0.329		
Folate, total	µg	4	0.198	13	A	1		12		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	4	0.198	13	A	1		12		
Folate, DFE	mcg_DFE	4		0	NC	4		12		
Choline, total	mg	87.8	2.809	4	AS	1		276.6		
Betaine	mg	9.0	1.895	4	A	1		28.4		
Vitamin B-12	µg	4.95	0.194	15	A	1		15.58		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	20		0	AS	1		62		
Retinol	µg	20	5.075	17	A	1		62		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	65		0	AS	1		206		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	1.28	0.042	4	A	1		4.03		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.00	0.000	4	A	1		0.00		
Tocopherol, gamma	mg	0.12	0.032	4	A	1		0.37		
Tocopherol, delta	mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3)	µg	14.5		6	AS	1		45.7		
Vitamin D2 (ergocalciferol)	µg	0.0	0.000	3	A	1		0.0		
Vitamin D3 (cholecalciferol)	µg	14.5	0.828	3	A	1		45.7		
Vitamin D	IU	580	33.137	3	A	1		1829		
Vitamin K (phylloquinone)	µg	0.1	0.004	4	A	1		0.5		
Dihydrophylloquinone	µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4	µg	0.5	0.046	4	A	1		1.6		

Lipids:

NDB No. 15260
Fish, salmon, pink, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.895		0	NC	4		2.820		
4:0....g	0.004	0.000	17	A	1		0.012		
6:0....g	0.000	0.000	17	A	1		0.000		
8:0....g	0.001	0.000	17	A	1		0.002		
10:0....g	0.008	0.003	17	A	1		0.027		
12:0....g	0.003	0.000	17	A	1		0.008		
13:0....g									
14:0....g	0.170	0.008	17	A	1		0.534		
15:0....g	0.024	0.002	17	A	1		0.075		
16:0....g	0.550	0.019	17	A	1		1.733		
17:0....g	0.016	0.001	17	A	1		0.051		
18:0....g	0.108	0.003	17	A	1		0.340		
20:0....g	0.007	0.000	17	A	1		0.023		
22:0....g	0.003	0.000	17	A	1		0.010		
24:0....g	0.001	0.000	17	A	1		0.004		
Fatty acids, total monounsaturated....g	1.211		0	NC	4		3.814		
14:1....g	0.002	0.000	17	A	1		0.007		
15:1....g	0.000	0.000	17	A	1		0.000		
16:1 undifferentiated....g	0.144	0.006	17	AS	1		0.453		
16:1 c....g	0.136	0.006	17	A	1		0.430		
16:1 t....g	0.007	0.000	17	A	1		0.023		
17:1....g	0.011	0.001	17	A	1		0.033		
18:1 undifferentiated....g	0.564	0.021	17	AS	1		1.778		
18:1 c....g	0.556	0.020	17	A	1		1.750		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.009	0.000	17	A	1		0.028		
18:1-11t (18:1t n-7)....g									
20:1....g	0.423	0.023	17	A	1		1.332		
22:1 undifferentiated....g	0.055	0.003	17	AS	1		0.174		
22:1 c....g	0.054	0.003	17	A	1		0.170		
22:1 t....g	0.001	0.000	17	A	1		0.004		
24:1 c....g	0.012	0.004	17	A	1		0.038		
Fatty acids, total polyunsaturated....g	1.507		0	NC	4		4.745		
18:2 undifferentiated....g	0.092	0.005	17	AS	1		0.289		
18:2 n-6 c,c....g	0.077	0.004	17	A	1		0.242		
18:2 CLAs....g	0.005	0.001	17	A	1		0.017		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.009	0.001	17	A	1		0.030		
18:3 undifferentiated....g	0.052	0.003	17	AS	1		0.163		
18:3 n-3 c,c,c (ALA)....g	0.048	0.002	17	A	1		0.153		
18:3 n-6 c,c,c....g	0.003	0.000	17	A	1		0.011		
18:3i....g									
18:4....g	0.140	0.009	17	A	1		0.440		
20:2 n-6 c,c....g	0.015	0.001	17	A	1		0.048		
20:3 undifferentiated....g	0.013	0.001	17	AS	1		0.041		
20:3 n-3....g	0.007	0.000	17	A	1		0.023		
20:3 n-6....g	0.006	0.000	17	A	1		0.017		
20:4 undifferentiated....g	0.023	0.001	17	A	1		0.071		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.334	0.011	17	A	1		1.052		
21:5....g									
22:4....g	0.003	0.000	17	A	1		0.010		
22:5 n-3 (DPA)....g	0.089	0.002	17	A	1		0.280		
22:6 n-3 (DHA)....g	0.743	0.016	17	A	1		2.340		
Fatty acids, total trans....g	0.027		0	NC	4		0.084		
Fatty acids, total trans-monoenoic....g	0.017		0	NC	4		0.055		
Fatty acids, total trans-polyenoic....g	0.009		0	NC	4		0.030		
Cholesterol....mg	83	1.133	17	A	1		261		
Phytosterols....mg									

NDB No. 15260
Fish, salmon, pink, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.249		0	A	1		0.784		
Threonine....g	1.200		0	A	1		3.780		
Isoleucine....g	1.074		0	A	1		3.385		
Leucine....g	1.759		0	A	1		5.541		
Lysine....g	1.980		0	A	1		6.238		
Methionine....g	0.649		0	A	1		2.045		
Cystine....g	0.179		0	A	1		0.563		
Phenylalanine....g	0.951		0	A	1		2.995		
Tyrosine....g	0.835		0	A	1		2.631		
Valine....g	1.238		0	A	1		3.900		
Arginine....g	1.449		0	A	1		4.564		
Histidine....g	0.611		0	A	1		1.925		
Alanine....g	1.472		0	A	1		4.636		
Aspartic acid....g	2.899		0	A	1		9.130		
Glutamic acid....g	3.268		0	A	1		10.294		
Glycine....g	1.421		0	A	1		4.477		
Proline....g	0.976		0	A	1		3.073		
Serine....g	1.019		0	A	1		3.210		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 315g: 1 can drained solids (total)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15084
Fish, salmon, pink, canned, total can contents

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.04	0.322	17	A	1		304.31	62.93	
Energy....kcal	129		0	NC	4		530	110	
Energy....kJ	539		0	NC	4		2215	458	
Protein (N x 6.25)....g	19.68	0.145	17	A	1		80.90	16.73	
Total lipid (fat)....g	4.97	0.232	17	A	1		20.41	4.22	
Ash....g	2.40	0.034	17	A	1		9.87	2.04	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	215	7.700	17	A	1		885	183	
Iron, Fe....mg	0.64	0.011	17	A	1		2.63	0.54	
Magnesium, Mg....mg	30	0.488	17	A	1		122	25	
Phosphorus, P....mg	337	5.696	17	A	1		1385	286	
Potassium, K....mg	344	4.296	17	A	1		1412	292	
Sodium, Na....mg	403	8.759	17	A	1		1654	342	
Zinc, Zn....mg	0.76	0.009	17	A	1		3.14	0.65	
Copper, Cu....mg	0.069	0.001	17	A	1		0.283	0.059	
Manganese, Mn....mg	0.024	0.001	17	A	1		0.100	0.021	
Selenium, Se....µg	33.2	0.367	10	A	1		136.5	28.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	22		1		0.0	0.0	
Thiamin....mg	0.023	0.000	36		1		0.095	0.020	
Riboflavin....mg	0.186	0.007	36		1		0.764	0.158	
Niacin....mg	6.536	0.333	25		1		26.863	5.556	
Pantothenic acid....mg	0.550		0		4		2.261	0.468	
Vitamin B-6....mg	0.300		0		4		1.233	0.255	
Folate, total....µg	15	0.621	3		1		63	13	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15	0.621	3		1		63	13	
Folate, DFE....mcg_DFE	15		0	NC	4		63	13	
Choline, total....mg	87.8		0	T	4		360.9	74.6	
Betaine....mg									
Vitamin B-12....µg	4.40		0		4		18.08	3.74	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	17		0	NC	4		70	14	
Retinol....µg	17		0	T	4		70	14	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	57		0	NC	4		233	48	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.64		2		1		2.61	0.54	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		2		1		0.00	0.00	
Tocopherol, gamma....mg	0.00		2		1		0.00	0.00	
Tocopherol, delta....mg	0.00		2		1		0.00	0.00	
Vitamin D (D2 + D3)....µg	13.7		0	AS	1		56.2	11.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	13.7		0	BFFN	4		56.2	11.6	
Vitamin D....IU	547		0	BFFN	4		2248	465	
Vitamin K (phylloquinone)....µg	0.5		0	BFSN	4		2.2	0.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15084
Fish, salmon, pink, canned, total can contents

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.862		0	NC	4		3.541	0.732	
4:0....g	0.004	0.000	17	A	1		0.015	0.003	
6:0....g	0.000	0.000	17	A	1		0.000	0.000	
8:0....g	0.001	0.000	17	A	1		0.003	0.001	
10:0....g	0.008	0.003	17	A	1		0.035	0.007	
12:0....g	0.003	0.000	17	A	1		0.011	0.002	
13:0....g									
14:0....g	0.177	0.010	17	A	1		0.728	0.151	
15:0....g	0.024	0.001	17	A	1		0.099	0.020	
16:0....g	0.518	0.028	17	A	1		2.128	0.440	
17:0....g	0.015	0.001	17	A	1		0.063	0.013	
18:0....g	0.100	0.005	17	A	1		0.411	0.085	
20:0....g	0.007	0.000	17	A	1		0.031	0.006	
22:0....g	0.003	0.000	17	A	1		0.013	0.003	
24:0....g	0.001	0.000	17	A	1		0.005	0.001	
Fatty acids, total monounsaturated....g	1.205		0	NC	4		4.951	1.024	
14:1....g	0.002	0.000	17	A	1		0.009	0.002	
15:1....g	0.000	0.000	17	A	1		0.001	0.000	
16:1 undifferentiated....g	0.143	0.009	17	AS	1		0.589	0.122	
16:1 c....g	0.136	0.009	17	A	1		0.560	0.116	
16:1 t....g	0.007	0.000	17	A	1		0.029	0.006	
17:1....g	0.010	0.001	17	A	1		0.040	0.008	
18:1 undifferentiated....g	0.547	0.031	17	AS	1		2.248	0.465	
18:1 c....g	0.538	0.031	17	A	1		2.211	0.457	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.009	0.000	17	A	1		0.036	0.007	
18:1-11t (18:1t n-7)....g									
20:1....g	0.440	0.024	17	A	1		1.810	0.374	
22:1 undifferentiated....g	0.053	0.003	17	AS	1		0.219	0.045	
22:1 c....g	0.052	0.003	17	A	1		0.215	0.044	
22:1 t....g	0.001	0.000	17	A	1		0.004	0.001	
24:1 c....g	0.009	0.004	17	A	1		0.036	0.007	
Fatty acids, total polyunsaturated....g	1.420		0	NC	4		5.835	1.207	
18:2 undifferentiated....g	0.091	0.005	17	AS	1		0.374	0.077	
18:2 n-6 c,c....g	0.076	0.004	17	A	1		0.312	0.065	
18:2 CLAs....g	0.005	0.001	17	A	1		0.022	0.005	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.010	0.001	17	A	1		0.039	0.008	
18:3 undifferentiated....g	0.052	0.003	17	AS	1		0.215	0.044	
18:3 n-3 c,c,c (ALA)....g	0.048	0.002	17	A	1		0.199	0.041	
18:3 n-6 c,c,c....g	0.004	0.001	17	A	1		0.016	0.003	
18:3i....g									
18:4....g	0.143	0.009	17	A	1		0.587	0.121	
20:2 n-6 c,c....g	0.015	0.001	17	A	1		0.062	0.013	
20:3 undifferentiated....g	0.013	0.001	17	AS	1		0.055	0.011	
20:3 n-3....g	0.008	0.001	17	A	1		0.032	0.007	
20:3 n-6....g	0.006	0.000	17	A	1		0.023	0.005	
20:4 undifferentiated....g	0.021	0.001	17	A	1		0.087	0.018	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.323	0.018	17	A	1		1.329	0.275	
21:5....g									
22:4....g	0.003	0.000	17	A	1		0.012	0.003	
22:5 n-3 (DPA)....g	0.086	0.004	17	A	1		0.352	0.073	
22:6 n-3 (DHA)....g	0.669	0.025	17	A	1		2.750	0.569	
Fatty acids, total trans....g	0.026		0	NC	4		0.108	0.022	
Fatty acids, total trans-monoenoic....g	0.017		0	NC	4		0.069	0.014	
Fatty acids, total trans-polyenoic....g	0.010		0	NC	4		0.039	0.008	
Cholesterol....mg	55		0		4		226	47	
Phytosterols....mg									

NDB No. 15084
Fish, salmon, pink, canned, total can contents

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan.....g	0.212		0	A	1		0.873	0.180	
Threonine.....g	1.023		0	A	1		4.206	0.870	
Isoleucine.....g	0.916		0	A	1		3.767	0.779	
Leucine.....g	1.500		0	A	1		6.166	1.275	
Lysine.....g	1.689		0	A	1		6.942	1.436	
Methionine.....g	0.554		0	A	1		2.276	0.471	
Cystine.....g	0.152		0	A	1		0.626	0.130	
Phenylalanine.....g	0.811		0	A	1		3.333	0.689	
Tyrosine.....g	0.712		0	A	1		2.928	0.606	
Valine.....g	1.056		0	A	1		4.340	0.898	
Arginine.....g	1.236		0	A	1		5.079	1.050	
Histidine.....g	0.521		0	A	1		2.142	0.443	
Alanine.....g	1.255		0	A	1		5.160	1.067	
Aspartic acid.....g	2.472		0	A	1		10.161	2.101	
Glutamic acid.....g	2.787		0	A	1		11.456	2.369	
Glycine.....g	1.212		0	A	1		4.982	1.030	
Proline.....g	0.832		0	A	1		3.420	0.707	
Serine.....g	0.869		0	A	1		3.572	0.739	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 411g: 1 can

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15181

Fish, salmon, pink, canned, without salt, solids with bone and liquid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.03		0		4		317.94	59.53	
Energy....kcal	139		0	NC	4		631	118	
Energy....kJ	582				4		2640	494	
Protein (N x 6.25)....g	19.78	0.164	25		1		89.80	16.81	
Total lipid (fat)....g	6.05		26		1		27.47	5.14	
Ash....g	1.38		0		4		6.27	1.17	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	213	12.474	25		1		967	181	
Iron, Fe....mg	0.84	0.044	25		1		3.81	0.71	
Magnesium, Mg....mg	34	0.961	25		1		154	29	
Phosphorus, P....mg	329	7.235	25		1		1494	280	
Potassium, K....mg	326	7.284	25		1		1480	277	
Sodium, Na....mg	75		0		4		341	64	
Zinc, Zn....mg	0.92	0.028	25		1		4.18	0.78	
Copper, Cu....mg	0.102	0.004	25		1		0.463	0.087	
Manganese, Mn....mg	0.020		0		4		0.091	0.017	
Selenium, Se....µg	33.2	0.367	10	A	1		150.7	28.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	22		1		0.0	0.0	
Thiamin....mg	0.023	0.000	36		1		0.104	0.020	
Riboflavin....mg	0.186	0.007	36		1		0.844	0.158	
Niacin....mg	6.536	0.333	25		1		29.673	5.556	
Pantothenic acid....mg	0.550		0		4		2.497	0.468	
Vitamin B-6....mg	0.300		0		4		1.362	0.255	
Folate, total....µg	15	0.621	3		1		70	13	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15	0.621	3		1		70	13	
Folate, DFE....mcg_DFE	15		0	NC	4		70	13	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	4.40		0		4		19.98	3.74	
Vitamin A, RAE....mcg_RAE	17	1.135	14		1		75	14	
Retinol....µg	17	1.135	14		1		75	14	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	55	3.780	14		1		250	47	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.535		0		1		6.969	1.305	
4:0....g									

NDB No. 15181
Fish, salmon, pink, canned, without salt, solids with bone and liquid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.048		1		1		0.218	0.041	
15:0....g									
16:0....g	1.350		1		1		6.129	1.148	
17:0....g									
18:0....g	0.135		1		1		0.613	0.115	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.825		0		1		8.286	1.551	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.466		1		1		2.116	0.396	
17:1....g									
18:1 undifferentiated....g	1.068		1		1		4.849	0.908	
20:1....g	0.272		1		1		1.235	0.231	
22:1 undifferentiated....g	0.018		2		1		0.082	0.015	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.049		0		1		9.302	1.742	
18:2 undifferentiated....g	0.058		1		1		0.263	0.049	
18:3 undifferentiated....g	0.058		2		1		0.263	0.049	
18:4....g	0.135		1		1		0.613	0.115	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.077		1		1		0.350	0.065	
20:5 n-3 (EPA)....g	0.845		2		1		3.836	0.718	
22:5 n-3 (DPA)....g	0.048		2		1		0.218	0.041	
22:6 n-3 (DHA)....g	0.806		1		1		3.659	0.685	
Fatty acids, total trans....g									
Cholesterol....mg	55		0		4		250	47	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.222		0		1		1.008	0.189	
Threonine....g	0.867		0		1		3.936	0.737	
Isoleucine....g	0.912		0		1		4.140	0.775	
Leucine....g	1.608		0		1		7.300	1.367	
Lysine....g	1.817		0		1		8.249	1.544	
Methionine....g	0.586		0		1		2.660	0.498	
Cystine....g	0.212		0		1		0.962	0.180	
Phenylalanine....g	0.772		0		1		3.505	0.656	
Tyrosine....g	0.668		0		1		3.033	0.568	
Valine....g	1.019		0		1		4.626	0.866	
Arginine....g	1.184		0		1		5.375	1.006	
Histidine....g	0.582		0		1		2.642	0.495	
Alanine....g	1.196		0		1		5.430	1.017	
Aspartic acid....g	2.026		0		1		9.198	1.722	
Glutamic acid....g	2.953		0		1		13.407	2.510	
Glycine....g	0.950		0		1		4.313	0.808	
Proline....g	0.699		0		1		3.173	0.594	
Serine....g	0.807		0		1		3.664	0.686	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 454g: 1 can

NDB No. 15181

Fish, salmon, pink, canned, without salt, solids with bone and liquid

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15212
Fish, salmon, pink, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.65		0	RA	4		87.60		
Energy....kcal	153		0	NC	4		189		
Energy....kJ	638		0	RA	4		792		
Protein (N x 6.25)....g	24.58		0	RA	4		30.49		
Total lipid (fat)....g	5.28		0	RA	4		6.54		
Ash....g	1.82		0	RA	4		2.26		
Carbohydrate, by difference....g	0.00		0	RA	4		0.00		
Fiber, total dietary....g	0.0		0	RA	4		0.0		
Sugars, total....g	0.00		0	RA	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	RA	4		10		
Iron, Fe....mg	0.45		0	RA	4		0.56		
Magnesium, Mg....mg	32		0	RA	4		40		
Phosphorus, P....mg	313		0	RA	4		388		
Potassium, K....mg	439		0	RA	4		545		
Sodium, Na....mg	90		0	RA	4		112		
Zinc, Zn....mg	0.46		0	RA	4		0.58		
Copper, Cu....mg	0.075		0	RA	4		0.093		
Manganese, Mn....mg	0.013		0	RA	4		0.016		
Selenium, Se....µg	37.6		0	RA	4		46.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0		
Thiamin....mg	0.091		0	RA	4		0.113		
Riboflavin....mg	0.126		0	RA	4		0.156		
Niacin....mg	9.588		0	RA	4		11.889		
Pantothenic acid....mg	1.235		0	RA	4		1.532		
Vitamin B-6....mg	0.696		0	RA	4		0.863		
Folate, total....µg	5		0	RA	4		6		
Folic acid....µg	0		0	RA	4		0		
Folate, food....µg	5		0	RA	4		6		
Folate, DFE....mcg_DFE	5		0	NC	4		6		
Choline, total....mg	113.4		0	RA	4		140.7		
Betaine....mg									
Vitamin B-12....µg	4.73		0	RA	4		5.86		
Vitamin B-12, added....µg	0.00		0	RA	4		0.00		
Vitamin A, RAE....mcg_RAE	42		0	RA	4		52		
Retinol....µg	42		0	RA	4		52		
Carotene, beta....µg	0		0	RA	4		0		
Carotene, alpha....µg	0		0	RA	4		0		
Cryptoxanthin, beta....µg	0		0	RA	4		0		
Vitamin A, IU....IU	126		0	RA	4		156		
Lycopene....µg	0		0	RA	4		0		
Lutein + zeaxanthin....µg	0		0	RA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.48		0	RA	4		0.59		
Vitamin E, added....mg	0.00		0	RA	4		0.00		
Tocopherol, beta....mg	0.00		0	RA	4		0.00		
Tocopherol, gamma....mg	0.00		0	RA	4		0.00		
Tocopherol, delta....mg	0.00		0	RA	4		0.00		
Vitamin D (D2 + D3)....µg	13.0		0	RA	4		16.2		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	13.0		0	RA	4		16.2		
Vitamin D....IU	522		0	RA	4		647		
Vitamin K (phylloquinone)....µg	0.5		0	RA	4		0.6		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15212
Fish, salmon, pink, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.971		0	RA	4		1.205		
4:0....g	0.000		0	RA	4		0.000		
6:0....g	0.000		0	RA	4		0.000		
8:0....g	0.000		0	RA	4		0.000		
10:0....g	0.000		0	RA	4		0.000		
12:0....g	0.003		0	RA	4		0.004		
13:0....g									
14:0....g	0.243		0	RA	4		0.301		
15:0....g	0.015		0	RA	4		0.019		
16:0....g	0.566		0	RA	4		0.702		
17:0....g	0.012		0	RA	4		0.015		
18:0....g	0.122		0	RA	4		0.152		
20:0....g	0.007		0	RA	4		0.008		
22:0....g	0.002		0	RA	4		0.002		
24:0....g	0.001		0	RA	4		0.001		
Fatty acids, total monounsaturated....g	1.617		0	RA	4		2.005		
14:1....g	0.004		0	RA	4		0.004		
15:1....g	0.003		0	RA	4		0.003		
16:1 undifferentiated....g	0.215		0	RA	4		0.267		
17:1....g	0.004		0	RA	4		0.005		
18:1 undifferentiated....g	0.756		0	RA	4		0.937		
20:1....g	0.538		0	RA	4		0.668		
22:1 undifferentiated....g	0.056		0	RA	4		0.069		
24:1 c....g	0.040		0	RA	4		0.050		
Fatty acids, total polyunsaturated....g	0.973		0	RA	4		1.207		
18:2 undifferentiated....g	0.097		0	RA	4		0.120		
18:3 undifferentiated....g	0.056		0	RA	4		0.070		
18:4....g	0.087		0	RA	4		0.108		
20:2 n-6 c,c....g	0.021		0	RA	4		0.026		
20:3 undifferentiated....g	0.015		0	RA	4		0.019		
20:4 undifferentiated....g	0.016		0	RA	4		0.020		
20:5 n-3 (EPA)....g	0.218		0	RA	4		0.271		
22:5 n-3 (DPA)....g	0.057		0	RA	4		0.070		
22:6 n-3 (DHA)....g	0.399		0	RA	4		0.495		
Fatty acids, total trans....g	0.041		0	RA	4		0.051		
Cholesterol....mg	55		0	RA	4		69		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.265		0	RA	4		0.329		
Threonine....g	1.278		0	RA	4		1.585		
Isoleucine....g	1.145		0	RA	4		1.419		
Leucine....g	1.874		0	RA	4		2.324		
Lysine....g	2.110		0	RA	4		2.616		
Methionine....g	0.692		0	RA	4		0.858		
Cystine....g	0.190		0	RA	4		0.236		
Phenylalanine....g	1.013		0	RA	4		1.256		
Tyrosine....g	0.890		0	RA	4		1.103		
Valine....g	1.319		0	RA	4		1.635		
Arginine....g	1.543		0	RA	4		1.914		
Histidine....g	0.651		0	RA	4		0.807		
Alanine....g	1.568		0	RA	4		1.944		
Aspartic acid....g	3.088		0	RA	4		3.829		
Glutamic acid....g	3.482		0	RA	4		4.317		
Glycine....g	1.514		0	RA	4		1.877		
Proline....g	1.039		0	RA	4		1.289		
Serine....g	1.086		0	RA	4		1.346		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0		
Caffeine....mg	0		0	RA	4		0		
Theobromine....mg	0		0	RA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15212
Fish, salmon, pink, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: .5 fillet

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15083
Fish, salmon, pink, raw
Oncorhynchus gorbuscha (Walbaum)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.52	2.008	3	A	1		120.08	64.19	
Energy....kcal	127		0	NC	4		202	108	
Energy....kJ	532		0	NC	4		846	452	
Protein (N x 6.25)....g	20.50	0.702	3	A	1		32.60	17.43	
Total lipid (fat)....g	4.40	2.091	3	A	1		7.00	3.74	
Ash....g	1.52	0.223	3	A	1		2.41	1.29	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.610	3	A	1		11	6	
Iron, Fe....mg	0.38	0.040	3	A	1		0.60	0.32	
Magnesium, Mg....mg	27	0.346	3	A	1		43	23	
Phosphorus, P....mg	261	10.392	3	A	1		415	222	
Potassium, K....mg	366	26.660	3	A	1		582	311	
Sodium, Na....mg	75	25.243	3	A	1		120	64	
Zinc, Zn....mg	0.39	0.010	3	A	1		0.62	0.33	
Copper, Cu....mg	0.063	0.007	3	A	1		0.100	0.053	
Manganese, Mn....mg	0.011	0.000	3	A	1		0.017	0.009	
Selenium, Se....µg	31.4	2.717	3	A	1		49.9	26.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080		2	A	1		0.127	0.068	
Riboflavin....mg	0.105		2	A	1		0.167	0.089	
Niacin....mg	7.995		2	A	1		12.712	6.796	
Pantothenic acid....mg	1.030		2	A	1		1.638	0.876	
Vitamin B-6....mg	0.611		2	A	1		0.971	0.519	
Folate, total....µg	4		0		4		6	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		4		6	3	
Folate, DFE....mcg_DFE	4		0	NC	4		6	3	
Choline, total....mg	94.6		0	T	4		150.4	80.4	
Betaine....mg									
Vitamin B-12....µg	4.15		2	A	1		6.60	3.53	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	35		0	NC	4		56	30	
Retinol....µg	35		0	T	4		56	30	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	117		0	NC	4		185	99	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.40		2	A	1		0.64	0.34	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	10.9	1.889	3	AS	1		17.3	9.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	10.9	1.889	3	A	1		17.3	9.2	
Vitamin D....IU	435	75.491	3	A	1		692	370	
Vitamin K (phylloquinone)....µg	0.4		0	T	4		0.6	0.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15083
Fish, salmon, pink, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.810		0	NC	4		1.288	0.689	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.003	0.000	3	A	1		0.004	0.002	
13:0....g									
14:0....g	0.203	0.123	3	A	1		0.322	0.172	
15:0....g	0.013	0.004	3	A	1		0.020	0.011	
16:0....g	0.472	0.207	3	A	1		0.750	0.401	
17:0....g	0.010	0.002	3	A	1		0.016	0.009	
18:0....g	0.102	0.032	3	A	1		0.162	0.087	
20:0....g	0.006	0.003	3	A	1		0.009	0.005	
22:0....g	0.002	0.001	3	A	1		0.003	0.001	
24:0....g	0.001	0.000	3	A	1		0.001	0.001	
Fatty acids, total monounsaturated....g	1.348		0	NC	4		2.144	1.146	
14:1....g	0.003	0.002	3	A	1		0.005	0.003	
15:1....g	0.002	0.001	3	A	1		0.004	0.002	
16:1 undifferentiated....g	0.180	0.118	3	AS	1		0.286	0.153	
16:1 c....g	0.175	0.117	3	A	1		0.278	0.148	
16:1 t....g	0.005	0.002	3	A	1		0.008	0.004	
17:1....g	0.004	0.002	3	A	1		0.006	0.003	
18:1 undifferentiated....g	0.630	0.349	3	AS	1		1.002	0.536	
18:1 c....g	0.622	0.346	3	A	1		0.988	0.528	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.009	0.004	3	A	1		0.014	0.007	
18:1-11t (18:1t n-7)....g									
20:1....g	0.449	0.284	3	A	1		0.714	0.382	
22:1 undifferentiated....g	0.047	0.011	3	AS	1		0.074	0.040	
22:1 c....g	0.045	0.009	3	A	1		0.072	0.039	
22:1 t....g	0.001	0.001	3	A	1		0.002	0.001	
24:1 c....g	0.034	0.015	3	A	1		0.054	0.029	
Fatty acids, total polyunsaturated....g	0.811		0	NC	4		1.290	0.690	
18:2 undifferentiated....g	0.081	0.027	3	AS	1		0.129	0.069	
18:2 n-6 c,c....g	0.057	0.028	3	A	1		0.091	0.048	
18:2 CLAs....g	0.005	0.002	3	A	1		0.007	0.004	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.019	0.005	3	A	1		0.031	0.016	
18:3 undifferentiated....g	0.047	0.020	3	AS	1		0.075	0.040	
18:3 n-3 c,c,c (ALA)....g	0.045	0.019	3	A	1		0.072	0.038	
18:3 n-6 c,c,c....g	0.002	0.001	3	A	1		0.003	0.002	
18:3i....g									
18:4....g	0.072	0.044	3	A	1		0.115	0.061	
20:2 n-6 c,c....g	0.018	0.010	3	A	1		0.028	0.015	
20:3 undifferentiated....g	0.013	0.004	3	AS	1		0.020	0.011	
20:3 n-3....g	0.008	0.003	3	A	1		0.013	0.007	
20:3 n-6....g	0.004	0.001	3	A	1		0.007	0.004	
20:4 undifferentiated....g	0.014	0.004	3	A	1		0.022	0.012	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.182	0.072	3	A	1		0.289	0.155	
21:5....g									
22:4....g	0.001	0.000	3	A	1		0.002	0.001	
22:5 n-3 (DPA)....g	0.047	0.014	3	A	1		0.075	0.040	
22:6 n-3 (DHA)....g	0.333	0.036	3	A	1		0.529	0.283	
Fatty acids, total trans....g	0.034		0	NC	4		0.055	0.029	
Fatty acids, total trans-monoenoic....g	0.015		0	NC	4		0.024	0.013	
Fatty acids, total trans-polyenoic....g	0.019		0	NC	4		0.031	0.016	
Cholesterol....mg	46		2	A	1		73	39	
Phytosterols....mg									

NDB No. 15083
Fish, salmon, pink, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.221		0	A	1		0.352	0.188	
Threonine....g	1.066		0	A	1		1.695	0.906	
Isoleucine....g	0.954		0	A	1		1.518	0.811	
Leucine....g	1.562		0	A	1		2.484	1.328	
Lysine....g	1.759		0	A	1		2.797	1.495	
Methionine....g	0.577		0	A	1		0.917	0.490	
Cystine....g	0.159		0	A	1		0.252	0.135	
Phenylalanine....g	0.845		0	A	1		1.343	0.718	
Tyrosine....g	0.742		0	A	1		1.180	0.631	
Valine....g	1.100		0	A	1		1.749	0.935	
Arginine....g	1.287		0	A	1		2.046	1.094	
Histidine....g	0.543		0	A	1		0.863	0.461	
Alanine....g	1.308		0	A	1		2.079	1.111	
Aspartic acid....g	2.575		0	A	1		4.094	2.189	
Glutamic acid....g	2.903		0	A	1		4.616	2.468	
Glycine....g	1.263		0	A	1		2.007	1.073	
Proline....g	0.867		0	A	1		1.378	0.737	
Serine....g	0.905		0	A	1		1.439	0.769	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 159g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15087
Fish, salmon, sockeye, canned, drained solids

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.07	0.261	12	A	1		229.38	57.86	
Energy....kcal	167		0	NC	4		564	142	
Energy....kJ	701		0	NC	4		2362	596	
Protein (N x 6.25)....g	23.59	0.091	12	A	1		79.51	20.05	
Total lipid (fat)....g	7.39	0.237	12	A	1		24.92	6.28	
Ash....g	2.47	0.050	12	A	1		8.32	2.10	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca....mg	232	5.995	12	A	1		781	197	
Iron, Fe....mg	0.65	0.017	12	A	1		2.21	0.56	
Magnesium, Mg....mg	31	0.722	12	A	1		103	26	
Phosphorus, P....mg	338	3.262	12	A	1		1140	288	
Potassium, K....mg	314	5.007	12	A	1		1056	266	
Sodium, Na....mg	408	18.443	12	A	1		1376	347	
Zinc, Zn....mg	0.84	0.019	12	A	1		2.83	0.71	
Copper, Cu....mg	0.072	0.002	12	A	1		0.244	0.062	
Manganese, Mn....mg	0.029	0.004	12	A	1		0.099	0.025	
Selenium, Se....µg	34.3	0.486	12	A	1		115.6	29.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg	0.032	0.002	12	A	1		0.109	0.027	
Riboflavin....mg	0.212	0.014	12	A	1		0.714	0.180	
Niacin....mg	7.621	0.266	12	A	1		25.682	6.478	
Pantothenic acid....mg	0.535	0.024	12	A	1		1.804	0.455	
Vitamin B-6....mg	0.119	0.004	12	A	1		0.400	0.101	
Folate, total....µg	4	0.230	4	A	1		13	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4	0.230	4	A	1		13	3	
Folate, DFE....mcg_DFE	4		0	NC	4		13	3	
Choline, total....mg	82.6	3.335	3	AS	1		278.3	70.2	
Betaine....mg	3.7	0.741	3	A	1		12.4	3.1	
Vitamin B-12....µg	5.50	0.174	12	A	1		18.52	4.67	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	55		0	AS	1		186	47	
Retinol....µg	55	3.376	12	A	1		186	47	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	184		0	AS	1		621	157	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	2.07	0.140	3	A	1		6.99	1.76	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.01	0.007	3	A	1		0.02	0.01	
Tocopherol, gamma....mg	0.04	0.006	3	A	1		0.13	0.03	
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	21.0		6	AS	1		70.8	17.9	
Vitamin D2 (ergocalciferol)....µg	0.0	0.000	3	A	1		0.0	0.0	
Vitamin D3 (cholecalciferol)....µg	21.0	1.785	3	A	1		70.8	17.9	
Vitamin D....IU	841	71.401	3	A	1		2833	714	
Vitamin K (phylloquinone)....µg	0.1		2	A	1		0.3	0.1	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									

NDB No. 15087
Fish, salmon, sockeye, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.440		0	NC	4		4.854	1.224	
4:0....g	0.004	0.000	12	A	1		0.014	0.004	
6:0....g	0.000	0.000	12	A	1		0.000	0.000	
8:0....g	0.001	0.000	12	A	1		0.004	0.001	
10:0....g	0.008	0.003	12	A	1		0.025	0.006	
12:0....g	0.003	0.000	12	A	1		0.012	0.003	
13:0....g									
14:0....g	0.231	0.009	12	A	1		0.778	0.196	
15:0....g	0.027	0.001	12	A	1		0.092	0.023	
16:0....g	0.971	0.031	12	A	1		3.273	0.826	
17:0....g	0.016	0.001	12	A	1		0.055	0.014	
18:0....g	0.164	0.004	12	A	1		0.553	0.139	
20:0....g	0.010	0.000	12	A	1		0.034	0.009	
22:0....g	0.003	0.000	12	A	1		0.011	0.003	
24:0....g	0.001	0.000	12	A	1		0.003	0.001	
Fatty acids, total monounsaturated....g	2.494		0	NC	4		8.404	2.120	
14:1....g	0.004	0.000	12	A	1		0.014	0.004	
15:1....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated....g	0.323	0.017	12	AS	1		1.087	0.274	
16:1 c....g									
16:1 t....g	0.011	0.000	12	A	1		0.036	0.009	
17:1....g	0.017	0.001	12	A	1		0.056	0.014	
18:1 undifferentiated....g	1.335	0.061	12	AS	1		4.499	1.135	
18:1 c....g	1.321	0.061	12	A	1		4.452	1.123	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.014	0.001	12	A	1		0.046	0.012	
18:1-11t (18:1t n-7)....g									
20:1....g	0.737	0.038	12	A	1		2.484	0.627	
22:1 undifferentiated....g	0.072	0.004	12	AS	1		0.243	0.061	
22:1 c....g	0.070	0.004	12	A	1		0.234	0.059	
22:1 t....g	0.002	0.000	12	A	1		0.008	0.002	
24:1 c....g	0.006	0.002	12	A	1		0.022	0.005	
Fatty acids, total polyunsaturated....g	1.783		0	NC	4		6.008	1.515	
18:2 undifferentiated....g	0.134	0.004	12	AS	1		0.450	0.114	
18:2 n-6 c,c....g	0.117	0.003	12	A	1		0.393	0.099	
18:2 CLAs....g	0.004	0.001	12	A	1		0.014	0.003	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.013	0.001	12	A	1		0.044	0.011	
18:3 undifferentiated....g	0.059	0.001	12	AS	1		0.197	0.050	
18:3 n-3 c,c,c (ALA)....g	0.054	0.001	12	A	1		0.183	0.046	
18:3 n-6 c,c,c....g	0.004	0.001	12	A	1		0.014	0.004	
18:3i....g									
18:4....g	0.112	0.005	12	A	1		0.378	0.095	
20:2 n-6 c,c....g	0.020	0.001	12	A	1		0.066	0.017	
20:3 undifferentiated....g	0.017	0.000	12	AS	1		0.057	0.014	
20:3 n-3....g	0.009	0.000	12	A	1		0.030	0.008	
20:3 n-6....g	0.008	0.000	12	A	1		0.027	0.007	
20:4 undifferentiated....g	0.027	0.001	12	A	1		0.093	0.023	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.518	0.017	12	A	1		1.746	0.440	
21:5....g									
22:4....g	0.003	0.000	12	A	1		0.012	0.003	
22:5 n-3 (DPA)....g	0.139	0.005	12	A	1		0.468	0.118	
22:6 n-3 (DHA)....g	0.749	0.016	12	A	1		2.525	0.637	
Fatty acids, total trans....g	0.040		0	NC	4		0.135	0.034	
Cholesterol....mg	79	1.188	12	A	1		265	67	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.283		0	A	1		0.954	0.241	

NDB No. 15087
Fish, salmon, sockeye, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Threonine....g	1.269		0	A	1		4.277	1.079	
Isoleucine....g	1.130		0	A	1		3.807	0.960	
Leucine....g	1.832		0	A	1		6.175	1.558	
Lysine....g	2.059		0	A	1		6.938	1.750	
Methionine....g	0.696		0	A	1		2.346	0.592	
Cystine....g	0.180		0	A	1		0.606	0.153	
Phenylalanine....g	1.003		0	A	1		3.380	0.852	
Tyrosine....g	0.866		0	A	1		2.919	0.736	
Valine....g	1.306		0	A	1		4.402	1.110	
Arginine....g	1.483		0	A	1		4.996	1.260	
Histidine....g	0.640		0	A	1		2.156	0.544	
Alanine....g	1.519		0	A	1		5.120	1.291	
Aspartic acid....g	2.745		0	A	1		9.251	2.333	
Glutamic acid....g	3.319		0	A	1		11.185	2.821	
Glycine....g	1.443		0	A	1		4.863	1.227	
Proline....g	0.966		0	A	1		3.257	0.822	
Serine....g	1.059		0	A	1		3.570	0.900	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 337g: 1 can

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15182

Fish, salmon, sockeye, canned, without salt, drained solids with bone

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	68.72	0.213	44		1		253.58	58.41	
Energy ... kcal	153		0	NC	4		565	130	
Energy ... kJ	640				4		2362	544	
Protein (N x 6.25) ... g	20.47	0.086	45		1		75.53	17.40	
Total lipid (fat) ... g	7.31	0.145	1689		1		26.97	6.21	
Ash ... g	2.70	0.062	42		1		9.96	2.30	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	239	6.835	26		1		882	203	
Iron, Fe ... mg	1.06		20		1		3.91	0.90	
Magnesium, Mg ... mg	29		20		1		107	25	
Phosphorus, P ... mg	326	4.988	43		1		1203	277	
Potassium, K ... mg	377		23		1		1391	320	
Sodium, Na ... mg	75		0		1		277	64	
Zinc, Zn ... mg	1.02		20		1		3.76	0.87	
Copper, Cu ... mg	0.084		20		1		0.310	0.071	
Manganese, Mn ... mg	0.030		0		4		0.111	0.026	
Selenium, Se ... µg	35.4		0	BFSN	4		130.6	30.1	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0	0.000	11		1		0.0	0.0	
Thiamin ... mg	0.016	0.001	19		1		0.059	0.014	
Riboflavin ... mg	0.193	0.008	19		1		0.712	0.164	
Niacin ... mg	5.480	0.189	20		1		20.221	4.658	
Pantothenic acid ... mg	0.550		0		4		2.030	0.468	
Vitamin B-6 ... mg	0.300		0		4		1.107	0.255	
Folate, total ... µg	10	1.062	3		1		36	8	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	10	1.062	3		1		36	8	
Folate, DFE ... mcg_DFE	10		0	NC	4		36	8	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.30		0		4		1.11	0.26	
Vitamin A, RAE ... mcg_RAE	53	3.130	32		1		195	45	
Retinol ... µg	53	3.130	32		1		195	45	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	176	10.422	32		1		649	150	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	1.644		0		1		6.066	1.397	
4:0 ... g									

NDB No. 15182

Fish, salmon, sockeye, canned, without salt, drained solids with bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.359		2		1		1.325	0.305	
15:0....g									
16:0....g	1.079		2		1		3.982	0.917	
17:0....g									
18:0....g	0.205		2		1		0.756	0.174	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.776		0		1		10.243	2.360	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.406		2		1		1.498	0.345	
17:1....g									
18:1 undifferentiated....g	1.451		2		1		5.354	1.233	
20:1....g	0.918		2		1		3.387	0.780	
22:1 undifferentiated....g	0.387		2		1		1.428	0.329	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.277		0		1		8.402	1.935	
18:2 undifferentiated....g	0.085		2		1		0.314	0.072	
18:3 undifferentiated....g	0.090		2		1		0.332	0.077	
18:4....g	0.106		1		1		0.391	0.090	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.374		2		1		1.380	0.318	
20:5 n-3 (EPA)....g	0.492		2		1		1.815	0.418	
22:5 n-3 (DPA)....g	0.077		2		1		0.284	0.065	
22:6 n-3 (DHA)....g	0.664		2		1		2.450	0.564	
Fatty acids, total trans....g									
Cholesterol....mg	44	11.721	3		1		162	37	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.229		0		1		0.845	0.195	
Threonine....g	0.897		0		1		3.310	0.762	
Isoleucine....g	0.943		0		1		3.480	0.802	
Leucine....g	1.664		0		1		6.140	1.414	
Lysine....g	1.880		0		1		6.937	1.598	
Methionine....g	0.606		0		1		2.236	0.515	
Cystine....g	0.219		0		1		0.808	0.186	
Phenylalanine....g	0.799		0		1		2.948	0.679	
Tyrosine....g	0.691		0		1		2.550	0.587	
Valine....g	1.055		0		1		3.893	0.897	
Arginine....g	1.225		0		1		4.520	1.041	
Histidine....g	0.603		0		1		2.225	0.513	
Alanine....g	1.238		0		1		4.568	1.052	
Aspartic acid....g	2.096		0		1		7.734	1.782	
Glutamic acid....g	3.056		0		1		11.277	2.598	
Glycine....g	0.983		0		1		3.627	0.836	
Proline....g	0.724		0		1		2.672	0.615	
Serine....g	0.835		0		1		3.081	0.710	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 369g: 1 can

NDB No. 15182

Fish, salmon, sockeye, canned, without salt, drained solids with bone

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15086
Fish, salmon, sockeye, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	68.00		0	RA	4		105.41	57.80	
Energy ... kcal	169		0	NC	4		262	143	
Energy ... kJ	706		0	RA	4		1095	600	
Protein (N x 6.25) ... g	25.40		0	RA	4		39.37	21.59	
Total lipid (fat) ... g	6.69		0	RA	4		10.37	5.69	
Ash ... g	1.43		0	RA	4		2.22	1.22	
Carbohydrate, by difference ... g	0.00		0	RA	4		0.00	0.00	
Fiber, total dietary ... g	0.0		0	RA	4		0.0	0.0	
Sugars, total ... g	0.00		0	RA	4		0.00	0.00	
Sucrose ... g	0.00		0	RA	4		0.00	0.00	
Glucose (dextrose) ... g	0.00		0	RA	4		0.00	0.00	
Fructose ... g	0.00		0	RA	4		0.00	0.00	
Lactose ... g	0.00		0	RA	4		0.00	0.00	
Maltose ... g	0.00		0	RA	4		0.00	0.00	
Galactose ... g	0.00		0	RA	4		0.00	0.00	
Starch ... g	0.00		0	RA	4		0.00	0.00	
Minerals:									
Calcium, Ca ... mg	12		0	RA	4		19	10	
Iron, Fe ... mg	0.50		0	RA	4		0.78	0.43	
Magnesium, Mg ... mg	36		0	RA	4		55	30	
Phosphorus, P ... mg	317		0	RA	4		491	269	
Potassium, K ... mg	408		0	RA	4		633	347	
Sodium, Na (1) ... mg	134		0	RA	4		207	114	
Zinc, Zn ... mg	0.50		0	RA	4		0.77	0.42	
Copper, Cu ... mg	0.072		0	RA	4		0.112	0.061	
Manganese, Mn ... mg	0.013		0	RA	4		0.021	0.011	
Selenium, Se ... µg	36.5		0	RA	4		56.6	31.0	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	RA	4		0.0	0.0	
Thiamin ... mg	0.215		0	RA	4		0.333	0.182	
Riboflavin ... mg	0.140		0	RA	4		0.217	0.119	
Niacin ... mg	9.698		0	RA	4		15.032	8.244	
Pantothenic acid ... mg	1.371		0	RA	4		2.124	1.165	
Vitamin B-6 ... mg	0.693		0	RA	4		1.074	0.589	
Folate, total ... µg	9		0	RA	4		14	7	
Folic acid ... µg	0		0	RA	4		0	0	
Folate, food ... µg	9		0	RA	4		14	7	
Folate, DFE ... mcg_DFE	9		0	NC	4		14	7	
Choline, total ... mg	112.7		0	RA	4		174.8	95.8	
Betaine ... mg	2.1		1	A	1		3.3	1.8	
Vitamin B-12 ... µg	5.67		0	RA	4		8.79	4.82	
Vitamin B-12, added ... µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	69		0	RA	4		107	59	
Retinol ... µg	69		0	RA	4		107	59	
Carotene, beta ... µg	0		0	RA	4		0	0	
Carotene, alpha ... µg	0		0	RA	4		0	0	
Cryptoxanthin, beta ... µg	0		0	RA	4		0	0	
Vitamin A, IU ... IU	207		0	RA	4		321	176	
Lycopene ... µg	0		0	RA	4		0	0	
Lutein + zeaxanthin ... µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol) ... mg	1.14		0	RA	4		1.76	0.96	
Vitamin E, added ... mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta ... mg	0.01		0	RA	4		0.01	0.01	
Tocopherol, gamma ... mg	0.19		0	RA	4		0.30	0.16	
Tocopherol, delta ... mg	0.22		0	RA	4		0.35	0.19	
Vitamin D (D2 + D3) ... µg	13.1		0	RA	4		20.4	11.2	
Vitamin D2 (ergocalciferol) ... µg									

NDB No. 15086
Fish, salmon, sockeye, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	13.1		0	RA	4		20.4	11.2	
Vitamin D....IU	526		0	RA	4		815	447	
Vitamin K (phylloquinone)....µg	0.1		0	RA	4		0.2	0.1	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg	0.4		0	RA	4		0.6	0.3	
Lipids:									
Fatty acids, total saturated....g	0.909		0	RA	4		1.409	0.772	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.003		0	RA	4		0.005	0.003	
12:0....g	0.009		0	RA	4		0.013	0.007	
13:0....g									
14:0....g	0.155		0	RA	4		0.240	0.132	
15:0....g	0.016		0	RA	4		0.025	0.014	
16:0....g	0.576		0	RA	4		0.893	0.490	
17:0....g	0.013		0	RA	4		0.020	0.011	
18:0....g	0.130		0	RA	4		0.201	0.110	
20:0....g	0.006		0	RA	4		0.009	0.005	
22:0....g	0.000		0	RA	4		0.000	0.000	
24:0....g	0.001		0	RA	4		0.001	0.001	
Fatty acids, total monounsaturated....g	1.432		0	RA	4		2.220	1.217	
14:1....g	0.000		0	RA	4		0.000	0.000	
15:1....g	0.000		0	RA	4		0.000	0.000	
16:1 undifferentiated....g	0.178		0	RA	4		0.276	0.151	
17:1....g	0.027		0	RA	4		0.041	0.023	
18:1 undifferentiated....g	0.858		0	RA	4		1.329	0.729	
20:1....g	0.362		0	RA	4		0.562	0.308	
22:1 undifferentiated....g	0.000		0	RA	4		0.000	0.000	
24:1 c....g	0.008		0	RA	4		0.012	0.007	
Fatty acids, total polyunsaturated....g	1.495		0	RA	4		2.318	1.271	
18:2 undifferentiated....g	0.376		0	RA	4		0.583	0.320	
18:3 undifferentiated....g	0.086		0	RA	4		0.133	0.073	
18:4....g	0.054		0	RA	4		0.084	0.046	
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.019		0	RA	4		0.030	0.016	
20:4 undifferentiated....g	0.021		0	RA	4		0.033	0.018	
20:5 n-3 (EPA)....g	0.268		0	RA	4		0.415	0.227	
22:5 n-3 (DPA)....g	0.110		0	RA	4		0.170	0.093	
22:6 n-3 (DHA)....g	0.524		0	RA	4		0.812	0.445	
Fatty acids, total trans....g	0.021		0	RA	4		0.033	0.018	
Cholesterol....mg	63		0	RA	4		98	54	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.322		0	RA	4		0.498	0.273	
Threonine....g	1.196		0	RA	4		1.854	1.017	
Isoleucine....g	1.222		0	RA	4		1.894	1.039	
Leucine....g	2.096		0	RA	4		3.249	1.782	
Lysine....g	2.469		0	RA	4		3.827	2.099	
Methionine....g	0.823		0	RA	4		1.276	0.700	
Cystine....g	0.283		0	RA	4		0.439	0.240	
Phenylalanine....g	1.042		0	RA	4		1.615	0.885	
Tyrosine....g	1.157		0	RA	4		1.794	0.984	
Valine....g	1.402		0	RA	4		2.173	1.192	
Arginine....g	1.646		0	RA	4		2.552	1.399	
Histidine....g	0.682		0	RA	4		1.057	0.579	
Alanine....g	1.582		0	RA	4		2.452	1.345	
Aspartic acid....g	2.598		0	RA	4		4.027	2.208	
Glutamic acid....g	3.743		0	RA	4		5.801	3.181	
Glycine....g	1.222		0	RA	4		1.894	1.039	
Proline....g	0.939		0	RA	4		1.455	0.798	
Serine....g	1.016		0	RA	4		1.575	0.864	

NDB No. 15086
Fish, salmon, sockeye, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 155g: .5 fillet

Measure 2 = 85g: 3 oz

Footnotes:

1 Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 66 mg sodium/100g.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15085

Fish, salmon, sockeye, raw

Oncorhynchus nerka (Walbaum)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	73.15	1.339	4	A	1		20.74	144.84	62.18
Energy ... kcal	142		0	NC	4		40	280	120
Energy ... kJ	593		0	NC	4		168	1173	504
Protein (N x 6.25) ... g	21.31	0.560	4	A	1		6.04	42.20	18.12
Total lipid (fat) ... g	5.61	1.695	4	A	1		1.59	11.12	4.77
Ash ... g	1.20	0.064	4	A	1		0.34	2.38	1.02
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total ... g	0.00		1	A	1		0.00	0.00	0.00
Sucrose ... g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose) ... g	0.00		1	A	1		0.00	0.00	0.00
Fructose ... g	0.00		1	A	1		0.00	0.00	0.00
Lactose ... g	0.00		1	A	1		0.00	0.00	0.00
Maltose ... g	0.00		1	A	1		0.00	0.00	0.00
Galactose ... g	0.00		1	A	1		0.00	0.00	0.00
Starch ... g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca ... mg	10	1.071	4	A	1		3	20	9
Iron, Fe ... mg	0.42	0.013	4	A	1		0.12	0.83	0.36
Magnesium, Mg ... mg	30	0.290	4	A	1		8	59	25
Phosphorus, P ... mg	266	13.675	4	A	1		75	527	226
Potassium, K ... mg	343	13.016	4	A	1		97	678	291
Sodium, Na (1) ... mg	112	34.081	4	A	1		32	222	95
Zinc, Zn ... mg	0.42	0.016	4	A	1		0.12	0.83	0.36
Copper, Cu ... mg	0.061	0.003	4	A	1		0.017	0.120	0.051
Manganese, Mn ... mg	0.011	0.000	4	A	1		0.003	0.022	0.009
Selenium, Se ... µg	30.6	0.626	4	A	1		8.7	60.6	26.0
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin ... mg	0.180	0.023	4	A	1		0.051	0.356	0.153
Riboflavin ... mg	0.118	0.012	4	A	1		0.033	0.233	0.100
Niacin ... mg	8.138	0.440	4	A	1		2.307	16.112	6.917
Pantothenic acid ... mg	1.150		2	A	1		0.326	2.277	0.978
Vitamin B-6 ... mg	0.612	0.027	4	A	1		0.174	1.212	0.520
Folate, total ... µg	8	3.614	4	A	1		2	15	7
Folic acid ... µg	0		0	Z	7		0	0	0
Folate, food ... µg	8	3.614	4	AS	1		2	15	7
Folate, DFE ... mcg_DFE	8		0	NC	4		2	15	7
Choline, total ... mg	94.6		0	BFZN	4		26.8	187.3	80.4
Betaine ... mg									
Vitamin B-12 ... µg	5.95	1.287	4	A	1		1.69	11.78	5.06
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE ... mcg_RAE	58		0	NC	4		16	115	49
Retinol ... µg	58		0	T	4		16	115	49
Carotene, beta ... µg	0		0	Z	7		0	0	0
Carotene, alpha ... µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta ... µg	0		0	Z	7		0	0	0
Vitamin A, IU ... IU	193		0	NC	4		55	383	164
Lycopene ... µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin ... µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) ... mg	0.95	0.353	4	A	1		0.27	1.89	0.81
Vitamin E, added ... mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta ... mg	0.01	0.008	4	A	1		0.00	0.01	0.01
Tocopherol, gamma ... mg	0.16	0.103	4	A	1		0.05	0.32	0.14
Tocopherol, delta ... mg	0.19	0.142	4	A	1		0.05	0.37	0.16
Vitamin D (D2 + D3) ... µg	11.0		12	AS	1		3.1	21.8	9.4
Vitamin D2 (ergocalciferol) ... µg									

NDB No. 15085
Fish, salmon, sockeye, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	11.0	1.160	12	A	1		3.1	21.8	9.4
Vitamin D....IU	441	46.410	12	A	1		125	874	375
Vitamin K (phylloquinone)....µg	0.1	0.063	4	A	1		0.0	0.2	0.1
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.3	0.129	4	A	1		0.1	0.6	0.3
Lipids:									
Fatty acids, total saturated....g	1.182		0	NC	4		0.335	2.340	1.005
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.004	0.001	4	A	1		0.001	0.008	0.004
12:0....g	0.011	0.001	4	A	1		0.003	0.022	0.010
13:0....g									
14:0....g	0.201	0.035	4	A	1		0.057	0.399	0.171
15:0....g	0.021	0.003	4	A	1		0.006	0.041	0.018
16:0....g	0.749	0.141	4	A	1		0.212	1.483	0.637
17:0....g	0.017	0.002	4	A	1		0.005	0.034	0.014
18:0....g	0.169	0.032	4	A	1		0.048	0.335	0.144
20:0....g	0.008	0.001	4	A	1		0.002	0.015	0.007
22:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:0....g	0.001	0.000	4	A	1		0.000	0.002	0.001
Fatty acids, total monounsaturated....g	1.863		0	NC	4		0.528	3.688	1.583
14:1....g	0.000		2	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.231	0.060	4	AS	1		0.066	0.458	0.197
16:1 c....g	0.223	0.059	4	A	1		0.063	0.441	0.189
16:1 t....g	0.009	0.001	4	A	1		0.002	0.017	0.007
17:1....g	0.034	0.004	4	A	1		0.010	0.068	0.029
18:1 undifferentiated....g	1.115	0.330	4	AS	1		0.316	2.208	0.948
18:1 c....g	1.104	0.328	4	A	1		0.313	2.187	0.939
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.011	0.003	4	A	1		0.003	0.021	0.009
18:1-11t (18:1t n-7)....g									
20:1....g	0.471	0.062	4	A	1		0.134	0.933	0.401
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g	0.010	0.007	4	A	1		0.003	0.021	0.009
Fatty acids, total polyunsaturated....g	1.945		0	NC	4		0.551	3.851	1.653
18:2 undifferentiated....g	0.489	0.155	4	AS	1		0.139	0.969	0.416
18:2 n-6 c,c....g	0.471	0.150	4	A	1		0.133	0.932	0.400
18:2 CLAs....g	0.010	0.002	4	A	1		0.003	0.021	0.009
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.008	0.002	4	A	1		0.002	0.016	0.007
18:3 undifferentiated....g	0.111	0.032	4	AS	1		0.032	0.220	0.095
18:3 n-3 c,c,c (ALA)....g	0.106	0.029	4	A	1		0.030	0.209	0.090
18:3 n-6 c,c,c....g	0.005	0.003	4	A	1		0.002	0.011	0.005
18:3i....g									
18:4....g	0.070	0.009	4	A	1		0.020	0.139	0.060
20:2 n-6 c,c....g	0.039	0.009	4	A	1		0.011	0.077	0.033
20:3 undifferentiated....g	0.025	0.005	4	AS	1		0.007	0.049	0.021
20:3 n-3....g	0.015	0.002	4	A	1		0.004	0.029	0.013
20:3 n-6....g	0.010	0.004	4	A	1		0.003	0.020	0.009
20:4 undifferentiated....g	0.028	0.005	4	A	1		0.008	0.055	0.024
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.348	0.057	4	A	1		0.099	0.689	0.296
21:5....g									
22:4....g	0.005	0.002	4	A	1		0.002	0.011	0.005
22:5 n-3 (DPA)....g	0.143	0.030	4	A	1		0.040	0.282	0.121

NDB No. 15085
Fish, salmon, sockeye, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.681	0.083	4	A	1		0.193	1.349	0.579
Fatty acids, total trans....g	0.028		0	NC	4		0.008	0.054	0.023
Fatty acids, total trans-monoenoic....g	0.019		0	NC	4		0.005	0.038	0.016
Fatty acids, total trans-polyenoic....g	0.008		0	NC	4		0.002	0.016	0.007
Cholesterol....mg	53	2.282	4	A	1		15	105	45
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.270		0	A	1		0.076	0.534	0.229
Threonine....g	1.004		0	A	1		0.285	1.987	0.853
Isoleucine....g	1.025		0	A	1		0.291	2.030	0.871
Leucine....g	1.759		0	A	1		0.499	3.483	1.495
Lysine....g	2.072		0	A	1		0.587	4.102	1.761
Methionine....g	0.691		0	A	1		0.196	1.367	0.587
Cystine....g	0.237		0	A	1		0.067	0.470	0.202
Phenylalanine....g	0.874		0	A	1		0.248	1.731	0.743
Tyrosine....g	0.971		0	A	1		0.275	1.923	0.826
Valine....g	1.176		0	A	1		0.333	2.329	1.000
Arginine....g	1.381		0	A	1		0.392	2.735	1.174
Histidine....g	0.572		0	A	1		0.162	1.132	0.486
Alanine....g	1.327		0	A	1		0.376	2.628	1.128
Aspartic acid....g	2.180		0	A	1		0.618	4.316	1.853
Glutamic acid....g	3.140		0	A	1		0.890	6.218	2.669
Glycine....g	1.025		0	A	1		0.291	2.030	0.871
Proline....g	0.788		0	A	1		0.223	1.560	0.670
Serine....g	0.853		0	A	1		0.242	1.688	0.725
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 198g: .5 fillet

Measure 3 = 85g: 3 oz

Footnotes:

1 Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 47 mg sodium/100g.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15088

Fish, sardine, Atlantic, canned in oil, drained solids with bone

Clupea harengus harengus L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.61	0.643	13		1		88.82	16.90	9.54
Energy....kcal	208		0	NC	4		310	59	33
Energy....kJ	870		0		4		1297	247	139
Protein (N x 6.25)....g	24.62	0.452	13		1		36.68	6.98	3.94
Total lipid (fat)....g	11.45	0.310	13		1		17.06	3.25	1.83
Ash....g	3.38	0.135	35		1		5.04	0.96	0.54
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	382	14.917	22		1		569	108	61
Iron, Fe....mg	2.92	0.225	7		1		4.35	0.83	0.47
Magnesium, Mg....mg	39		2		1		58	11	6
Phosphorus, P....mg	490	15.351	22		1		730	139	78
Potassium, K....mg	397		1		1		592	113	64
Sodium, Na....mg	505		1		1		752	143	81
Zinc, Zn....mg	1.31		2		1		1.95	0.37	0.21
Copper, Cu....mg	0.186		2		1		0.277	0.053	0.030
Manganese, Mn....mg	0.108		2		1		0.161	0.031	0.017
Selenium, Se....µg	52.7		0	BFSN	4		78.5	14.9	8.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.080	0.031	9		1		0.119	0.023	0.013
Riboflavin....mg	0.227	0.045	7		1		0.338	0.064	0.036
Niacin....mg	5.245	0.066	4		1		7.815	1.487	0.839
Pantothenic acid....mg	0.642		2		1		0.957	0.182	0.103
Vitamin B-6....mg	0.167	0.022	3		1		0.249	0.047	0.027
Folate, total....µg	10		0	RA	4		15	3	2
Folic acid....µg	0		0	RA	4		0	0	0
Folate, food....µg	10		0	RA	4		15	3	2
Folate, DFE....mcg_DFE	10		0	NC	4		15	3	2
Choline, total....mg	75.0		0	RA	4		111.8	21.3	12.0
Betaine....mg									
Vitamin B-12....µg	8.94		2		1		13.32	2.53	1.43
Vitamin B-12, added....µg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	32		0	NC	4		48	9	5
Retinol....µg	32		0	RA	4		48	9	5
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	108		0	NC	4		160	31	17
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	2.04		0	RA	4		3.05	0.58	0.33
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	4.8		0	RA	4		7.2	1.4	0.8
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	4.8		0	RA	4		7.2	1.4	0.8
Vitamin D....IU	193		0	RA	4		287	55	31
Vitamin K (phylloquinone)....µg	2.6		0	RA	4		3.9	0.7	0.4
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15088

Fish, sardine, Atlantic, canned in oil, drained solids with bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.528		0		1		2.277	0.433	0.244
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.192		2		1		0.286	0.054	0.031
15:0....g									
16:0....g	0.993		2		1		1.480	0.282	0.159
17:0....g									
18:0....g	0.343		2		1		0.511	0.097	0.055
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.869		0		1		5.765	1.097	0.619
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.220		2		1		0.328	0.062	0.035
17:1....g									
18:1 undifferentiated....g	2.145		2		1		3.196	0.608	0.343
20:1....g	0.423		1		1		0.630	0.120	0.068
22:1 undifferentiated....g	1.081		2		1		1.611	0.306	0.173
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.148		0		1		7.671	1.459	0.824
18:2 undifferentiated....g	3.543		2		1		5.279	1.004	0.567
18:3 undifferentiated....g	0.498		1		1		0.742	0.141	0.080
18:4....g	0.125		2		1		0.186	0.035	0.020
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.473		2		1		0.705	0.134	0.076
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.509		2		1		0.758	0.144	0.081
Fatty acids, total trans....g									
Cholesterol....mg	142	7.364	4		1		212	40	23
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.276		0		1		0.411	0.078	0.044
Threonine....g	1.079		0		1		1.608	0.306	0.173
Isoleucine....g	1.134		0		1		1.690	0.321	0.181
Leucine....g	2.001		0		1		2.981	0.567	0.320
Lysine....g	2.260		0		1		3.367	0.641	0.362
Methionine....g	0.729		0		1		1.086	0.207	0.117
Cystine....g	0.264		0		1		0.393	0.075	0.042
Phenylalanine....g	0.961		0		1		1.432	0.272	0.154
Tyrosine....g	0.831		0		1		1.238	0.236	0.133
Valine....g	1.268		0		1		1.889	0.359	0.203
Arginine....g	1.473		0		1		2.195	0.418	0.236
Histidine....g	0.725		0		1		1.080	0.206	0.116
Alanine....g	1.489		0		1		2.219	0.422	0.238
Aspartic acid....g	2.520		0		1		3.755	0.714	0.403
Glutamic acid....g	3.674		0		1		5.474	1.042	0.588
Glycine....g	1.181		0		1		1.760	0.335	0.189
Proline....g	0.870		0		1		1.296	0.247	0.139
Serine....g	1.004		0		1		1.496	0.285	0.161
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15088

Fish, sardine, Atlantic, canned in oil, drained solids with bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 149g: 1 cup, drained

Measure 2 = 28.35g: 1 oz

Measure 3 = 16g: 1 cubic inch

Calories Factors: Protein 4.27 **Fat** 9 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15089

Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone

Sardinops spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.86		0	RA	4		59.50	247.37	25.41
Energy....kcal	185		0	RA	4		165	684	70
Energy....kJ	774		0	RA	4		689	2864	294
Protein (N x 6.25)....g	20.86		0	RA	4		18.56	77.18	7.93
Total lipid (fat)....g	10.45		0	RA	4		9.30	38.66	3.97
Ash....g	1.88		0	RA	4		1.68	6.97	0.72
Carbohydrate, by difference....g	0.54		0	RA	4		0.48	1.99	0.20
Fiber, total dietary....g	0.1		0	RA	4		0.1	0.6	0.1
Sugars, total....g	0.43		0	RA	4		0.38	1.57	0.16
Sucrose....g	0.03		0	RA	4		0.02	0.10	0.01
Glucose (dextrose)....g	0.23		0	RA	4		0.21	0.86	0.09
Fructose....g	0.17		0	RA	4		0.15	0.62	0.06
Lactose....g	0.00		0	RA	4		0.00	0.00	0.00
Maltose....g	0.00		0	RA	4		0.00	0.00	0.00
Galactose....g	0.00		0	RA	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	240	36.085	3		1		214	888	91
Iron, Fe....mg	2.30		2		1		2.05	8.51	0.87
Magnesium, Mg....mg	34		1		1		30	126	13
Phosphorus, P....mg	366	54.026	3		1		326	1354	139
Potassium, K....mg	341		1		1		303	1262	130
Sodium, Na....mg	414		1		1		368	1532	157
Zinc, Zn....mg	1.40		2		1		1.25	5.18	0.53
Copper, Cu....mg	0.272		2		1		0.242	1.006	0.103
Manganese, Mn....mg	0.206		2		1		0.183	0.762	0.078
Selenium, Se....µg	40.6		0	BFSN	4		36.1	150.2	15.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		2		1		0.9	3.7	0.4
Thiamin....mg	0.044		4		1		0.039	0.163	0.017
Riboflavin....mg	0.233	0.035	3		1		0.207	0.862	0.089
Niacin....mg	4.200		2		1		3.738	15.540	1.596
Pantothenic acid....mg	0.730		1		1		0.650	2.701	0.277
Vitamin B-6....mg	0.123		1		1		0.109	0.455	0.047
Folate, total....µg	24		2		1		22	90	9
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	24		2		1		22	90	9
Folate, DFE....mcg_DFE	24		0	NC	4		22	90	9
Choline, total....mg	76.0		0	RA	4		67.6	281.2	28.9
Betaine....mg	0.1		0	RA	4		0.1	0.3	0.0
Vitamin B-12....µg	9.00		1		1		8.01	33.30	3.42
Vitamin B-12, added....µg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	34		0	NC	4		31	128	13
Retinol....µg	32		0	RA	4		29	120	12
Carotene, beta....µg	26		0	RA	4		23	96	10
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	151		0	NC	4		134	558	57
Lycopene....µg	1398		0	RA	4		1244	5172	531
Lutein + zeaxanthin....µg	2		0	RA	4		2	8	1
Vitamin E (alpha-tocopherol)....mg	1.38		0	RA	4		1.23	5.09	0.52
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	RA	4		0.00	0.01	0.00
Tocopherol, gamma....mg	0.01		0	RA	4		0.01	0.04	0.00
Tocopherol, delta....mg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	4.8		0	RA	4		4.3	17.8	1.8
Vitamin D2 (ergocalciferol)....µg									

NDB No. 15089

Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	4.8		0	RA	4		4.3	17.8	1.8
Vitamin D....IU	193		0	RA	4		172	713	73
Vitamin K (phylloquinone)....µg	0.4		0	RA	4		0.4	1.5	0.2
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.684		0	NC	4		2.389	9.932	1.020
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.702		1		1		0.625	2.598	0.267
15:0....g									
16:0....g	1.738		1		1		1.546	6.429	0.660
17:0....g									
18:0....g	0.244		1		1		0.218	0.905	0.093
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.818		0	NC	4		4.288	17.826	1.831
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.633		1		1		0.564	2.344	0.241
17:1....g									
18:1 undifferentiated....g	1.850		1		1		1.646	6.844	0.703
20:1....g	0.710		1		1		0.632	2.627	0.270
22:1 undifferentiated....g	1.624		1		1		1.446	6.011	0.617
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.111		0	NC	4		1.879	7.810	0.802
18:2 undifferentiated....g	0.123		1		1		0.109	0.454	0.047
18:3 undifferentiated....g	0.235		1		1		0.209	0.869	0.089
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.297		1		1		0.264	1.098	0.113
20:5 n-3 (EPA)....g	0.532		1		1		0.473	1.967	0.202
22:5 n-3 (DPA)....g	0.061		1		1		0.054	0.225	0.023
22:6 n-3 (DHA)....g	0.864		1		1		0.769	3.197	0.328
Fatty acids, total trans....g									
Cholesterol....mg	61		2		1		54	226	23
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.157		2		1		0.140	0.581	0.060
Threonine....g	0.795		2		1		0.708	2.942	0.302
Isoleucine....g	0.795		2		1		0.708	2.942	0.302
Leucine....g	1.358		2		1		1.209	5.025	0.516
Lysine....g	1.400		2		1		1.246	5.180	0.532
Methionine....g	0.476		2		1		0.424	1.761	0.181
Cystine....g	0.139		2		1		0.124	0.514	0.053
Phenylalanine....g	0.793		2		1		0.706	2.934	0.301
Tyrosine....g	0.625		2		1		0.556	2.313	0.238
Valine....g	0.926		2		1		0.824	3.426	0.352
Arginine....g	1.049		2		1		0.934	3.881	0.399
Histidine....g	0.680		2		1		0.605	2.516	0.258
Alanine....g	1.005		2		1		0.894	3.719	0.382
Aspartic acid....g	1.666		2		1		1.483	6.164	0.633
Glutamic acid....g	2.307		2		1		2.053	8.536	0.877
Glycine....g	0.827		2		1		0.736	3.060	0.314
Proline....g	0.651		2		1		0.579	2.409	0.247
Serine....g	0.727		2		1		0.647	2.690	0.276
Hydroxyproline....g									

NDB No. 15089

Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 89g: 1 cup

Measure 2 = 370g: 1 can

Measure 3 = 38g: 1 sardine

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.7

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15213
Fish, scup, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.42		0		1		34.21	58.16	
Energy	kcal	135		0	NC	4		68	115	
Energy	kJ	565				4		282	480	
Protein (N x 6.25)	g	24.21		0		1		12.11	20.58	
Total lipid (fat)	g	3.50		0		1		1.75	2.98	
Ash	g	1.55		0		1		0.78	1.32	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	51		0		1		26	43	
Iron, Fe	mg	0.68		0		1		0.34	0.58	
Magnesium, Mg	mg	29		0		1		15	25	
Phosphorus, P	mg	237		0		1		119	201	
Potassium, K	mg	368		0		1		184	313	
Sodium, Na	mg	54		0		1		27	46	
Zinc, Zn	mg	0.62		0		1		0.31	0.53	
Copper, Cu	mg	0.065		0		1		0.033	0.055	
Manganese, Mn	mg	0.045		0		1		0.023	0.038	
Selenium, Se	µg	46.8		0	BFSN	4		23.4	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.127		0		1		0.064	0.108	
Riboflavin	mg	0.122		0		1		0.061	0.104	
Niacin	mg	4.994		0		1		2.497	4.245	
Pantothenic acid	mg	0.865		0		1		0.433	0.735	
Vitamin B-6	mg	0.346		0		1		0.173	0.294	
Folate, total	µg	17		0		1		9	14	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	17		0		1		9	14	
Folate, DFE	mcg_DFE	17		0	NC	4		9	14	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.62		0		1		0.81	1.38	
Vitamin A, RAE	mcg_RAE	31		0		1		16	27	
Retinol	µg	31		0		1		16	27	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	104		0		1		52	88	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									

NDB No. 15213
Fish, scup, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0		1		34	57	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.271		0		1		0.136	0.230	
Threonine.....g	1.061		0		1		0.531	0.902	
Isoleucine.....g	1.115		0		1		0.558	0.948	
Leucine.....g	1.967		0		1		0.984	1.672	
Lysine.....g	2.223		0		1		1.112	1.890	
Methionine.....g	0.716		0		1		0.358	0.609	
Cystine.....g	0.259		0		1		0.130	0.220	
Phenylalanine.....g	0.945		0		1		0.473	0.803	
Tyrosine.....g	0.817		0		1		0.409	0.694	
Valine.....g	1.247		0		1		0.624	1.060	
Arginine.....g	1.448		0		1		0.724	1.231	
Histidine.....g	0.713		0		1		0.357	0.606	
Alanine.....g	1.464		0		1		0.732	1.244	
Aspartic acid.....g	2.479		0		1		1.240	2.107	
Glutamic acid.....g	3.613		0		1		1.807	3.071	
Glycine.....g	1.162		0		1		0.581	0.988	
Proline.....g	0.856		0		1		0.428	0.728	
Serine.....g	0.988		0		1		0.494	0.840	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15090
Fish, scup, raw
Stenotomus chrysops L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.37	0.342	25		1		125.11	21.37	48.24
Energy....kcal	105		0	NC	4		174	30	67
Energy....kJ	439		0		4		729	125	281
Protein (N x 6.25)....g	18.88	0.110	25		1		31.34	5.35	12.08
Total lipid (fat)....g	2.73	0.450	15		1		4.53	0.77	1.75
Ash....g	1.21	0.020	26		1		2.01	0.34	0.77
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	40		1		1		66	11	26
Iron, Fe....mg	0.53		1		1		0.88	0.15	0.34
Magnesium, Mg....mg	23		1		1		38	7	15
Phosphorus, P....mg	185		0		4		307	52	118
Potassium, K....mg	287		1		1		476	81	184
Sodium, Na....mg	42		2		1		70	12	27
Zinc, Zn....mg	0.48	0.047	71		1		0.80	0.14	0.31
Copper, Cu....mg	0.051	0.003	70		1		0.085	0.014	0.033
Manganese, Mn....mg	0.035		0		4		0.058	0.010	0.022
Selenium, Se....µg	36.5		0	CAZN	4		60.6	10.3	23.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.110		0		4		0.183	0.031	0.070
Riboflavin....mg	0.100		0		4		0.166	0.028	0.064
Niacin....mg	4.100		0		4		6.806	1.162	2.624
Pantothenic acid....mg	0.750		0		4		1.245	0.213	0.480
Vitamin B-6....mg	0.300		0		4		0.498	0.085	0.192
Folate, total....µg	15		0		4		25	4	10
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	15		0		4		25	4	10
Folate, DFE....mcg_DFE	15		0	NC	4		25	4	10
Choline, total....mg	65.0		0	T	4		107.9	18.4	41.6
Betaine....mg									
Vitamin B-12....µg	1.40		0		4		2.32	0.40	0.90
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	27		0	NC	4		45	8	17
Retinol....µg	27		0	T	4		45	8	17
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	90		0	NC	4		149	26	58
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.50		0	T	4		0.83	0.14	0.32
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	1.2		0	AS	1		2.0	0.3	0.8
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.2		0	BFSN	4		2.0	0.3	0.8
Vitamin D....IU	47		0	BFSN	4		79	13	30
Vitamin K (phylloquinone)....µg	0.1		0	BFSN	4		0.2	0.0	0.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15090
Fish, scup, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.640		0		4		1.062	0.181	0.410
4:0....g	0.000		0		7		0.000	0.000	0.000
6:0....g	0.000		0		7		0.000	0.000	0.000
8:0....g	0.000		0		7		0.000	0.000	0.000
10:0....g	0.000		0		7		0.000	0.000	0.000
12:0....g	0.000		0		7		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		7		0.000	0.000	0.000
15:0....g									
16:0....g	0.000		0		7		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0		7		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.560		0		4		0.930	0.159	0.358
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		7		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0		7		0.000	0.000	0.000
20:1....g	0.000		0		7		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.030		0		4		1.710	0.292	0.659
18:2 undifferentiated....g	0.000		0		7		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0		7		0.000	0.000	0.000
18:4....g	0.000		0		7		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		7		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		7		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		7		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		7		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	52		0		4		86	15	33
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.211		0		1		0.350	0.060	0.135
Threonine....g	0.827		0		1		1.373	0.234	0.529
Isoleucine....g	0.870		0		1		1.444	0.247	0.557
Leucine....g	1.534		0		1		2.546	0.435	0.982
Lysine....g	1.733		0		1		2.877	0.491	1.109
Methionine....g	0.559		0		1		0.928	0.158	0.358
Cystine....g	0.202		0		1		0.335	0.057	0.129
Phenylalanine....g	0.737		0		1		1.223	0.209	0.472
Tyrosine....g	0.637		0		1		1.057	0.181	0.408
Valine....g	0.972		0		1		1.614	0.276	0.622
Arginine....g	1.129		0		1		1.874	0.320	0.723
Histidine....g	0.556		0		1		0.923	0.158	0.356
Alanine....g	1.142		0		1		1.896	0.324	0.731
Aspartic acid....g	1.933		0		1		3.209	0.548	1.237
Glutamic acid....g	2.818		0		1		4.678	0.799	1.804
Glycine....g	0.906		0		1		1.504	0.257	0.580
Proline....g	0.667		0		1		1.107	0.189	0.427
Serine....g	0.770		0		1		1.278	0.218	0.493
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15090
Fish, scup, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 166g: 1 cup

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 64g: 1 fillet

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15092
Fish, sea bass, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.14		0		1		72.86	61.32	
Energy....kcal	124		0	NC	4		125	105	
Energy....kJ	519				4		524	441	
Protein (N x 6.25)....g	23.63		0		1		23.87	20.09	
Total lipid (fat)....g	2.56		0		1		2.59	2.18	
Ash....g	1.40		0		1		1.41	1.19	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0		1		13	11	
Iron, Fe....mg	0.37		0		1		0.37	0.31	
Magnesium, Mg....mg	53		0		1		54	45	
Phosphorus, P....mg	248		0		1		250	211	
Potassium, K....mg	328		0		1		331	279	
Sodium, Na....mg	87		0		1		88	74	
Zinc, Zn....mg	0.52		0		1		0.53	0.44	
Copper, Cu....mg	0.024		0		1		0.024	0.020	
Manganese, Mn....mg	0.020		0		4		0.020	0.017	
Selenium, Se....µg	46.8		0	BFSN	4		47.3	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.130		0		4		0.131	0.111	
Riboflavin....mg	0.150		0		4		0.152	0.128	
Niacin....mg	1.900		0		4		1.919	1.615	
Pantothenic acid....mg	0.870		0		4		0.879	0.740	
Vitamin B-6....mg	0.460		0		4		0.465	0.391	
Folate, total....µg	6		0		4		6	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		4		6	5	
Folate, DFE....mcg_DFE	6		0	NC	4		6	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.30		0		4		0.30	0.26	
Vitamin A, RAE....mcg_RAE	64		0		1		65	54	
Retinol....µg	64		0		1		65	54	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	213		0		1		215	181	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.655		0		1		0.662	0.557	
4:0....g									

NDB No. 15092
Fish, sea bass, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.063		0		1		0.064	0.054	
15:0 g									
16:0 g	0.413		0		1		0.417	0.351	
17:0 g									
18:0 g	0.177		0		1		0.179	0.150	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.544		0		1		0.549	0.462	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.167		0		1		0.169	0.142	
17:1 g									
18:1 undifferentiated g	0.377		0		1		0.381	0.320	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.953		0		1		0.963	0.810	
18:2 undifferentiated g	0.031		0		1		0.031	0.026	
18:3 undifferentiated g									
18:4 g	0.059		0		1		0.060	0.050	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g	0.206		0		1		0.208	0.175	
22:5 n-3 (DPA) g	0.097		0		1		0.098	0.082	
22:6 n-3 (DHA) g	0.556		0		1		0.562	0.473	
Fatty acids, total trans g									
Cholesterol mg	53		0		1		54	45	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.265		0		1		0.268	0.225	
Threonine g	1.036		0		1		1.046	0.881	
Isoleucine g	1.089		0		1		1.100	0.926	
Leucine g	1.921		0		1		1.940	1.633	
Lysine g	2.170		0		1		2.192	1.845	
Methionine g	0.699		0		1		0.706	0.594	
Cystine g	0.253		0		1		0.256	0.215	
Phenylalanine g	0.923		0		1		0.932	0.785	
Tyrosine g	0.798		0		1		0.806	0.678	
Valine g	1.217		0		1		1.229	1.034	
Arginine g	1.414		0		1		1.428	1.202	
Histidine g	0.696		0		1		0.703	0.592	
Alanine g	1.429		0		1		1.443	1.215	
Aspartic acid g	2.420		0		1		2.444	2.057	
Glutamic acid g	3.528		0		1		3.563	2.999	
Glycine g	1.134		0		1		1.145	0.964	
Proline g	0.836		0		1		0.844	0.711	
Serine g	0.964		0		1		0.974	0.819	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 101g: 1 fillet

NDB No. 15092

Fish, sea bass, mixed species, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15091

Fish, sea bass, mixed species, raw

Centropristes striata L. and Lateolabrax japonicus (Cuvier)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.27	0.199	35		1		100.97	66.53	
Energy....kcal	97		0	NC	4		125	82	
Energy....kJ	406		0		4		524	345	
Protein (N x 6.25)....g	18.43	0.108	33		1		23.77	15.67	
Total lipid (fat)....g	2.00	0.221	40		1		2.58	1.70	
Ash....g	1.09	0.022	34		1		1.41	0.93	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	10		1		1		13	9	
Iron, Fe....mg	0.29		1		1		0.37	0.25	
Magnesium, Mg....mg	41		1		1		53	35	
Phosphorus, P....mg	194		1		1		250	165	
Potassium, K....mg	256		1		1		330	218	
Sodium, Na....mg	68		1		1		88	58	
Zinc, Zn....mg	0.40		34		1		0.52	0.34	
Copper, Cu....mg	0.019	0.002	34		1		0.025	0.016	
Manganese, Mn....mg	0.015		1		1		0.019	0.013	
Selenium, Se....µg	36.5		0	CAZN	4		47.1	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.110		0		4		0.142	0.094	
Riboflavin....mg	0.120		0		4		0.155	0.102	
Niacin....mg	1.600		0		4		2.064	1.360	
Pantothenic acid....mg	0.750		0		4		0.968	0.638	
Vitamin B-6....mg	0.400		0		4		0.516	0.340	
Folate, total....µg	5		0		4		6	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		4		6	4	
Folate, DFE....mcg_DFE	5		0	NC	4		6	4	
Choline, total....mg	60.8		0	BFSN	4		78.5	51.7	
Betaine....mg									
Vitamin B-12....µg	0.30		0		4		0.39	0.26	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	46		0	NC	4		60	39	
Retinol....µg	46		0	BFSN	4		60	39	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	154		0	NC	4		199	131	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.84		0	BFSN	4		1.08	0.71	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	5.6		0	AS	1		7.3	4.8	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	5.6		0	BFSN	4		7.3	4.8	
Vitamin D....IU	226		0	BFSN	4		291	192	
Vitamin K (phylloquinone)....µg	0.1		0	BFSN	4		0.1	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15091
Fish, sea bass, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.511		0		1		0.659	0.434	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.049		2		1		0.063	0.042	
15:0....g									
16:0....g	0.322		2		1		0.415	0.274	
17:0....g									
18:0....g	0.138		2		1		0.178	0.117	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.424		0		1		0.547	0.360	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.130		2		1		0.168	0.111	
17:1....g									
18:1 undifferentiated....g	0.294		2		1		0.379	0.250	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.743		0		1		0.958	0.632	
18:2 undifferentiated....g	0.024		2		1		0.031	0.020	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.046		1		1		0.059	0.039	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.161		2		1		0.208	0.137	
22:5 n-3 (DPA)....g	0.076		2		1		0.098	0.065	
22:6 n-3 (DHA)....g	0.434		2		1		0.560	0.369	
Fatty acids, total trans....g									
Cholesterol....mg	41		2		1		53	35	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.206		0		1		0.266	0.175	
Threonine....g	0.808		0		1		1.042	0.687	
Isoleucine....g	0.849		0		1		1.095	0.722	
Leucine....g	1.498		0		1		1.932	1.273	
Lysine....g	1.693		0		1		2.184	1.439	
Methionine....g	0.546		0		1		0.704	0.464	
Cystine....g	0.198		0		1		0.255	0.168	
Phenylalanine....g	0.720		0		1		0.929	0.612	
Tyrosine....g	0.622		0		1		0.802	0.529	
Valine....g	0.950		0		1		1.226	0.808	
Arginine....g	1.103		0		1		1.423	0.938	
Histidine....g	0.543		0		1		0.700	0.462	
Alanine....g	1.115		0		1		1.438	0.948	
Aspartic acid....g	1.887		0		1		2.434	1.604	
Glutamic acid....g	2.751		0		1		3.549	2.338	
Glycine....g	0.885		0		1		1.142	0.752	
Proline....g	0.652		0		1		0.841	0.554	
Serine....g	0.752		0		1		0.970	0.639	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15091
Fish, sea bass, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 129g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15214
Fish, seatrout, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	71.91		0		1		133.75	61.12	
Energy ... kcal	133		0	NC	4		247	113	
Energy ... kJ	556				4		1035	473	
Protein (N x 6.25) ... g	21.46		0		1		39.92	18.24	
Total lipid (fat) ... g	4.63		0		1		8.61	3.94	
Ash ... g	1.62		0		1		3.01	1.38	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	22		0		1		41	19	
Iron, Fe ... mg	0.35		0		1		0.65	0.30	
Magnesium, Mg ... mg	40		0		1		74	34	
Phosphorus, P ... mg	321		0		1		597	273	
Potassium, K ... mg	437		0		1		813	371	
Sodium, Na ... mg	74		0		1		138	63	
Zinc, Zn ... mg	0.58		0		1		1.08	0.49	
Copper, Cu ... mg	0.038		0		1		0.071	0.032	
Manganese, Mn ... mg	0.019		0		1		0.035	0.016	
Selenium, Se ... µg	46.8		0	BFSN	4		87.0	39.8	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.069		0		1		0.128	0.059	
Riboflavin ... mg	0.207		0		1		0.385	0.176	
Niacin ... mg	2.923		0		1		5.437	2.485	
Pantothenic acid ... mg	0.865		0		1		1.609	0.735	
Vitamin B-6 ... mg	0.462		0		1		0.859	0.393	
Folate, total ... µg	6		0		1		11	5	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	6		0		1		11	5	
Folate, DFE ... mcg_DFE	6		0	NC	4		11	5	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	3.46		0		1		6.44	2.94	
Vitamin A, RAE ... mcg_RAE	35		0		1		64	29	
Retinol ... µg	35		0		1		64	29	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	115		0		1		214	98	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	1.293		0		1		2.405	1.099	
4:0 ... g									

NDB No. 15214
Fish, seatrout, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.095		0		1		0.177	0.081	
15:0....g									
16:0....g	0.820		0		1		1.525	0.697	
17:0....g									
18:0....g	0.214		0		1		0.398	0.182	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.133		0		1		2.107	0.963	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.464		0		1		0.863	0.394	
17:1....g									
18:1 undifferentiated....g	0.602		0		1		1.120	0.512	
20:1....g	0.064		0		1		0.119	0.054	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.929		0		1		1.728	0.790	
18:2 undifferentiated....g	0.088		0		1		0.164	0.075	
18:3 undifferentiated....g	0.005		0		1		0.009	0.004	
18:4....g	0.010		0		1		0.019	0.009	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.247		0		1		0.459	0.210	
20:5 n-3 (EPA)....g	0.211		0		1		0.392	0.179	
22:5 n-3 (DPA)....g	0.097		0		1		0.180	0.082	
22:6 n-3 (DHA)....g	0.265		0		1		0.493	0.225	
Fatty acids, total trans....g									
Cholesterol....mg	106		0		1		197	90	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.240		0		1		0.446	0.204	
Threonine....g	0.941		0		1		1.750	0.800	
Isoleucine....g	0.989		0		1		1.840	0.841	
Leucine....g	1.744		0		1		3.244	1.482	
Lysine....g	1.971		0		1		3.666	1.675	
Methionine....g	0.635		0		1		1.181	0.540	
Cystine....g	0.230		0		1		0.428	0.196	
Phenylalanine....g	0.838		0		1		1.559	0.712	
Tyrosine....g	0.725		0		1		1.349	0.616	
Valine....g	1.106		0		1		2.057	0.940	
Arginine....g	1.284		0		1		2.388	1.091	
Histidine....g	0.632		0		1		1.176	0.537	
Alanine....g	1.298		0		1		2.414	1.103	
Aspartic acid....g	2.198		0		1		4.088	1.868	
Glutamic acid....g	3.204		0		1		5.959	2.723	
Glycine....g	1.030		0		1		1.916	0.876	
Proline....g	0.759		0		1		1.412	0.645	
Serine....g	0.876		0		1		1.629	0.745	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 186g: 1 fillet

NDB No. 15214

Fish, seatrout, mixed species, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15093

Fish, seatrout, mixed species, raw

Cynoscion spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.09	0.426	14		1		185.85	66.38	
Energy....kcal	104		0	NC	4		248	88	
Energy....kJ	435				4		1036	370	
Protein (N x 6.25)....g	16.74	0.412	14		1		39.84	14.23	
Total lipid (fat)....g	3.61	0.595	14		1		8.59	3.07	
Ash....g	1.26	0.058	15		1		3.00	1.07	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17	3.238	6		1		40	14	
Iron, Fe....mg	0.27	0.036	6		1		0.64	0.23	
Magnesium, Mg....mg	31	0.849	6		1		74	26	
Phosphorus, P....mg	250	14.089	6		1		595	213	
Potassium, K....mg	341		8		1		812	290	
Sodium, Na....mg	58		8		1		138	49	
Zinc, Zn....mg	0.45	0.012	172		1		1.07	0.38	
Copper, Cu....mg	0.030	0.001	172		1		0.071	0.026	
Manganese, Mn....mg	0.015	0.006	3		1		0.036	0.013	
Selenium, Se....µg	36.5		0	CAZN	4		86.9	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		4		0.143	0.051	
Riboflavin....mg	0.170		0		4		0.405	0.145	
Niacin....mg	2.400		0		4		5.712	2.040	
Pantothenic acid....mg	0.750		0		4		1.785	0.638	
Vitamin B-6....mg	0.400		0		4		0.952	0.340	
Folate, total....µg	5		0		4		12	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		4		12	4	
Folate, DFE....mcg_DFE	5		0	NC	4		12	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.00		0		4		7.14	2.55	
Vitamin A, RAE....mcg_RAE	30		0		4		71	26	
Retinol....µg	30		0		4		71	26	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	100		0		4		238	85	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.009		0		1		2.401	0.858	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 15093
Fish, seatrout, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.074		3		1		0.176	0.063	
15:0 g									
16:0 g	0.640		3		1		1.523	0.544	
17:0 g									
18:0 g	0.167		3		1		0.397	0.142	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.884		0		1		2.104	0.751	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.362		3		1		0.862	0.308	
17:1 g									
18:1 undifferentiated g	0.470		3		1		1.119	0.400	
20:1 g	0.050		1		1		0.119	0.043	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.725		0		1		1.726	0.616	
18:2 undifferentiated g	0.069		3		1		0.164	0.059	
18:3 undifferentiated g	0.004		1		1		0.010	0.003	
18:4 g	0.008		1		1		0.019	0.007	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.193		2		1		0.459	0.164	
20:5 n-3 (EPA) g	0.165		3		1		0.393	0.140	
22:5 n-3 (DPA) g	0.076		3		1		0.181	0.065	
22:6 n-3 (DHA) g	0.207		3		1		0.493	0.176	
Fatty acids, total trans g									
Cholesterol mg	83		0		4		198	71	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.188		0		1		0.447	0.160	
Threonine g	0.734		0		1		1.747	0.624	
Isoleucine g	0.772		0		1		1.837	0.656	
Leucine g	1.361		0		1		3.239	1.157	
Lysine g	1.538		0		1		3.660	1.307	
Methionine g	0.496		0		1		1.180	0.422	
Cystine g	0.179		0		1		0.426	0.152	
Phenylalanine g	0.654		0		1		1.557	0.556	
Tyrosine g	0.565		0		1		1.345	0.480	
Valine g	0.863		0		1		2.054	0.734	
Arginine g	1.002		0		1		2.385	0.852	
Histidine g	0.493		0		1		1.173	0.419	
Alanine g	1.013		0		1		2.411	0.861	
Aspartic acid g	1.715		0		1		4.082	1.458	
Glutamic acid g	2.500		0		1		5.950	2.125	
Glycine g	0.804		0		1		1.914	0.683	
Proline g	0.592		0		1		1.409	0.503	
Serine g	0.683		0		1		1.626	0.581	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 15093

Fish, seatrout, mixed species, raw

Common Measures:

Measure 1 = 238g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15215
Fish, shad, american, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.22		0		1		85.28	50.34	
Energy....kcal	252		0	NC	4		363	214	
Energy....kJ	1054				4		1518	896	
Protein (N x 6.25)....g	21.71		0		1		31.26	18.45	
Total lipid (fat)....g	17.65		0		1		25.42	15.00	
Ash....g	1.69		0		1		2.43	1.44	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	60		0		1		86	51	
Iron, Fe....mg	1.24		0		1		1.79	1.05	
Magnesium, Mg....mg	38		0		1		55	32	
Phosphorus, P....mg	349		0		1		503	297	
Potassium, K....mg	492		0		1		708	418	
Sodium, Na....mg	65		0		1		94	55	
Zinc, Zn....mg	0.47		0		1		0.68	0.40	
Copper, Cu....mg	0.082		0		1		0.118	0.070	
Manganese, Mn....mg	0.054		0		1		0.078	0.046	
Selenium, Se....µg	46.8		0	BFSN	4		67.4	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.183		0		1		0.264	0.156	
Riboflavin....mg	0.308		0		1		0.444	0.262	
Niacin....mg	10.769		0		1		15.507	9.154	
Pantothenic acid....mg	0.865		0		1		1.246	0.735	
Vitamin B-6....mg	0.462		0		1		0.665	0.393	
Folate, total....µg	17		0		1		24	14	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	17		0		1		24	14	
Folate, DFE....mcg_DFE	17		0	NC	4		24	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.14		0		1		0.20	0.12	
Vitamin A, RAE....mcg_RAE	36		0		1		52	31	
Retinol....µg	36		0		1		52	31	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	120		0		1		173	102	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									

NDB No. 15215
Fish, shad, american, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	96		0		1		138	82	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.243		0		1		0.350	0.207	
Threonine.....g	0.952		0		1		1.371	0.809	
Isoleucine.....g	1.000		0		1		1.440	0.850	
Leucine.....g	1.764		0		1		2.540	1.499	
Lysine.....g	1.993		0		1		2.870	1.694	
Methionine.....g	0.642		0		1		0.924	0.546	
Cystine.....g	0.233		0		1		0.336	0.198	
Phenylalanine.....g	0.847		0		1		1.220	0.720	
Tyrosine.....g	0.733		0		1		1.056	0.623	
Valine.....g	1.118		0		1		1.610	0.950	
Arginine.....g	1.299		0		1		1.871	1.104	
Histidine.....g	0.639		0		1		0.920	0.543	
Alanine.....g	1.313		0		1		1.891	1.116	
Aspartic acid.....g	2.223		0		1		3.201	1.890	
Glutamic acid.....g	3.240		0		1		4.666	2.754	
Glycine.....g	1.042		0		1		1.500	0.886	
Proline.....g	0.767		0		1		1.104	0.652	
Serine.....g	0.886		0		1		1.276	0.753	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 144g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15094
Fish, shad, american, raw
Alosa sapidissima (Wilson)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.19	0.802	13		1		125.47	57.96	
Energy....kcal	197		0	NC	4		362	167	
Energy....kJ	824		0		4		1517	701	
Protein (N x 6.25)....g	16.93	0.621	11		1		31.15	14.39	
Total lipid (fat)....g	13.77	1.004	11		1		25.34	11.70	
Ash....g	1.32	0.033	11		1		2.43	1.12	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	47		1		1		86	40	
Iron, Fe....mg	0.97		2		1		1.78	0.82	
Magnesium, Mg....mg	30		1		1		55	26	
Phosphorus, P....mg	272		1		1		500	231	
Potassium, K....mg	384		2		1		707	326	
Sodium, Na....mg	51		2		1		94	43	
Zinc, Zn....mg	0.37	0.010	60		1		0.68	0.31	
Copper, Cu....mg	0.064	0.003	61		1		0.118	0.054	
Manganese, Mn....mg	0.042		1		1		0.077	0.036	
Selenium, Se....µg	36.5		0	CAZN	4		67.2	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.150		0		4		0.276	0.128	
Riboflavin....mg	0.240		0		4		0.442	0.204	
Niacin....mg	8.400		0		4		15.456	7.140	
Pantothenic acid....mg	0.750		0		4		1.380	0.638	
Vitamin B-6....mg	0.400		0		4		0.736	0.340	
Folate, total....µg	15		0		4		28	13	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0		4		28	13	
Folate, DFE....mcg_DFE	15		0	NC	4		28	13	
Choline, total....mg	74.0		0	BFSN	4		136.1	62.9	
Betaine....mg									
Vitamin B-12....µg	0.15		0		4		0.28	0.13	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	32		0	NC	4		59	27	
Retinol....µg	32		0	BFSN	4		59	27	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	106		0	NC	4		195	90	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	1.22		0	BFSN	4		2.24	1.04	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	4.8		0	AS	1		8.8	4.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	4.8		0	BFSN	4		8.8	4.0	
Vitamin D....IU	190		0	BFSN	4		350	162	
Vitamin K (phylloquinone)....µg	0.1		0	BFSN	4		0.2	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15094
Fish, shad, american, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.126		0		4		5.752	2.657	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.008		0		4		0.015	0.007	
12:0....g	0.018		0		4		0.033	0.015	
13:0....g									
14:0....g	0.849		0		4		1.562	0.722	
15:0....g									
16:0....g	2.073		0		4		3.814	1.762	
17:0....g									
18:0....g	0.167		0		4		0.307	0.142	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.724		0		4		10.532	4.865	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.953		0		4		1.754	0.810	
17:1....g									
18:1 undifferentiated....g	2.323		0		4		4.274	1.975	
20:1....g	1.105		0		4		2.033	0.939	
22:1 undifferentiated....g	1.287		0		4		2.368	1.094	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.268		0		4		6.013	2.778	
18:2 undifferentiated....g	0.199		0		4		0.366	0.169	
18:3 undifferentiated....g	0.158		0		4		0.291	0.134	
18:4....g	0.328		0		4		0.604	0.279	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.092		0		4		0.169	0.078	
20:5 n-3 (EPA)....g	1.086		0		4		1.998	0.923	
22:5 n-3 (DPA)....g	0.084		0		4		0.155	0.071	
22:6 n-3 (DHA)....g	1.321		0		4		2.431	1.123	
Fatty acids, total trans....g									
Cholesterol....mg	75		0		4		138	64	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.190		0		1		0.350	0.162	
Threonine....g	0.742		0		1		1.365	0.631	
Isoleucine....g	0.780		0		1		1.435	0.663	
Leucine....g	1.376		0		1		2.532	1.170	
Lysine....g	1.555		0		1		2.861	1.322	
Methionine....g	0.501		0		1		0.922	0.426	
Cystine....g	0.182		0		1		0.335	0.155	
Phenylalanine....g	0.661		0		1		1.216	0.562	
Tyrosine....g	0.572		0		1		1.052	0.486	
Valine....g	0.872		0		1		1.604	0.741	
Arginine....g	1.013		0		1		1.864	0.861	
Histidine....g	0.498		0		1		0.916	0.423	
Alanine....g	1.024		0		1		1.884	0.870	
Aspartic acid....g	1.734		0		1		3.191	1.474	
Glutamic acid....g	2.527		0		1		4.650	2.148	
Glycine....g	0.813		0		1		1.496	0.691	
Proline....g	0.599		0		1		1.102	0.509	
Serine....g	0.691		0		1		1.271	0.587	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15094
Fish, shad, american, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 184g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15096

Fish, shark, mixed species, cooked, batter-dipped and fried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.09		0		1		51.08		
Energy	kcal	228		0	NC	4		194		
Energy	kJ	954				4		811		
Protein (N x 6.25)	g	18.62		0		1		15.83		
Total lipid (fat)	g	13.82		0		1		11.75		
Ash	g	1.25		0		1		1.06		
Carbohydrate, by difference	g	6.39		0	NC	4		5.43		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	50		0		1		43		
Iron, Fe	mg	1.11		0		1		0.94		
Magnesium, Mg	mg	43		0		1		37		
Phosphorus, P	mg	194		0		1		165		
Potassium, K	mg	155		0		1		132		
Sodium, Na	mg	122		0		1		104		
Zinc, Zn	mg	0.48		0		1		0.41		
Copper, Cu	mg	0.042		0		1		0.036		
Manganese, Mn	mg	0.050		0		4		0.043		
Selenium, Se	µg	34.0		0	RA	4		28.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.072		0		1		0.061		
Riboflavin	mg	0.097		0		1		0.082		
Niacin	mg	2.783		0		1		2.366		
Pantothenic acid	mg	0.620		0		4		0.527		
Vitamin B-6	mg	0.300		0		4		0.255		
Folate, total	µg	15		0	RA	4		13		
Folic acid	µg	10		0	NC	4		8		
Folate, food	µg	5		0		4		4		
Folate, DFE	mcg_DFE	22		0	NC	4		19		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.21		0		1		1.03		
Vitamin A, RAE	mcg_RAE	54		0		1		46		
Retinol	µg	54		0		1		46		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	180		0		1		153		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	3.205		0		1		2.724		
4:0	g									

NDB No. 15096

Fish, shark, mixed species, cooked, batter-dipped and fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.102		0		1		0.087		
15:0....g									
16:0....g	2.008		0		1		1.707		
17:0....g									
18:0....g	1.092		0		1		0.928		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.935		0		1		5.045		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.223		0		1		0.190		
17:1....g									
18:1 undifferentiated....g	5.216		0		1		4.434		
20:1....g	0.217		0		1		0.184		
22:1 undifferentiated....g	0.253		0		1		0.215		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.701		0		1		3.146		
18:2 undifferentiated....g	2.600		0		1		2.210		
18:3 undifferentiated....g	0.190		0		1		0.162		
18:4....g	0.025		0		1		0.021		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.092		0		1		0.078		
20:5 n-3 (EPA)....g	0.258		0		1		0.219		
22:5 n-3 (DPA)....g	0.089		0		1		0.076		
22:6 n-3 (DHA)....g	0.431		0		1		0.366		
Fatty acids, total trans....g									
Cholesterol....mg	59		0		1		50		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.212		0		1		0.180		
Threonine....g	0.843		0		1		0.717		
Isoleucine....g	0.867		0		1		0.737		
Leucine....g	1.515		0		1		1.288		
Lysine....g	1.634		0		1		1.389		
Methionine....g	0.541		0		1		0.460		
Cystine....g	0.212		0		1		0.180		
Phenylalanine....g	0.750		0		1		0.638		
Tyrosine....g	0.633		0		1		0.538		
Valine....g	0.965		0		1		0.820		
Arginine....g	1.094		0		1		0.930		
Histidine....g	0.538		0		1		0.457		
Alanine....g	1.097		0		1		0.932		
Aspartic acid....g	1.850		0		1		1.573		
Glutamic acid....g	2.970		0		1		2.525		
Glycine....g	0.872		0		1		0.741		
Proline....g	0.744		0		1		0.632		
Serine....g	0.789		0		1		0.671		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15096

Fish, shark, mixed species, cooked, batter-dipped and fried

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15095
Fish, shark, mixed species, raw
Squaliformes

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.58	0.283	29		1				
Energy....kcal	130		0	NC	4				
Energy....kJ	544		0		4				
Protein (N x 6.25)....g	20.98	0.256	16		1				
Total lipid (fat)....g	4.51		52		1				
Ash....g	1.39		15		1				
Carbohydrate, by difference....g	0.00		0	Z	7				
Fiber, total dietary....g	0.0		0	Z	7				
Sugars, total....g	0.00		0	Z	7				
Starch....g									
Minerals:									
Calcium, Ca....mg	34	1.800	4		1				
Iron, Fe....mg	0.84		2		1				
Magnesium, Mg....mg	49		2		1				
Phosphorus, P....mg	210		3		1				
Potassium, K....mg	160		2		1				
Sodium, Na....mg	79		2		1				
Zinc, Zn....mg	0.43	0.009	223		1				
Copper, Cu....mg	0.033	0.001	211		1				
Manganese, Mn....mg	0.015		0		1				
Selenium, Se....µg	36.5		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7				
Thiamin....mg	0.042		5		1				
Riboflavin....mg	0.062	0.012	6		1				
Niacin....mg	2.938		5		1				
Pantothenic acid....mg	0.695		3		1				
Vitamin B-6....mg	0.400		0		4				
Folate, total....µg	3		0		4				
Folic acid....µg	0		0	Z	7				
Folate, food....µg	3		0		4				
Folate, DFE....mcg_DFE	3		0	NC	4				
Choline, total....mg	65.0		0	T	4				
Betaine....mg									
Vitamin B-12....µg	1.49		6		1				
Vitamin B-12, added....µg	0.00		0	Z	7				
Vitamin A, RAE....mcg_RAE	70		0	NC	4				
Retinol....µg	70		0	T	4				
Carotene, beta....µg	0		0	Z	7				
Carotene, alpha....µg	0		0	Z	7				
Cryptoxanthin, beta....µg	0		0	Z	7				
Vitamin A, IU....IU	233		0	NC	4				
Lycopene....µg	0		0	Z	7				
Lutein + zeaxanthin....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol)....mg	1.00		0	NR	4				
Vitamin E, added....mg	0.00		0	Z	7				
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	AS	1				
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	T	4				
Vitamin D....IU	24		0	NR	4				
Vitamin K (phylloquinone)....µg	0.1		0	T	4				
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15095
Fish, shark, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.925		0		1				
4:0....g	0.000		0		1				
6:0....g	0.000		0		1				
8:0....g	0.000		0		1				
10:0....g	0.000		0		1				
12:0....g	0.000		0		1				
13:0....g									
14:0....g	0.080		4		1				
15:0....g									
16:0....g	0.726		4		1				
17:0....g									
18:0....g	0.117		4		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.808		0		4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.253		4		1				
17:1....g									
18:1 undifferentiated....g	0.979		4		1				
20:1....g	0.266		2		1				
22:1 undifferentiated....g	0.310		2		1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.195		0		4				
18:2 undifferentiated....g	0.076		4		1				
18:3 undifferentiated....g	0.028		2		1				
18:4....g	0.031		2		1				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.108		1		1				
20:5 n-3 (EPA)....g	0.316		4		1				
22:5 n-3 (DPA)....g	0.109		4		1				
22:6 n-3 (DHA)....g	0.527		4		1				
Fatty acids, total trans....g									
Cholesterol....mg	51		5		1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.235		0		1				
Threonine....g	0.920		0		1				
Isoleucine....g	0.967		0		1				
Leucine....g	1.705		0		1				
Lysine....g	1.926		0		1				
Methionine....g	0.621		0		1				
Cystine....g	0.225		0		1				
Phenylalanine....g	0.819		0		1				
Tyrosine....g	0.708		0		1				
Valine....g	1.081		0		1				
Arginine....g	1.255		0		1				
Histidine....g	0.618		0		1				
Alanine....g	1.269		0		1				
Aspartic acid....g	2.148		0		1				
Glutamic acid....g	3.131		0		1				
Glycine....g	1.007		0		1				
Proline....g	0.742		0		1				
Serine....g	0.856		0		1				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15095
Fish, shark, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15098
Fish, sheepshead, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.04		1		1		128.41	58.68	
Energy....kcal	126		0	NC	4		234	107	
Energy....kJ	527				4		981	448	
Protein (N x 6.25)....g	26.02		1		1		48.40	22.12	
Total lipid (fat)....g	1.63		1		1		3.03	1.39	
Ash....g	1.44		1		1		2.68	1.22	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	37		1		1		69	31	
Iron, Fe....mg	0.67		1		1		1.25	0.57	
Magnesium, Mg....mg	35		1		1		65	30	
Phosphorus, P....mg	350		1		1		651	298	
Potassium, K....mg	512		1		1		952	435	
Sodium, Na....mg	73		1		1		136	62	
Zinc, Zn....mg	0.63		1		1		1.17	0.54	
Copper, Cu....mg	0.122		1		1		0.227	0.104	
Manganese, Mn....mg	0.021		1		1		0.039	0.018	
Selenium, Se....µg	51.3		0	BFSN	4		95.4	43.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.010		0		4		0.019	0.009	
Riboflavin....mg	0.050		0		4		0.093	0.043	
Niacin....mg	1.800		0		4		3.348	1.530	
Pantothenic acid....mg	0.870		0		4		1.618	0.740	
Vitamin B-6....mg	0.350		0		4		0.651	0.298	
Folate, total....µg	17		0		4		32	15	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	17		0		4		32	15	
Folate, DFE....mcg_DFE	17		0	NC	4		32	15	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.30		0		4		4.28	1.96	
Vitamin A, RAE....mcg_RAE	35		0		4		64	29	
Retinol....µg	35		0		4		64	29	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	115		0		4		214	98	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.360		0		1		0.670	0.306	
4:0....g									

NDB No. 15098
Fish, sheepshead, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.044		1		1		0.082	0.037	
15:0....g									
16:0....g	0.227		1		1		0.422	0.193	
17:0....g									
18:0....g	0.089		1		1		0.166	0.076	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.350		0		1		0.651	0.298	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.107		1		1		0.199	0.091	
17:1....g									
18:1 undifferentiated....g	0.243		1		1		0.452	0.207	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.382		0		1		0.711	0.325	
18:2 undifferentiated....g	0.042		1		1		0.078	0.036	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.110		1		1		0.205	0.094	
20:5 n-3 (EPA)....g	0.083		1		1		0.154	0.071	
22:5 n-3 (DPA)....g	0.040		1		1		0.074	0.034	
22:6 n-3 (DHA)....g	0.107		1		1		0.199	0.091	
Fatty acids, total trans....g									
Cholesterol....mg	64		0		4		119	54	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.291		0		1		0.541	0.247	
Threonine....g	1.141		0		1		2.122	0.970	
Isoleucine....g	1.199		0		1		2.230	1.019	
Leucine....g	2.115		0		1		3.934	1.798	
Lysine....g	2.390		0		1		4.445	2.032	
Methionine....g	0.770		0		1		1.432	0.655	
Cystine....g	0.279		0		1		0.519	0.237	
Phenylalanine....g	1.016		0		1		1.890	0.864	
Tyrosine....g	0.878		0		1		1.633	0.746	
Valine....g	1.340		0		1		2.492	1.139	
Arginine....g	1.557		0		1		2.896	1.323	
Histidine....g	0.766		0		1		1.425	0.651	
Alanine....g	1.574		0		1		2.928	1.338	
Aspartic acid....g	2.664		0		1		4.955	2.264	
Glutamic acid....g	3.884		0		1		7.224	3.301	
Glycine....g	1.249		0		1		2.323	1.062	
Proline....g	0.920		0		1		1.711	0.782	
Serine....g	1.062		0		1		1.975	0.903	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 186g: 1 fillet

NDB No. 15098

Fish, sheepshead, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15097

Fish, sheepshead, raw

Archosargus probatocephalus (Walbaum)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.97	0.731	5		1		185.57	66.27	
Energy....kcal	108		0	NC	4		257	92	
Energy....kJ	452				4		1075	384	
Protein (N x 6.25)....g	20.21	2.337	5		1		48.10	17.18	
Total lipid (fat)....g	2.41	0.404	5		1		5.74	2.05	
Ash....g	1.09	0.073	5		1		2.59	0.93	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	21	7.900	3		1		50	18	
Iron, Fe....mg	0.46	0.090	3		1		1.09	0.39	
Magnesium, Mg....mg	32	1.840	3		1		76	27	
Phosphorus, P....mg	313	25.350	3		1		745	266	
Potassium, K....mg	404	63.321	4		1		962	343	
Sodium, Na....mg	71	11.174	4		1		169	60	
Zinc, Zn....mg	0.39	0.013	62		1		0.93	0.33	
Copper, Cu....mg	0.031	0.002	63		1		0.074	0.026	
Manganese, Mn....mg	0.013	0.003	3		1		0.031	0.011	
Selenium, Se....µg	36.5		0	CAZN	4		86.9	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.010		0		4		0.024	0.009	
Riboflavin....mg	0.040		0		4		0.095	0.034	
Niacin....mg	1.500		0		4		3.570	1.275	
Pantothenic acid....mg	0.750		0		4		1.785	0.638	
Vitamin B-6....mg	0.300		0		4		0.714	0.255	
Folate, total....µg	15		0		4		36	13	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0		4		36	13	
Folate, DFE....mcg_DFE	15		0	NC	4		36	13	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.00		0		4		4.76	1.70	
Vitamin A, RAE....mcg_RAE	30		0		4		71	26	
Retinol....µg	30		0		4		71	26	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	100		0		4		238	85	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.609		0		1		1.449	0.518	
4:0....g									

NDB No. 15097
Fish, sheepshead, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g									
8:0 ... g									
10:0 ... g									
12:0 ... g									
13:0 ... g									
14:0 ... g	0.076		2		1		0.181	0.065	
15:0 ... g									
16:0 ... g	0.406		2		1		0.966	0.345	
17:0 ... g									
18:0 ... g	0.114		2		1		0.271	0.097	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.728		0		1		1.733	0.619	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.201		2		1		0.478	0.171	
17:1 ... g									
18:1 undifferentiated ... g	0.458		2		1		1.090	0.389	
20:1 ... g	0.069		1		1		0.164	0.059	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.518		0		1		1.233	0.440	
18:2 undifferentiated ... g	0.044		2		1		0.105	0.037	
18:3 undifferentiated ... g	0.006		1		1		0.014	0.005	
18:4 ... g	0.027		1		1		0.064	0.023	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.106		2		1		0.252	0.090	
20:5 n-3 (EPA) ... g	0.138		2		1		0.328	0.117	
22:5 n-3 (DPA) ... g	0.074		2		1		0.176	0.063	
22:6 n-3 (DHA) ... g	0.123		2		1		0.293	0.105	
Fatty acids, total trans ... g									
Cholesterol ... mg	50		0		4		119	43	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.226		0		1		0.538	0.192	
Threonine ... g	0.886		0		1		2.109	0.753	
Isoleucine ... g	0.931		0		1		2.216	0.791	
Leucine ... g	1.643		0		1		3.910	1.397	
Lysine ... g	1.856		0		1		4.417	1.578	
Methionine ... g	0.598		0		1		1.423	0.508	
Cystine ... g	0.217		0		1		0.516	0.184	
Phenylalanine ... g	0.789		0		1		1.878	0.671	
Tyrosine ... g	0.682		0		1		1.623	0.580	
Valine ... g	1.041		0		1		2.478	0.885	
Arginine ... g	1.210		0		1		2.880	1.029	
Histidine ... g	0.595		0		1		1.416	0.506	
Alanine ... g	1.222		0		1		2.908	1.039	
Aspartic acid ... g	2.070		0		1		4.927	1.760	
Glutamic acid ... g	3.017		0		1		7.180	2.564	
Glycine ... g	0.970		0		1		2.309	0.825	
Proline ... g	0.715		0		1		1.702	0.608	
Serine ... g	0.825		0		1		1.964	0.701	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 238g: 1 fillet

NDB No. 15097
Fish, sheepshead, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15100
Fish, smelt, rainbow, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.79		0		1		61.87		
Energy	kcal	124		0	NC	4		105		
Energy	kJ	519				4		441		
Protein (N x 6.25)	g	22.60		0		1		19.21		
Total lipid (fat)	g	3.10		0		1		2.64		
Ash	g	1.79		0		1		1.52		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	77		0		1		65		
Iron, Fe	mg	1.15		0		1		0.98		
Magnesium, Mg	mg	38		0		1		32		
Phosphorus, P	mg	295		0		1		251		
Potassium, K	mg	372		0		1		316		
Sodium, Na	mg	77		0		1		65		
Zinc, Zn	mg	2.12		0		1		1.80		
Copper, Cu	mg	0.178		0		1		0.151		
Manganese, Mn	mg	0.900		0		4		0.765		
Selenium, Se	µg	46.8		0	BFSN	4		39.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.010		0		4		0.009		
Riboflavin	mg	0.146		0		1		0.124		
Niacin	mg	1.766		0		1		1.501		
Pantothenic acid	mg	0.740		0		4		0.629		
Vitamin B-6	mg	0.170		0		4		0.145		
Folate, total	µg	5		0		4		4		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	5		0		4		4		
Folate, DFE	mcg_DFE	5		0	NC	4		4		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	3.97		0		1		3.37		
Vitamin A, RAE	mcg_RAE	17		0		4		15		
Retinol	µg	17		0		4		15		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	58		0		4		49		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.579		0		1		0.492		
4:0	g									

NDB No. 15100
Fish, smelt, rainbow, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.003		0		1		0.003		
13:0 g									
14:0 g	0.100		0		1		0.085		
15:0 g									
16:0 g	0.421		0		1		0.358		
17:0 g									
18:0 g	0.053		0		1		0.045		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.822		0		1		0.699		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.255		0		1		0.217		
17:1 g									
18:1 undifferentiated g	0.522		0		1		0.444		
20:1 g	0.036		0		1		0.031		
22:1 undifferentiated g	0.001		0		1		0.001		
24:1 c g									
Fatty acids, total polyunsaturated g	1.135		0		1		0.965		
18:2 undifferentiated g	0.058		0		1		0.049		
18:3 undifferentiated g	0.063		0		1		0.054		
18:4 g	0.032		0		1		0.027		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.071		0		1		0.060		
20:5 n-3 (EPA) g	0.353		0		1		0.300		
22:5 n-3 (DPA) g	0.023		0		1		0.020		
22:6 n-3 (DHA) g	0.536		0		1		0.456		
Fatty acids, total trans g									
Cholesterol mg	90		0		1		77		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.253		0		1		0.215		
Threonine g	0.991		0		1		0.842		
Isoleucine g	1.041		0		1		0.885		
Leucine g	1.837		0		1		1.561		
Lysine g	2.076		0		1		1.765		
Methionine g	0.669		0		1		0.569		
Cystine g	0.242		0		1		0.206		
Phenylalanine g	0.882		0		1		0.750		
Tyrosine g	0.763		0		1		0.649		
Valine g	1.164		0		1		0.989		
Arginine g	1.352		0		1		1.149		
Histidine g	0.665		0		1		0.565		
Alanine g	1.367		0		1		1.162		
Aspartic acid g	2.314		0		1		1.967		
Glutamic acid g	3.374		0		1		2.868		
Glycine g	1.085		0		1		0.922		
Proline g	0.799		0		1		0.679		
Serine g	0.922		0		1		0.784		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15100
Fish, smelt, rainbow, cooked, dry heat

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15099
Fish, smelt, rainbow, raw
Osmerus mordax (Mitchill)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.77	0.229	47		1		66.95		
Energy....kcal	97		0	NC	4		82		
Energy....kJ	406		0		4		345		
Protein (N x 6.25)....g	17.63	0.222	47		1		14.99		
Total lipid (fat)....g	2.42	0.107	52		1		2.06		
Ash....g	1.40	0.074	46		1		1.19		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	60		1		1		51		
Iron, Fe....mg	0.90		1		1		0.77		
Magnesium, Mg....mg	30		1		1		26		
Phosphorus, P....mg	230		1		1		196		
Potassium, K....mg	290		1		1		247		
Sodium, Na....mg	60		1		1		51		
Zinc, Zn....mg	1.65		2		1		1.40		
Copper, Cu....mg	0.139		2		1		0.118		
Manganese, Mn....mg	0.700		1		1		0.595		
Selenium, Se....µg	36.5		0	CAZN	4		31.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.010		0		4		0.009		
Riboflavin....mg	0.120		1		1		0.102		
Niacin....mg	1.450		1		1		1.233		
Pantothenic acid....mg	0.638		1		1		0.542		
Vitamin B-6....mg	0.150		0		4		0.128		
Folate, total....µg	4		0		4		3		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	4		0		4		3		
Folate, DFE....mcg_DFE	4		0	NC	4		3		
Choline, total....mg	65.0		0	T	4		55.3		
Betaine....mg									
Vitamin B-12....µg	3.44	0.728	4		1		2.92		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	15		0	NC	4		13		
Retinol....µg	15		0	T	4		13		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	50		0	NC	4		43		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.50		0	NR	4		0.43		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.8		0	AS	1		0.7		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.8		0	T	4		0.7		
Vitamin D....IU	31		0	NR	4		26		
Vitamin K (phylloquinone)....µg	0.1		0	T	4		0.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15099
Fish, smelt, rainbow, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.452		0		1		0.384		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.002		1		1		0.002		
13:0....g									
14:0....g	0.078	0.005	12		1		0.066		
15:0....g									
16:0....g	0.328	0.018	12		1		0.279		
17:0....g									
18:0....g	0.041	0.005	12		1		0.035		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.641		0		1		0.545		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.199	0.008	12		1		0.169		
17:1....g									
18:1 undifferentiated....g	0.407	0.019	12		1		0.346		
20:1....g	0.028	0.006	6		1		0.024		
22:1 undifferentiated....g	0.001	0.001	4		1		0.001		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.885		0		1		0.752		
18:2 undifferentiated....g	0.045	0.009	12		1		0.038		
18:3 undifferentiated....g	0.049	0.013	12		1		0.042		
18:4....g	0.025	0.003	12		1		0.021		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.055	0.005	12		1		0.047		
20:5 n-3 (EPA)....g	0.275	0.017	12		1		0.234		
22:5 n-3 (DPA)....g	0.018	0.001	12		1		0.015		
22:6 n-3 (DHA)....g	0.418	0.023	12		1		0.355		
Fatty acids, total trans....g									
Cholesterol....mg	70		1		1		60		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.197		0		1		0.167		
Threonine....g	0.773		0		1		0.657		
Isoleucine....g	0.812		0		1		0.690		
Leucine....g	1.433		0		1		1.218		
Lysine....g	1.619		0		1		1.376		
Methionine....g	0.522		0		1		0.444		
Cystine....g	0.189		0		1		0.161		
Phenylalanine....g	0.688		0		1		0.585		
Tyrosine....g	0.595		0		1		0.506		
Valine....g	0.908		0		1		0.772		
Arginine....g	1.055		0		1		0.897		
Histidine....g	0.519		0		1		0.441		
Alanine....g	1.066		0		1		0.906		
Aspartic acid....g	1.805		0		1		1.534		
Glutamic acid....g	2.632		0		1		2.237		
Glycine....g	0.846		0		1		0.719		
Proline....g	0.623		0		1		0.530		
Serine....g	0.719		0		1		0.611		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15099
Fish, smelt, rainbow, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15102
Fish, snapper, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.35		0		1		119.60	59.80	
Energy	kcal	128		0	NC	4		218	109	
Energy	kJ	536				4		910	455	
Protein (N x 6.25)	g	26.30		0		1		44.71	22.36	
Total lipid (fat)	g	1.72		0		1		2.92	1.46	
Ash	g	1.41		2		1		2.40	1.20	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	40		0		1		68	34	
Iron, Fe	mg	0.24		2		1		0.41	0.20	
Magnesium, Mg	mg	37		2		1		63	31	
Phosphorus, P	mg	201		2		1		342	171	
Potassium, K	mg	522		2		1		887	444	
Sodium, Na	mg	57		2		1		97	48	
Zinc, Zn	mg	0.44		2		1		0.75	0.37	
Copper, Cu	mg	0.046		2		1		0.078	0.039	
Manganese, Mn	mg	0.017		2		1		0.029	0.014	
Selenium, Se	µg	49.0		0	BFSN	4		83.3	41.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0		4		2.7	1.4	
Thiamin	mg	0.053		0		1		0.090	0.045	
Riboflavin	mg	0.004		0		1		0.007	0.003	
Niacin	mg	0.346		0		1		0.588	0.294	
Pantothenic acid	mg	0.870		0		4		1.479	0.740	
Vitamin B-6	mg	0.460		0		4		0.782	0.391	
Folate, total	µg	6		0		4		10	5	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	6		0		4		10	5	
Folate, DFE	mcg_DFE	6		0	NC	4		10	5	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	3.50		0		4		5.95	2.98	
Vitamin A, RAE	mcg_RAE	35		0		4		59	29	
Retinol	µg	35		0		4		59	29	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	115		0		4		196	98	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.365		0		1		0.621	0.310	
4:0	g									

NDB No. 15102
Fish, snapper, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.053		2		1		0.090	0.045	
15:0 g									
16:0 g	0.190		2		1		0.323	0.162	
17:0 g									
18:0 g	0.070		2		1		0.119	0.060	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.322		0		1		0.547	0.274	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.048		2		1		0.082	0.041	
17:1 g									
18:1 undifferentiated g	0.123		2		1		0.209	0.105	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.588		0		1		1.000	0.500	
18:2 undifferentiated g	0.025		2		1		0.043	0.021	
18:3 undifferentiated g									
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.044		2		1		0.075	0.037	
20:5 n-3 (EPA) g	0.048		2		1		0.082	0.041	
22:5 n-3 (DPA) g	0.022		2		1		0.037	0.019	
22:6 n-3 (DHA) g	0.273		2		1		0.464	0.232	
Fatty acids, total trans g									
Cholesterol mg	47		0		4		80	40	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.294		0		1		0.500	0.250	
Threonine g	1.153		0		1		1.960	0.980	
Isoleucine g	1.212		0		1		2.060	1.030	
Leucine g	2.137		0		1		3.633	1.816	
Lysine g	2.415		0		1		4.106	2.053	
Methionine g	0.778		0		1		1.323	0.661	
Cystine g	0.282		0		1		0.479	0.240	
Phenylalanine g	1.027		0		1		1.746	0.873	
Tyrosine g	0.888		0		1		1.510	0.755	
Valine g	1.355		0		1		2.304	1.152	
Arginine g	1.573		0		1		2.674	1.337	
Histidine g	0.774		0		1		1.316	0.658	
Alanine g	1.590		0		1		2.703	1.352	
Aspartic acid g	2.692		0		1		4.576	2.288	
Glutamic acid g	3.925		0		1		6.673	3.336	
Glycine g	1.262		0		1		2.145	1.073	
Proline g	0.930		0		1		1.581	0.791	
Serine g	1.073		0		1		1.824	0.912	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 fillet

NDB No. 15102

Fish, snapper, mixed species, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15101
Fish, snapper, mixed species, raw
Lutjanidae

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.87		60		1		167.58	65.34	
Energy....kcal	100		0	NC	4		218	85	
Energy....kJ	418		0		4		912	356	
Protein (N x 6.25)....g	20.51		59		1		44.71	17.43	
Total lipid (fat)....g	1.34		55		1		2.92	1.14	
Ash....g	1.31		52		1		2.86	1.11	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	32		22		1		70	27	
Iron, Fe....mg	0.18		7		1		0.39	0.15	
Magnesium, Mg....mg	32	0.636	6		1		70	27	
Phosphorus, P....mg	198		28		1		432	168	
Potassium, K....mg	417		16		1		909	354	
Sodium, Na....mg	64		19		1		140	54	
Zinc, Zn....mg	0.36	0.010	242		1		0.78	0.31	
Copper, Cu....mg	0.028	0.001	244		1		0.061	0.024	
Manganese, Mn....mg	0.013	0.002	6		1		0.028	0.011	
Selenium, Se....µg	38.2		1	A	1		83.3	32.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.6		0		4		3.5	1.4	
Thiamin....mg	0.046		1		1		0.100	0.039	
Riboflavin....mg	0.003		1		1		0.007	0.003	
Niacin....mg	0.284		1		1		0.619	0.241	
Pantothenic acid....mg	0.750		0		4		1.635	0.638	
Vitamin B-6....mg	0.400		0		4		0.872	0.340	
Folate, total....µg	5		0		4		11	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		4		11	4	
Folate, DFE....mcg_DFE	5		0	NC	4		11	4	
Choline, total....mg	65.0		0	T	4		141.7	55.3	
Betaine....mg									
Vitamin B-12....µg	3.00		0		4		6.54	2.55	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	32		0	NC	4		69	27	
Retinol....µg	32		0	BFSN	4		69	27	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	106		0	NC	4		231	90	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.96		0	BFSN	4		2.10	0.82	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	10.2		0	AS	1		22.2	8.7	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	10.2		0	BFSN	4		22.2	8.7	
Vitamin D....IU	408		0	BFSN	4		890	347	
Vitamin K (phylloquinone)....µg	0.1		0	T	4		0.2	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15101
Fish, snapper, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.285		0		1		0.621	0.242	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.036		16		1		0.078	0.031	
15:0....g									
16:0....g	0.162		16		1		0.353	0.138	
17:0....g									
18:0....g	0.081		16		1		0.177	0.069	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.251		0		1		0.547	0.213	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.060		16		1		0.131	0.051	
17:1....g									
18:1 undifferentiated....g	0.165		16		1		0.360	0.140	
20:1....g	0.021		14		1		0.046	0.018	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.459		0		1		1.001	0.390	
18:2 undifferentiated....g	0.019		16		1		0.041	0.016	
18:3 undifferentiated....g	0.004		14		1		0.009	0.003	
18:4....g	0.009		14		1		0.020	0.008	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.049		16		1		0.107	0.042	
20:5 n-3 (EPA)....g	0.051		16		1		0.111	0.043	
22:5 n-3 (DPA)....g	0.065		16		1		0.142	0.055	
22:6 n-3 (DHA)....g	0.260		16		1		0.567	0.221	
Fatty acids, total trans....g									
Cholesterol....mg	37		0		4		81	31	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.230		0		1		0.501	0.196	
Threonine....g	0.899		0		1		1.960	0.764	
Isoleucine....g	0.945		0		1		2.060	0.803	
Leucine....g	1.667		0		1		3.634	1.417	
Lysine....g	1.883		0		1		4.105	1.601	
Methionine....g	0.607		0		1		1.323	0.516	
Cystine....g	0.220		0		1		0.480	0.187	
Phenylalanine....g	0.801		0		1		1.746	0.681	
Tyrosine....g	0.692		0		1		1.509	0.588	
Valine....g	1.056		0		1		2.302	0.898	
Arginine....g	1.227		0		1		2.675	1.043	
Histidine....g	0.604		0		1		1.317	0.513	
Alanine....g	1.240		0		1		2.703	1.054	
Aspartic acid....g	2.100		0		1		4.578	1.785	
Glutamic acid....g	3.061		0		1		6.673	2.602	
Glycine....g	0.984		0		1		2.145	0.836	
Proline....g	0.725		0		1		1.581	0.616	
Serine....g	0.837		0		1		1.825	0.711	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15101
Fish, snapper, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 218g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15216
Fish, spot, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.17		0		1		34.59	58.79	
Energy....kcal	158		0	NC	4		79	134	
Energy....kJ	661				4		331	562	
Protein (N x 6.25)....g	23.73		0		1		11.87	20.17	
Total lipid (fat)....g	6.28		0		1		3.14	5.34	
Ash....g	1.36		0		1		0.68	1.16	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18		0		1		9	15	
Iron, Fe....mg	0.41		0		1		0.21	0.35	
Magnesium, Mg....mg	54		0		1		27	46	
Phosphorus, P....mg	238		0		1		119	202	
Potassium, K....mg	636		0		1		318	541	
Sodium, Na....mg	37		0		1		19	31	
Zinc, Zn....mg	0.65		0		1		0.33	0.55	
Copper, Cu....mg	0.059		0		1		0.030	0.050	
Manganese, Mn....mg	0.045		0		1		0.023	0.038	
Selenium, Se....µg	46.8		0	BFSN	4		23.4	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.185		0		1		0.093	0.157	
Riboflavin....mg	0.268		0		1		0.134	0.228	
Niacin....mg	8.526		0		1		4.263	7.247	
Pantothenic acid....mg	0.865		0		1		0.433	0.735	
Vitamin B-6....mg	0.462		0		1		0.231	0.393	
Folate, total....µg	6		0		1		3	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		1		3	5	
Folate, DFE....mcg_DFE	6		0	NC	4		3	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.46		0		1		1.73	2.94	
Vitamin A, RAE....mcg_RAE	35		0		1		17	29	
Retinol....µg	35		0		1		17	29	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	115		0		1		58	98	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.859		0		1		0.930	1.580	
4:0....g									

NDB No. 15216
Fish, spot, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.141		0		1		0.071	0.120	
15:0 g									
16:0 g	1.321		0		1		0.661	1.123	
17:0 g									
18:0 g	0.398		0		1		0.199	0.338	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.706		0		1		0.853	1.450	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.590		0		1		0.295	0.502	
17:1 g									
18:1 undifferentiated g	1.116		0		1		0.558	0.949	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.398		0		1		0.699	1.188	
18:2 undifferentiated g	0.051		0		1		0.026	0.043	
18:3 undifferentiated g	0.026		0		1		0.013	0.022	
18:4 g	0.205		0		1		0.103	0.174	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.154		0		1		0.077	0.131	
20:5 n-3 (EPA) g	0.282		0		1		0.141	0.240	
22:5 n-3 (DPA) g	0.154		0		1		0.077	0.131	
22:6 n-3 (DHA) g	0.526		0		1		0.263	0.447	
Fatty acids, total trans g									
Cholesterol mg	77		0		1		39	65	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.266		0		1		0.133	0.226	
Threonine g	1.040		0		1		0.520	0.884	
Isoleucine g	1.094		0		1		0.547	0.930	
Leucine g	1.929		0		1		0.965	1.640	
Lysine g	2.179		0		1		1.090	1.852	
Methionine g	0.702		0		1		0.351	0.597	
Cystine g	0.254		0		1		0.127	0.216	
Phenylalanine g	0.926		0		1		0.463	0.787	
Tyrosine g	0.801		0		1		0.401	0.681	
Valine g	1.223		0		1		0.612	1.040	
Arginine g	1.420		0		1		0.710	1.207	
Histidine g	0.699		0		1		0.350	0.594	
Alanine g	1.435		0		1		0.718	1.220	
Aspartic acid g	2.430		0		1		1.215	2.066	
Glutamic acid g	3.543		0		1		1.772	3.012	
Glycine g	1.139		0		1		0.570	0.968	
Proline g	0.839		0		1		0.420	0.713	
Serine g	0.968		0		1		0.484	0.823	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 fillet

NDB No. 15216
Fish, spot, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15103
Fish, spot, raw
Leiostomus xanthuras Lacepede

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.95	3.586	10		1		48.61	64.56	
Energy....kcal	123		0	NC	4		79	105	
Energy....kJ	515				4		329	437	
Protein (N x 6.25)....g	18.51	0.228	10		1		11.85	15.73	
Total lipid (fat)....g	4.90	2.928	10		1		3.14	4.17	
Ash....g	1.06	0.003	10		1		0.68	0.90	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14		1		1		9	12	
Iron, Fe....mg	0.32		1		1		0.20	0.27	
Magnesium, Mg....mg	42		1		1		27	36	
Phosphorus, P....mg	186		1		1		119	158	
Potassium, K....mg	496		1		1		317	422	
Sodium, Na....mg	29		1		1		19	25	
Zinc, Zn....mg	0.51	0.013	52		1		0.33	0.43	
Copper, Cu....mg	0.046	0.003	54		1		0.029	0.039	
Manganese, Mn....mg	0.035		1		1		0.022	0.030	
Selenium, Se....µg	36.5		0	CAZN	4		23.4	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.160		0		4		0.102	0.136	
Riboflavin....mg	0.220		0		4		0.141	0.187	
Niacin....mg	7.000		0		4		4.480	5.950	
Pantothenic acid....mg	0.750		0		4		0.480	0.638	
Vitamin B-6....mg	0.400		0		4		0.256	0.340	
Folate, total....µg	5		0		4		3	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		4		3	4	
Folate, DFE....mcg_DFE	5		0	NC	4		3	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.00		0		4		1.92	2.55	
Vitamin A, RAE....mcg_RAE	30		0		4		19	26	
Retinol....µg	30		0		4		19	26	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	100		0		4		64	85	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.450		0		1		0.928	1.233	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 15103
Fish, spot, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.110		1		1		0.070	0.094	
15:0....g									
16:0....g	1.030		1		1		0.659	0.876	
17:0....g									
18:0....g	0.310		1		1		0.198	0.264	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.330		0		1		0.851	1.131	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.460		1		1		0.294	0.391	
17:1....g									
18:1 undifferentiated....g	0.870		1		1		0.557	0.740	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.090		0		1		0.698	0.927	
18:2 undifferentiated....g	0.040		1		1		0.026	0.034	
18:3 undifferentiated....g	0.020		1		1		0.013	0.017	
18:4....g	0.160		1		1		0.102	0.136	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.120		1		1		0.077	0.102	
20:5 n-3 (EPA)....g	0.220		1		1		0.141	0.187	
22:5 n-3 (DPA)....g	0.120		1		1		0.077	0.102	
22:6 n-3 (DHA)....g	0.410		1		1		0.262	0.349	
Fatty acids, total trans....g									
Cholesterol....mg	60		0		4		38	51	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.207		0		1		0.132	0.176	
Threonine....g	0.812		0		1		0.520	0.690	
Isoleucine....g	0.853		0		1		0.546	0.725	
Leucine....g	1.505		0		1		0.963	1.279	
Lysine....g	1.700		0		1		1.088	1.445	
Methionine....g	0.548		0		1		0.351	0.466	
Cystine....g	0.198		0		1		0.127	0.168	
Phenylalanine....g	0.723		0		1		0.463	0.615	
Tyrosine....g	0.625		0		1		0.400	0.531	
Valine....g	0.954		0		1		0.611	0.811	
Arginine....g	1.108		0		1		0.709	0.942	
Histidine....g	0.545		0		1		0.349	0.463	
Alanine....g	1.120		0		1		0.717	0.952	
Aspartic acid....g	1.896		0		1		1.213	1.612	
Glutamic acid....g	2.764		0		1		1.769	2.349	
Glycine....g	0.889		0		1		0.569	0.756	
Proline....g	0.655		0		1		0.419	0.557	
Serine....g	0.755		0		1		0.483	0.642	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 15103
Fish, spot, raw

Common Measures:

Measure 1 = 64g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15105
Fish, sturgeon, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.94		0		1		95.12	19.83	13.29
Energy	kcal	135		0	NC	4		184	38	26
Energy	kJ	565		0		4		768	160	107
Protein (N x 6.25)	g	20.70		0		1		28.15	5.87	3.93
Total lipid (fat)	g	5.18		0		1		7.04	1.47	0.98
Ash	g	1.41		0		1		1.92	0.40	0.27
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		4		23	5	3
Iron, Fe	mg	0.90		0		4		1.22	0.26	0.17
Magnesium, Mg	mg	45		0		4		61	13	9
Phosphorus, P	mg	271		0		4		369	77	51
Potassium, K	mg	364		0		1		495	103	69
Sodium, Na	mg	69		0		4		94	20	13
Zinc, Zn	mg	0.54		0		1		0.73	0.15	0.10
Copper, Cu	mg	0.053		0		1		0.072	0.015	0.010
Manganese, Mn	mg	0.030		0		4		0.041	0.009	0.006
Selenium, Se	µg	16.2		0	BFSN	4		22.0	4.6	3.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.080		0		4		0.109	0.023	0.015
Riboflavin	mg	0.090		0		4		0.122	0.026	0.017
Niacin	mg	10.100		0		4		13.736	2.863	1.919
Pantothenic acid	mg	0.870		0		4		1.183	0.247	0.165
Vitamin B-6	mg	0.230		0		4		0.313	0.065	0.044
Folate, total	µg	17		0		4		24	5	3
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	17		0		4		24	5	3
Folate, DFE	mcg_DFE	17		0	NC	4		24	5	3
Choline, total	mg	70.0		0	BFYN	4		95.2	19.8	13.3
Betaine	mg									
Vitamin B-12	µg	2.50		0		4		3.40	0.71	0.48
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	263		0	NC	4		357	74	50
Retinol	µg	263		0	BFYN	4		357	74	50
Carotene, beta	µg	0		0	Z	7		0	0	0
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	875		0	NC	4		1190	248	166
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.63		0	BFYN	4		0.85	0.18	0.12
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	12.9		0	AS	1		17.5	3.6	2.4
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	12.9		0	BFYN	4		17.5	3.6	2.4
Vitamin D	IU	515		0	BFYN	4		700	146	98
Vitamin K (phylloquinone)	µg	0.1		0	BFYN	4		0.1	0.0	0.0
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

Lipids:

NDB No. 15105
Fish, sturgeon, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.173		0		1		1.595	0.333	0.223
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.197		0		1		0.268	0.056	0.037
15:0....g									
16:0....g	0.878		0		1		1.194	0.249	0.167
17:0....g									
18:0....g	0.097		0		1		0.132	0.027	0.018
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.486		0		1		3.381	0.705	0.472
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.523		0		1		0.711	0.148	0.099
17:1....g									
18:1 undifferentiated....g	1.837		0		1		2.498	0.521	0.349
20:1....g	0.069		0		1		0.094	0.020	0.013
22:1 undifferentiated....g	0.029		0		1		0.039	0.008	0.006
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.885		0		1		1.204	0.251	0.168
18:2 undifferentiated....g	0.087		0		1		0.118	0.025	0.017
18:3 undifferentiated....g	0.128		0		1		0.174	0.036	0.024
18:4....g	0.164		0		1		0.223	0.046	0.031
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.079		0		1		0.107	0.022	0.015
20:5 n-3 (EPA)....g	0.249		0		1		0.339	0.071	0.047
22:5 n-3 (DPA)....g	0.058		0		1		0.079	0.016	0.011
22:6 n-3 (DHA)....g	0.119		0		1		0.162	0.034	0.023
Fatty acids, total trans....g									
Cholesterol....mg	77		0		4		105	22	15
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.232		0		1		0.316	0.066	0.044
Threonine....g	0.907		0		1		1.234	0.257	0.172
Isoleucine....g	0.954		0		1		1.297	0.270	0.181
Leucine....g	1.682		0		1		2.288	0.477	0.320
Lysine....g	1.901		0		1		2.585	0.539	0.361
Methionine....g	0.613		0		1		0.834	0.174	0.116
Cystine....g	0.222		0		1		0.302	0.063	0.042
Phenylalanine....g	0.808		0		1		1.099	0.229	0.154
Tyrosine....g	0.699		0		1		0.951	0.198	0.133
Valine....g	1.066		0		1		1.450	0.302	0.203
Arginine....g	1.238		0		1		1.684	0.351	0.235
Histidine....g	0.609		0		1		0.828	0.173	0.116
Alanine....g	1.252		0		1		1.703	0.355	0.238
Aspartic acid....g	2.119		0		1		2.882	0.601	0.403
Glutamic acid....g	3.089		0		1		4.201	0.876	0.587
Glycine....g	0.993		0		1		1.350	0.282	0.189
Proline....g	0.732		0		1		0.996	0.208	0.139
Serine....g	0.844		0		1		1.148	0.239	0.160
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15105

Fish, sturgeon, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 136g: 1 cup, cooked

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 19g: 1 oz with bone, cooked (yield after bone removed)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15104

Fish, sturgeon, mixed species, raw

Acipenser spp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.55		2		1		65.07		
Energy	kcal	105		0	NC	4		89		
Energy	kJ	439		0		4		373		
Protein (N x 6.25)	g	16.14		2		1		13.72		
Total lipid (fat)	g	4.04		7		1		3.43		
Ash	g	1.10		1		1		0.94		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		4		11		
Iron, Fe	mg	0.70		0		4		0.60		
Magnesium, Mg	mg	35		0		4		30		
Phosphorus, P	mg	211		0		4		179		
Potassium, K	mg	284		1		1		241		
Sodium, Na	mg	54		0		4		46		
Zinc, Zn	mg	0.42	0.032	10		1		0.36		
Copper, Cu	mg	0.041	0.007	10		1		0.035		
Manganese, Mn	mg	0.025		0		1		0.021		
Selenium, Se	µg	12.6		0	BFZN	4		10.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.070		0		4		0.060		
Riboflavin	mg	0.070		0		4		0.060		
Niacin	mg	8.300		0		4		7.055		
Pantothenic acid	mg	0.750		0		4		0.638		
Vitamin B-6	mg	0.200		0		4		0.170		
Folate, total	µg	15		0		4		13		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	15		0		4		13		
Folate, DFE	mcg_DFE	15		0	NC	4		13		
Choline, total	mg	56.0		0	BFSN	4		47.6		
Betaine	mg									
Vitamin B-12	µg	2.20		0		4		1.87		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	210		0	NC	4		179		
Retinol	µg	210		0	T	4		179		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	700		0	NC	4		595		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.50		0	T	4		0.43		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	10.3		0	AS	1		8.8		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	10.3		0	BFSN	4		8.8		
Vitamin D	IU	412		0	BFSN	4		350		
Vitamin K (phylloquinone)	µg	0.1		0	BFSN	4		0.1		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15104
Fish, sturgeon, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.915		0		1		0.778		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.154	0.056	6		1		0.131		
15:0....g									
16:0....g	0.685	0.038	6		1		0.582		
17:0....g									
18:0....g	0.076	0.010	6		1		0.065		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.939		0		1		1.648		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.408	0.120	6		1		0.347		
17:1....g									
18:1 undifferentiated....g	1.433	0.233	6		1		1.218		
20:1....g	0.054	0.037	6		1		0.046		
22:1 undifferentiated....g	0.023		4		1		0.020		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.690		0		1		0.587		
18:2 undifferentiated....g	0.068	0.024	6		1		0.058		
18:3 undifferentiated....g	0.100	0.050	6		1		0.085		
18:4....g	0.128	0.020	3		1		0.109		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.062	0.014	6		1		0.053		
20:5 n-3 (EPA)....g	0.194	0.074	6		1		0.165		
22:5 n-3 (DPA)....g	0.045	0.019	5		1		0.038		
22:6 n-3 (DHA)....g	0.093	0.015	6		1		0.079		
Fatty acids, total trans....g									
Cholesterol....mg	60		0		4		51		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.181		0		1		0.154		
Threonine....g	0.708		0		1		0.602		
Isoleucine....g	0.744		0		1		0.632		
Leucine....g	1.312		0		1		1.115		
Lysine....g	1.483		0		1		1.261		
Methionine....g	0.478		0		1		0.406		
Cystine....g	0.173		0		1		0.147		
Phenylalanine....g	0.630		0		1		0.536		
Tyrosine....g	0.545		0		1		0.463		
Valine....g	0.832		0		1		0.707		
Arginine....g	0.966		0		1		0.821		
Histidine....g	0.475		0		1		0.404		
Alanine....g	0.976		0		1		0.830		
Aspartic acid....g	1.653		0		1		1.405		
Glutamic acid....g	2.410		0		1		2.049		
Glycine....g	0.775		0		1		0.659		
Proline....g	0.571		0		1		0.485		
Serine....g	0.659		0		1		0.560		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15104
Fish, sturgeon, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15106
Fish, sturgeon, mixed species, smoked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.50		1		1		17.72	53.13	
Energy	kcal	173		0	NC	4		49	147	
Energy	kJ	723		0	NC	4		205	615	
Protein (N x 6.25)	g	31.20		1		1		8.85	26.52	
Total lipid (fat)	g	4.40		1		1		1.25	3.74	
Ash	g	1.90		1		1		0.54	1.62	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		4		5	14	
Iron, Fe	mg	0.93		0		4		0.26	0.79	
Magnesium, Mg	mg	47		0		4		13	40	
Phosphorus, P	mg	281		0		4		80	239	
Potassium, K	mg	379		0		4		107	322	
Sodium, Na	mg	739		0		4		210	628	
Zinc, Zn	mg	0.56		0		4		0.16	0.48	
Copper, Cu	mg	0.050		0		4		0.014	0.043	
Manganese, Mn	mg	0.030		0		4		0.009	0.026	
Selenium, Se	µg	20.1		0	BFSN	4		5.7	17.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.090		0		4		0.026	0.077	
Riboflavin	mg	0.090		0		4		0.026	0.077	
Niacin	mg	11.100		0		4		3.147	9.435	
Pantothenic acid	mg	1.000		0		4		0.284	0.850	
Vitamin B-6	mg	0.270		0		4		0.077	0.230	
Folate, total	µg	20		0		4		6	17	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	20		0		4		6	17	
Folate, DFE	mcg_DFE	20		0	NC	4		6	17	
Choline, total	mg	87.3		0	BFSN	4		24.7	74.2	
Betaine	mg									
Vitamin B-12	µg	2.90		0		4		0.82	2.47	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	280		0	NC	4		79	238	
Retinol	µg	280		0	T	4		79	238	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	933		0	NC	4		265	793	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.50		0	T	4		0.14	0.43	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	16.1		0	AS	1		4.6	13.7	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	16.1		0	BFSN	4		4.6	13.7	
Vitamin D	IU	642		0	BFSN	4		182	546	
Vitamin K (phylloquinone)	µg	0.1		0	BFSN	4		0.0	0.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15106
Fish, sturgeon, mixed species, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.037		0		1		0.294	0.881	
4:0....g	0.000		0		7		0.000	0.000	
6:0....g	0.000		0		7		0.000	0.000	
8:0....g	0.000		0		7		0.000	0.000	
10:0....g	0.000		0		7		0.000	0.000	
12:0....g	0.000		0		7		0.000	0.000	
13:0....g									
14:0....g	0.177		1		1		0.050	0.150	
15:0....g									
16:0....g	0.761		1		1		0.216	0.647	
17:0....g									
18:0....g	0.099		1		1		0.028	0.084	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.356		0		1		0.668	2.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.440		1		1		0.125	0.374	
17:1....g									
18:1 undifferentiated....g	1.858		1		1		0.527	1.579	
20:1....g	0.033		1		1		0.009	0.028	
22:1 undifferentiated....g	0.000		0		7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.436		0		1		0.124	0.371	
18:2 undifferentiated....g	0.062		1		1		0.018	0.053	
18:3 undifferentiated....g	0.115		1		1		0.033	0.098	
18:4....g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.053		1		1		0.015	0.045	
20:5 n-3 (EPA)....g	0.082		1		1		0.023	0.070	
22:5 n-3 (DPA)....g	0.029		1		1		0.008	0.025	
22:6 n-3 (DHA)....g	0.095		1		1		0.027	0.081	
Fatty acids, total trans....g									
Cholesterol....mg	80		0		4		23	68	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.349		0		1		0.099	0.297	
Threonine....g	1.368		0		1		0.388	1.163	
Isoleucine....g	1.438		0		1		0.408	1.222	
Leucine....g	2.536		0		1		0.719	2.156	
Lysine....g	2.865		0		1		0.812	2.435	
Methionine....g	0.924		0		1		0.262	0.785	
Cystine....g	0.334		0		1		0.095	0.284	
Phenylalanine....g	1.218		0		1		0.345	1.035	
Tyrosine....g	1.053		0		1		0.299	0.895	
Valine....g	1.607		0		1		0.456	1.366	
Arginine....g	1.867		0		1		0.529	1.587	
Histidine....g	0.919		0		1		0.261	0.781	
Alanine....g	1.887		0		1		0.535	1.604	
Aspartic acid....g	3.195		0		1		0.906	2.716	
Glutamic acid....g	4.658		0		1		1.321	3.959	
Glycine....g	1.498		0		1		0.425	1.273	
Proline....g	1.103		0		1		0.313	0.938	
Serine....g	1.273		0		1		0.361	1.082	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15106
Fish, sturgeon, mixed species, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

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NDB No. 15217
Fish, sucker, white, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.99		0		1		91.75	62.89	
Energy....kcal	119		0	NC	4		148	101	
Energy....kJ	498				4		617	423	
Protein (N x 6.25)....g	21.49		0		1		26.65	18.27	
Total lipid (fat)....g	2.97		0		1		3.68	2.52	
Ash....g	1.87		0		1		2.32	1.59	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	90		0		1		112	77	
Iron, Fe....mg	1.67		0		1		2.07	1.42	
Magnesium, Mg....mg	38		0		1		47	32	
Phosphorus, P....mg	269		0		1		334	229	
Potassium, K....mg	487		0		1		604	414	
Sodium, Na....mg	51		0		1		63	43	
Zinc, Zn....mg	0.96		0		1		1.19	0.82	
Copper, Cu....mg	0.250		0		1		0.310	0.213	
Manganese, Mn....mg	0.769		0		1		0.954	0.654	
Selenium, Se....µg	16.2		0	BFSN	4		20.1	13.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.012		0		1		0.015	0.010	
Riboflavin....mg	0.085		0		1		0.105	0.072	
Niacin....mg	1.462		0		1		1.813	1.243	
Pantothenic acid....mg	0.865		0		1		1.073	0.735	
Vitamin B-6....mg	0.231		0		1		0.286	0.196	
Folate, total....µg	17		0		1		21	14	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	17		0		1		21	14	
Folate, DFE....mcg_DFE	17		0	NC	4		21	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.31		0		1		2.86	1.96	
Vitamin A, RAE....mcg_RAE	59		0		1		73	50	
Retinol....µg	59		0		1		73	50	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	196		0		1		243	167	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.579		0		1		0.718	0.492	
4:0....g									

NDB No. 15217
Fish, sucker, white, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.062		0		1		0.077	0.053	
15:0....g									
16:0....g	0.427		0		1		0.529	0.363	
17:0....g									
18:0....g	0.085		0		1		0.105	0.072	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.905		0		1		1.122	0.769	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.490		0		1		0.608	0.417	
17:1....g									
18:1 undifferentiated....g	0.388		0		1		0.481	0.330	
20:1....g	0.018		0		1		0.022	0.015	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.035		0		1		1.283	0.880	
18:2 undifferentiated....g	0.087		0		1		0.108	0.074	
18:3 undifferentiated....g	0.067		0		1		0.083	0.057	
18:4....g	0.041		0		1		0.051	0.035	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.132		0		1		0.164	0.112	
20:5 n-3 (EPA)....g	0.244		0		1		0.303	0.207	
22:5 n-3 (DPA)....g	0.094		0		1		0.117	0.080	
22:6 n-3 (DHA)....g	0.371		0		1		0.460	0.315	
Fatty acids, total trans....g									
Cholesterol....mg	53		0		1		66	45	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.241		0		1		0.299	0.205	
Threonine....g	0.942		0		1		1.168	0.801	
Isoleucine....g	0.990		0		1		1.228	0.842	
Leucine....g	1.746		0		1		2.165	1.484	
Lysine....g	1.973		0		1		2.447	1.677	
Methionine....g	0.636		0		1		0.789	0.541	
Cystine....g	0.230		0		1		0.285	0.196	
Phenylalanine....g	0.839		0		1		1.040	0.713	
Tyrosine....g	0.725		0		1		0.899	0.616	
Valine....g	1.107		0		1		1.373	0.941	
Arginine....g	1.286		0		1		1.595	1.093	
Histidine....g	0.633		0		1		0.785	0.538	
Alanine....g	1.300		0		1		1.612	1.105	
Aspartic acid....g	2.200		0		1		2.728	1.870	
Glutamic acid....g	3.208		0		1		3.978	2.727	
Glycine....g	1.031		0		1		1.278	0.876	
Proline....g	0.760		0		1		0.942	0.646	
Serine....g	0.877		0		1		1.087	0.745	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: 1 fillet

NDB No. 15217

Fish, sucker, white, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15107
Fish, sucker, white, raw
Catostomus commersoni (Lacepede)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	79.71	0.147	148		1		126.74	67.75	
Energy ... kcal	92		0	NC	4		146	78	
Energy ... kJ	385				4		612	327	
Protein (N x 6.25) ... g	16.76	0.270	18		1		26.65	14.25	
Total lipid (fat) ... g	2.32	0.069	157		1		3.69	1.97	
Ash ... g	1.46	0.179	16		1		2.32	1.24	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	70		1		1		111	60	
Iron, Fe ... mg	1.30		1		1		2.07	1.11	
Magnesium, Mg ... mg	30		1		1		48	26	
Phosphorus, P ... mg	210		1		1		334	179	
Potassium, K ... mg	380		1		1		604	323	
Sodium, Na ... mg	40		1		1		64	34	
Zinc, Zn ... mg	0.75	0.258	3		1		1.19	0.64	
Copper, Cu ... mg	0.195		2		1		0.310	0.166	
Manganese, Mn ... mg	0.600		1		1		0.954	0.510	
Selenium, Se ... µg	12.6		0	BFZN	4		20.0	10.7	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.010		0		4		0.016	0.009	
Riboflavin ... mg	0.070		0		4		0.111	0.060	
Niacin ... mg	1.200		0		4		1.908	1.020	
Pantothenic acid ... mg	0.750		0		4		1.193	0.638	
Vitamin B-6 ... mg	0.200		0		4		0.318	0.170	
Folate, total ... µg	15		0		4		24	13	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	15		0		4		24	13	
Folate, DFE ... mcg_DFE	15		0	NC	4		24	13	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	2.00		0		4		3.18	1.70	
Vitamin A, RAE ... mcg_RAE	51		0		4		81	43	
Retinol ... µg	51		0		4		81	43	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	170		0		4		270	145	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.452		0		1		0.719	0.384	
4:0 ... g									

NDB No. 15107
Fish, sucker, white, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.048	0.002	18		1		0.076	0.041	
15:0....g									
16:0....g	0.333	0.007	18		1		0.529	0.283	
17:0....g									
18:0....g	0.066	0.004	18		1		0.105	0.056	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.706		0		1		1.123	0.600	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.382	0.012	18		1		0.607	0.325	
17:1....g									
18:1 undifferentiated....g	0.303	0.008	18		1		0.482	0.258	
20:1....g	0.014	0.002	18		1		0.022	0.012	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.807		0		1		1.283	0.686	
18:2 undifferentiated....g	0.068	0.004	18		1		0.108	0.058	
18:3 undifferentiated....g	0.052	0.003	18		1		0.083	0.044	
18:4....g	0.032	0.002	17		1		0.051	0.027	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.103	0.004	18		1		0.164	0.088	
20:5 n-3 (EPA)....g	0.190	0.010	18		1		0.302	0.162	
22:5 n-3 (DPA)....g	0.073	0.008	18		1		0.116	0.062	
22:6 n-3 (DHA)....g	0.289	0.009	18		1		0.460	0.246	
Fatty acids, total trans....g									
Cholesterol....mg	41	5.877	5		1		65	35	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.188		0		1		0.299	0.160	
Threonine....g	0.735		0		1		1.169	0.625	
Isoleucine....g	0.772		0		1		1.227	0.656	
Leucine....g	1.362		0		1		2.166	1.158	
Lysine....g	1.539		0		1		2.447	1.308	
Methionine....g	0.496		0		1		0.789	0.422	
Cystine....g	0.180		0		1		0.286	0.153	
Phenylalanine....g	0.654		0		1		1.040	0.556	
Tyrosine....g	0.566		0		1		0.900	0.481	
Valine....g	0.863		0		1		1.372	0.734	
Arginine....g	1.003		0		1		1.595	0.853	
Histidine....g	0.493		0		1		0.784	0.419	
Alanine....g	1.013		0		1		1.611	0.861	
Aspartic acid....g	1.716		0		1		2.728	1.459	
Glutamic acid....g	2.501		0		1		3.977	2.126	
Glycine....g	0.804		0		1		1.278	0.683	
Proline....g	0.593		0		1		0.943	0.504	
Serine....g	0.684		0		1		1.088	0.581	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 159g: 1 fillet

NDB No. 15107
Fish, sucker, white, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15218
Fish, sunfish, pumpkin seed, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.72		0		1		27.28	62.66	
Energy	kcal	114		0	NC	4		42	97	
Energy	kJ	477				4		176	405	
Protein (N x 6.25)	g	24.87		0		1		9.20	21.14	
Total lipid (fat)	g	0.90		0		1		0.33	0.77	
Ash	g	1.41		0		1		0.52	1.20	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	103		0		1		38	88	
Iron, Fe	mg	1.54		0		1		0.57	1.31	
Magnesium, Mg	mg	38		0		1		14	32	
Phosphorus, P	mg	231		0		1		85	196	
Potassium, K	mg	449		0		1		166	382	
Sodium, Na	mg	103		0		1		38	88	
Zinc, Zn	mg	1.99		0		1		0.74	1.69	
Copper, Cu	mg	0.385		0		1		0.142	0.327	
Manganese, Mn	mg	0.897		0		1		0.332	0.762	
Selenium, Se	µg	16.2		0	BFSN	4		6.0	13.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		0.4	0.9	
Thiamin	mg	0.092		0		1		0.034	0.078	
Riboflavin	mg	0.085		0		1		0.031	0.072	
Niacin	mg	1.462		0		1		0.541	1.243	
Pantothenic acid	mg	0.865		0		1		0.320	0.735	
Vitamin B-6	mg	0.138		0		1		0.051	0.117	
Folate, total	µg	17		0		1		6	14	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	17		0		1		6	14	
Folate, DFE	mcg_DFE	17		0	NC	4		6	14	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	2.31		0		1		0.85	1.96	
Vitamin A, RAE	mcg_RAE	17		0		1		6	15	
Retinol	µg	17		0		1		6	15	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	58		0		1		21	49	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.178		0		1		0.066	0.151	
4:0	g									

NDB No. 15218
Fish, sunfish, pumpkin seed, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.015		0		1		0.006	0.013	
15:0....g									
16:0....g	0.127		0		1		0.047	0.108	
17:0....g									
18:0....g	0.036		0		1		0.013	0.031	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.150		0		1		0.056	0.128	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.054		0		1		0.020	0.046	
17:1....g									
18:1 undifferentiated....g	0.090		0		1		0.033	0.077	
20:1....g	0.006		0		1		0.002	0.005	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.315		0		1		0.117	0.268	
18:2 undifferentiated....g	0.019		0		1		0.007	0.016	
18:3 undifferentiated....g	0.013		0		1		0.005	0.011	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.101		0		1		0.037	0.086	
20:5 n-3 (EPA)....g	0.047		0		1		0.017	0.040	
22:5 n-3 (DPA)....g	0.042		0		1		0.016	0.036	
22:6 n-3 (DHA)....g	0.092		0		1		0.034	0.078	
Fatty acids, total trans....g									
Cholesterol....mg	86		0		1		32	73	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.279		0		1		0.103	0.237	
Threonine....g	1.090		0		1		0.403	0.927	
Isoleucine....g	1.146		0		1		0.424	0.974	
Leucine....g	2.022		0		1		0.748	1.719	
Lysine....g	2.284		0		1		0.845	1.941	
Methionine....g	0.736		0		1		0.272	0.626	
Cystine....g	0.267		0		1		0.099	0.227	
Phenylalanine....g	0.971		0		1		0.359	0.825	
Tyrosine....g	0.840		0		1		0.311	0.714	
Valine....g	1.281		0		1		0.474	1.089	
Arginine....g	1.488		0		1		0.551	1.265	
Histidine....g	0.732		0		1		0.271	0.622	
Alanine....g	1.504		0		1		0.556	1.278	
Aspartic acid....g	2.547		0		1		0.942	2.165	
Glutamic acid....g	3.713		0		1		1.374	3.156	
Glycine....g	1.194		0		1		0.442	1.015	
Proline....g	0.879		0		1		0.325	0.747	
Serine....g	1.015		0		1		0.376	0.863	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 37g: 1 fillet

NDB No. 15218

Fish, sunfish, pumpkin seed, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15108

Fish, sunfish, pumpkin seed, raw

Lepomis gibbosus (L.)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.50	0.212	8		1		38.16	67.58	
Energy....kcal	89		0	NC	4		43	76	
Energy....kJ	372				4		179	317	
Protein (N x 6.25)....g	19.40	0.141	8		1		9.31	16.49	
Total lipid (fat)....g	0.70	0.071	8		1		0.34	0.60	
Ash....g	1.10	0.035	8		1		0.53	0.94	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	80		1		1		38	68	
Iron, Fe....mg	1.20		1		1		0.58	1.02	
Magnesium, Mg....mg	30		1		1		14	26	
Phosphorus, P....mg	180		1		1		86	153	
Potassium, K....mg	350		1		1		168	298	
Sodium, Na....mg	80		1		1		38	68	
Zinc, Zn....mg	1.55		2		1		0.74	1.32	
Copper, Cu....mg	0.300		1		1		0.144	0.255	
Manganese, Mn....mg	0.700		1		1		0.336	0.595	
Selenium, Se....µg	12.6		0	BFZN	4		6.0	10.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		4		0.5	0.9	
Thiamin....mg	0.080		0		4		0.038	0.068	
Riboflavin....mg	0.070		0		4		0.034	0.060	
Niacin....mg	1.200		0		4		0.576	1.020	
Pantothenic acid....mg	0.750		0		4		0.360	0.638	
Vitamin B-6....mg	0.120		0		4		0.058	0.102	
Folate, total....µg	15		0		4		7	13	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0		4		7	13	
Folate, DFE....mcg_DFE	15		0	NC	4		7	13	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.00		0		4		0.96	1.70	
Vitamin A, RAE....mcg_RAE	15		0		4		7	13	
Retinol....µg	15		0		4		7	13	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	50		0		4		24	43	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.139		0		1		0.067	0.118	
4:0....g									

NDB No. 15108
Fish, sunfish, pumpkin seed, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.012	0.001	8		1		0.006	0.010	
15:0....g									
16:0....g	0.099	0.002	8		1		0.048	0.084	
17:0....g									
18:0....g	0.028	0.001	8		1		0.013	0.024	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.117		0		1		0.056	0.099	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.042	0.005	8		1		0.020	0.036	
17:1....g									
18:1 undifferentiated....g	0.070	0.006	8		1		0.034	0.060	
20:1....g	0.005	0.000	8		1		0.002	0.004	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.246		0		1		0.118	0.209	
18:2 undifferentiated....g	0.015	0.001	8		1		0.007	0.013	
18:3 undifferentiated....g	0.010	0.002	8		1		0.005	0.009	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.079	0.006	8		1		0.038	0.067	
20:5 n-3 (EPA)....g	0.037	0.003	8		1		0.018	0.031	
22:5 n-3 (DPA)....g	0.033	0.001	8		1		0.016	0.028	
22:6 n-3 (DHA)....g	0.072	0.005	8		1		0.035	0.061	
Fatty acids, total trans....g									
Cholesterol....mg	67		1		1		32	57	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.217		0		1		0.104	0.184	
Threonine....g	0.850		0		1		0.408	0.723	
Isoleucine....g	0.894		0		1		0.429	0.760	
Leucine....g	1.577		0		1		0.757	1.340	
Lysine....g	1.782		0		1		0.855	1.515	
Methionine....g	0.574		0		1		0.276	0.488	
Cystine....g	0.208		0		1		0.100	0.177	
Phenylalanine....g	0.757		0		1		0.363	0.643	
Tyrosine....g	0.655		0		1		0.314	0.557	
Valine....g	0.999		0		1		0.480	0.849	
Arginine....g	1.161		0		1		0.557	0.987	
Histidine....g	0.571		0		1		0.274	0.485	
Alanine....g	1.173		0		1		0.563	0.997	
Aspartic acid....g	1.987		0		1		0.954	1.689	
Glutamic acid....g	2.896		0		1		1.390	2.462	
Glycine....g	0.931		0		1		0.447	0.791	
Proline....g	0.686		0		1		0.329	0.583	
Serine....g	0.792		0		1		0.380	0.673	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 48g: 1 fillet

NDB No. 15108
Fish, sunfish, pumpkin seed, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15109
Fish, surimi

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.34	1.288	3		1		21.64	64.89	
Energy....kcal	99		0	NC	4		28	84	
Energy....kJ	414				4		117	352	
Protein (N x 6.25)....g	15.18	0.548	3		1		4.30	12.90	
Total lipid (fat)....g	0.90	0.144	3		1		0.26	0.77	
Ash....g	0.72	0.040	3		1		0.20	0.61	
Carbohydrate, by difference....g	6.85		0	NC	4		1.94	5.82	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	9	2.829	3		1		3	8	
Iron, Fe....mg	0.26	0.087	3		1		0.07	0.22	
Magnesium, Mg....mg	43		0		4		12	37	
Phosphorus, P....mg	282		0		4		80	240	
Potassium, K....mg	112		2		1		32	95	
Sodium, Na....mg	143	16.166	3		1		41	122	
Zinc, Zn....mg	0.33		0		4		0.09	0.28	
Copper, Cu....mg	0.032		0		4		0.009	0.027	
Manganese, Mn....mg	0.011		0		4		0.003	0.009	
Selenium, Se....µg	28.1		0	BFSN	4		8.0	23.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.020	0.007	3		1		0.006	0.017	
Riboflavin....mg	0.021	0.003	3		1		0.006	0.018	
Niacin....mg	0.220	0.035	3		1		0.062	0.187	
Pantothenic acid....mg	0.070		0		4		0.020	0.060	
Vitamin B-6....mg	0.030		0		4		0.009	0.026	
Folate, total....µg	2		0		4		0	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0		4		0	1	
Folate, DFE....mcg_DFE	2		0	NC	4		0	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.60		0		4		0.45	1.36	
Vitamin A, RAE....mcg_RAE	20		0	NC	4		6	17	
Retinol....µg	20		0	NR	4		6	17	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	67		0	NC	4		19	57	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.63		0	NR	4		0.18	0.54	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.1		0	NR	4		0.0	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.191		0	NC	4		0.054	0.163	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 15109
Fish, surimi

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.012		11		1		0.003	0.010	
15:0....g									
16:0....g	0.147		11		1		0.042	0.125	
17:0....g									
18:0....g	0.032		11		1		0.009	0.027	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.149		0	NC	4		0.042	0.127	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.016		11		1		0.005	0.014	
17:1....g									
18:1 undifferentiated....g	0.106		11		1		0.030	0.090	
20:1....g	0.020		11		1		0.006	0.017	
22:1 undifferentiated....g	0.007		11		1		0.002	0.006	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.443		0	NC	4		0.125	0.376	
18:2 undifferentiated....g	0.010		11		1		0.003	0.009	
18:3 undifferentiated....g	0.007		11		1		0.002	0.006	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.014		11		1		0.004	0.012	
20:5 n-3 (EPA)....g	0.157		11		1		0.045	0.134	
22:5 n-3 (DPA)....g	0.014		11		1		0.004	0.012	
22:6 n-3 (DHA)....g	0.241		11		1		0.068	0.205	
Fatty acids, total trans....g									
Cholesterol....mg	30	1.848	3		1		9	26	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.092		1		1		0.026	0.078	
Threonine....g	0.734		3		1		0.208	0.624	
Isoleucine....g	0.709		3		1		0.201	0.603	
Leucine....g	1.202		3		1		0.341	1.022	
Lysine....g	1.387		3		1		0.393	1.179	
Methionine....g	0.515		3		1		0.146	0.438	
Cystine....g	0.163		0		1		0.046	0.139	
Phenylalanine....g	0.595		3		1		0.169	0.506	
Tyrosine....g	0.612		3		1		0.174	0.520	
Valine....g	0.770		3		1		0.218	0.655	
Arginine....g	1.008		3		1		0.286	0.857	
Histidine....g	0.350		3		1		0.099	0.298	
Alanine....g	0.891		3		1		0.253	0.757	
Aspartic acid....g	1.518		3		1		0.430	1.290	
Glutamic acid....g	2.397		3		1		0.680	2.037	
Glycine....g	0.588		3		1		0.167	0.500	
Proline....g	0.566		3		1		0.160	0.481	
Serine....g	0.663		3		1		0.188	0.564	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 15109
Fish, surimi

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15111
Fish, swordfish, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.26		0	RA	4		72.36	58.02	
Energy	kcal	172		0	NC	4		182	146	
Energy	kJ	718		0	RA	4		761	611	
Protein (N x 6.25)	g	23.45		0	RA	4		24.86	19.93	
Total lipid (fat)	g	7.93		0	RA	4		8.41	6.74	
Ash	g	1.71		0	RA	4		1.81	1.46	
Carbohydrate, by difference	g	0.00		0	RA	4		0.00	0.00	
Fiber, total dietary	g	0.0		0	RA	4		0.0	0.0	
Sugars, total	g	0.00		0	RA	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	RA	4		6	5	
Iron, Fe	mg	0.45		0	RA	4		0.47	0.38	
Magnesium, Mg	mg	35		0	RA	4		37	30	
Phosphorus, P	mg	304		0	RA	4		322	258	
Potassium, K	mg	499		0	RA	4		529	424	
Sodium, Na	mg	97		0	RA	4		103	82	
Zinc, Zn	mg	0.78		0	RA	4		0.83	0.67	
Copper, Cu	mg	0.046		0	RA	4		0.049	0.039	
Manganese, Mn	mg	0.013		0	RA	4		0.014	0.011	
Selenium, Se	µg	68.5		0	RA	4		72.6	58.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4		0.0	0.0	
Thiamin	mg	0.089		0	RA	4		0.095	0.076	
Riboflavin	mg	0.063		0	RA	4		0.066	0.053	
Niacin	mg	9.254		0	RA	4		9.809	7.866	
Pantothenic acid	mg	0.417		0	RA	4		0.442	0.355	
Vitamin B-6	mg	0.615		0	RA	4		0.652	0.523	
Folate, total	µg	2		0	RA	4		2	2	
Folic acid	µg	0		0	RA	4		0	0	
Folate, food	µg	2		0	RA	4		2	2	
Folate, DFE	mcg_DFE	2		0	NC	4		2	2	
Choline, total	mg	77.5		0	RA	4		82.2	65.9	
Betaine	mg									
Vitamin B-12	µg	1.62		0	RA	4		1.72	1.38	
Vitamin B-12, added	µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	43		0	RA	4		46	36	
Retinol	µg	43		0	RA	4		46	36	
Carotene, beta	µg	0		0	RA	4		0	0	
Carotene, alpha	µg	0		0	RA	4		0	0	
Cryptoxanthin, beta	µg	0		0	RA	4		0	0	
Vitamin A, IU	IU	129		0	RA	4		137	109	
Lycopene	µg	0		0	RA	4		0	0	
Lutein + zeaxanthin	µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	2.41		0	RA	4		2.55	2.05	
Vitamin E, added	mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, gamma	mg	0.01		0	RA	4		0.01	0.01	
Tocopherol, delta	mg	0.00		0	RA	4		0.00	0.00	
Vitamin D (D2 + D3)	µg	16.6		0	RA	4		17.6	14.1	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	16.6		0	RA	4		17.6	14.1	
Vitamin D	IU	666		0	RA	4		705	566	
Vitamin K (phylloquinone)	µg	0.1		0	RA	4		0.1	0.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15111
Fish, swordfish, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.911		0	RA	4		2.025	1.624	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.008		0	RA	4		0.009	0.007	
13:0....g									
14:0....g	0.177		0	RA	4		0.188	0.151	
15:0....g	0.033		0	RA	4		0.035	0.028	
16:0....g	1.208		0	RA	4		1.281	1.027	
17:0....g	0.041		0	RA	4		0.044	0.035	
18:0....g	0.405		0	RA	4		0.429	0.344	
20:0....g	0.020		0	RA	4		0.021	0.017	
22:0....g	0.011		0	RA	4		0.012	0.010	
24:0....g	0.007		0	RA	4		0.008	0.006	
Fatty acids, total monounsaturated....g	3.544		0	RA	4		3.756	3.012	
14:1....g	0.005		0	RA	4		0.006	0.004	
15:1....g	0.001		0	RA	4		0.001	0.001	
16:1 undifferentiated....g	0.281		0	RA	4		0.298	0.239	
17:1....g	0.004		0	RA	4		0.004	0.003	
18:1 undifferentiated....g	2.657		0	RA	4		2.816	2.258	
20:1....g	0.449		0	RA	4		0.476	0.382	
22:1 undifferentiated....g	0.057		0	RA	4		0.060	0.048	
24:1 c....g	0.090		0	RA	4		0.095	0.076	
Fatty acids, total polyunsaturated....g	1.368		0	RA	4		1.450	1.162	
18:2 undifferentiated....g	0.088		0	RA	4		0.094	0.075	
18:3 undifferentiated....g	0.034		0	RA	4		0.036	0.029	
18:4....g	0.007		0	RA	4		0.008	0.006	
20:2 n-6 c,c....g	0.022		0	RA	4		0.023	0.019	
20:3 undifferentiated....g	0.027		0	RA	4		0.029	0.023	
20:4 undifferentiated....g	0.083		0	RA	4		0.088	0.071	
20:5 n-3 (EPA)....g	0.127		0	RA	4		0.135	0.108	
22:5 n-3 (DPA)....g	0.168		0	RA	4		0.178	0.143	
22:6 n-3 (DHA)....g	0.772		0	RA	4		0.818	0.656	
Fatty acids, total trans....g	0.056		0	RA	4		0.059	0.047	
Cholesterol....mg	78		0	RA	4		83	67	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.265		0	RA	4		0.281	0.225	
Threonine....g	1.035		0	RA	4		1.097	0.880	
Isoleucine....g	1.088		0	RA	4		1.153	0.924	
Leucine....g	1.919		0	RA	4		2.034	1.631	
Lysine....g	2.168		0	RA	4		2.298	1.843	
Methionine....g	0.699		0	RA	4		0.741	0.594	
Cystine....g	0.253		0	RA	4		0.268	0.215	
Phenylalanine....g	0.922		0	RA	4		0.977	0.784	
Tyrosine....g	0.797		0	RA	4		0.844	0.677	
Valine....g	1.216		0	RA	4		1.289	1.034	
Arginine....g	1.413		0	RA	4		1.498	1.201	
Histidine....g	0.695		0	RA	4		0.737	0.591	
Alanine....g	1.429		0	RA	4		1.514	1.214	
Aspartic acid....g	2.418		0	RA	4		2.564	2.056	
Glutamic acid....g	3.525		0	RA	4		3.737	2.996	
Glycine....g	1.133		0	RA	4		1.201	0.963	
Proline....g	0.835		0	RA	4		0.885	0.710	
Serine....g	0.964		0	RA	4		1.021	0.819	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15111
Fish, swordfish, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 106g: 1 piece

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15110
Fish, swordfish, raw
Xiphias gladius L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.38	1.053	11	A	1		99.80	62.38	
Energy....kcal	144		0	NC	4		196	122	
Energy....kJ	602		0	NC	4		819	512	
Protein (N x 6.25)....g	19.66	0.281	11	A	1		26.74	16.72	
Total lipid (fat)....g	6.65	0.961	11	A	1		9.05	5.65	
Ash....g	1.44	0.023	11	A	1		1.95	1.22	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.506	11	A	1		7	4	
Iron, Fe....mg	0.38	0.028	11	A	1		0.51	0.32	
Magnesium, Mg....mg	29	1.277	11	A	1		40	25	
Phosphorus, P....mg	255	4.060	11	A	1		347	217	
Potassium, K....mg	418	14.237	11	A	1		569	355	
Sodium, Na....mg	81	14.565	11	A	1		110	69	
Zinc, Zn....mg	0.66	0.063	11	A	1		0.89	0.56	
Copper, Cu....mg	0.039	0.003	11	A	1		0.053	0.033	
Manganese, Mn....mg	0.011	0.000	11	A	1		0.015	0.009	
Selenium, Se....µg	57.4	3.107	11	A	1		78.1	48.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.075	0.019	4	A	1		0.102	0.064	
Riboflavin....mg	0.053	0.006	4	A	1		0.071	0.045	
Niacin....mg	7.760	0.334	4	A	1		10.554	6.596	
Pantothenic acid....mg	0.350	0.024	4	A	1		0.476	0.298	
Vitamin B-6....mg	0.543	0.034	4	A	1		0.739	0.462	
Folate, total....µg	2		0		4		3	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0		4		3	2	
Folate, DFE....mcg_DFE	2		0	NC	4		3	2	
Choline, total....mg	65.0		0	T	4		88.4	55.3	
Betaine....mg									
Vitamin B-12....µg	1.70	0.372	4	A	1		2.31	1.45	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	36		0	NC	4		49	31	
Retinol....µg	36		0	T	4		49	31	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	120		0	NC	4		163	102	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	2.02	0.203	4	A	1		2.75	1.72	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.01	0.004	4	A	1		0.02	0.01	
Tocopherol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	13.9	4.036	11	AS	1		19.0	11.9	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	13.9	4.036	11	A	1		19.0	11.9	
Vitamin D....IU	558	161.449	11	A	1		759	474	
Vitamin K (phylloquinone)....µg	0.1		0	T	4		0.1	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15110
Fish, swordfish, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.602		0	NC	4		2.179	1.362	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000	0.000	8	A	1		0.000	0.000	
8:0....g	0.000	0.000	10	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.007	0.004	11	A	1		0.009	0.006	
13:0....g									
14:0....g	0.149	0.028	11	A	1		0.202	0.126	
15:0....g	0.028	0.004	11	A	1		0.038	0.024	
16:0....g	1.013	0.158	11	A	1		1.378	0.861	
17:0....g	0.034	0.005	11	A	1		0.047	0.029	
18:0....g	0.340	0.056	11	A	1		0.462	0.289	
20:0....g	0.016	0.003	11	A	1		0.022	0.014	
22:0....g	0.009	0.002	11	A	1		0.013	0.008	
24:0....g	0.006	0.001	11	A	1		0.008	0.005	
Fatty acids, total monounsaturated....g	2.971		0	NC	4		4.041	2.526	
14:1....g	0.004	0.001	11	A	1		0.006	0.004	
15:1....g	0.001	0.000	11	A	1		0.001	0.000	
16:1 undifferentiated....g	0.236	0.035	11	AS	1		0.321	0.200	
16:1 c....g	0.223	0.034	11	A	1		0.304	0.190	
16:1 t....g	0.012	0.002	11	A	1		0.017	0.010	
17:1....g	0.003	0.001	11	A	1		0.004	0.003	
18:1 undifferentiated....g	2.228	0.338	11	AS	1		3.030	1.894	
18:1 c....g	2.208	0.336	11	A	1		3.003	1.877	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.020	0.002	11	A	1		0.027	0.017	
18:1-11t (18:1t n-7)....g									
20:1....g	0.377	0.067	11	A	1		0.512	0.320	
22:1 undifferentiated....g	0.048	0.007	11	AS	1		0.065	0.041	
22:1 c....g	0.048	0.007	11	A	1		0.065	0.040	
22:1 t....g	0.000	0.000	11	A	1		0.000	0.000	
24:1 c....g	0.075	0.010	11	A	1		0.102	0.064	
Fatty acids, total polyunsaturated....g	1.147		0	NC	4		1.560	0.975	
18:2 undifferentiated....g	0.074	0.011	11	AS	1		0.101	0.063	
18:2 n-6 c,c....g	0.046	0.007	11	A	1		0.063	0.039	
18:2 CLAs....g	0.013	0.005	11	A	1		0.018	0.011	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.014	0.002	11	A	1		0.020	0.012	
18:3 undifferentiated....g	0.029	0.006	11	AS	1		0.039	0.024	
18:3 n-3 c,c,c (ALA)....g	0.028	0.006	11	A	1		0.038	0.024	
18:3 n-6 c,c,c....g	0.001	0.000	11	A	1		0.001	0.001	
18:3i....g									
18:4....g	0.006	0.003	11	A	1		0.008	0.005	
20:2 n-6 c,c....g	0.018	0.004	11	A	1		0.025	0.016	
20:3 undifferentiated....g	0.023	0.004	11	AS	1		0.031	0.020	
20:3 n-3....g	0.017	0.003	11	A	1		0.024	0.015	
20:3 n-6....g	0.006	0.001	11	A	1		0.008	0.005	
20:4 undifferentiated....g	0.070	0.009	11	A	1		0.095	0.059	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.107	0.029	11	A	1		0.145	0.091	
21:5....g									
22:4....g	0.029	0.006	11	A	1		0.039	0.024	
22:5 n-3 (DPA)....g	0.141	0.032	11	A	1		0.191	0.120	
22:6 n-3 (DHA)....g	0.647	0.135	11	A	1		0.880	0.550	
Fatty acids, total trans....g	0.047		0	NC	4		0.063	0.040	
Fatty acids, total trans-monoenoic....g	0.032		0	NC	4		0.044	0.027	
Fatty acids, total trans-polyenoic....g	0.014		0	NC	4		0.020	0.012	
Cholesterol....mg	66	2.784	4	A	1		89	56	
Phytosterols....mg									

NDB No. 15110
Fish, swordfish, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.222		0	A	1		0.302	0.189	
Threonine....g	0.868		0	A	1		1.180	0.738	
Isoleucine....g	0.912		0	A	1		1.240	0.775	
Leucine....g	1.609		0	A	1		2.188	1.368	
Lysine....g	1.818		0	A	1		2.472	1.545	
Methionine....g	0.586		0	A	1		0.797	0.498	
Cystine....g	0.212		0	A	1		0.288	0.180	
Phenylalanine....g	0.773		0	A	1		1.051	0.657	
Tyrosine....g	0.668		0	A	1		0.908	0.568	
Valine....g	1.020		0	A	1		1.387	0.867	
Arginine....g	1.185		0	A	1		1.612	1.007	
Histidine....g	0.583		0	A	1		0.793	0.496	
Alanine....g	1.198		0	A	1		1.629	1.018	
Aspartic acid....g	2.028		0	A	1		2.758	1.724	
Glutamic acid....g	2.956		0	A	1		4.020	2.513	
Glycine....g	0.950		0	A	1		1.292	0.808	
Proline....g	0.700		0	A	1		0.952	0.595	
Serine....g	0.808		0	A	1		1.099	0.687	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 136g: 1 piece (4-1/2" x 2-1/8" x 7/8")

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15262
Fish, tilapia, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.59		2	A	1				
Energy	kcal	128		0	NC	4				
Energy	kJ	538		0	NC	4				
Protein	g	26.15		2	A	1				
Total lipid (fat)	g	2.65		2	A	1				
Ash	g	1.14		2	A	1				
Carbohydrate, by difference	g	0.00		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	14		2	A	1				
Iron, Fe	mg	0.69		2	A	1				
Magnesium, Mg	mg	34		1	A	1				
Phosphorus, P	mg	204		2	A	1				
Potassium, K	mg	380		2	A	1				
Sodium, Na	mg	56		2	A	1				
Zinc, Zn	mg	0.41		2	A	1				
Copper, Cu	mg	0.075		2	A	1				
Manganese, Mn	mg	0.037		2	A	1				
Selenium, Se	µg	54.4		2	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.093		1	A	1				
Riboflavin	mg	0.073		2	A	1				
Niacin	mg	4.745		2	A	1				
Pantothenic acid	mg	0.664		2	A	1				
Vitamin B-6	mg	0.123		2	A	1				
Folate, total	µg	6		2	A	1				
Folic acid	µg	0		0	Z	7				
Folate, food	µg	6		2	A	1				
Folate, DFE	mcg_DFE	6		0	NC	4				
Choline, total	mg	51.3		0	RA	4				
Betaine	mg	26.3		0	RA	4				
Vitamin B-12	µg	1.86		2	A	1				
Vitamin B-12, added	µg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	µg	0		0	Z	7				
Carotene, beta	µg	0		0	Z	7				
Carotene, alpha	µg	0		0	Z	7				
Cryptoxanthin, beta	µg	0		0	Z	7				
Vitamin A, IU	IU	0		0	AS	1				
Lycopene	µg	0		0	Z	7				
Lutein + zeaxanthin	µg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.79		1	A	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.00		1	A	1				
Tocopherol, gamma	mg	0.06		1	A	1				
Tocopherol, delta	mg	0.00		1	A	1				
Vitamin D (D2 + D3)	µg	3.7		0	RA	4				
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	3.7		0	RA	4				
Vitamin D	IU	150		0	RA	4				
Vitamin K (phylloquinone)	µg	0.9		2	A	1				
Dihydrophylloquinone	µg	0.0		2	A	1				
Menaquinone-4	µg									
Lipids:										

NDB No. 15262
Fish, tilapia, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.940		0	NC	4				
4:0....g	0.000		0	Z	7				
6:0....g	0.000		0	Z	7				
8:0....g	0.000		2	A	1				
10:0....g	0.000		2	A	1				
12:0....g	0.000		2	A	1				
13:0....g									
14:0....g	0.085		2	A	1				
15:0....g	0.005		2	A	1				
16:0....g	0.660		2	A	1				
17:0....g	0.000		2	A	1				
18:0....g	0.190		2	A	1				
20:0....g	0.000		2	A	1				
22:0....g	0.000		2	A	1				
24:0....g	0.000		2	A	1				
Fatty acids, total monounsaturated....g	0.955		0	NC	4				
14:1....g	0.000		2	A	1				
15:1....g	0.000		2	A	1				
16:1 undifferentiated....g	0.145		2	A	1				
17:1....g	0.000		2	A	1				
18:1 undifferentiated....g	0.765		2	A	1				
20:1....g	0.045		2	A	1				
22:1 undifferentiated....g	0.000		2	A	1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.600		0	NC	4				
18:2 undifferentiated....g	0.285		2	A	1				
18:3 undifferentiated....g	0.045		0	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.045		2	A	1				
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		2	A	1				
20:2 n-6 c,c....g	0.015		2	A	1				
20:3 undifferentiated....g	0.025		2	A	1				
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.035		2	A	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005		2	A	1				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.060		2	A	1				
22:6 n-3 (DHA)....g	0.130		2	A	1				
Fatty acids, total trans....g									
Cholesterol....mg	57		2	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.265		0	A	1				
Threonine....g	1.156		0	A	1				
Isoleucine....g	1.220		0	A	1				
Leucine....g	2.040		0	A	1				
Lysine....g	2.315		0	A	1				
Methionine....g	0.766		0	A	1				
Cystine....g	0.265		0	A	1				
Phenylalanine....g	1.050		0	A	1				
Tyrosine....g	0.870		0	A	1				
Valine....g	1.280		0	A	1				
Arginine....g	1.590		0	A	1				
Histidine....g	0.585		0	A	1				
Alanine....g	1.491		0	A	1				
Aspartic acid....g	2.810		0	A	1				
Glutamic acid....g	3.920		0	A	1				
Glycine....g	1.220		0	A	1				

NDB No. 15262
Fish, tilapia, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.953		0	A	1				
Serine.....g	0.961		0	A	1				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15261
Fish, tilapia, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.08	0.143	3	A	1				
Energy....kcal	96		0	NC	4				
Energy....kJ	400		0	NC	4				
Protein....g	20.08	0.134	3	A	1				
Total lipid (fat)....g	1.70	0.115	3	A	1				
Ash....g	0.93	0.025	3	A	1				
Carbohydrate, by difference....g	0.00		0	NC	4				
Fiber, total dietary....g	0.0		0	Z	7				
Sugars, total....g	0.00		0	Z	7				
Starch....g									
Minerals:									
Calcium, Ca....mg	10	0.574	3	A	1				
Iron, Fe....mg	0.56	0.035	3	A	1				
Magnesium, Mg....mg	27	0.361	3	A	1				
Phosphorus, P....mg	170	2.646	3	A	1				
Potassium, K....mg	302	7.839	3	A	1				
Sodium, Na....mg	52	2.775	3	A	1				
Zinc, Zn....mg	0.33	0.011	3	A	1				
Copper, Cu....mg	0.075	0.000	3	A	1				
Manganese, Mn....mg	0.037	0.000	3	A	1				
Selenium, Se....µg	41.8	6.277	3	A	1				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7				
Thiamin....mg	0.041	0.012	3	A	1				
Riboflavin....mg	0.063	0.005	3	A	1				
Niacin....mg	3.903	0.073	3	A	1				
Pantothenic acid....mg	0.487	0.014	3	A	1				
Vitamin B-6....mg	0.162	0.030	3	A	1				
Folate, total....µg	24		2	A	1				
Folic acid....µg	0		0	Z	7				
Folate, food....µg	24		2	A	1				
Folate, DFE....mcg_DFE	24		0	NC	4				
Choline, total....mg	42.5	12.349	3	AS	1				
Betaine....mg	21.7	5.738	3	A	1				
Vitamin B-12....µg	1.58	0.188	3	A	1				
Vitamin B-12, added....µg	0.00		0	Z	7				
Vitamin A, RAE....mcg_RAE	0		0	AS	1				
Retinol....µg	0		0	Z	7				
Carotene, beta....µg	0		0	Z	7				
Carotene, alpha....µg	0		0	Z	7				
Cryptoxanthin, beta....µg	0		0	Z	7				
Vitamin A, IU....IU	0		0	AS	1				
Lycopene....µg	0		0	Z	7				
Lutein + zeaxanthin....µg	0		0	Z	7				
Vitamin E (alpha-tocopherol)....mg	0.40		1	A	1				
Vitamin E, added....mg	0.00		0	Z	7				
Tocopherol, beta....mg	0.00		1	A	1				
Tocopherol, gamma....mg	0.10		1	A	1				
Tocopherol, delta....mg	0.00		1	A	1				
Vitamin D (D2 + D3)....µg	3.1		0	AS	1				
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	3.1		0	BFSN	4				
Vitamin D....IU	124		0	BFSN	4				
Vitamin K (phylloquinone)....µg	1.4	0.676	3	A	1				
Dihydrophylloquinone....µg	0.0	0.000	3	A	1				
Menaquinone-4....µg									
Lipids:									

NDB No. 15261
Fish, tilapia, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.585		0	NC	4				
4:0....g	0.000		0	Z	7				
6:0....g	0.000		0	Z	7				
8:0....g	0.000	0.000	3	A	1				
10:0....g	0.000	0.000	3	A	1				
12:0....g	0.000	0.000	3	A	1				
13:0....g									
14:0....g	0.053	0.015	3	A	1				
15:0....g	0.000	0.000	3	A	1				
16:0....g	0.424	0.092	3	A	1				
17:0....g	0.000	0.000	3	A	1				
18:0....g	0.107	0.015	3	A	1				
20:0....g	0.000	0.000	3	A	1				
22:0....g	0.000	0.000	3	A	1				
24:0....g	0.000	0.000	3	A	1				
Fatty acids, total monounsaturated....g	0.498		0	NC	4				
14:1....g	0.000	0.000	3	A	1				
15:1....g	0.000	0.000	3	A	1				
16:1 undifferentiated....g	0.099	0.026	3	A	1				
17:1....g	0.000	0.000	3	A	1				
18:1 undifferentiated....g	0.379	0.075	3	A	1				
20:1....g	0.020	0.003	3	A	1				
22:1 undifferentiated....g	0.000	0.000	3	A	1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.363		0	NC	4				
18:2 undifferentiated....g	0.158	0.032	3	A	1				
18:3 undifferentiated....g	0.033		0	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.033	0.009	3	A	1				
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.003	0.003	3	A	1				
20:2 n-6 c,c....g	0.003	0.003	3	A	1				
20:3 undifferentiated....g	0.010	0.003	3	A	1				
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.023	0.006	3	A	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005	0.007	3	A	1				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.043	0.012	3	A	1				
22:6 n-3 (DHA)....g	0.086	0.023	3	A	1				
Fatty acids, total trans....g									
Cholesterol....mg	50	1.943	3	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.210		0	A	1				
Threonine....g	0.950		0	A	1				
Isoleucine....g	0.930		0	A	1				
Leucine....g	1.603		0	A	1				
Lysine....g	1.810		0	A	1				
Methionine....g	0.593		0	A	1				
Cystine....g	0.220		0	A	1				
Phenylalanine....g	0.810		0	A	1				
Tyrosine....g	0.680		0	A	1				
Valine....g	0.970		0	A	1				
Arginine....g	1.277		0	A	1				
Histidine....g	0.470		0	A	1				
Alanine....g	1.220		0	A	1				
Aspartic acid....g	2.297		0	A	1				
Glutamic acid....g	3.213		0	A	1				
Glycine....g	1.043		0	A	1				

NDB No. 15261
Fish, tilapia, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.757		0	A	1				
Serine.....g	0.813		0	A	1				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15113
Fish, tilefish, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.24		1		1		105.36	59.70	
Energy	kcal	147		0	NC	4		221	125	
Energy	kJ	615				4		923	523	
Protein (N x 6.25)	g	24.49		1		1		36.74	20.82	
Total lipid (fat)	g	4.69		1		1		7.04	3.99	
Ash	g	1.36		1		1		2.04	1.16	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		1		1		39	22	
Iron, Fe	mg	0.31		1		1		0.47	0.26	
Magnesium, Mg	mg	33		1		1		50	28	
Phosphorus, P	mg	236		1		1		354	201	
Potassium, K	mg	512		1		1		768	435	
Sodium, Na	mg	59		1		1		89	50	
Zinc, Zn	mg	0.53		1		1		0.80	0.45	
Copper, Cu	mg	0.052		1		1		0.078	0.044	
Manganese, Mn	mg	0.015		1		1		0.023	0.013	
Selenium, Se	µg	51.5		0	BFSN	4		77.3	43.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.140		0		4		0.210	0.119	
Riboflavin	mg	0.190		0		4		0.285	0.162	
Niacin	mg	3.500		0		4		5.250	2.975	
Pantothenic acid	mg	0.870		0		4		1.305	0.740	
Vitamin B-6	mg	0.300		0		4		0.450	0.255	
Folate, total	µg	17		0		4		26	15	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	17		0		4		26	15	
Folate, DFE	mcg_DFE	17		0	NC	4		26	15	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	2.50		0		4		3.75	2.13	
Vitamin A, RAE	mcg_RAE	21		0		4		31	18	
Retinol	µg	21		0		4		31	18	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	69		0		4		104	59	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.868		0		1		1.302	0.738	
4:0	g									

NDB No. 15113
Fish, tilefish, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.135		1		1		0.203	0.115	
15:0 g									
16:0 g	0.526		1		1		0.789	0.447	
17:0 g									
18:0 g	0.181		1		1		0.272	0.154	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.332		0		1		1.998	1.132	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.333		1		1		0.500	0.283	
17:1 g									
18:1 undifferentiated g	0.944		1		1		1.416	0.802	
20:1 g									
22:1 undifferentiated g	0.055		1		1		0.083	0.047	
24:1 c g									
Fatty acids, total polyunsaturated g	1.246		0		1		1.869	1.059	
18:2 undifferentiated g	0.048		1		1		0.072	0.041	
18:3 undifferentiated g									
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.150		1		1		0.225	0.128	
20:5 n-3 (EPA) g	0.172		1		1		0.258	0.146	
22:5 n-3 (DPA) g	0.143		1		1		0.215	0.122	
22:6 n-3 (DHA) g	0.733		1		1		1.100	0.623	
Fatty acids, total trans g									
Cholesterol mg	64		0		4		96	54	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.274		0		1		0.411	0.233	
Threonine g	1.074		0		1		1.611	0.913	
Isoleucine g	1.128		0		1		1.692	0.959	
Leucine g	1.990		0		1		2.985	1.692	
Lysine g	2.249		0		1		3.374	1.912	
Methionine g	0.725		0		1		1.088	0.616	
Cystine g	0.263		0		1		0.395	0.224	
Phenylalanine g	0.956		0		1		1.434	0.813	
Tyrosine g	0.827		0		1		1.241	0.703	
Valine g	1.262		0		1		1.893	1.073	
Arginine g	1.465		0		1		2.198	1.245	
Histidine g	0.721		0		1		1.082	0.613	
Alanine g	1.481		0		1		2.222	1.259	
Aspartic acid g	2.508		0		1		3.762	2.132	
Glutamic acid g	3.655		0		1		5.483	3.107	
Glycine g	1.175		0		1		1.763	0.999	
Proline g	0.866		0		1		1.299	0.736	
Serine g	0.999		0		1		1.499	0.849	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: .5 fillet

NDB No. 15113
Fish, tilefish, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15112
Fish, tilefish, raw
Lopholatilus chamaeleonticeps Goode and Bean

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	78.90		2		1		152.28	67.07	
Energy ... kcal	96		0	NC	4		185	82	
Energy ... kJ	402				4		775	341	
Protein (N x 6.25) ... g	17.50		2		1		33.78	14.88	
Total lipid (fat) ... g	2.31		2		1		4.46	1.96	
Ash ... g	1.14		2		1		2.20	0.97	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	26		2		1		50	22	
Iron, Fe ... mg	0.25		2		1		0.48	0.21	
Magnesium, Mg ... mg	28		2		1		54	24	
Phosphorus, P ... mg	187		2		1		361	159	
Potassium, K ... mg	433		2		1		836	368	
Sodium, Na ... mg	53		2		1		102	45	
Zinc, Zn ... mg	0.37		2		1		0.71	0.31	
Copper, Cu ... mg	0.041		2		1		0.079	0.035	
Manganese, Mn ... mg	0.010		2		1		0.019	0.009	
Selenium, Se ... µg	36.5		0	CAZN	4		70.4	31.0	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.120		0		4		0.232	0.102	
Riboflavin ... mg	0.160		0		4		0.309	0.136	
Niacin ... mg	2.900		0		4		5.597	2.465	
Pantothenic acid ... mg	0.750		0		4		1.448	0.638	
Vitamin B-6 ... mg	0.260		0		4		0.502	0.221	
Folate, total ... µg	15		0		4		29	13	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	15		0		4		29	13	
Folate, DFE ... mcg_DFE	15		0	NC	4		29	13	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	2.20		0		4		4.25	1.87	
Vitamin A, RAE ... mcg_RAE	18		0		4		35	15	
Retinol ... µg	18		0		4		35	15	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	60		0		4		116	51	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.441		0		1		0.851	0.375	
4:0 ... g	0.000		0		1		0.000	0.000	

NDB No. 15112
Fish, tilefish, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.073		2		1		0.141	0.062	
15:0....g									
16:0....g	0.285		2		1		0.550	0.242	
17:0....g									
18:0....g	0.082		2		1		0.158	0.070	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.571		0		1		1.102	0.485	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.134		2		1		0.259	0.114	
17:1....g									
18:1 undifferentiated....g	0.388		2		1		0.749	0.330	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.049		2		1		0.095	0.042	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.599		0		1		1.156	0.509	
18:2 undifferentiated....g	0.037		2		1		0.071	0.031	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.066		2		1		0.127	0.056	
20:5 n-3 (EPA)....g	0.085		2		1		0.164	0.072	
22:5 n-3 (DPA)....g	0.066		2		1		0.127	0.056	
22:6 n-3 (DHA)....g	0.345		2		1		0.666	0.293	
Fatty acids, total trans....g									
Cholesterol....mg	50		0		4		97	43	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.196		0		1		0.378	0.167	
Threonine....g	0.767		0		1		1.480	0.652	
Isoleucine....g	0.806		0		1		1.556	0.685	
Leucine....g	1.422		0		1		2.744	1.209	
Lysine....g	1.607		0		1		3.102	1.366	
Methionine....g	0.518		0		1		1.000	0.440	
Cystine....g	0.188		0		1		0.363	0.160	
Phenylalanine....g	0.683		0		1		1.318	0.581	
Tyrosine....g	0.591		0		1		1.141	0.502	
Valine....g	0.902		0		1		1.741	0.767	
Arginine....g	1.047		0		1		2.021	0.890	
Histidine....g	0.515		0		1		0.994	0.438	
Alanine....g	1.058		0		1		2.042	0.899	
Aspartic acid....g	1.792		0		1		3.459	1.523	
Glutamic acid....g	2.612		0		1		5.041	2.220	
Glycine....g	0.840		0		1		1.621	0.714	
Proline....g	0.619		0		1		1.195	0.526	
Serine....g	0.714		0		1		1.378	0.607	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 15112
Fish, tilefish, raw

Common Measures:

Measure 1 = 193g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15219
Fish, trout, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.36		0		1		39.28	53.86	
Energy....kcal	190		0	NC	4		118	162	
Energy....kJ	795				4		493	676	
Protein (N x 6.25)....g	26.63		0		1		16.51	22.64	
Total lipid (fat)....g	8.47		0		1		5.25	7.20	
Ash....g	1.50		0		1		0.93	1.28	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	55		0		1		34	47	
Iron, Fe....mg	1.92		0		1		1.19	1.63	
Magnesium, Mg....mg	28		0		1		17	24	
Phosphorus, P....mg	314		0		1		195	267	
Potassium, K....mg	463		0		1		287	394	
Sodium, Na....mg	67		0		1		42	57	
Zinc, Zn....mg	0.85		0		1		0.53	0.72	
Copper, Cu....mg	0.241		0		1		0.149	0.205	
Manganese, Mn....mg	1.091		0		1		0.676	0.927	
Selenium, Se....µg	16.2		0	BFSN	4		10.0	13.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		0		1		0.3	0.4	
Thiamin....mg	0.426		0		1		0.264	0.362	
Riboflavin....mg	0.423		0		1		0.262	0.360	
Niacin....mg	5.769		0		1		3.577	4.904	
Pantothenic acid....mg	2.238		0		1		1.388	1.902	
Vitamin B-6....mg	0.231		0		1		0.143	0.196	
Folate, total....µg	15		0		1		9	13	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0		1		9	13	
Folate, DFE....mcg_DFE	15		0	NC	4		9	13	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	7.49		0		1		4.64	6.37	
Vitamin A, RAE....mcg_RAE	19		0		1		12	16	
Retinol....µg	19		0		1		12	16	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	63		0		1		39	54	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.474		0		1		0.914	1.253	
4:0....g									

NDB No. 15219
Fish, trout, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.237		0		1		0.147	0.201	
15:0....g									
16:0....g	1.045		0		1		0.648	0.888	
17:0....g									
18:0....g	0.190		0		1		0.118	0.162	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.172		0		1		2.587	3.546	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.899		0		1		0.557	0.764	
17:1....g									
18:1 undifferentiated....g	1.847		0		1		1.145	1.570	
20:1....g	0.359		0		1		0.223	0.305	
22:1 undifferentiated....g	1.064		0		1		0.660	0.904	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.922		0		1		1.192	1.634	
18:2 undifferentiated....g	0.224		0		1		0.139	0.190	
18:3 undifferentiated....g	0.199		0		1		0.123	0.169	
18:4....g	0.082		0		1		0.051	0.070	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.242		0		1		0.150	0.206	
20:5 n-3 (EPA)....g	0.259		0		1		0.161	0.220	
22:5 n-3 (DPA)....g	0.235		0		1		0.146	0.200	
22:6 n-3 (DHA)....g	0.677		0		1		0.420	0.575	
Fatty acids, total trans....g									
Cholesterol....mg	74		0		1		46	63	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.298		0		1		0.185	0.253	
Threonine....g	1.167		0		1		0.724	0.992	
Isoleucine....g	1.227		0		1		0.761	1.043	
Leucine....g	2.164		0		1		1.342	1.839	
Lysine....g	2.446		0		1		1.517	2.079	
Methionine....g	0.788		0		1		0.489	0.670	
Cystine....g	0.285		0		1		0.177	0.242	
Phenylalanine....g	1.040		0		1		0.645	0.884	
Tyrosine....g	0.899		0		1		0.557	0.764	
Valine....g	1.372		0		1		0.851	1.166	
Arginine....g	1.593		0		1		0.988	1.354	
Histidine....g	0.784		0		1		0.486	0.666	
Alanine....g	1.610		0		1		0.998	1.369	
Aspartic acid....g	2.727		0		1		1.691	2.318	
Glutamic acid....g	3.975		0		1		2.465	3.379	
Glycine....g	1.278		0		1		0.792	1.086	
Proline....g	0.942		0		1		0.584	0.801	
Serine....g	1.086		0		1		0.673	0.923	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 62g: 1 fillet

NDB No. 15219

Fish, trout, mixed species, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15114
Fish, trout, mixed species, raw
Salmonidae

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.42	0.615	95		1		56.42	60.71	
Energy	kcal	148		0	NC	4		117	126	
Energy	kJ	619		0		4		489	526	
Protein (N x 6.25)	g	20.77	3.875	58		1		16.41	17.65	
Total lipid (fat)	g	6.61		111		1		5.22	5.62	
Ash	g	1.17	0.023	54		1		0.92	0.99	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	43		15		1		34	37	
Iron, Fe	mg	1.50		3		1		1.19	1.28	
Magnesium, Mg	mg	22	1.296	19		1		17	19	
Phosphorus, P	mg	245		3		1		194	208	
Potassium, K	mg	361	11.057	20		1		285	307	
Sodium, Na	mg	52	3.843	25		1		41	44	
Zinc, Zn	mg	0.66		18		1		0.52	0.56	
Copper, Cu	mg	0.188		13		1		0.149	0.160	
Manganese, Mn	mg	0.851		2		1		0.672	0.723	
Selenium, Se	µg	12.6		0	BFZN	4		10.0	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		1		1		0.4	0.4	
Thiamin	mg	0.350		1		1		0.277	0.298	
Riboflavin	mg	0.330		1		1		0.261	0.281	
Niacin	mg	4.500		0		4		3.555	3.825	
Pantothenic acid	mg	1.940		1		1		1.533	1.649	
Vitamin B-6	mg	0.200		0		4		0.158	0.170	
Folate, total	µg	13		1		1		11	11	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	13		1		1		11	11	
Folate, DFE	mcg_DFE	13		0	NC	4		11	11	
Choline, total	mg	65.0		0	T	4		51.4	55.3	
Betaine	mg									
Vitamin B-12	µg	7.79		1		1		6.15	6.62	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	17		0	NC	4		13	14	
Retinol	µg	17		0	T	4		13	14	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	57		0	NC	4		45	48	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.20		0	NR	4		0.16	0.17	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	3.9		0	AS	1		3.1	3.3	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	3.9		0	T	4		3.1	3.3	
Vitamin D	IU	155		0	NR	4		122	132	
Vitamin K (phylloquinone)	µg	0.1		0	T	4		0.1	0.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15114
Fish, trout, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.149		0		1		0.908	0.977	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.185		17		1		0.146	0.157	
15:0....g									
16:0....g	0.815		18		1		0.644	0.693	
17:0....g									
18:0....g	0.148		17		1		0.117	0.126	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.254		0		1		2.571	2.766	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.701		18		1		0.554	0.596	
17:1....g									
18:1 undifferentiated....g	1.440		18		1		1.138	1.224	
20:1....g	0.280		9		1		0.221	0.238	
22:1 undifferentiated....g	0.830		1		1		0.656	0.706	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.499		0		1		1.184	1.274	
18:2 undifferentiated....g	0.175		18		1		0.138	0.149	
18:3 undifferentiated....g	0.155		17		1		0.122	0.132	
18:4....g	0.064		17		1		0.051	0.054	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.189		17		1		0.149	0.161	
20:5 n-3 (EPA)....g	0.202		17		1		0.160	0.172	
22:5 n-3 (DPA)....g	0.183		17		1		0.145	0.156	
22:6 n-3 (DHA)....g	0.528		18		1		0.417	0.449	
Fatty acids, total trans....g									
Cholesterol....mg	58		6		1		46	49	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.233		0		1		0.184	0.198	
Threonine....g	0.911		0		1		0.720	0.774	
Isoleucine....g	0.957		0		1		0.756	0.813	
Leucine....g	1.688		0		1		1.334	1.435	
Lysine....g	1.907		0		1		1.507	1.621	
Methionine....g	0.615		0		1		0.486	0.523	
Cystine....g	0.223		0		1		0.176	0.190	
Phenylalanine....g	0.811		0		1		0.641	0.689	
Tyrosine....g	0.701		0		1		0.554	0.596	
Valine....g	1.070		0		1		0.845	0.910	
Arginine....g	1.243		0		1		0.982	1.057	
Histidine....g	0.611		0		1		0.483	0.519	
Alanine....g	1.256		0		1		0.992	1.068	
Aspartic acid....g	2.127		0		1		1.680	1.808	
Glutamic acid....g	3.100		0		1		2.449	2.635	
Glycine....g	0.997		0		1		0.788	0.847	
Proline....g	0.734		0		1		0.580	0.624	
Serine....g	0.847		0		1		0.669	0.720	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15114
Fish, trout, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 79g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15241
Fish, trout, rainbow, farmed, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.72		0	RA	4		48.79	58.41	
Energy	kcal	168		0	NC	4		119	143	
Energy	kJ	704		0	RA	4		500	598	
Protein (N x 6.25)	g	23.80		0	RA	4		16.90	20.23	
Total lipid (fat)	g	7.38		0	RA	4		5.24	6.27	
Ash	g	1.44		0	RA	4		1.02	1.22	
Carbohydrate, by difference	g	0.00		0	RA	4		0.00	0.00	
Fiber, total dietary	g	0.0		0	RA	4		0.0	0.0	
Sugars, total	g	0.00		0	RA	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0	RA	4		21	25	
Iron, Fe	mg	0.36		0	RA	4		0.26	0.31	
Magnesium, Mg	mg	30		0	RA	4		21	25	
Phosphorus, P	mg	270		0	RA	4		192	230	
Potassium, K	mg	450		0	RA	4		319	382	
Sodium, Na	mg	61		0	RA	4		43	52	
Zinc, Zn	mg	0.54		0	RA	4		0.38	0.45	
Copper, Cu	mg	0.055		0	RA	4		0.039	0.046	
Manganese, Mn	mg	0.013		0	RA	4		0.009	0.011	
Selenium, Se	µg	28.1		0	RA	4		20.0	23.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.9		0	RA	4		2.1	2.5	
Thiamin	mg	0.143		0	RA	4		0.102	0.122	
Riboflavin	mg	0.107		0	RA	4		0.076	0.091	
Niacin	mg	6.646		0	RA	4		4.718	5.649	
Pantothenic acid	mg	1.990		0	RA	4		1.413	1.691	
Vitamin B-6	mg	0.386		0	RA	4		0.274	0.328	
Folate, total	µg	12		0	RA	4		9	11	
Folic acid	µg	0		0	RA	4		0	0	
Folate, food	µg	12		0	RA	4		9	11	
Folate, DFE	mcg_DFE	12		0	NC	4		9	11	
Choline, total	mg	77.6		0	RA	4		55.1	66.0	
Betaine	mg									
Vitamin B-12	µg	4.11		0	RA	4		2.92	3.49	
Vitamin B-12, added	µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	100		0	RA	4		71	85	
Retinol	µg	100		0	RA	4		71	85	
Carotene, beta	µg	0		0	RA	4		0	0	
Carotene, alpha	µg	0		0	RA	4		0	0	
Cryptoxanthin, beta	µg	0		0	RA	4		0	0	
Vitamin A, IU	IU	301		0	RA	4		214	256	
Lycopene	µg	0		0	RA	4		0	0	
Lutein + zeaxanthin	µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	2.79		0	RA	4		1.98	2.37	
Vitamin E, added	mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, gamma	mg	0.05		0	RA	4		0.03	0.04	
Tocopherol, delta	mg	0.00		0	RA	4		0.00	0.00	
Vitamin D (D2 + D3)	µg	19.0		0	RA	4		13.5	16.1	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	19.0		0	RA	4		13.5	16.1	
Vitamin D	IU	759		0	RA	4		539	645	
Vitamin K (phylloquinone)	µg	0.1		0	RA	4		0.1	0.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15241
Fish, trout, rainbow, farmed, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.651		0	RA	4		1.172	1.403	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.005		0	RA	4		0.003	0.004	
13:0....g									
14:0....g	0.217		0	RA	4		0.154	0.184	
15:0....g	0.017		0	RA	4		0.012	0.014	
16:0....g	1.108		0	RA	4		0.787	0.942	
17:0....g	0.015		0	RA	4		0.011	0.013	
18:0....g	0.274		0	RA	4		0.194	0.233	
20:0....g	0.009		0	RA	4		0.006	0.008	
22:0....g	0.004		0	RA	4		0.003	0.003	
24:0....g	0.002		0	RA	4		0.002	0.002	
Fatty acids, total monounsaturated....g	2.363		0	RA	4		1.677	2.008	
14:1....g	0.004		0	RA	4		0.003	0.004	
15:1....g	0.006		0	RA	4		0.004	0.005	
16:1 undifferentiated....g	0.406		0	RA	4		0.289	0.345	
17:1....g	0.000		0	RA	4		0.000	0.000	
18:1 undifferentiated....g	1.640		0	RA	4		1.164	1.394	
20:1....g	0.265		0	RA	4		0.188	0.225	
22:1 undifferentiated....g	0.021		0	RA	4		0.015	0.018	
24:1 c....g	0.020		0	RA	4		0.014	0.017	
Fatty acids, total polyunsaturated....g	1.799		0	RA	4		1.277	1.529	
18:2 undifferentiated....g	0.588		0	RA	4		0.417	0.499	
18:3 undifferentiated....g	0.080		0	RA	4		0.057	0.068	
18:4....g	0.001		0	RA	4		0.001	0.001	
20:2 n-6 c,c....g	0.047		0	RA	4		0.034	0.040	
20:3 undifferentiated....g	0.033		0	RA	4		0.023	0.028	
20:4 undifferentiated....g	0.051		0	RA	4		0.036	0.043	
20:5 n-3 (EPA)....g	0.259		0	RA	4		0.184	0.220	
22:5 n-3 (DPA)....g	0.109		0	RA	4		0.077	0.092	
22:6 n-3 (DHA)....g	0.616		0	RA	4		0.437	0.524	
Fatty acids, total trans....g	0.056		0	RA	4		0.039	0.047	
Cholesterol....mg	70		0	RA	4		50	59	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.279		0	RA	4		0.198	0.237	
Threonine....g	1.092		0	RA	4		0.776	0.929	
Isoleucine....g	1.148		0	RA	4		0.815	0.976	
Leucine....g	2.025		0	RA	4		1.438	1.721	
Lysine....g	2.287		0	RA	4		1.624	1.944	
Methionine....g	0.738		0	RA	4		0.524	0.627	
Cystine....g	0.267		0	RA	4		0.190	0.227	
Phenylalanine....g	0.973		0	RA	4		0.691	0.827	
Tyrosine....g	0.840		0	RA	4		0.597	0.714	
Valine....g	1.283		0	RA	4		0.911	1.091	
Arginine....g	1.491		0	RA	4		1.059	1.267	
Histidine....g	0.733		0	RA	4		0.520	0.623	
Alanine....g	1.507		0	RA	4		1.070	1.281	
Aspartic acid....g	2.551		0	RA	4		1.811	2.169	
Glutamic acid....g	3.719		0	RA	4		2.640	3.161	
Glycine....g	1.196		0	RA	4		0.849	1.017	
Proline....g	0.881		0	RA	4		0.626	0.749	
Serine....g	1.016		0	RA	4		0.721	0.864	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15241
Fish, trout, rainbow, farmed, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 71g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15240

Fish, trout, rainbow, farmed, raw

Salmo gairdneri Richardson

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.80	0.940	8	A	1		58.30	62.73	
Energy	kcal	141		0	NC	4		111	120	
Energy	kJ	589		0	NC	4		466	501	
Protein (N x 6.25)	g	19.94	0.192	8	A	1		15.75	16.95	
Total lipid (fat)	g	6.18	1.153	8	A	1		4.88	5.25	
Ash	g	1.21	0.045	8	A	1		0.95	1.02	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	25	3.004	8	A	1		20	21	
Iron, Fe	mg	0.31	0.017	8	A	1		0.24	0.26	
Magnesium, Mg	mg	25	0.733	8	A	1		20	21	
Phosphorus, P	mg	226	6.595	8	A	1		179	192	
Potassium, K	mg	377	15.242	8	A	1		298	320	
Sodium, Na	mg	51	3.005	8	A	1		40	43	
Zinc, Zn	mg	0.45	0.024	8	A	1		0.35	0.38	
Copper, Cu	mg	0.046	0.003	8	A	1		0.036	0.039	
Manganese, Mn	mg	0.011	0.000	8	A	1		0.009	0.009	
Selenium, Se	µg	23.6	0.920	8	A	1		18.6	20.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.9	0.285	3		1		2.3	2.5	
Thiamin	mg	0.120	0.035	3	A	1		0.095	0.102	
Riboflavin	mg	0.090	0.006	3	A	1		0.071	0.077	
Niacin	mg	5.567	0.456	3	A	1		4.398	4.732	
Pantothenic acid	mg	1.667	0.203	3	A	1		1.317	1.417	
Vitamin B-6	mg	0.340	0.031	3	A	1		0.269	0.289	
Folate, total	µg	11	0.005	3		1		9	9	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	11	0.005	3		1		9	9	
Folate, DFE	mcg_DFE	11		0	NC	4		9	9	
Choline, total	mg	65.0		0	T	4		51.4	55.3	
Betaine	mg									
Vitamin B-12	µg	4.30	0.400	3	A	1		3.40	3.66	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	84		0	NC	4		66	71	
Retinol	µg	84		0	T	4		66	71	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	280		0	NC	4		221	238	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	2.34	0.115	3	A	1		1.85	1.99	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.04	0.012	3	A	1		0.03	0.03	
Tocopherol, delta	mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)	µg	15.9	1.212	8	AS	1		12.5	13.5	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	15.9	1.212	8	A	1		12.5	13.5	
Vitamin D	IU	635	48.487	8	A	1		502	540	
Vitamin K (phylloquinone)	µg	0.1		0	T	4		0.1	0.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15240
Fish, trout, rainbow, farmed, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.383		0	NC	4		1.092	1.175	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000	0.000	8	A	1		0.000	0.000	
8:0....g	0.000	0.000	8	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.004	0.001	8	A	1		0.003	0.003	
13:0....g									
14:0....g	0.182	0.050	8	A	1		0.144	0.154	
15:0....g	0.014	0.003	8	A	1		0.011	0.012	
16:0....g	0.928	0.187	8	A	1		0.733	0.789	
17:0....g	0.013	0.003	8	A	1		0.010	0.011	
18:0....g	0.229	0.044	8	A	1		0.181	0.195	
20:0....g	0.008	0.002	8	A	1		0.006	0.006	
22:0....g	0.003	0.001	8	A	1		0.002	0.003	
24:0....g	0.002	0.001	8	A	1		0.002	0.002	
Fatty acids, total monounsaturated....g	1.979		0	NC	4		1.563	1.682	
14:1....g	0.004	0.001	8	A	1		0.003	0.003	
15:1....g	0.005	0.001	8	A	1		0.004	0.004	
16:1 undifferentiated....g	0.340	0.078	8	AS	1		0.269	0.289	
16:1 c....g	0.335	0.077	8	A	1		0.264	0.284	
16:1 t....g	0.006	0.001	8	A	1		0.005	0.005	
17:1....g	0.000	0.000	8	A	1		0.000	0.000	
18:1 undifferentiated....g	1.374	0.203	8	AS	1		1.085	1.167	
18:1 c....g	1.352	0.201	8	A	1		1.068	1.150	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.021	0.003	8	A	1		0.017	0.018	
18:1-11t (18:1t n-7)....g									
20:1....g	0.222	0.118	8	A	1		0.175	0.189	
22:1 undifferentiated....g	0.018	0.012	8	AS	1		0.014	0.015	
22:1 c....g	0.017	0.012	8	A	1		0.013	0.014	
22:1 t....g	0.001	0.000	8	A	1		0.001	0.001	
24:1 c....g	0.017	0.004	8	A	1		0.013	0.014	
Fatty acids, total polyunsaturated....g	1.507		0	NC	4		1.191	1.281	
18:2 undifferentiated....g	0.492	0.073	8	AS	1		0.389	0.418	
18:2 n-6 c,c....g	0.466	0.070	8	A	1		0.368	0.396	
18:2 CLAs....g	0.008	0.001	8	A	1		0.006	0.006	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.019	0.003	8	A	1		0.015	0.016	
18:3 undifferentiated....g	0.067	0.012	8	AS	1		0.053	0.057	
18:3 n-3 c,c,c (ALA)....g	0.059	0.012	8	A	1		0.047	0.050	
18:3 n-6 c,c,c....g	0.008	0.001	8	A	1		0.007	0.007	
18:3i....g									
18:4....g	0.001	0.000	8	A	1		0.001	0.001	
20:2 n-6 c,c....g	0.040	0.007	8	A	1		0.031	0.034	
20:3 undifferentiated....g	0.027	0.004	8	AS	1		0.022	0.023	
20:3 n-3....g	0.007	0.002	8	A	1		0.006	0.006	
20:3 n-6....g	0.020	0.003	8	A	1		0.016	0.017	
20:4 undifferentiated....g	0.043	0.008	8	A	1		0.034	0.036	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.217	0.058	8	A	1		0.171	0.184	
21:5....g									
22:4....g	0.007	0.001	8	A	1		0.006	0.006	
22:5 n-3 (DPA)....g	0.091	0.024	8	A	1		0.072	0.077	
22:6 n-3 (DHA)....g	0.516	0.095	8	A	1		0.408	0.439	
Fatty acids, total trans....g	0.047		0	NC	4		0.037	0.040	
Fatty acids, total trans-monoenoic....g	0.028		0	NC	4		0.022	0.023	
Fatty acids, total trans-polyenoic....g	0.019		0	NC	4		0.015	0.016	
Cholesterol....mg	59	1.184	3	A	1		46	50	
Phytosterols....mg									

NDB No. 15240
Fish, trout, rainbow, farmed, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.234		0	A	1		0.185	0.199	
Threonine....g	0.915		0	A	1		0.723	0.778	
Isoleucine....g	0.962		0	A	1		0.760	0.818	
Leucine....g	1.696		0	A	1		1.340	1.442	
Lysine....g	1.916		0	A	1		1.514	1.629	
Methionine....g	0.618		0	A	1		0.488	0.525	
Cystine....g	0.224		0	A	1		0.177	0.190	
Phenylalanine....g	0.815		0	A	1		0.644	0.693	
Tyrosine....g	0.704		0	A	1		0.556	0.598	
Valine....g	1.075		0	A	1		0.849	0.914	
Arginine....g	1.249		0	A	1		0.987	1.062	
Histidine....g	0.614		0	A	1		0.485	0.522	
Alanine....g	1.262		0	A	1		0.997	1.073	
Aspartic acid....g	2.137		0	A	1		1.688	1.816	
Glutamic acid....g	3.115		0	A	1		2.461	2.648	
Glycine....g	1.002		0	A	1		0.792	0.852	
Proline....g	0.738		0	A	1		0.583	0.627	
Serine....g	0.851		0	A	1		0.672	0.723	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 79g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15116
Fish, trout, rainbow, wild, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.50	0.837	4		1		100.82	59.93	
Energy....kcal	150		0	NC	4		215	128	
Energy....kJ	628				4		897	533	
Protein (N x 6.25)....g	22.92	0.375	4		1		32.78	19.48	
Total lipid (fat)....g	5.82	0.937	4		1		8.32	4.95	
Ash....g	1.60	0.091	4		1		2.29	1.36	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	86		0		4		123	73	
Iron, Fe....mg	0.38	0.061	4		1		0.54	0.32	
Magnesium, Mg....mg	31	0.138	4		1		44	26	
Phosphorus, P....mg	269	9.221	4		1		385	229	
Potassium, K....mg	448	6.590	4		1		641	381	
Sodium, Na....mg	56	2.211	4		1		80	48	
Zinc, Zn....mg	0.51	0.006	4		1		0.73	0.43	
Copper, Cu....mg	0.058	0.006	4		1		0.083	0.049	
Manganese, Mn....mg	0.021	0.001	4		1		0.030	0.018	
Selenium, Se....µg	13.2		0	BFSN	4		18.9	11.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0	0.265	4		1		2.9	1.7	
Thiamin....mg	0.152	0.011	4		1		0.217	0.129	
Riboflavin....mg	0.097	0.010	4		1		0.139	0.082	
Niacin....mg	5.770	0.419	4		1		8.251	4.905	
Pantothenic acid....mg	1.065	0.152	4		1		1.523	0.905	
Vitamin B-6....mg	0.346	0.015	4		1		0.495	0.294	
Folate, total....µg	19		1		1		27	16	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	19		1		1		27	16	
Folate, DFE....mcg_DFE	19		0	NC	4		27	16	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	6.30	0.777	4		1		9.01	5.36	
Vitamin A, RAE....mcg_RAE	15	0.000	4		1		21	13	
Retinol....µg	15	0.000	4		1		21	13	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	50	0.000	4		1		72	43	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.619		0		1		2.315	1.376	
4:0....g									

NDB No. 15116
Fish, trout, rainbow, wild, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.204		4		1		0.292	0.173	
15:0....g									
16:0....g	0.918		4		1		1.313	0.780	
17:0....g									
18:0....g	0.265		4		1		0.379	0.225	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.746		0		1		2.497	1.484	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.675		4		1		0.965	0.574	
17:1....g									
18:1 undifferentiated....g	0.918		4		1		1.313	0.780	
20:1....g	0.051		4		1		0.073	0.043	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.831		0		1		2.618	1.556	
18:2 undifferentiated....g	0.288		4		1		0.412	0.245	
18:3 undifferentiated....g	0.187		4		1		0.267	0.159	
18:4....g	0.230		4		1		0.329	0.196	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.120		4		1		0.172	0.102	
20:5 n-3 (EPA)....g	0.468		4		1		0.669	0.398	
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.520		4		1		0.744	0.442	
Fatty acids, total trans....g									
Cholesterol....mg	69	1.709	4		1		99	59	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.257		0		1		0.368	0.218	
Threonine....g	1.005		0		1		1.437	0.854	
Isoleucine....g	1.056		0		1		1.510	0.898	
Leucine....g	1.863		0		1		2.664	1.584	
Lysine....g	2.105		0		1		3.010	1.789	
Methionine....g	0.679		0		1		0.971	0.577	
Cystine....g	0.246		0		1		0.352	0.209	
Phenylalanine....g	0.895		0		1		1.280	0.761	
Tyrosine....g	0.774		0		1		1.107	0.658	
Valine....g	1.181		0		1		1.689	1.004	
Arginine....g	1.372		0		1		1.962	1.166	
Histidine....g	0.675		0		1		0.965	0.574	
Alanine....g	1.387		0		1		1.983	1.179	
Aspartic acid....g	2.348		0		1		3.358	1.996	
Glutamic acid....g	3.422		0		1		4.893	2.909	
Glycine....g	1.100		0		1		1.573	0.935	
Proline....g	0.811		0		1		1.160	0.689	
Serine....g	0.935		0		1		1.337	0.795	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 143g: 1 fillet

NDB No. 15116

Fish, trout, rainbow, wild, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15115
Fish, trout, rainbow, wild, raw
Salmo gairdneri Richardson

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	71.87	0.823	30		1		114.27	61.09	
Energy ... kcal	119		0	NC	4		189	101	
Energy ... kJ	498				4		792	423	
Protein (N x 6.25) ... g	20.48	0.309	28		1		32.56	17.41	
Total lipid (fat) ... g	3.46	0.226	50		1		5.50	2.94	
Ash ... g	1.31	0.019	27		1		2.08	1.11	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	67		2		1		107	57	
Iron, Fe ... mg	0.70	0.311	5		1		1.11	0.60	
Magnesium, Mg ... mg	31	0.416	22		1		49	26	
Phosphorus, P ... mg	271	8.117	5		1		431	230	
Potassium, K ... mg	481	7.777	22		1		765	409	
Sodium, Na ... mg	31	2.185	22		1		49	26	
Zinc, Zn ... mg	1.08	0.044	172		1		1.72	0.92	
Copper, Cu ... mg	0.109	0.025	169		1		0.173	0.093	
Manganese, Mn ... mg	0.158	0.136	5		1		0.251	0.134	
Selenium, Se ... µg	12.6		0	BFZN	4		20.0	10.7	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	2.4	0.534	6		1		3.8	2.0	
Thiamin ... mg	0.123	0.013	5		1		0.196	0.105	
Riboflavin ... mg	0.105	0.021	5		1		0.167	0.089	
Niacin ... mg	5.384	0.281	5		1		8.561	4.576	
Pantothenic acid ... mg	0.928	0.114	5		1		1.476	0.789	
Vitamin B-6 ... mg	0.406	0.017	5		1		0.646	0.345	
Folate, total ... µg	12	2.147	3		1		19	10	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	12	2.147	3		1		19	10	
Folate, DFE ... mcg_DFE	12		0	NC	4		19	10	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	4.45	0.561	5		1		7.08	3.78	
Vitamin A, RAE ... mcg_RAE	19	2.175	22		1		30	16	
Retinol ... µg	19	2.175	22		1		30	16	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	62	7.244	22		1		99	53	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.722		0		1		1.148	0.614	
4:0 ... g	0.000		0		1		0.000	0.000	

NDB No. 15115
Fish, trout, rainbow, wild, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.011		20		1		0.017	0.009	
13:0 g									
14:0 g	0.079		20		1		0.126	0.067	
15:0 g									
16:0 g	0.421		20		1		0.669	0.358	
17:0 g									
18:0 g	0.139		20		1		0.221	0.118	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.129		0		1		1.795	0.960	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.203		20		1		0.323	0.173	
17:1 g									
18:1 undifferentiated g	0.614		20		1		0.976	0.522	
20:1 g	0.112		20		1		0.178	0.095	
22:1 undifferentiated g	0.138		20		1		0.219	0.117	
24:1 c g									
Fatty acids, total polyunsaturated g	1.237		0		1		1.967	1.051	
18:2 undifferentiated g	0.239		20		1		0.380	0.203	
18:3 undifferentiated g	0.119		20		1		0.189	0.101	
18:4 g	0.066		20		1		0.105	0.056	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.109		20		1		0.173	0.093	
20:5 n-3 (EPA) g	0.167		20		1		0.266	0.142	
22:5 n-3 (DPA) g	0.106	0.000	20		1		0.169	0.090	
22:6 n-3 (DHA) g	0.420		20		1		0.668	0.357	
Fatty acids, total trans g									
Cholesterol mg	59	2.954	7		1		94	50	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.229		0		1		0.364	0.195	
Threonine g	0.898		0		1		1.428	0.763	
Isoleucine g	0.944		0		1		1.501	0.802	
Leucine g	1.664		0		1		2.646	1.414	
Lysine g	1.881		0		1		2.991	1.599	
Methionine g	0.606		0		1		0.964	0.515	
Cystine g	0.220		0		1		0.350	0.187	
Phenylalanine g	0.799		0		1		1.270	0.679	
Tyrosine g	0.691		0		1		1.099	0.587	
Valine g	1.055		0		1		1.677	0.897	
Arginine g	1.225		0		1		1.948	1.041	
Histidine g	0.603		0		1		0.959	0.513	
Alanine g	1.239		0		1		1.970	1.053	
Aspartic acid g	2.097		0		1		3.334	1.782	
Glutamic acid g	3.057		0		1		4.861	2.598	
Glycine g	0.983		0		1		1.563	0.836	
Proline g	0.724		0		1		1.151	0.615	
Serine g	0.836		0		1		1.329	0.711	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 15115
Fish, trout, rainbow, wild, raw

Common Measures:

Measure 1 = 159g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15128
Fish, tuna salad

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.16		0		1		129.48	53.69	
Energy....kcal	187		0	NC	4		383	159	
Energy....kJ	782				4		1604	665	
Protein (N x 6.25)....g	16.04		0		1		32.88	13.63	
Total lipid (fat)....g	9.26		0		1		18.98	7.87	
Ash....g	2.14		0		1		4.39	1.82	
Carbohydrate, by difference....g	9.41		0	NC	4		19.29	8.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17		0		1		35	14	
Iron, Fe....mg	1.00		0		4		2.05	0.85	
Magnesium, Mg....mg	19		0		4		39	16	
Phosphorus, P....mg	178		0		1		365	151	
Potassium, K....mg	178		0		4		365	151	
Sodium, Na....mg	402		0		4		824	342	
Zinc, Zn....mg	0.56		0		4		1.15	0.48	
Copper, Cu....mg	0.145		0		1		0.297	0.123	
Manganese, Mn....mg	0.040		0		4		0.082	0.034	
Selenium, Se....µg	41.2		0	RA	4		84.5	35.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.2		0		1		4.5	1.9	
Thiamin....mg	0.031		0		1		0.064	0.026	
Riboflavin....mg	0.070		0		4		0.144	0.060	
Niacin....mg	6.700		0		4		13.735	5.695	
Pantothenic acid....mg	0.260		0		4		0.533	0.221	
Vitamin B-6....mg	0.081		0		1		0.166	0.069	
Folate, total....µg	8		0	RA	4		16	7	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		0	RA	4		16	7	
Folate, DFE....mcg_DFE	8		0	NC	4		16	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.20		0		4		2.46	1.02	
Vitamin A, RAE....mcg_RAE	24		0	NC	4		48	20	
Retinol....µg	22		0	NC	4		45	19	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	97		0		1		199	82	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.544		0		1		3.165	1.312	
4:0....g									

NDB No. 15128
Fish, tuna salad

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.014		0		1		0.029	0.012	
15:0 g									
16:0 g	1.280		0		1		2.624	1.088	
17:0 g									
18:0 g	0.249		0		1		0.510	0.212	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.887		0		1		5.918	2.454	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.045		0		1		0.092	0.038	
17:1 g									
18:1 undifferentiated g	2.828		0		1		5.797	2.404	
20:1 g	0.014		0		1		0.029	0.012	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	4.122		0		1		8.450	3.504	
18:2 undifferentiated g	3.722		0		1		7.630	3.164	
18:3 undifferentiated g	0.332		0		1		0.681	0.282	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g	0.014		0		1		0.029	0.012	
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g	0.055		0		1		0.113	0.047	
Fatty acids, total trans g									
Cholesterol mg	13		0		1		27	11	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.180		0		1		0.369	0.153	
Threonine g	0.701		0		1		1.437	0.596	
Isoleucine g	0.739		0		1		1.515	0.628	
Leucine g	1.293		0		1		2.651	1.099	
Lysine g	1.457		0		1		2.987	1.238	
Methionine g	0.470		0		1		0.964	0.400	
Cystine g	0.172		0		1		0.353	0.146	
Phenylalanine g	0.626		0		1		1.283	0.532	
Tyrosine g	0.539		0		1		1.105	0.458	
Valine g	0.824		0		1		1.689	0.700	
Arginine g	0.967		0		1		1.982	0.822	
Histidine g	0.467		0		1		0.957	0.397	
Alanine g	0.962		0		1		1.972	0.818	
Aspartic acid g	1.632		0		1		3.346	1.387	
Glutamic acid g	2.402		0		1		4.924	2.042	
Glycine g	0.767		0		1		1.572	0.652	
Proline g	0.565		0		1		1.158	0.480	
Serine g	0.657		0		1		1.347	0.558	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup

NDB No. 15128
Fish, tuna salad

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15118
Fish, tuna, fresh, bluefin, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.09		0		1		50.23		
Energy....kcal	184		0	NC	4		156		
Energy....kJ	770				4		654		
Protein (N x 6.25)....g	29.91		0		1		25.42		
Total lipid (fat)....g	6.28		0		1		5.34		
Ash....g	1.51		0		1		1.28		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0		4		9		
Iron, Fe....mg	1.31		0		1		1.11		
Magnesium, Mg....mg	64		0		4		54		
Phosphorus, P....mg	326		0		4		277		
Potassium, K....mg	323		0		1		275		
Sodium, Na....mg	50		0		1		43		
Zinc, Zn....mg	0.77		0		1		0.65		
Copper, Cu....mg	0.110		0		1		0.094		
Manganese, Mn....mg	0.020		0		4		0.017		
Selenium, Se....µg	46.8		0	BFSN	4		39.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.278		0		1		0.236		
Riboflavin....mg	0.306		0		1		0.260		
Niacin....mg	10.540		0		1		8.959		
Pantothenic acid....mg	1.370		0		4		1.165		
Vitamin B-6....mg	0.525		0		1		0.446		
Folate, total....µg	2		0		4		2		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	2		0		4		2		
Folate, DFE....mcg_DFE	2		0	NC	4		2		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	10.88		0		1		9.25		
Vitamin A, RAE....mcg_RAE	757		0		1		643		
Retinol....µg	757		0		1		643		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	2520		0		1		2142		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.612		0		1		1.370		
4:0....g									

NDB No. 15118
Fish, tuna, fresh, bluefin, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.178		0		1		0.151		
15:0....g									
16:0....g	1.038		0		1		0.882		
17:0....g									
18:0....g	0.394		0		1		0.335		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.053		0		1		1.745		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.208		0		1		0.177		
17:1....g									
18:1 undifferentiated....g	1.185		0		1		1.007		
20:1....g	0.355		0		1		0.302		
22:1 undifferentiated....g	0.304		0		1		0.258		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.844		0		1		1.567		
18:2 undifferentiated....g	0.068		0		1		0.058		
18:3 undifferentiated....g									
18:4....g	0.050		0		1		0.043		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.055		0		1		0.047		
20:5 n-3 (EPA)....g	0.363		0		1		0.309		
22:5 n-3 (DPA)....g	0.160		0		1		0.136		
22:6 n-3 (DHA)....g	1.141		0		1		0.970		
Fatty acids, total trans....g									
Cholesterol....mg	49		0		1		42		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.335		0		1		0.285		
Threonine....g	1.311		0		1		1.114		
Isoleucine....g	1.378		0		1		1.171		
Leucine....g	2.431		0		1		2.066		
Lysine....g	2.747		0		1		2.335		
Methionine....g	0.885		0		1		0.752		
Cystine....g	0.321		0		1		0.273		
Phenylalanine....g	1.168		0		1		0.993		
Tyrosine....g	1.010		0		1		0.859		
Valine....g	1.541		0		1		1.310		
Arginine....g	1.790		0		1		1.522		
Histidine....g	0.880		0		1		0.748		
Alanine....g	1.809		0		1		1.538		
Aspartic acid....g	3.062		0		1		2.603		
Glutamic acid....g	4.464		0		1		3.794		
Glycine....g	1.436		0		1		1.221		
Proline....g	1.057		0		1		0.898		
Serine....g	1.220		0		1		1.037		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15118
Fish, tuna, fresh, bluefin, cooked, dry heat

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15117

Fish, tuna, fresh, bluefin, raw

Thunnus thynnus (L.)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	68.09	0.781	26		1		57.88		
Energy ... kcal	144		0	NC	4		122		
Energy ... kJ	602		0		4		512		
Protein (N x 6.25) ... g	23.33	0.377	18		1		19.83		
Total lipid (fat) ... g	4.90	0.971	7		1		4.17		
Ash ... g	1.18	0.020	25		1		1.00		
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00		
Fiber, total dietary ... g	0.0		0	Z	7		0.0		
Sugars, total ... g	0.00		0	Z	7		0.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	8		0		4		7		
Iron, Fe ... mg	1.02	0.034	5		1		0.87		
Magnesium, Mg ... mg	50		0		4		43		
Phosphorus, P ... mg	254		0		4		216		
Potassium, K ... mg	252	41.695	4		1		214		
Sodium, Na ... mg	39		1		1		33		
Zinc, Zn ... mg	0.60	0.039	10		1		0.51		
Copper, Cu ... mg	0.086	0.013	16		1		0.073		
Manganese, Mn ... mg	0.015		0		1		0.013		
Selenium, Se ... µg	36.5		0	CAZN	4		31.0		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0		
Thiamin ... mg	0.241	0.023	11		1		0.205		
Riboflavin ... mg	0.251	0.055	17		1		0.213		
Niacin ... mg	8.654	0.627	16		1		7.356		
Pantothenic acid ... mg	1.054	0.247	17		1		0.896		
Vitamin B-6 ... mg	0.455		2		1		0.387		
Folate, total ... µg	2		0		4		2		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	2		0		4		2		
Folate, DFE ... mcg_DFE	2		0	NC	4		2		
Choline, total ... mg	65.0		0	T	4		55.3		
Betaine ... mg									
Vitamin B-12 ... µg	9.43	2.381	18		1		8.01		
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... mcg_RAE	655		0	NC	4		557		
Retinol ... µg	655		0	T	4		557		
Carotene, beta ... µg	0		0	Z	7		0		
Carotene, alpha ... µg	0		0	Z	7		0		
Cryptoxanthin, beta ... µg	0		0	Z	7		0		
Vitamin A, IU ... IU	2183		0	NC	4		1856		
Lycopene ... µg	0		0	Z	7		0		
Lutein + zeaxanthin ... µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg	1.00		0	NR	4		0.85		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	5.7		0	AS	1		4.8		
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg	5.7		0	BFFN	4		4.8		
Vitamin D ... IU	227		0	BFFN	4		193		
Vitamin K (phylloquinone) ... µg	0.0		0	T	4		0.0		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 15117
Fish, tuna, fresh, bluefin, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.257		0		1		1.068		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.139		2		1		0.118		
15:0....g									
16:0....g	0.810		2		1		0.689		
17:0....g									
18:0....g	0.307		2		1		0.261		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.600		0		4		1.360		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.162		2		1		0.138		
17:1....g									
18:1 undifferentiated....g	0.924		2		1		0.785		
20:1....g	0.277		1		1		0.235		
22:1 undifferentiated....g	0.237		2		1		0.201		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.433		0		4		1.218		
18:2 undifferentiated....g	0.053		2		1		0.045		
18:3 undifferentiated....g	0.000		0		1		0.000		
18:4....g	0.039		1		1		0.033		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.043		1		1		0.037		
20:5 n-3 (EPA)....g	0.283		3		1		0.241		
22:5 n-3 (DPA)....g	0.125		3		1		0.106		
22:6 n-3 (DHA)....g	0.890		2		1		0.757		
Fatty acids, total trans....g									
Cholesterol....mg	38	2.987	3		1		32		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.261		0		1		0.222		
Threonine....g	1.023		0		1		0.870		
Isoleucine....g	1.075		0		1		0.914		
Leucine....g	1.896		0		1		1.612		
Lysine....g	2.142		0		1		1.821		
Methionine....g	0.690		0		1		0.587		
Cystine....g	0.250		0		1		0.213		
Phenylalanine....g	0.911		0		1		0.774		
Tyrosine....g	0.787		0		1		0.669		
Valine....g	1.202		0		1		1.022		
Arginine....g	1.396		0		1		1.187		
Histidine....g	0.687		0		1		0.584		
Alanine....g	1.411		0		1		1.199		
Aspartic acid....g	2.388		0		1		2.030		
Glutamic acid....g	3.482		0		1		2.960		
Glycine....g	1.120		0		1		0.952		
Proline....g	0.825		0		1		0.701		
Serine....g	0.952		0		1		0.809		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15117
Fish, tuna, fresh, bluefin, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15123

Fish, tuna, fresh, skipjack, raw

Euthynnus pelamis (L.)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.58	0.429	15		1		139.75	59.99	
Energy....kcal	103		0	NC	4		204	88	
Energy....kJ	431				4		853	366	
Protein (N x 6.25)....g	22.00	1.245	9		1		43.56	18.70	
Total lipid (fat)....g	1.01	0.060	5		1		2.00	0.86	
Ash....g	1.30		1		1		2.57	1.11	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	29	5.534	3		1		57	25	
Iron, Fe....mg	1.25	0.024	24		1		2.48	1.06	
Magnesium, Mg....mg	34	4.241	3		1		67	29	
Phosphorus, P....mg	222	6.657	8		1		440	189	
Potassium, K....mg	407		1		1		806	346	
Sodium, Na....mg	37	5.234	4		1		73	31	
Zinc, Zn....mg	0.82	0.064	70		1		1.62	0.70	
Copper, Cu....mg	0.086	0.004	93		1		0.170	0.073	
Manganese, Mn....mg	0.015		0		1		0.030	0.013	
Selenium, Se....µg	36.5		0	CAZN	4		72.3	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		4		2.0	0.9	
Thiamin....mg	0.033		1		1		0.065	0.028	
Riboflavin....mg	0.100		0		4		0.198	0.085	
Niacin....mg	15.400		0		4		30.492	13.090	
Pantothenic acid....mg	0.420		0		4		0.832	0.357	
Vitamin B-6....mg	0.850		2		1		1.683	0.723	
Folate, total....µg	9		0		4		18	8	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9		0		4		18	8	
Folate, DFE....mcg_DFE	9		0	NC	4		18	8	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.90		0		4		3.76	1.62	
Vitamin A, RAE....mcg_RAE	16	6.822	3		1		31	13	
Retinol....µg	16	6.822	3		1		31	13	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	52	22.716	3		1		103	44	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.328		0		1		0.649	0.279	
4:0....g									

NDB No. 15123
Fish, tuna, fresh, skipjack, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.040		2		1		0.079	0.034	
15:0....g									
16:0....g	0.233		2		1		0.461	0.198	
17:0....g									
18:0....g	0.055		2		1		0.109	0.047	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.190		0		1		0.376	0.162	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.036		2		1		0.071	0.031	
17:1....g									
18:1 undifferentiated....g	0.131		2		1		0.259	0.111	
20:1....g	0.017		1		1		0.034	0.014	
22:1 undifferentiated....g	0.006		1		1		0.012	0.005	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.315		0		1		0.624	0.268	
18:2 undifferentiated....g	0.016		2		1		0.032	0.014	
18:3 undifferentiated....g									
18:4....g	0.004		1		1		0.008	0.003	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.026		1		1		0.051	0.022	
20:5 n-3 (EPA)....g	0.071	0.043	3		1		0.141	0.060	
22:5 n-3 (DPA)....g	0.013		2		1		0.026	0.011	
22:6 n-3 (DHA)....g	0.185		2		1		0.366	0.157	
Fatty acids, total trans....g									
Cholesterol....mg	47		2		1		93	40	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.246		0		1		0.487	0.209	
Threonine....g	0.964		0		1		1.909	0.819	
Isoleucine....g	1.014		0		1		2.008	0.862	
Leucine....g	1.788		0		1		3.540	1.520	
Lysine....g	2.020		0		1		4.000	1.717	
Methionine....g	0.651		0		1		1.289	0.553	
Cystine....g	0.236		0		1		0.467	0.201	
Phenylalanine....g	0.859		0		1		1.701	0.730	
Tyrosine....g	0.743		0		1		1.471	0.632	
Valine....g	1.133		0		1		2.243	0.963	
Arginine....g	1.316		0		1		2.606	1.119	
Histidine....g	0.648		0		1		1.283	0.551	
Alanine....g	1.331		0		1		2.635	1.131	
Aspartic acid....g	2.253		0		1		4.461	1.915	
Glutamic acid....g	3.284		0		1		6.502	2.791	
Glycine....g	1.056		0		1		2.091	0.898	
Proline....g	0.778		0		1		1.540	0.661	
Serine....g	0.898		0		1		1.778	0.763	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 198g: .5 fillet

NDB No. 15123
Fish, tuna, fresh, skipjack, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

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NDB No. 15127

Fish, tuna, fresh, yellowfin, raw

Thunnus albacares (Bonnaterre)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.03	0.916	11	A	1		20.99	11.85	62.93
Energy	kcal	109		0	NC	4		31	17	92
Energy	kJ	454		0	NC	4		129	73	386
Protein (N x 6.25)	g	24.40	0.740	11	A	1		6.92	3.90	20.74
Total lipid (fat)	g	0.49	0.106	11	A	1		0.14	0.08	0.42
Ash	g	1.64	0.074	11	A	1		0.46	0.26	1.39
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	4	0.131	11	A	1		1	1	3
Iron, Fe	mg	0.77	0.141	11	A	1		0.22	0.12	0.65
Magnesium, Mg	mg	35	0.811	11	A	1		10	6	30
Phosphorus, P	mg	278	4.192	11	A	1		79	45	237
Potassium, K	mg	441	9.097	11	A	1		125	71	375
Sodium, Na	mg	45	5.430	11	A	1		13	7	38
Zinc, Zn	mg	0.37	0.012	11	A	1		0.11	0.06	0.32
Copper, Cu	mg	0.036	0.005	11	A	1		0.010	0.006	0.030
Manganese, Mn	mg	0.011	0.000	11	A	1		0.003	0.002	0.009
Selenium, Se	µg	90.6	13.495	11	A	1		25.7	14.5	77.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.118	0.026	4	A	1		0.033	0.019	0.100
Riboflavin	mg	0.115	0.068	4	A	1		0.033	0.018	0.098
Niacin	mg	18.475	0.423	4	A	1		5.238	2.956	15.704
Pantothenic acid	mg	0.280	0.030	4	A	1		0.079	0.045	0.238
Vitamin B-6	mg	0.933	0.049	4	A	1		0.265	0.149	0.793
Folate, total	µg	2		0		4		1	0	2
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	2		0		4		1	0	2
Folate, DFE	mcg_DFE	2		0	NC	4		1	0	2
Choline, total	mg	65.0		0	T	4		18.4	10.4	55.3
Betaine	mg									
Vitamin B-12	µg	2.08	0.315	4	A	1		0.59	0.33	1.76
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	18		0	NC	4		5	3	15
Retinol	µg	18		0	T	4		5	3	15
Carotene, beta	µg	0		0	Z	7		0	0	0
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	60		0	NC	4		17	10	51
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.24	0.047	4	A	1		0.07	0.04	0.20
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, delta	mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	1.7	0.116	4	AS	1		0.5	0.3	1.5
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	1.7	0.116	4	A	1		0.5	0.3	1.5
Vitamin D	IU	69	4.587	4	A	1		19	11	58
Vitamin K (phylloquinone)	µg	0.1		0	T	4		0.0	0.0	0.1
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

Lipids:

NDB No. 15127
Fish, tuna, fresh, yellowfin, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.172		0	NC	4		0.049	0.028	0.146
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000	0.000	7	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	11	A	1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.001	0.000	11	A	1		0.000	0.000	0.001
13:0....g									
14:0....g	0.009	0.003	11	A	1		0.002	0.001	0.007
15:0....g	0.003	0.001	11	A	1		0.001	0.000	0.003
16:0....g	0.106	0.023	11	A	1		0.030	0.017	0.090
17:0....g	0.004	0.001	11	A	1		0.001	0.001	0.003
18:0....g	0.045	0.007	11	A	1		0.013	0.007	0.038
20:0....g	0.002	0.000	11	A	1		0.000	0.000	0.001
22:0....g	0.001	0.000	11	A	1		0.000	0.000	0.001
24:0....g	0.001	0.000	11	A	1		0.000	0.000	0.001
Fatty acids, total monounsaturated....g	0.116		0	NC	4		0.033	0.019	0.099
14:1....g	0.001	0.000	11	A	1		0.000	0.000	0.001
15:1....g	0.001	0.000	11	A	1		0.000	0.000	0.001
16:1 undifferentiated....g	0.011	0.004	11	AS	1		0.003	0.002	0.010
16:1 c....g	0.011	0.003	11	A	1		0.003	0.002	0.009
16:1 t....g	0.001	0.000	11	A	1		0.000	0.000	0.001
17:1....g	0.002	0.000	11	A	1		0.001	0.000	0.002
18:1 undifferentiated....g	0.083	0.020	11	AS	1		0.023	0.013	0.070
18:1 c....g	0.080	0.020	11	A	1		0.023	0.013	0.068
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.003	0.000	11	A	1		0.001	0.000	0.002
18:1-11t (18:1t n-7)....g									
20:1....g	0.008	0.002	11	A	1		0.002	0.001	0.006
22:1 undifferentiated....g	0.001	0.000	11	AS	1		0.000	0.000	0.001
22:1 c....g	0.001	0.000	11	A	1		0.000	0.000	0.001
22:1 t....g	0.000	0.000	11	A	1		0.000	0.000	0.000
24:1 c....g	0.008	0.001	11	A	1		0.002	0.001	0.007
Fatty acids, total polyunsaturated....g	0.147		0	NC	4		0.042	0.023	0.125
18:2 undifferentiated....g	0.019	0.002	11	AS	1		0.006	0.003	0.017
18:2 n-6 c,c....g	0.006	0.001	11	A	1		0.002	0.001	0.005
18:2 CLAs....g	0.000	0.000	11	A	1		0.000	0.000	0.000
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.013	0.002	11	A	1		0.004	0.002	0.011
18:3 undifferentiated....g	0.002	0.000	11	AS	1		0.000	0.000	0.001
18:3 n-3 c,c,c (ALA)....g	0.002	0.000	11	A	1		0.000	0.000	0.001
18:3 n-6 c,c,c....g	0.000	0.000	11	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000	0.000	11	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.001	0.000	11	A	1		0.000	0.000	0.001
20:3 undifferentiated....g	0.003	0.001	11	AS	1		0.001	0.000	0.002
20:3 n-3....g	0.001	0.000	11	A	1		0.000	0.000	0.001
20:3 n-6....g	0.001	0.000	11	A	1		0.000	0.000	0.001
20:4 undifferentiated....g	0.015	0.002	11	A	1		0.004	0.002	0.013
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.012	0.004	11	A	1		0.004	0.002	0.011
21:5....g									
22:4....g	0.002	0.000	11	A	1		0.000	0.000	0.001
22:5 n-3 (DPA)....g	0.004	0.001	11	A	1		0.001	0.001	0.003
22:6 n-3 (DHA)....g	0.088	0.022	11	A	1		0.025	0.014	0.075
Fatty acids, total trans....g	0.016		0	NC	4		0.005	0.003	0.014
Fatty acids, total trans-monoenoic....g	0.003		0	NC	4		0.001	0.001	0.003
Fatty acids, total trans-polyenoic....g	0.013		0	NC	4		0.004	0.002	0.011
Cholesterol....mg	39	0.392	4	A	1		11	6	34
Phytosterols....mg									

NDB No. 15127
Fish, tuna, fresh, yellowfin, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.262		0	A	1		0.074	0.042	0.223
Threonine....g	1.025		0	A	1		0.291	0.164	0.871
Isoleucine....g	1.077		0	A	1		0.305	0.172	0.915
Leucine....g	1.900		0	A	1		0.539	0.304	1.615
Lysine....g	2.147		0	A	1		0.609	0.344	1.825
Methionine....g	0.692		0	A	1		0.196	0.111	0.588
Cystine....g	0.251		0	A	1		0.071	0.040	0.213
Phenylalanine....g	0.913		0	A	1		0.259	0.146	0.776
Tyrosine....g	0.789		0	A	1		0.224	0.126	0.671
Valine....g	1.204		0	A	1		0.341	0.193	1.023
Arginine....g	1.399		0	A	1		0.397	0.224	1.189
Histidine....g	0.688		0	A	1		0.195	0.110	0.585
Alanine....g	1.414		0	A	1		0.401	0.226	1.202
Aspartic acid....g	2.394		0	A	1		0.679	0.383	2.035
Glutamic acid....g	3.489		0	A	1		0.989	0.558	2.966
Glycine....g	1.122		0	A	1		0.318	0.180	0.954
Proline....g	0.827		0	A	1		0.234	0.132	0.703
Serine....g	0.954		0	A	1		0.270	0.153	0.811
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 16g: 1 cubic inch, boneless

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15119
Fish, tuna, light, canned in oil, drained solids

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.83	0.557	9		1		87.35	16.96	102.31
Energy	kcal	198		0	NC	4		289	56	339
Energy	kJ	830		0	NC	4		1211	235	1419
Protein (N x 6.25)	g	29.13	0.365	6		1		42.53	8.26	49.81
Total lipid (fat)	g	8.21	0.139	7		1		11.99	2.33	14.04
Ash	g	2.76	0.295	9		1		4.03	0.78	4.72
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	13	2.415	9		1		19	4	22
Iron, Fe	mg	1.39	0.081	8		1		2.03	0.39	2.38
Magnesium, Mg	mg	31	1.591	8		1		45	9	53
Phosphorus, P	mg	311	18.785	9		1		454	88	532
Potassium, K	mg	207		0		1		302	59	354
Sodium, Na	mg	354		0		1		517	100	605
Zinc, Zn	mg	0.90	0.106	8		1		1.31	0.26	1.54
Copper, Cu	mg	0.071		0		1		0.104	0.020	0.121
Manganese, Mn	mg	0.015	0.002	8		1		0.022	0.004	0.026
Selenium, Se	µg	76.0	0.820	44	A	1		111.0	21.5	130.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.038		1		1		0.055	0.011	0.065
Riboflavin	mg	0.120		0		4		0.175	0.034	0.205
Niacin	mg	12.400		0		4		18.104	3.515	21.204
Pantothenic acid	mg	0.370		0		4		0.540	0.105	0.633
Vitamin B-6	mg	0.110		1		1		0.161	0.031	0.188
Folate, total	µg	5	1.445	3		1		8	2	9
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	5	1.445	3		1		8	2	9
Folate, DFE	mcg_DFE	5		0	NC	4		8	2	9
Choline, total	mg	29.3		0	T	4		42.8	8.3	50.1
Betaine	mg									
Vitamin B-12	µg	2.20		0		4		3.21	0.62	3.76
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	23		0	NC	4		34	7	39
Retinol	µg	23		0	T	4		34	7	39
Carotene, beta	µg	0		0	Z	7		0	0	0
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	77		0	NC	4		112	22	131
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.87	0.017	3		1		1.28	0.25	1.49
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.02	0.000	3		1		0.02	0.00	0.03
Tocopherol, gamma	mg	3.96	0.740	3		1		5.78	1.12	6.77
Tocopherol, delta	mg	1.24	0.277	3		1		1.82	0.35	2.13
Vitamin D (D2 + D3)	µg	6.7		0	AS	1		9.8	1.9	11.5
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	6.7		0	BFNN	4		9.8	1.9	11.5
Vitamin D	IU	269		0	BFNN	4		392	76	459
Vitamin K (phylloquinone)	µg	44.0		2		1		64.2	12.5	75.2
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

Lipids:

NDB No. 15119
Fish, tuna, light, canned in oil, drained solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.534		0		1		2.240	0.435	2.623
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.027		1		1		0.039	0.008	0.046
15:0....g									
16:0....g	1.415		1		1		2.066	0.401	2.420
17:0....g									
18:0....g	0.092		1		1		0.134	0.026	0.157
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.949		0		1		4.306	0.836	5.043
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.083		1		1		0.121	0.024	0.142
17:1....g									
18:1 undifferentiated....g	2.839		1		1		4.145	0.805	4.855
20:1....g	0.027		1		1		0.039	0.008	0.046
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.885		0		1		4.212	0.818	4.933
18:2 undifferentiated....g	2.683		1		1		3.917	0.761	4.588
18:3 undifferentiated....g	0.074		1		1		0.108	0.021	0.127
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.027		1		1		0.039	0.008	0.046
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.101		1		1		0.147	0.029	0.173
Fatty acids, total trans....g									
Cholesterol....mg	18		1		1		26	5	31
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.326		0		1		0.476	0.092	0.557
Threonine....g	1.277		0		1		1.864	0.362	2.184
Isoleucine....g	1.342		0		1		1.959	0.380	2.295
Leucine....g	2.368		0		1		3.457	0.671	4.049
Lysine....g	2.675		0		1		3.906	0.758	4.574
Methionine....g	0.862		0		1		1.259	0.244	1.474
Cystine....g	0.312		0		1		0.456	0.088	0.534
Phenylalanine....g	1.137		0		1		1.660	0.322	1.944
Tyrosine....g	0.983		0		1		1.435	0.279	1.681
Valine....g	1.501		0		1		2.191	0.426	2.567
Arginine....g	1.743		0		1		2.545	0.494	2.981
Histidine....g	0.858		0		1		1.253	0.243	1.467
Alanine....g	1.762		0		1		2.573	0.500	3.013
Aspartic acid....g	2.983		0		1		4.355	0.846	5.101
Glutamic acid....g	4.349		0		1		6.350	1.233	7.437
Glycine....g	1.398		0		1		2.041	0.396	2.391
Proline....g	1.030		0		1		1.504	0.292	1.761
Serine....g	1.189		0		1		1.736	0.337	2.033
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15119
Fish, tuna, light, canned in oil, drained solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 146g: 1 cup, solid or chunks

Measure 2 = 28.35g: 1 oz

Measure 3 = 171g: 1 can

Calories Factors: Protein 4.27 **Fat** 9 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15183
Fish, tuna, light, canned in oil, without salt, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.83	0.557	9		1		102.31	50.86	
Energy....kcal	198		0	NC	4		339	169	
Energy....kJ	830		0	NC	4		1419	705	
Protein (N x 6.25)....g	29.13	0.365	6		1		49.81	24.76	
Total lipid (fat)....g	8.21	0.139	7		1		14.04	6.98	
Ash....g	2.76	0.295	9		1		4.72	2.35	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13	2.415	9		1		22	11	
Iron, Fe....mg	1.39	0.081	8		1		2.38	1.18	
Magnesium, Mg....mg	31	1.591	8		1		53	26	
Phosphorus, P....mg	311	18.785	9		1		532	264	
Potassium, K....mg	207		0		1		354	176	
Sodium, Na....mg	50		0		1		86	43	
Zinc, Zn....mg	0.90	0.106	8		1		1.54	0.77	
Copper, Cu....mg	0.071		0		1		0.121	0.060	
Manganese, Mn....mg	0.015	0.002	8		1		0.026	0.013	
Selenium, Se....µg	76.0	0.820	44	A	1		130.0	64.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.038		1		1		0.065	0.032	
Riboflavin....mg	0.120		0		4		0.205	0.102	
Niacin....mg	12.400		0		4		21.204	10.540	
Pantothenic acid....mg	0.370		0		4		0.633	0.315	
Vitamin B-6....mg	0.110		1		1		0.188	0.094	
Folate, total....µg	5	1.445	3		1		9	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5	1.445	3		1		9	5	
Folate, DFE....mcg_DFE	5		0	NC	4		9	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.20		0		4		3.76	1.87	
Vitamin A, RAE....mcg_RAE									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	78	1.352	6		1		133	66	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.534		0		1		2.623	1.304	
4:0....g									

NDB No. 15183
Fish, tuna, light, canned in oil, without salt, drained solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.027		1		1		0.046	0.023	
15:0 g									
16:0 g	1.415		1		1		2.420	1.203	
17:0 g									
18:0 g	0.092		1		1		0.157	0.078	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.949		0		1		5.043	2.507	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.083		1		1		0.142	0.071	
17:1 g									
18:1 undifferentiated g	2.839		1		1		4.855	2.413	
20:1 g	0.027		1		1		0.046	0.023	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.885		0		1		4.933	2.452	
18:2 undifferentiated g	2.683		1		1		4.588	2.281	
18:3 undifferentiated g	0.074		1		1		0.127	0.063	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g	0.027		1		1		0.046	0.023	
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g	0.101		1		1		0.173	0.086	
Fatty acids, total trans g									
Cholesterol mg	18		1		1		31	15	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.326		0		1		0.557	0.277	
Threonine g	1.277		0		1		2.184	1.085	
Isoleucine g	1.342		0		1		2.295	1.141	
Leucine g	2.368		0		1		4.049	2.013	
Lysine g	2.675		0		1		4.574	2.274	
Methionine g	0.862		0		1		1.474	0.733	
Cystine g	0.312		0		1		0.534	0.265	
Phenylalanine g	1.137		0		1		1.944	0.966	
Tyrosine g	0.983		0		1		1.681	0.836	
Valine g	1.501		0		1		2.567	1.276	
Arginine g	1.743		0		1		2.981	1.482	
Histidine g	0.858		0		1		1.467	0.729	
Alanine g	1.762		0		1		3.013	1.498	
Aspartic acid g	2.983		0		1		5.101	2.536	
Glutamic acid g	4.349		0		1		7.437	3.697	
Glycine g	1.398		0		1		2.391	1.188	
Proline g	1.030		0		1		1.761	0.876	
Serine g	1.189		0		1		2.033	1.011	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 171g: 1 can

NDB No. 15183

Fish, tuna, light, canned in oil, without salt, drained solids

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15121
Fish, tuna, light, canned in water, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.51	0.569	11		1		114.75	21.12	122.94
Energy....kcal	116		0	NC	4		179	33	192
Energy....kJ	487		0	NC	4		750	138	803
Protein (N x 6.25)....g	25.51	1.466	6		1		39.29	7.23	42.09
Total lipid (fat)....g	0.82	0.082	11		1		1.26	0.23	1.35
Ash....g	1.48	0.146	5		1		2.28	0.42	2.44
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.564	30		1		17	3	18
Iron, Fe....mg	1.53	0.079	30		1		2.36	0.43	2.52
Magnesium, Mg....mg	27	0.569	33		1		42	8	45
Phosphorus, P....mg	163	3.070	29		1		251	46	269
Potassium, K....mg	237	5.967	33		1		365	67	391
Sodium, Na....mg	338	19.913	32		1		521	96	558
Zinc, Zn....mg	0.77	0.033	32		1		1.19	0.22	1.27
Copper, Cu....mg	0.051	0.004	31		1		0.079	0.014	0.084
Manganese, Mn....mg	0.011	0.001	27		1		0.017	0.003	0.018
Selenium, Se....µg	80.4	0.754	45	A	1		123.8	22.8	132.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	5		1		0.0	0.0	0.0
Thiamin....mg	0.032	0.006	5		1		0.049	0.009	0.053
Riboflavin....mg	0.074	0.012	5		1		0.114	0.021	0.122
Niacin....mg	13.280	0.711	5		1		20.451	3.765	21.912
Pantothenic acid....mg	0.214	0.040	5		1		0.330	0.061	0.353
Vitamin B-6....mg	0.350	0.021	5		1		0.539	0.099	0.578
Folate, total....µg	4	0.610	7		1		6	1	7
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	4	0.610	7		1		6	1	7
Folate, DFE....mcg_DFE	4		0	NC	4		6	1	7
Choline, total....mg	29.3		0	AS	1		45.1	8.3	48.4
Betaine....mg	2.7		1	A	1		4.2	0.8	4.5
Vitamin B-12....µg	2.99	0.365	5		1		4.60	0.85	4.93
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	17		0	NC	4		26	5	28
Retinol....µg	17		0	T	4		26	5	28
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	57		0	NC	4		87	16	93
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.33	0.014	9	JO	11		0.52	0.09	0.55
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg	0.00	0.000	9	JO	11		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00	0.001	9	JO	11		0.00	0.00	0.00
Tocopherol, delta....mg	0.00	0.000	9	JO	11		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	4.5		0	AS	1		7.0	1.3	7.5
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	4.5		0	BFSN	4		7.0	1.3	7.5
Vitamin D....IU	181		0	BFSN	4		279	51	299
Vitamin K (phylloquinone)....µg	0.2		2	A	1		0.3	0.0	0.3
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									

NDB No. 15121
Fish, tuna, light, canned in water, drained solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.234		0		1		0.360	0.066	0.386
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.018		5		1		0.028	0.005	0.030
15:0....g									
16:0....g	0.156		5		1		0.240	0.044	0.257
17:0....g									
18:0....g	0.060		5		1		0.092	0.017	0.099
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.159		0		1		0.245	0.045	0.262
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.026		5		1		0.040	0.007	0.043
17:1....g									
18:1 undifferentiated....g	0.093		5		1		0.143	0.026	0.153
20:1....g	0.011		5		1		0.017	0.003	0.018
22:1 undifferentiated....g	0.029		5		1		0.045	0.008	0.048
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.337		0		1		0.519	0.096	0.556
18:2 undifferentiated....g	0.009		5		1		0.014	0.003	0.015
18:3 undifferentiated....g	0.002		5		1		0.003	0.001	0.003
18:4....g	0.013		5		1		0.020	0.004	0.021
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.034		5		1		0.052	0.010	0.056
20:5 n-3 (EPA)....g	0.047		5		1		0.072	0.013	0.078
22:5 n-3 (DPA)....g	0.009	0.000	5		1		0.014	0.003	0.015
22:6 n-3 (DHA)....g	0.223		5		1		0.343	0.063	0.368
Fatty acids, total trans....g									
Cholesterol....mg	30	5.983	3		1		46	9	50
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.286		0		1		0.440	0.081	0.472
Threonine....g	1.118		0		1		1.722	0.317	1.845
Isoleucine....g	1.175		0		1		1.810	0.333	1.939
Leucine....g	2.073		0		1		3.192	0.588	3.420
Lysine....g	2.343		0		1		3.608	0.664	3.866
Methionine....g	0.755		0		1		1.163	0.214	1.246
Cystine....g	0.273		0		1		0.420	0.077	0.450
Phenylalanine....g	0.996		0		1		1.534	0.282	1.643
Tyrosine....g	0.861		0		1		1.326	0.244	1.421
Valine....g	1.314		0		1		2.024	0.373	2.168
Arginine....g	1.527		0		1		2.352	0.433	2.520
Histidine....g	0.751		0		1		1.157	0.213	1.239
Alanine....g	1.543		0		1		2.376	0.437	2.546
Aspartic acid....g	2.612		0		1		4.022	0.741	4.310
Glutamic acid....g	3.808		0		1		5.864	1.080	6.283
Glycine....g	1.224		0		1		1.885	0.347	2.020
Proline....g	0.902		0		1		1.389	0.256	1.488
Serine....g	1.041		0		1		1.603	0.295	1.718
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15121
Fish, tuna, light, canned in water, drained solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 154g: 1 cup, solid or chunks

Measure 2 = 28.35g: 1 oz

Measure 3 = 165g: 1 can

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15184

Fish, tuna, light, canned in water, without salt, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.21		0	BFAN	4		124.10	63.93	
Energy....kcal	116		0	NC	4		192	99	
Energy....kJ	487		0	NC	4		803	414	
Protein (N x 6.25)....g	25.51		0	A	1		42.09	21.68	
Total lipid (fat)....g	0.82		0	A	1		1.35	0.70	
Ash....g	0.78		0	BFAN	4		1.29	0.66	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0	A	1		18	9	
Iron, Fe....mg	1.53		0	A	1		2.52	1.30	
Magnesium, Mg....mg	27		0	A	1		45	23	
Phosphorus, P....mg	163		0	A	1		269	139	
Potassium, K....mg	237		0	A	1		391	201	
Sodium, Na....mg	50		0	CAZN	4		83	43	
Zinc, Zn....mg	0.77		0	A	1		1.27	0.65	
Copper, Cu....mg	0.051		0	A	1		0.084	0.043	
Manganese, Mn....mg	0.011		0	A	1		0.018	0.009	
Selenium, Se....µg	80.4	0.754	45	A	1		132.7	68.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	A	1		0.0	0.0	
Thiamin....mg	0.032		0	A	1		0.053	0.027	
Riboflavin....mg	0.074		0	A	1		0.122	0.063	
Niacin....mg	13.280		0	A	1		21.912	11.288	
Pantothenic acid....mg	0.214		0	A	1		0.353	0.182	
Vitamin B-6....mg	0.350		0	A	1		0.578	0.298	
Folate, total....µg	4		0	A	1		7	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0	A	1		7	3	
Folate, DFE....mcg_DFE	4		0	NC	4		7	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.99		0	A	1		4.93	2.54	
Vitamin A, RAE....mcg_RAE									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	56		0	A	1		92	48	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.234		0	A	1		0.386	0.199	
4:0....g	0.000		0	A	1		0.000	0.000	

NDB No. 15184
Fish, tuna, light, canned in water, without salt, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	A	1		0.000	0.000	
8:0....g	0.000		0	A	1		0.000	0.000	
10:0....g	0.000		0	A	1		0.000	0.000	
12:0....g	0.000		0	A	1		0.000	0.000	
13:0....g									
14:0....g	0.018		0	A	1		0.030	0.015	
15:0....g									
16:0....g	0.156		0	A	1		0.257	0.133	
17:0....g									
18:0....g	0.060		0	A	1		0.099	0.051	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.159		0	A	1		0.262	0.135	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.026		0	A	1		0.043	0.022	
17:1....g									
18:1 undifferentiated....g	0.093		0	A	1		0.153	0.079	
20:1....g	0.011		0	A	1		0.018	0.009	
22:1 undifferentiated....g	0.029		0	A	1		0.048	0.025	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.337		0	A	1		0.556	0.286	
18:2 undifferentiated....g	0.009		0	A	1		0.015	0.008	
18:3 undifferentiated....g	0.000		0	A	1		0.000	0.000	
18:4....g	0.013		0	A	1		0.021	0.011	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.034		0	A	1		0.056	0.029	
20:5 n-3 (EPA)....g	0.047		0	A	1		0.078	0.040	
22:5 n-3 (DPA)....g	0.009		0	A	1		0.015	0.008	
22:6 n-3 (DHA)....g	0.223		0	A	1		0.368	0.190	
Fatty acids, total trans....g									
Cholesterol....mg	30		0	A	1		50	26	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.286		0	A	1		0.472	0.243	
Threonine....g	1.118		0	A	1		1.845	0.950	
Isoleucine....g	1.175		0	A	1		1.939	0.999	
Leucine....g	2.073		0	A	1		3.420	1.762	
Lysine....g	2.343		0	A	1		3.866	1.992	
Methionine....g	0.755		0	A	1		1.246	0.642	
Cystine....g	0.273		0	A	1		0.450	0.232	
Phenylalanine....g	0.996		0	A	1		1.643	0.847	
Tyrosine....g	0.861		0	A	1		1.421	0.732	
Valine....g	1.314		0	A	1		2.168	1.117	
Arginine....g	1.527		0	A	1		2.520	1.298	
Histidine....g	0.751		0	A	1		1.239	0.638	
Alanine....g	1.543		0	A	1		2.546	1.312	
Aspartic acid....g	2.612		0	A	1		4.310	2.220	
Glutamic acid....g	3.808		0	A	1		6.283	3.237	
Glycine....g	1.224		0	A	1		2.020	1.040	
Proline....g	0.902		0	A	1		1.488	0.767	
Serine....g	1.041		0	A	1		1.718	0.885	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 can

NDB No. 15184

Fish, tuna, light, canned in water, without salt, drained solids

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15220
Fish, tuna, skipjack, fresh, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.28		0		1		95.91	52.94	
Energy....kcal	132		0	NC	4		203	112	
Energy....kJ	552				4		851	469	
Protein (N x 6.25)....g	28.21		0		1		43.44	23.98	
Total lipid (fat)....g	1.29		0		1		1.99	1.10	
Ash....g	1.67		0		1		2.57	1.42	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	37		0		1		57	31	
Iron, Fe....mg	1.60		0		1		2.46	1.36	
Magnesium, Mg....mg	44		0		1		68	37	
Phosphorus, P....mg	285		0		1		439	242	
Potassium, K....mg	522		0		1		804	444	
Sodium, Na....mg	47		0		1		72	40	
Zinc, Zn....mg	1.05		0		1		1.62	0.89	
Copper, Cu....mg	0.110		0		1		0.169	0.094	
Manganese, Mn....mg	0.019		0		1		0.029	0.016	
Selenium, Se....µg	46.8		0	BFSN	4		72.1	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		1.5	0.9	
Thiamin....mg	0.038		0		1		0.059	0.032	
Riboflavin....mg	0.122		0		1		0.188	0.104	
Niacin....mg	18.756		0		1		28.884	15.943	
Pantothenic acid....mg	0.485		0		1		0.747	0.412	
Vitamin B-6....mg	0.981		0		1		1.511	0.834	
Folate, total....µg	10		0		1		15	9	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	10		0		1		15	9	
Folate, DFE....mcg_DFE	10		0	NC	4		15	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.19		0		1		3.37	1.86	
Vitamin A, RAE....mcg_RAE	18		0		1		28	15	
Retinol....µg	18		0		1		28	15	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	60		0		1		92	51	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.420		0		1		0.647	0.357	
4:0....g									

NDB No. 15220
Fish, tuna, skipjack, fresh, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.051		0		1		0.079	0.043	
15:0....g									
16:0....g	0.298		0		1		0.459	0.253	
17:0....g									
18:0....g	0.070		0		1		0.108	0.060	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.243		0		1		0.374	0.207	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.046		0		1		0.071	0.039	
17:1....g									
18:1 undifferentiated....g	0.168		0		1		0.259	0.143	
20:1....g	0.022		0		1		0.034	0.019	
22:1 undifferentiated....g	0.008		0		1		0.012	0.007	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.403		0		1		0.621	0.343	
18:2 undifferentiated....g	0.020		0		1		0.031	0.017	
18:3 undifferentiated....g									
18:4....g	0.005		0		1		0.008	0.004	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.033		0		1		0.051	0.028	
20:5 n-3 (EPA)....g	0.091		0		1		0.140	0.077	
22:5 n-3 (DPA)....g	0.017		0		1		0.026	0.014	
22:6 n-3 (DHA)....g	0.237		0		1		0.365	0.201	
Fatty acids, total trans....g									
Cholesterol....mg	60		0		1		92	51	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.316		0		1		0.487	0.269	
Threonine....g	1.237		0		1		1.905	1.051	
Isoleucine....g	1.300		0		1		2.002	1.105	
Leucine....g	2.293		0		1		3.531	1.949	
Lysine....g	2.590		0		1		3.989	2.202	
Methionine....g	0.835		0		1		1.286	0.710	
Cystine....g	0.302		0		1		0.465	0.257	
Phenylalanine....g	1.101		0		1		1.696	0.936	
Tyrosine....g	0.952		0		1		1.466	0.809	
Valine....g	1.453		0		1		2.238	1.235	
Arginine....g	1.688		0		1		2.600	1.435	
Histidine....g	0.830		0		1		1.278	0.706	
Alanine....g	1.706		0		1		2.627	1.450	
Aspartic acid....g	2.888		0		1		4.448	2.455	
Glutamic acid....g	4.210		0		1		6.483	3.579	
Glycine....g	1.354		0		1		2.085	1.151	
Proline....g	0.997		0		1		1.535	0.847	
Serine....g	1.151		0		1		1.773	0.978	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 154g: .5 fillet

NDB No. 15220

Fish, tuna, skipjack, fresh, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15124
Fish, tuna, white, canned in oil, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.02		1		1		113.96	54.42	
Energy....kcal	186		0	NC	4		331	158	
Energy....kJ	778		0	NC	4		1385	662	
Protein (N x 6.25)....g	26.53		1		1		47.22	22.55	
Total lipid (fat)....g	8.08		1		1		14.38	6.87	
Ash....g	2.18		1		1		3.88	1.85	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		1		7	3	
Iron, Fe....mg	0.65		0		1		1.16	0.55	
Magnesium, Mg....mg	34		0		1		61	29	
Phosphorus, P....mg	267		0		1		475	227	
Potassium, K....mg	333		0		1		593	283	
Sodium, Na....mg	396		0		1		705	337	
Zinc, Zn....mg	0.47		0		1		0.84	0.40	
Copper, Cu....mg	0.130		0		1		0.231	0.111	
Manganese, Mn....mg	0.016		0		4		0.028	0.014	
Selenium, Se....µg	60.1	6.743	7	A	1		107.0	51.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.017		0		1		0.030	0.014	
Riboflavin....mg	0.079		0		1		0.141	0.067	
Niacin....mg	11.698		0		1		20.822	9.943	
Pantothenic acid....mg	0.370		0		4		0.659	0.315	
Vitamin B-6....mg	0.430		0		4		0.765	0.366	
Folate, total....µg	5	0.670	3		1		8	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5	0.670	3		1		8	4	
Folate, DFE....mcg_DFE	5		0	NC	4		8	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.20		0		4		3.92	1.87	
Vitamin A, RAE....mcg_RAE	5		0	NC	4		9	4	
Retinol....µg	5		0	RA	4		9	4	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	16		0	NC	4		28	14	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	2.30		0	RA	4		4.09	1.96	
Tocopherol, beta....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, gamma....mg	0.02		0	RA	4		0.04	0.02	
Tocopherol, delta....mg	0.02		0	RA	4		0.03	0.01	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	6.9		0	RA	4		12.4	5.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.280		0	NC	4		2.279	1.088	
4:0....g	0.000		0	RA	4		0.000	0.000	

NDB No. 15124
Fish, tuna, white, canned in oil, drained solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.000		0	RA	4		0.000	0.000	
13:0....g									
14:0....g	0.030		0	RA	4		0.054	0.026	
15:0....g									
16:0....g	0.862		0	RA	4		1.535	0.733	
17:0....g									
18:0....g	0.388		0	RA	4		0.690	0.330	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.262		0	NC	4		5.807	2.773	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.069		0	RA	4		0.123	0.059	
17:1....g									
18:1 undifferentiated....g	3.159		0	RA	4		5.622	2.685	
20:1....g	0.022		0	RA	4		0.039	0.019	
22:1 undifferentiated....g	0.012		0	RA	4		0.022	0.011	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.972		0	NC	4		5.289	2.526	
18:2 undifferentiated....g	2.489		0	RA	4		4.430	2.116	
18:3 undifferentiated....g	0.204		0	RA	4		0.364	0.174	
18:4....g	0.014		0	RA	4		0.026	0.012	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.014		0	RA	4		0.026	0.012	
20:5 n-3 (EPA)....g	0.066		0	RA	4		0.118	0.056	
22:5 n-3 (DPA)....g	0.005		0	RA	4		0.009	0.004	
22:6 n-3 (DHA)....g	0.178		0	RA	4		0.317	0.152	
Fatty acids, total trans....g									
Cholesterol....mg	31	3.493	6		1		55	26	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.297		0		1		0.529	0.252	
Threonine....g	1.163		0		1		2.070	0.989	
Isoleucine....g	1.223		0		1		2.177	1.040	
Leucine....g	2.156		0		1		3.838	1.833	
Lysine....g	2.437		0		1		4.338	2.071	
Methionine....g	0.785		0		1		1.397	0.667	
Cystine....g	0.284		0		1		0.506	0.241	
Phenylalanine....g	1.036		0		1		1.844	0.881	
Tyrosine....g	0.896		0		1		1.595	0.762	
Valine....g	1.367		0		1		2.433	1.162	
Arginine....g	1.588		0		1		2.827	1.350	
Histidine....g	0.781		0		1		1.390	0.664	
Alanine....g	1.605		0		1		2.857	1.364	
Aspartic acid....g	2.717		0		1		4.836	2.309	
Glutamic acid....g	3.961		0		1		7.051	3.367	
Glycine....g	1.274		0		1		2.268	1.083	
Proline....g	0.938		0		1		1.670	0.797	
Serine....g	1.082		0		1		1.926	0.920	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 15124

Fish, tuna, white, canned in oil, drained solids

Common Measures:

Measure 1 = 178g: 1 can

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15185
Fish, tuna, white, canned in oil, without salt, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.02		1		1		113.96	54.42	
Energy....kcal	186		0	NC	4		331	158	
Energy....kJ	778		0	NC	4		1385	662	
Protein (N x 6.25)....g	26.53		1		1		47.22	22.55	
Total lipid (fat)....g	8.08		1		1		14.38	6.87	
Ash....g	2.18		1		1		3.88	1.85	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		1		7	3	
Iron, Fe....mg	0.65		0		1		1.16	0.55	
Magnesium, Mg....mg	34		0		1		61	29	
Phosphorus, P....mg	267		0		1		475	227	
Potassium, K....mg	333		0		1		593	283	
Sodium, Na....mg	50		0		1		89	43	
Zinc, Zn....mg	0.47		0		1		0.84	0.40	
Copper, Cu....mg	0.130		0		1		0.231	0.111	
Manganese, Mn....mg	0.016		0		4		0.028	0.014	
Selenium, Se....µg	60.1	6.743	7	A	1		107.0	51.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.017		0		1		0.030	0.014	
Riboflavin....mg	0.079		0		1		0.141	0.067	
Niacin....mg	11.698		0		1		20.822	9.943	
Pantothenic acid....mg	0.370		0		4		0.659	0.315	
Vitamin B-6....mg	0.430		0		4		0.765	0.366	
Folate, total....µg	5	0.670	3		1		8	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5	0.670	3		1		8	4	
Folate, DFE....mcg_DFE	5		0	NC	4		8	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.20		0		4		3.92	1.87	
Vitamin A, RAE....mcg_RAE									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	80		0		4		142	68	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.650		0		4		2.937	1.403	
Fatty acids, total monounsaturated....g	2.480		0		4		4.414	2.108	

NDB No. 15185

Fish, tuna, white, canned in oil, without salt, drained solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	3.380		0		4		6.016	2.873	
Fatty acids, total trans.....g									
Cholesterol.....mg	31	3.493	6		1		55	26	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.297		0		1		0.529	0.252	
Threonine.....g	1.163		0		1		2.070	0.989	
Isoleucine.....g	1.223		0		1		2.177	1.040	
Leucine.....g	2.156		0		1		3.838	1.833	
Lysine.....g	2.437		0		1		4.338	2.071	
Methionine.....g	0.785		0		1		1.397	0.667	
Cystine.....g	0.284		0		1		0.506	0.241	
Phenylalanine.....g	1.036		0		1		1.844	0.881	
Tyrosine.....g	0.896		0		1		1.595	0.762	
Valine.....g	1.367		0		1		2.433	1.162	
Arginine.....g	1.588		0		1		2.827	1.350	
Histidine.....g	0.781		0		1		1.390	0.664	
Alanine.....g	1.605		0		1		2.857	1.364	
Aspartic acid.....g	2.717		0		1		4.836	2.309	
Glutamic acid.....g	3.961		0		1		7.051	3.367	
Glycine.....g	1.274		0		1		2.268	1.083	
Proline.....g	0.938		0		1		1.670	0.797	
Serine.....g	1.082		0		1		1.926	0.920	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 178g: 1 can

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15126
Fish, tuna, white, canned in water, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.19	1.109	5		1		125.89	62.21	
Energy....kcal	128		0	NC	4		220	109	
Energy....kJ	536		0		4		921	455	
Protein (N x 6.25)....g	23.62	1.534	3		1		40.63	20.08	
Total lipid (fat)....g	2.97	0.419	4		1		5.11	2.52	
Ash....g	1.46	0.074	3		1		2.51	1.24	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	14		2		1		24	12	
Iron, Fe....mg	0.97	0.033	5		1		1.67	0.82	
Magnesium, Mg....mg	33	1.779	5		1		57	28	
Phosphorus, P....mg	217		2		1		373	184	
Potassium, K....mg	237	35.011	6		1		408	201	
Sodium, Na....mg	377	40.239	7		1		648	320	
Zinc, Zn....mg	0.48	0.016	5		1		0.83	0.41	
Copper, Cu....mg	0.039	0.003	5		1		0.067	0.033	
Manganese, Mn....mg	0.019	0.003	5		1		0.033	0.016	
Selenium, Se....µg	65.7		2	A	1		113.0	55.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.008		2		1		0.014	0.007	
Riboflavin....mg	0.044		2		1		0.076	0.037	
Niacin....mg	5.799		0		1		9.974	4.929	
Pantothenic acid....mg	0.124		2		1		0.213	0.105	
Vitamin B-6....mg	0.217		2		1		0.373	0.184	
Folate, total....µg	2	0.033	3		1		3	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2	0.033	3		1		3	2	
Folate, DFE....mcg_DFE	2		0	NC	4		3	2	
Choline, total....mg	29.3		0	T	4		50.4	24.9	
Betaine....mg									
Vitamin B-12....µg	1.17	0.121	4		1		2.01	0.99	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	6		0	NC	4		10	5	
Retinol....µg	6		0	T	4		10	5	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	20		0	NC	4		34	17	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.85		1		1		1.46	0.72	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1		1		0.00	0.00	
Tocopherol, gamma....mg	0.03		1		1		0.05	0.03	
Tocopherol, delta....mg	0.02		1		1		0.03	0.02	
Vitamin D (D2 + D3)....µg	2.0		0	AS	1		3.4	1.7	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	2.0		0	T	4		3.4	1.7	
Vitamin D....IU	80		0	NR	4		138	68	
Vitamin K (phylloquinone)....µg	2.5		1		1		4.3	2.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15126
Fish, tuna, white, canned in water, drained solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.792		0		1		1.362	0.673	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.082		0		1		0.141	0.070	
15:0....g									
16:0....g	0.592		0		1		1.018	0.503	
17:0....g									
18:0....g	0.118		0		1		0.203	0.100	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.784		0		1		1.348	0.666	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.144		0		1		0.248	0.122	
17:1....g									
18:1 undifferentiated....g	0.518		0		1		0.891	0.440	
20:1....g	0.078		0		1		0.134	0.066	
22:1 undifferentiated....g	0.044		0		1		0.076	0.037	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.109		0		1		1.907	0.943	
18:2 undifferentiated....g	0.055		0		1		0.095	0.047	
18:3 undifferentiated....g	0.071		0		1		0.122	0.060	
18:4....g	0.051		0		1		0.088	0.043	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.051		0		1		0.088	0.043	
20:5 n-3 (EPA)....g	0.233		0		1		0.401	0.198	
22:5 n-3 (DPA)....g	0.018		0		1		0.031	0.015	
22:6 n-3 (DHA)....g	0.629		0		1		1.082	0.535	
Fatty acids, total trans....g									
Cholesterol....mg	42		0		1		72	36	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.265		0		1		0.456	0.225	
Threonine....g	1.035		0		1		1.780	0.880	
Isoleucine....g	1.088		0		1		1.871	0.925	
Leucine....g	1.920		0		1		3.302	1.632	
Lysine....g	2.169		0		1		3.731	1.844	
Methionine....g	0.699		0		1		1.202	0.594	
Cystine....g	0.253		0		1		0.435	0.215	
Phenylalanine....g	0.922		0		1		1.586	0.784	
Tyrosine....g	0.797		0		1		1.371	0.677	
Valine....g	1.217		0		1		2.093	1.034	
Arginine....g	1.413		0		1		2.430	1.201	
Histidine....g	0.695		0		1		1.195	0.591	
Alanine....g	1.428		0		1		2.456	1.214	
Aspartic acid....g	2.419		0		1		4.161	2.056	
Glutamic acid....g	3.526		0		1		6.065	2.997	
Glycine....g	1.134		0		1		1.950	0.964	
Proline....g	0.835		0		1		1.436	0.710	
Serine....g	0.964		0		1		1.658	0.819	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15126

Fish, tuna, white, canned in water, drained solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 172g: 1 can

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15186

Fish, tuna, white, canned in water, without salt, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.02		0	BFAN	4		127.31	62.92	
Energy....kcal	128		0		4		220	109	
Energy....kJ	536				4		921	455	
Protein (N x 6.25)....g	23.62	1.534	3		1		40.63	20.08	
Total lipid (fat)....g	2.97	0.419	4		1		5.11	2.52	
Ash....g	0.63		0	BFAN	4		1.08	0.54	
Carbohydrate, by difference....g	0.00		0		7		0.00	0.00	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14		2		1		24	12	
Iron, Fe....mg	0.97	0.033	5		1		1.67	0.82	
Magnesium, Mg....mg	33	1.779	5		1		57	28	
Phosphorus, P....mg	217		2		1		373	184	
Potassium, K....mg	237	35.011	6		1		408	201	
Sodium, Na....mg	50		0		4		86	43	
Zinc, Zn....mg	0.48	0.016	5		1		0.83	0.41	
Copper, Cu....mg	0.039	0.003	5		1		0.067	0.033	
Manganese, Mn....mg	0.019	0.003	5		1		0.033	0.016	
Selenium, Se....µg	65.7		2	A	1		113.0	55.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.008		2		1		0.014	0.007	
Riboflavin....mg	0.044		2		1		0.076	0.037	
Niacin....mg	5.799		0		1		9.974	4.929	
Pantothenic acid....mg	0.124		2		1		0.213	0.105	
Vitamin B-6....mg	0.217		2		1		0.373	0.184	
Folate, total....µg	2	0.033	3		1		3	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2	0.033	3		1		3	2	
Folate, DFE....mcg_DFE	2		0	NC	4		3	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.17	0.121	4		1		2.01	0.99	
Vitamin A, RAE....mcg_RAE	6		2		1		10	5	
Retinol....µg	6		2		1		10	5	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	19		2		1		33	16	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.792		0		1		1.362	0.673	
4:0....g									

NDB No. 15186
Fish, tuna, white, canned in water, without salt, drained solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.082		0		1		0.141	0.070	
15:0....g									
16:0....g	0.592		0		1		1.018	0.503	
17:0....g									
18:0....g	0.118		0		1		0.203	0.100	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.784		0		1		1.348	0.666	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.144		0		1		0.248	0.122	
17:1....g									
18:1 undifferentiated....g	0.518		0		1		0.891	0.440	
20:1....g	0.078		0		1		0.134	0.066	
22:1 undifferentiated....g	0.044		0		1		0.076	0.037	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.109		0		1		1.907	0.943	
18:2 undifferentiated....g	0.055		0		1		0.095	0.047	
18:3 undifferentiated....g	0.071		0		1		0.122	0.060	
18:4....g	0.051		0		1		0.088	0.043	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.051		0		1		0.088	0.043	
20:5 n-3 (EPA)....g	0.233		0		1		0.401	0.198	
22:5 n-3 (DPA)....g	0.018		0		1		0.031	0.015	
22:6 n-3 (DHA)....g	0.629		0		1		1.082	0.535	
Fatty acids, total trans....g									
Cholesterol....mg	42		0		1		72	36	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.265		0		1		0.456	0.225	
Threonine....g	1.035		0		1		1.780	0.880	
Isoleucine....g	1.088		0		1		1.871	0.925	
Leucine....g	1.920		0		1		3.302	1.632	
Lysine....g	2.169		0		1		3.731	1.844	
Methionine....g	0.699		0		1		1.202	0.594	
Cystine....g	0.253		0		1		0.435	0.215	
Phenylalanine....g	0.922		0		1		1.586	0.784	
Tyrosine....g	0.797		0		1		1.371	0.677	
Valine....g	1.217		0		1		2.093	1.034	
Arginine....g	1.413		0		1		2.430	1.201	
Histidine....g	0.695		0		1		1.195	0.591	
Alanine....g	1.428		0		1		2.456	1.214	
Aspartic acid....g	2.419		0		1		4.161	2.056	
Glutamic acid....g	3.526		0		1		6.065	2.997	
Glycine....g	1.134		0		1		1.950	0.964	
Proline....g	0.835		0		1		1.436	0.710	
Serine....g	0.964		0		1		1.658	0.819	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 15186

Fish, tuna, white, canned in water, without salt, drained solids

Common Measures:

Measure 1 = 172g: 1 can

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15221
Fish, tuna, yellowfin, fresh, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.98		0	RA	4		58.63		
Energy	kcal	130		0	NC	4		110		
Energy	kJ	543		0	RA	4		461		
Protein (N x 6.25)	g	29.15		0	RA	4		24.78		
Total lipid (fat)	g	0.59		0	RA	4		0.50		
Ash	g	1.96		0	RA	4		1.66		
Carbohydrate, by difference	g	0.00		0	RA	4		0.00		
Fiber, total dietary	g	0.0		0	RA	4		0.0		
Sugars, total	g	0.00		0	RA	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0	RA	4		4		
Iron, Fe	mg	0.92		0	RA	4		0.78		
Magnesium, Mg	mg	42		0	RA	4		35		
Phosphorus, P	mg	333		0	RA	4		283		
Potassium, K	mg	527		0	RA	4		448		
Sodium, Na	mg	54		0	RA	4		46		
Zinc, Zn	mg	0.45		0	RA	4		0.38		
Copper, Cu	mg	0.043		0	RA	4		0.036		
Manganese, Mn	mg	0.013		0	RA	4		0.011		
Selenium, Se	µg	108.2		0	RA	4		92.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4		0.0		
Thiamin	mg	0.134		0	RA	4		0.114		
Riboflavin	mg	0.137		0	RA	4		0.117		
Niacin	mg	22.070		0	RA	4		18.759		
Pantothenic acid	mg	0.334		0	RA	4		0.284		
Vitamin B-6	mg	1.038		0		1		0.882		
Folate, total	µg	2		0	RA	4		2		
Folic acid	µg	0		0	RA	4		0		
Folate, food	µg	2		0	RA	4		2		
Folate, DFE	mcg_DFE	2		0	NC	4		2		
Choline, total	mg	77.6		0	RA	4		66.0		
Betaine	mg									
Vitamin B-12	µg	2.35		0	RA	4		2.00		
Vitamin B-12, added	µg	0.00		0	RA	4		0.00		
Vitamin A, RAE	mcg_RAE	22		0	RA	4		18		
Retinol	µg	22		0	RA	4		18		
Carotene, beta	µg	0		0	RA	4		0		
Carotene, alpha	µg	0		0	RA	4		0		
Cryptoxanthin, beta	µg	0		0	RA	4		0		
Vitamin A, IU	IU	65		0	RA	4		55		
Lycopene	µg	0		0	RA	4		0		
Lutein + zeaxanthin	µg	0		0	RA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.29		0	RA	4		0.24		
Vitamin E, added	mg	0.00		0	RA	4		0.00		
Tocopherol, beta	mg	0.00		0	RA	4		0.00		
Tocopherol, gamma	mg	0.00		0	RA	4		0.00		
Tocopherol, delta	mg	0.00		0	RA	4		0.00		
Vitamin D (D2 + D3)	µg	2.0		0	RA	4		1.7		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	2.0		0	RA	4		1.7		
Vitamin D	IU	82		0	RA	4		70		
Vitamin K (phylloquinone)	µg	0.1		0	RA	4		0.1		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15221
Fish, tuna, yellowfin, fresh, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.205		0	RA	4		0.175		
4:0....g	0.000		0	RA	4		0.000		
6:0....g	0.000		0	RA	4		0.000		
8:0....g	0.000		0	RA	4		0.000		
10:0....g	0.000		0	RA	4		0.000		
12:0....g	0.002		0	RA	4		0.001		
13:0....g									
14:0....g	0.010		0	RA	4		0.009		
15:0....g	0.004		0	RA	4		0.003		
16:0....g	0.127		0	RA	4		0.108		
17:0....g	0.005		0	RA	4		0.004		
18:0....g	0.054		0	RA	4		0.046		
20:0....g	0.002		0	RA	4		0.002		
22:0....g	0.001		0	RA	4		0.001		
24:0....g	0.001		0	RA	4		0.001		
Fatty acids, total monounsaturated....g	0.138		0	RA	4		0.118		
14:1....g	0.001		0	RA	4		0.001		
15:1....g	0.002		0	RA	4		0.001		
16:1 undifferentiated....g	0.014		0	RA	4		0.012		
17:1....g	0.002		0	RA	4		0.002		
18:1 undifferentiated....g	0.099		0	RA	4		0.084		
20:1....g	0.009		0	RA	4		0.008		
22:1 undifferentiated....g	0.002		0	RA	4		0.001		
24:1 c....g	0.010		0	RA	4		0.008		
Fatty acids, total polyunsaturated....g	0.175		0	RA	4		0.149		
18:2 undifferentiated....g	0.023		0	RA	4		0.020		
18:3 undifferentiated....g	0.002		0	RA	4		0.002		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g	0.002		0	RA	4		0.001		
20:3 undifferentiated....g	0.003		0	RA	4		0.003		
20:4 undifferentiated....g	0.018		0	RA	4		0.015		
20:5 n-3 (EPA)....g	0.015		0	RA	4		0.013		
22:5 n-3 (DPA)....g	0.005		0	RA	4		0.004		
22:6 n-3 (DHA)....g	0.105		0	RA	4		0.090		
Fatty acids, total trans....g	0.020		0	RA	4		0.017		
Cholesterol....mg	47		0	RA	4		40		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.313		0	RA	4		0.266		
Threonine....g	1.224		0	RA	4		1.041		
Isoleucine....g	1.287		0	RA	4		1.094		
Leucine....g	2.270		0	RA	4		1.929		
Lysine....g	2.565		0	RA	4		2.180		
Methionine....g	0.827		0	RA	4		0.703		
Cystine....g	0.300		0	RA	4		0.255		
Phenylalanine....g	1.091		0	RA	4		0.927		
Tyrosine....g	0.943		0	RA	4		0.801		
Valine....g	1.438		0	RA	4		1.223		
Arginine....g	1.671		0	RA	4		1.421		
Histidine....g	0.822		0	RA	4		0.699		
Alanine....g	1.689		0	RA	4		1.436		
Aspartic acid....g	2.860		0	RA	4		2.431		
Glutamic acid....g	4.168		0	RA	4		3.543		
Glycine....g	1.340		0	RA	4		1.139		
Proline....g	0.988		0	RA	4		0.840		
Serine....g	1.140		0	RA	4		0.969		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0		
Caffeine....mg	0		0	RA	4		0		
Theobromine....mg	0		0	RA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15221
Fish, tuna, yellowfin, fresh, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15222
Fish, turbot, european, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.45		0		1		112.02	59.88	
Energy....kcal	122		0	NC	4		194	104	
Energy....kJ	510				4		812	434	
Protein (N x 6.25)....g	20.58		0		1		32.72	17.49	
Total lipid (fat)....g	3.78		0		1		6.01	3.21	
Ash....g	2.69		0		1		4.28	2.29	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	23		0		1		37	20	
Iron, Fe....mg	0.46		0		1		0.73	0.39	
Magnesium, Mg....mg	65		0		1		103	55	
Phosphorus, P....mg	165		0		1		262	140	
Potassium, K....mg	305		0		1		485	259	
Sodium, Na....mg	192		0		1		305	163	
Zinc, Zn....mg	0.28		0		1		0.45	0.24	
Copper, Cu....mg	0.047		0		1		0.075	0.040	
Manganese, Mn....mg	0.022		0		1		0.035	0.019	
Selenium, Se....µg	46.8		0	BFSN	4		74.4	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7		0		1		2.7	1.4	
Thiamin....mg	0.076		0		1		0.121	0.065	
Riboflavin....mg	0.097		0		1		0.154	0.082	
Niacin....mg	2.679		0		1		4.260	2.277	
Pantothenic acid....mg	0.658		0		1		1.046	0.559	
Vitamin B-6....mg	0.242		0		1		0.385	0.206	
Folate, total....µg	9		0		1		14	8	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9		0		1		14	8	
Folate, DFE....mcg_DFE	9		0	NC	4		14	8	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.54		0		1		4.04	2.16	
Vitamin A, RAE....mcg_RAE	12		0		1		19	10	
Retinol....µg	12		0		1		19	10	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	40		0		1		64	34	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									

NDB No. 15222
Fish, turbot, european, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	62		0		1		99	53	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.230		0		1		0.366	0.196	
Threonine.....g	0.902		0		1		1.434	0.767	
Isoleucine.....g	0.948		0		1		1.507	0.806	
Leucine.....g	1.672		0		1		2.658	1.421	
Lysine.....g	1.890		0		1		3.005	1.607	
Methionine.....g	0.609		0		1		0.968	0.518	
Cystine.....g	0.221		0		1		0.351	0.188	
Phenylalanine.....g	0.803		0		1		1.277	0.683	
Tyrosine.....g	0.695		0		1		1.105	0.591	
Valine.....g	1.060		0		1		1.685	0.901	
Arginine.....g	1.231		0		1		1.957	1.046	
Histidine.....g	0.606		0		1		0.964	0.515	
Alanine.....g	1.244		0		1		1.978	1.057	
Aspartic acid.....g	2.107		0		1		3.350	1.791	
Glutamic acid.....g	3.072		0		1		4.884	2.611	
Glycine.....g	0.988		0		1		1.571	0.840	
Proline.....g	0.728		0		1		1.158	0.619	
Serine.....g	0.840		0		1		1.336	0.714	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 159g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15129
Fish, turbot, european, raw
Scophthalmus maximus (L.)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.95		2		1		156.98	65.41	
Energy....kcal	95		0	NC	4		194	81	
Energy....kJ	397				4		811	338	
Protein (N x 6.25)....g	16.05		2		1		32.74	13.64	
Total lipid (fat)....g	2.95		2		1		6.02	2.51	
Ash....g	2.10		2		1		4.28	1.79	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18		1		1		37	15	
Iron, Fe....mg	0.36		0		4		0.73	0.31	
Magnesium, Mg....mg	51		1		1		104	43	
Phosphorus, P....mg	129		1		1		263	110	
Potassium, K....mg	238		2		1		486	202	
Sodium, Na....mg	150		1		1		306	128	
Zinc, Zn....mg	0.22		2		1		0.45	0.19	
Copper, Cu....mg	0.037		2		1		0.075	0.031	
Manganese, Mn....mg	0.017		0		4		0.035	0.014	
Selenium, Se....µg	36.5		0	CAZN	4		74.5	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7		0		4		3.5	1.4	
Thiamin....mg	0.066		1		1		0.135	0.056	
Riboflavin....mg	0.080		1		1		0.163	0.068	
Niacin....mg	2.200		1		1		4.488	1.870	
Pantothenic acid....mg	0.570		1		1		1.163	0.485	
Vitamin B-6....mg	0.210		0		4		0.428	0.179	
Folate, total....µg	8		0		4		16	7	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		0		4		16	7	
Folate, DFE....mcg_DFE	8		0	NC	4		16	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.20		1		1		4.49	1.87	
Vitamin A, RAE....mcg_RAE	11		2		1		21	9	
Retinol....µg	11		2		1		21	9	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	35		2		1		71	30	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.750		0		4		1.530	0.638	
Fatty acids, total monounsaturated....g	0.610		0		4		1.244	0.519	

NDB No. 15129
Fish, turbot, european, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	0.880		0		4		1.795	0.748	
Fatty acids, total trans.....g									
Cholesterol.....mg	48		0		4		98	41	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.180		0		1		0.367	0.153	
Threonine.....g	0.704		0		1		1.436	0.598	
Isoleucine.....g	0.740		0		1		1.510	0.629	
Leucine.....g	1.305		0		1		2.662	1.109	
Lysine.....g	1.474		0		1		3.007	1.253	
Methionine.....g	0.475		0		1		0.969	0.404	
Cystine.....g	0.172		0		1		0.351	0.146	
Phenylalanine.....g	0.627		0		1		1.279	0.533	
Tyrosine.....g	0.542		0		1		1.106	0.461	
Valine.....g	0.827		0		1		1.687	0.703	
Arginine.....g	0.960		0		1		1.958	0.816	
Histidine.....g	0.473		0		1		0.965	0.402	
Alanine.....g	0.971		0		1		1.981	0.825	
Aspartic acid.....g	1.644		0		1		3.354	1.397	
Glutamic acid.....g	2.396		0		1		4.888	2.037	
Glycine.....g	0.770		0		1		1.571	0.655	
Proline.....g	0.568		0		1		1.159	0.483	
Serine.....g	0.655		0		1		1.336	0.557	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 204g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15223
Fish, whitefish, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.09		0		1		100.24	55.33	
Energy....kcal	172		0	NC	4		265	146	
Energy....kJ	720				4		1108	612	
Protein (N x 6.25)....g	24.47		0		1		37.68	20.80	
Total lipid (fat)....g	7.51		0		1		11.57	6.38	
Ash....g	1.44		0		1		2.22	1.22	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	33		0		1		51	28	
Iron, Fe....mg	0.47		0		1		0.72	0.40	
Magnesium, Mg....mg	42		0		1		65	36	
Phosphorus, P....mg	346		0		1		533	294	
Potassium, K....mg	406		0		1		625	345	
Sodium, Na....mg	65		0		1		100	55	
Zinc, Zn....mg	1.27		0		1		1.96	1.08	
Copper, Cu....mg	0.092		0		1		0.142	0.078	
Manganese, Mn....mg	0.086		0		1		0.132	0.073	
Selenium, Se....µg	16.2		0	BFSN	4		24.9	13.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.171		0		1		0.263	0.145	
Riboflavin....mg	0.154		0		1		0.237	0.131	
Niacin....mg	3.846		0		1		5.923	3.269	
Pantothenic acid....mg	0.865		0		1		1.332	0.735	
Vitamin B-6....mg	0.346		0		1		0.533	0.294	
Folate, total....µg	17		0		1		26	14	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	17		0		1		26	14	
Folate, DFE....mcg_DFE	17		0	NC	4		26	14	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.96		0		1		1.48	0.82	
Vitamin A, RAE....mcg_RAE	39		0		1		61	33	
Retinol....µg	39		0		1		61	33	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	131		0		1		202	111	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.162		0		1		1.789	0.988	
4:0....g									

NDB No. 15223
Fish, whitefish, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.140		0		1		0.216	0.119	
15:0....g									
16:0....g	0.768		0		1		1.183	0.653	
17:0....g									
18:0....g	0.254		0		1		0.391	0.216	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.559		0		1		3.941	2.175	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.667		0		1		1.027	0.567	
17:1....g									
18:1 undifferentiated....g	1.727		0		1		2.660	1.468	
20:1....g	0.133		0		1		0.205	0.113	
22:1 undifferentiated....g	0.032		0		1		0.049	0.027	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.755		0		1		4.243	2.342	
18:2 undifferentiated....g	0.349		0		1		0.537	0.297	
18:3 undifferentiated....g	0.235		0		1		0.362	0.200	
18:4....g	0.064		0		1		0.099	0.054	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.286		0		1		0.440	0.243	
20:5 n-3 (EPA)....g	0.406		0		1		0.625	0.345	
22:5 n-3 (DPA)....g	0.209		0		1		0.322	0.178	
22:6 n-3 (DHA)....g	1.206		0		1		1.857	1.025	
Fatty acids, total trans....g									
Cholesterol....mg	77		0		1		119	65	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.274		0		1		0.422	0.233	
Threonine....g	1.073		0		1		1.652	0.912	
Isoleucine....g	1.128		0		1		1.737	0.959	
Leucine....g	1.989		0		1		3.063	1.691	
Lysine....g	2.248		0		1		3.462	1.911	
Methionine....g	0.724		0		1		1.115	0.615	
Cystine....g	0.262		0		1		0.403	0.223	
Phenylalanine....g	0.955		0		1		1.471	0.812	
Tyrosine....g	0.826		0		1		1.272	0.702	
Valine....g	1.261		0		1		1.942	1.072	
Arginine....g	1.465		0		1		2.256	1.245	
Histidine....g	0.721		0		1		1.110	0.613	
Alanine....g	1.480		0		1		2.279	1.258	
Aspartic acid....g	2.506		0		1		3.859	2.130	
Glutamic acid....g	3.654		0		1		5.627	3.106	
Glycine....g	1.175		0		1		1.810	0.999	
Proline....g	0.865		0		1		1.332	0.735	
Serine....g	0.999		0		1		1.538	0.849	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 154g: 1 fillet

NDB No. 15223

Fish, whitefish, mixed species, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15130

Fish, whitefish, mixed species, raw

Coregonus spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.77	0.642	37		1		144.08	61.85	
Energy....kcal	134		0	NC	4		265	114	
Energy....kJ	561		0		4		1110	477	
Protein (N x 6.25)....g	19.09	0.239	42		1		37.80	16.23	
Total lipid (fat)....g	5.86	0.451	68		1		11.60	4.98	
Ash....g	1.12	0.014	34		1		2.22	0.95	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	26		0		4		51	22	
Iron, Fe....mg	0.37		0		4		0.73	0.31	
Magnesium, Mg....mg	33		1		1		65	28	
Phosphorus, P....mg	270		0		4		535	230	
Potassium, K....mg	317		1		1		628	269	
Sodium, Na....mg	51	1.004	17		1		101	43	
Zinc, Zn....mg	0.99	0.319	3		1		1.96	0.84	
Copper, Cu....mg	0.072		2		1		0.143	0.061	
Manganese, Mn....mg	0.067		0		4		0.133	0.057	
Selenium, Se....µg	12.6		0	BFZN	4		24.9	10.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.140		0		4		0.277	0.119	
Riboflavin....mg	0.120		0		4		0.238	0.102	
Niacin....mg	3.000		0		4		5.940	2.550	
Pantothenic acid....mg	0.750		0		4		1.485	0.638	
Vitamin B-6....mg	0.300		0		4		0.594	0.255	
Folate, total....µg	15		0		4		30	13	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	15		0		4		30	13	
Folate, DFE....mcg_DFE	15		0	NC	4		30	13	
Choline, total....mg	65.0		0	T	4		128.7	55.3	
Betaine....mg									
Vitamin B-12....µg	1.00		0		4		1.98	0.85	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	36		0	NC	4		71	31	
Retinol....µg	36		0	T	4		71	31	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	120		0	NC	4		238	102	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.20		0	NR	4		0.40	0.17	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	12.0		0	AS	1		23.7	10.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	12.0		0	T	4		23.7	10.2	
Vitamin D....IU	478		0	NR	4		946	406	
Vitamin K (phylloquinone)....µg	0.1		0	T	4		0.2	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15130
Fish, whitefish, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.906		0		1		1.794	0.770	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.109		1		1		0.216	0.093	
15:0....g									
16:0....g	0.599		1		1		1.186	0.509	
17:0....g									
18:0....g	0.198		1		1		0.392	0.168	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.996		0		1		3.952	1.697	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.520		1		1		1.030	0.442	
17:1....g									
18:1 undifferentiated....g	1.347		1		1		2.667	1.145	
20:1....g	0.104		1		1		0.206	0.088	
22:1 undifferentiated....g	0.025		1		1		0.050	0.021	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.149		0		1		4.255	1.827	
18:2 undifferentiated....g	0.272		1		1		0.539	0.231	
18:3 undifferentiated....g	0.183		1		1		0.362	0.156	
18:4....g	0.050		1		1		0.099	0.043	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.223		1		1		0.442	0.190	
20:5 n-3 (EPA)....g	0.317		1		1		0.628	0.269	
22:5 n-3 (DPA)....g	0.163		1		1		0.323	0.139	
22:6 n-3 (DHA)....g	0.941		1		1		1.863	0.800	
Fatty acids, total trans....g									
Cholesterol....mg	60	1.186	24		1		119	51	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.214		0		1		0.424	0.182	
Threonine....g	0.837		0		1		1.657	0.711	
Isoleucine....g	0.880		0		1		1.742	0.748	
Leucine....g	1.551		0		1		3.071	1.318	
Lysine....g	1.753		0		1		3.471	1.490	
Methionine....g	0.565		0		1		1.119	0.480	
Cystine....g	0.205		0		1		0.406	0.174	
Phenylalanine....g	0.745		0		1		1.475	0.633	
Tyrosine....g	0.644		0		1		1.275	0.547	
Valine....g	0.983		0		1		1.946	0.836	
Arginine....g	1.142		0		1		2.261	0.971	
Histidine....g	0.562		0		1		1.113	0.478	
Alanine....g	1.154		0		1		2.285	0.981	
Aspartic acid....g	1.955		0		1		3.871	1.662	
Glutamic acid....g	2.849		0		1		5.641	2.422	
Glycine....g	0.916		0		1		1.814	0.779	
Proline....g	0.675		0		1		1.337	0.574	
Serine....g	0.779		0		1		1.542	0.662	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15130
Fish, whitefish, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 198g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15131
Fish, whitefish, mixed species, smoked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.83		2		1		96.33	20.08	12.04
Energy....kcal	108		0	NC	4		147	31	18
Energy....kJ	452		0		4		615	128	77
Protein (N x 6.25)....g	23.40		2		1		31.82	6.63	3.98
Total lipid (fat)....g	0.93		2		1		1.26	0.26	0.16
Ash....g	5.06		2		1		6.88	1.43	0.86
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	18		2		1		24	5	3
Iron, Fe....mg	0.50		2		1		0.68	0.14	0.09
Magnesium, Mg....mg	23		2		1		31	7	4
Phosphorus, P....mg	132		2		1		180	37	22
Potassium, K....mg	423		2		1		575	120	72
Sodium, Na....mg	1019		2		1		1386	289	173
Zinc, Zn....mg	0.49		2		1		0.67	0.14	0.08
Copper, Cu....mg	0.315		2		1		0.428	0.089	0.054
Manganese, Mn....mg	0.034		2		1		0.046	0.010	0.006
Selenium, Se....µg	13.5		0	BFSN	4		18.4	3.8	2.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.032		2		1		0.044	0.009	0.005
Riboflavin....mg	0.101		2		1		0.137	0.029	0.017
Niacin....mg	2.400		2		1		3.264	0.680	0.408
Pantothenic acid....mg	0.104		2		1		0.141	0.029	0.018
Vitamin B-6....mg	0.389		2		1		0.529	0.110	0.066
Folate, total....µg	7		2		1		10	2	1
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	7		2		1		10	2	1
Folate, DFE....mcg_DFE	7		0	NC	4		10	2	1
Choline, total....mg	95.0		0	T	4		129.2	26.9	16.2
Betaine....mg									
Vitamin B-12....µg	3.26		2		1		4.43	0.92	0.55
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	57		0	NC	4		78	16	10
Retinol....µg	57		0	T	4		78	16	10
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	190		0	NC	4		258	54	32
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.21		0	BFSN	4		0.29	0.06	0.04
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	12.8		0	AS	1		17.4	3.6	2.2
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	12.8		0	BFSN	4		17.4	3.6	2.2
Vitamin D....IU	512		0	BFSN	4		696	145	87
Vitamin K (phylloquinone)....µg	0.1		0	BFSN	4		0.1	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15131
Fish, whitefish, mixed species, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.228		0		1		0.310	0.065	0.039
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.007		2		1		0.010	0.002	0.001
15:0....g									
16:0....g	0.177		2		1		0.241	0.050	0.030
17:0....g									
18:0....g	0.044		2		1		0.060	0.012	0.007
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.278		0		1		0.378	0.079	0.047
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.026		2		1		0.035	0.007	0.004
17:1....g									
18:1 undifferentiated....g	0.205		2		1		0.279	0.058	0.035
20:1....g	0.023		2		1		0.031	0.007	0.004
22:1 undifferentiated....g	0.024		2		1		0.033	0.007	0.004
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.293		0		1		0.398	0.083	0.050
18:2 undifferentiated....g	0.084		2		1		0.114	0.024	0.014
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.048		2		1		0.065	0.014	0.008
22:5 n-3 (DPA)....g	0.005		2		1		0.007	0.001	0.001
22:6 n-3 (DHA)....g	0.156		2		1		0.212	0.044	0.027
Fatty acids, total trans....g									
Cholesterol....mg	33		2		1		45	9	6
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.262		0		1		0.356	0.074	0.045
Threonine....g	1.026		0		1		1.395	0.291	0.174
Isoleucine....g	1.078		0		1		1.466	0.306	0.183
Leucine....g	1.902		0		1		2.587	0.539	0.323
Lysine....g	2.149		0		1		2.923	0.609	0.365
Methionine....g	0.693		0		1		0.942	0.196	0.118
Cystine....g	0.251		0		1		0.341	0.071	0.043
Phenylalanine....g	0.914		0		1		1.243	0.259	0.155
Tyrosine....g	0.790		0		1		1.074	0.224	0.134
Valine....g	1.206		0		1		1.640	0.342	0.205
Arginine....g	1.400		0		1		1.904	0.397	0.238
Histidine....g	0.689		0		1		0.937	0.195	0.117
Alanine....g	1.415		0		1		1.924	0.401	0.241
Aspartic acid....g	2.396		0		1		3.259	0.679	0.407
Glutamic acid....g	3.493		0		1		4.750	0.990	0.594
Glycine....g	1.123		0		1		1.527	0.318	0.191
Proline....g	0.827		0		1		1.125	0.234	0.141
Serine....g	0.955		0		1		1.299	0.271	0.162
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15131
Fish, whitefish, mixed species, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 136g: 1 cup, cooked

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 17g: 1 cubic inch, boneless

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15133
Fish, whiting, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.71		0		1		53.79	63.50	
Energy	kcal	116		0	NC	4		83	98	
Energy	kJ	483		0	NC	4		348	411	
Protein (N x 6.25)	g	23.48		0		1		16.91	19.96	
Total lipid (fat)	g	1.69		0		1		1.22	1.44	
Ash	g	1.46	0.030	11		1		1.05	1.24	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	62		0		1		45	53	
Iron, Fe	mg	0.42	0.040	11		1		0.30	0.36	
Magnesium, Mg	mg	27		0		1		19	23	
Phosphorus, P	mg	285		0		1		205	242	
Potassium, K	mg	434	9.800	11		1		312	369	
Sodium, Na	mg	132	9.190	11		1		95	112	
Zinc, Zn	mg	0.53	0.020	11		1		0.38	0.45	
Copper, Cu	mg	0.040		0		1		0.029	0.034	
Manganese, Mn	mg	0.130		0		1		0.094	0.111	
Selenium, Se	µg	41.1		0	BFSN	4		29.6	34.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.068	0.010	11		1		0.049	0.058	
Riboflavin	mg	0.060	0.010	11		1		0.043	0.051	
Niacin	mg	1.670	0.080	11		1		1.202	1.420	
Pantothenic acid	mg	0.250		0		1		0.180	0.213	
Vitamin B-6	mg	0.180		0		1		0.130	0.153	
Folate, total	µg	15		0		1		11	13	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	15		0		1		11	13	
Folate, DFE	mcg_DFE	15		0	NC	4		11	13	
Choline, total	mg	83.3		0	BFSN	4		60.0	70.8	
Betaine	mg									
Vitamin B-12	µg	2.60	0.200	11		1		1.87	2.21	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	38		0	NC	4		28	33	
Retinol	µg	38		0	BFSN	4		28	33	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	128		0	NC	4		92	109	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.38		0	BFSN	4		0.28	0.33	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	1.8		0	AS	1		1.3	1.6	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	1.8		0	BFSN	4		1.3	1.6	
Vitamin D	IU	73		0	BFSN	4		53	62	
Vitamin K (phylloquinone)	µg	0.1		0	BFSN	4		0.1	0.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15133
Fish, whiting, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.400		0		1		0.288	0.340	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.068		11		1		0.049	0.058	
15:0....g									
16:0....g	0.285		11		1		0.205	0.242	
17:0....g									
18:0....g	0.047		11		1		0.034	0.040	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.445		0		1		0.320	0.378	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.121		11		1		0.087	0.103	
17:1....g									
18:1 undifferentiated....g	0.277		11		1		0.199	0.235	
20:1....g	0.027		11		1		0.019	0.023	
22:1 undifferentiated....g	0.020		11		1		0.014	0.017	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.587		0		1		0.423	0.499	
18:2 undifferentiated....g	0.020		11		1		0.014	0.017	
18:3 undifferentiated....g	0.013		11		1		0.009	0.011	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.020		11		1		0.014	0.017	
20:5 n-3 (EPA)....g	0.283		11		1		0.204	0.241	
22:5 n-3 (DPA)....g	0.017		11		1		0.012	0.014	
22:6 n-3 (DHA)....g	0.235		11		1		0.169	0.200	
Fatty acids, total trans....g									
Cholesterol....mg	84	3.700	11		1		60	71	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.263		0		1		0.189	0.224	
Threonine....g	1.029		0		1		0.741	0.875	
Isoleucine....g	1.082		0		1		0.779	0.920	
Leucine....g	1.908		0		1		1.374	1.622	
Lysine....g	2.156		0		1		1.552	1.833	
Methionine....g	0.695		0		1		0.500	0.591	
Cystine....g	0.252		0		1		0.181	0.214	
Phenylalanine....g	0.917		0		1		0.660	0.779	
Tyrosine....g	0.793		0		1		0.571	0.674	
Valine....g	1.210		0		1		0.871	1.029	
Arginine....g	1.405		0		1		1.012	1.194	
Histidine....g	0.691		0		1		0.498	0.587	
Alanine....g	1.420		0		1		1.022	1.207	
Aspartic acid....g	2.404		0		1		1.731	2.043	
Glutamic acid....g	3.505		0		1		2.524	2.979	
Glycine....g	1.127		0		1		0.811	0.958	
Proline....g	0.830		0		1		0.598	0.706	
Serine....g	0.958		0		1		0.690	0.814	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15133
Fish, whiting, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 72g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15132
Fish, whiting, mixed species, raw
Gadidae

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.27		61		1		73.85	68.23	
Energy	kcal	90		0	NC	4		83	77	
Energy	kJ	377		0		4		346	320	
Protein (N x 6.25)	g	18.31		77		1		16.85	15.56	
Total lipid (fat)	g	1.31		185		1		1.21	1.11	
Ash	g	1.30		57		1		1.20	1.11	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	48		12		1		44	41	
Iron, Fe	mg	0.34	0.030	11		1		0.31	0.29	
Magnesium, Mg	mg	21		2		1		19	18	
Phosphorus, P	mg	222	11.000	13		1		204	189	
Potassium, K	mg	249	10.668	32		1		229	212	
Sodium, Na	mg	72		34		1		66	61	
Zinc, Zn	mg	0.88	0.045	88		1		0.81	0.75	
Copper, Cu	mg	0.031	0.002	83		1		0.029	0.026	
Manganese, Mn	mg	0.104		2		1		0.096	0.088	
Selenium, Se	µg	32.1	2.079	15	A	1		29.5	27.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.056	0.008	11		1		0.052	0.048	
Riboflavin	mg	0.046	0.301	11		1		0.042	0.039	
Niacin	mg	1.300	0.090	11		1		1.196	1.105	
Pantothenic acid	mg	0.216		2		1		0.199	0.184	
Vitamin B-6	mg	0.156		2		1		0.144	0.133	
Folate, total	µg	13		2		1		12	11	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	13		2		1		12	11	
Folate, DFE	mcg_DFE	13		0	NC	4		12	11	
Choline, total	mg	65.0		0	T	4		59.8	55.3	
Betaine	mg									
Vitamin B-12	µg	2.30	0.330	11		1		2.12	1.96	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	30		0	NC	4		28	26	
Retinol	µg	30		0	T	4		28	26	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	100		0	NC	4		92	85	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.30		0	NR	4		0.28	0.26	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	1.4		0	AS	1		1.3	1.2	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	1.4		0	T	4		1.3	1.2	
Vitamin D	IU	57		0	NR	4		52	48	
Vitamin K (phylloquinone)	µg	0.1		0	T	4		0.1	0.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15132
Fish, whiting, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.247		0		1		0.227	0.210	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.045		6		1		0.041	0.038	
15:0....g									
16:0....g	0.158		6		1		0.145	0.134	
17:0....g									
18:0....g	0.032		6		1		0.029	0.027	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.279		0		1		0.257	0.237	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.082		6		1		0.075	0.070	
17:1....g									
18:1 undifferentiated....g	0.162		6		1		0.149	0.138	
20:1....g	0.030		6		1		0.028	0.026	
22:1 undifferentiated....g	0.004		6		1		0.004	0.003	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.422		0		1		0.388	0.359	
18:2 undifferentiated....g	0.020		6		1		0.018	0.017	
18:3 undifferentiated....g	0.034		6		1		0.031	0.029	
18:4....g	0.041		5		1		0.038	0.035	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.078		6		1		0.072	0.066	
20:5 n-3 (EPA)....g	0.093		6		1		0.086	0.079	
22:5 n-3 (DPA)....g	0.018		6		1		0.017	0.015	
22:6 n-3 (DHA)....g	0.131		6		1		0.121	0.111	
Fatty acids, total trans....g									
Cholesterol....mg	67	2.940	11		1		62	57	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.205		0		1		0.189	0.174	
Threonine....g	0.803		0		1		0.739	0.683	
Isoleucine....g	0.844		0		1		0.776	0.717	
Leucine....g	1.488		0		1		1.369	1.265	
Lysine....g	1.682		0		1		1.547	1.430	
Methionine....g	0.542		0		1		0.499	0.461	
Cystine....g	0.196		0		1		0.180	0.167	
Phenylalanine....g	0.715		0		1		0.658	0.608	
Tyrosine....g	0.618		0		1		0.569	0.525	
Valine....g	0.943		0		1		0.868	0.802	
Arginine....g	1.096		0		1		1.008	0.932	
Histidine....g	0.539		0		1		0.496	0.458	
Alanine....g	1.108		0		1		1.019	0.942	
Aspartic acid....g	1.875		0		1		1.725	1.594	
Glutamic acid....g	2.734		0		1		2.515	2.324	
Glycine....g	0.879		0		1		0.809	0.747	
Proline....g	0.648		0		1		0.596	0.551	
Serine....g	0.747		0		1		0.687	0.635	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15132
Fish, whiting, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 92g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15224
Fish, wolffish, Atlantic, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.23		0		1		88.33	63.10	
Energy....kcal	123		0	NC	4		146	105	
Energy....kJ	515				4		612	437	
Protein (N x 6.25)....g	22.44		0		1		26.70	19.07	
Total lipid (fat)....g	3.06		0		1		3.64	2.60	
Ash....g	1.49		0		1		1.77	1.27	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0		1		10	7	
Iron, Fe....mg	0.12		0		1		0.14	0.10	
Magnesium, Mg....mg	38		0		1		45	32	
Phosphorus, P....mg	256		0		1		305	218	
Potassium, K....mg	385		0		1		458	327	
Sodium, Na....mg	109		0		1		130	93	
Zinc, Zn....mg	1.00		0		1		1.19	0.85	
Copper, Cu....mg	0.037		0		1		0.044	0.031	
Manganese, Mn....mg	0.019		0		1		0.023	0.016	
Selenium, Se....µg	46.8		0	BFSN	4		55.7	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.208		0		1		0.248	0.177	
Riboflavin....mg	0.097		0		1		0.115	0.082	
Niacin....mg	2.598		0		1		3.092	2.208	
Pantothenic acid....mg	0.658		0		1		0.783	0.559	
Vitamin B-6....mg	0.462		0		1		0.550	0.393	
Folate, total....µg	6		0		1		7	5	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		1		7	5	
Folate, DFE....mcg_DFE	6		0	NC	4		7	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.35		0		1		2.80	2.00	
Vitamin A, RAE....mcg_RAE	130		0		1		155	111	
Retinol....µg	130		0		1		155	111	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	433		0		1		515	368	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.468		0		1		0.557	0.398	
4:0....g									

NDB No. 15224
Fish, wolffish, Atlantic, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.085		0		1		0.101	0.072	
15:0....g									
16:0....g	0.324		0		1		0.386	0.275	
17:0....g									
18:0....g	0.059		0		1		0.070	0.050	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.072		0		1		1.276	0.911	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.242		0		1		0.288	0.206	
17:1....g									
18:1 undifferentiated....g	0.661		0		1		0.787	0.562	
20:1....g	0.146		0		1		0.174	0.124	
22:1 undifferentiated....g	0.023		0		1		0.027	0.020	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.083		0		1		1.289	0.921	
18:2 undifferentiated....g	0.026		0		1		0.031	0.022	
18:3 undifferentiated....g	0.012		0		1		0.014	0.010	
18:4....g	0.078		0		1		0.093	0.066	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.114		0		1		0.136	0.097	
20:5 n-3 (EPA)....g	0.393		0		1		0.468	0.334	
22:5 n-3 (DPA)....g	0.055		0		1		0.065	0.047	
22:6 n-3 (DHA)....g	0.405		0		1		0.482	0.344	
Fatty acids, total trans....g									
Cholesterol....mg	59		0		1		70	50	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.251		0		1		0.299	0.213	
Threonine....g	0.984		0		1		1.171	0.836	
Isoleucine....g	1.034		0		1		1.230	0.879	
Leucine....g	1.824		0		1		2.171	1.550	
Lysine....g	2.061		0		1		2.453	1.752	
Methionine....g	0.664		0		1		0.790	0.564	
Cystine....g	0.241		0		1		0.287	0.205	
Phenylalanine....g	0.876		0		1		1.042	0.745	
Tyrosine....g	0.757		0		1		0.901	0.643	
Valine....g	1.156		0		1		1.376	0.983	
Arginine....g	1.343		0		1		1.598	1.142	
Histidine....g	0.661		0		1		0.787	0.562	
Alanine....g	1.357		0		1		1.615	1.153	
Aspartic acid....g	2.297		0		1		2.733	1.952	
Glutamic acid....g	3.349		0		1		3.985	2.847	
Glycine....g	1.077		0		1		1.282	0.915	
Proline....g	0.793		0		1		0.944	0.674	
Serine....g	0.915		0		1		1.089	0.778	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 119g: .5 fillet

NDB No. 15224

Fish, wolffish, Atlantic, cooked, dry heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15134
Fish, wolffish, Atlantic, raw
Anarhichas lupus (L.)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.90	0.764	9		1		122.25	67.92	
Energy....kcal	96		0	NC	4		147	82	
Energy....kJ	402				4		615	341	
Protein (N x 6.25)....g	17.50		2		1		26.78	14.88	
Total lipid (fat)....g	2.39	0.542	4		1		3.66	2.03	
Ash....g	1.16		1		1		1.77	0.99	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0		4		9	5	
Iron, Fe....mg	0.09		0		4		0.14	0.08	
Magnesium, Mg....mg	30		0		4		46	26	
Phosphorus, P....mg	200		0		4		306	170	
Potassium, K....mg	300		0		4		459	255	
Sodium, Na....mg	85		0		4		130	72	
Zinc, Zn....mg	0.78	0.033	60		1		1.19	0.66	
Copper, Cu....mg	0.029	0.003	58		1		0.044	0.025	
Manganese, Mn....mg	0.015		0		1		0.023	0.013	
Selenium, Se....µg	36.5		0	CAZN	4		55.8	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.180	0.021	3		1		0.275	0.153	
Riboflavin....mg	0.080	0.006	3		1		0.122	0.068	
Niacin....mg	2.133	0.203	3		1		3.263	1.813	
Pantothenic acid....mg	0.570	0.040	3		1		0.872	0.485	
Vitamin B-6....mg	0.400		0		4		0.612	0.340	
Folate, total....µg	5		0		4		8	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		4		8	4	
Folate, DFE....mcg_DFE	5		0	NC	4		8	4	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	2.03	0.145	3		1		3.11	1.73	
Vitamin A, RAE....mcg_RAE	113		2		1		172	96	
Retinol....µg	113		2		1		172	96	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	375		2		1		574	319	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.365		0		1		0.558	0.310	
4:0....g									

NDB No. 15134
Fish, wolffish, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.066		1		1		0.101	0.056	
15:0....g									
16:0....g	0.253		1		1		0.387	0.215	
17:0....g									
18:0....g	0.046		1		1		0.070	0.039	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.837		0		1		1.281	0.711	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.189		1		1		0.289	0.161	
17:1....g									
18:1 undifferentiated....g	0.516		1		1		0.789	0.439	
20:1....g	0.114		1		1		0.174	0.097	
22:1 undifferentiated....g	0.018		1		1		0.028	0.015	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.845		0		1		1.293	0.718	
18:2 undifferentiated....g	0.020		1		1		0.031	0.017	
18:3 undifferentiated....g	0.009		1		1		0.014	0.008	
18:4....g	0.061		1		1		0.093	0.052	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.089		1		1		0.136	0.076	
20:5 n-3 (EPA)....g	0.307		1		1		0.470	0.261	
22:5 n-3 (DPA)....g	0.043		1		1		0.066	0.037	
22:6 n-3 (DHA)....g	0.316		1		1		0.483	0.269	
Fatty acids, total trans....g									
Cholesterol....mg	46		0		4		70	39	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.196		0		1		0.300	0.167	
Threonine....g	0.767		0		1		1.174	0.652	
Isoleucine....g	0.806		0		1		1.233	0.685	
Leucine....g	1.422		0		1		2.176	1.209	
Lysine....g	1.607		0		1		2.459	1.366	
Methionine....g	0.518		0		1		0.793	0.440	
Cystine....g	0.188		0		1		0.288	0.160	
Phenylalanine....g	0.683		0		1		1.045	0.581	
Tyrosine....g	0.591		0		1		0.904	0.502	
Valine....g	0.902		0		1		1.380	0.767	
Arginine....g	1.047		0		1		1.602	0.890	
Histidine....g	0.515		0		1		0.788	0.438	
Alanine....g	1.058		0		1		1.619	0.899	
Aspartic acid....g	1.792		0		1		2.742	1.523	
Glutamic acid....g	2.612		0		1		3.996	2.220	
Glycine....g	0.840		0		1		1.285	0.714	
Proline....g	0.619		0		1		0.947	0.526	
Serine....g	0.714		0		1		1.092	0.607	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 153g: .5 fillet

NDB No. 15134
Fish, wolffish, Atlantic, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15225
Fish, yellowtail, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.33		0		1		98.30	57.23	
Energy....kcal	187		0	NC	4		273	159	
Energy....kJ	782				4		1142	665	
Protein (N x 6.25)....g	29.67		0		1		43.32	25.22	
Total lipid (fat)....g	6.72		0		1		9.81	5.71	
Ash....g	1.40		0		1		2.04	1.19	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	29		0		1		42	25	
Iron, Fe....mg	0.63		0		1		0.92	0.54	
Magnesium, Mg....mg	38		0		1		55	32	
Phosphorus, P....mg	201		0		1		293	171	
Potassium, K....mg	538		0		1		785	457	
Sodium, Na....mg	50		0		1		73	43	
Zinc, Zn....mg	0.67		0		1		0.98	0.57	
Copper, Cu....mg	0.058		0		1		0.085	0.049	
Manganese, Mn....mg	0.019		0		1		0.028	0.016	
Selenium, Se....µg	46.8		0	BFSN	4		68.3	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.9		0		1		4.2	2.5	
Thiamin....mg	0.175		0		1		0.256	0.149	
Riboflavin....mg	0.051		0		1		0.074	0.043	
Niacin....mg	8.718		0		1		12.728	7.410	
Pantothenic acid....mg	0.681		0		1		0.994	0.579	
Vitamin B-6....mg	0.185		0		1		0.270	0.157	
Folate, total....µg	4		0		1		6	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		1		6	3	
Folate, DFE....mcg_DFE	4		0	NC	4		6	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.25		0		1		1.83	1.06	
Vitamin A, RAE....mcg_RAE	31		0		1		46	27	
Retinol....µg	31		0		1		46	27	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	104		0		1		152	88	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									

NDB No. 15225
Fish, yellowtail, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		104	60	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.332		0		1		0.485	0.282	
Threonine.....g	1.301		0		1		1.899	1.106	
Isoleucine.....g	1.367		0		1		1.996	1.162	
Leucine.....g	2.411		0		1		3.520	2.049	
Lysine.....g	2.725		0		1		3.979	2.316	
Methionine.....g	0.878		0		1		1.282	0.746	
Cystine.....g	0.318		0		1		0.464	0.270	
Phenylalanine.....g	1.158		0		1		1.691	0.984	
Tyrosine.....g	1.002		0		1		1.463	0.852	
Valine.....g	1.528		0		1		2.231	1.299	
Arginine.....g	1.775		0		1		2.592	1.509	
Histidine.....g	0.873		0		1		1.275	0.742	
Alanine.....g	1.794		0		1		2.619	1.525	
Aspartic acid.....g	3.038		0		1		4.435	2.582	
Glutamic acid.....g	4.429		0		1		6.466	3.765	
Glycine.....g	1.424		0		1		2.079	1.210	
Proline.....g	1.049		0		1		1.532	0.892	
Serine.....g	1.210		0		1		1.767	1.029	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 146g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15135

Fish, yellowtail, mixed species, raw

Seriola spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.52		32		1		139.35	63.34	
Energy....kcal	146		0	NC	4		273	124	
Energy....kJ	611				4		1142	519	
Protein (N x 6.25)....g	23.14	0.217	29		1		43.27	19.67	
Total lipid (fat)....g	5.24	0.295	39		1		9.80	4.45	
Ash....g	1.09		1		1		2.04	0.93	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	23		0		4		43	20	
Iron, Fe....mg	0.49		1		1		0.92	0.42	
Magnesium, Mg....mg	30		0		4		56	26	
Phosphorus, P....mg	157		1		1		294	133	
Potassium, K....mg	420		0		4		785	357	
Sodium, Na....mg	39		1		1		73	33	
Zinc, Zn....mg	0.52	0.068	26		1		0.97	0.44	
Copper, Cu....mg	0.045		26		1		0.084	0.038	
Manganese, Mn....mg	0.015		0		1		0.028	0.013	
Selenium, Se....µg	36.5		0	CAZN	4		68.3	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.8		1		1		5.2	2.4	
Thiamin....mg	0.144		1		1		0.269	0.122	
Riboflavin....mg	0.040		1		1		0.075	0.034	
Niacin....mg	6.800		1		1		12.716	5.780	
Pantothenic acid....mg	0.590	0.102	3		1		1.103	0.502	
Vitamin B-6....mg	0.160		2		1		0.299	0.136	
Folate, total....µg	4	1.292	3		1		7	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4	1.292	3		1		7	3	
Folate, DFE....mcg_DFE	4		0	NC	4		7	3	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	1.30		1		1		2.43	1.11	
Vitamin A, RAE....mcg_RAE	29		1		1		53	24	
Retinol....µg	29		1		1		53	24	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	95		1		1		178	81	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.1		0	T	4		0.2	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.280		0		4		2.394	1.088	
Fatty acids, total monounsaturated....g	1.990		0		4		3.721	1.692	

NDB No. 15135
Fish, yellowtail, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	1.420		0		4		2.655	1.207	
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0		4		103	47	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.259		0		1		0.484	0.220	
Threonine.....g	1.015		0		1		1.898	0.863	
Isoleucine.....g	1.066		0		1		1.993	0.906	
Leucine.....g	1.881		0		1		3.517	1.599	
Lysine.....g	2.126		0		1		3.976	1.807	
Methionine.....g	0.685		0		1		1.281	0.582	
Cystine.....g	0.248		0		1		0.464	0.211	
Phenylalanine.....g	0.904		0		1		1.690	0.768	
Tyrosine.....g	0.781		0		1		1.460	0.664	
Valine.....g	1.192		0		1		2.229	1.013	
Arginine.....g	1.385		0		1		2.590	1.177	
Histidine.....g	0.681		0		1		1.273	0.579	
Alanine.....g	1.400		0		1		2.618	1.190	
Aspartic acid.....g	2.370		0		1		4.432	2.015	
Glutamic acid.....g	3.455		0		1		6.461	2.937	
Glycine.....g	1.111		0		1		2.078	0.944	
Proline.....g	0.818		0		1		1.530	0.695	
Serine.....g	0.944		0		1		1.765	0.802	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 187g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 80200
Frog legs, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.90		0		1				
Energy	kcal	73		0		1				
Energy	kJ	305		0		1				
Protein	g	16.40		0		1				
Total lipid (fat)	g	0.30		0		1				
Ash	g	1.40		0	NR	4				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0		7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1				
Iron, Fe	mg	1.50		0		1				
Magnesium, Mg	mg	20		0		4				
Phosphorus, P	mg	147		0		1				
Potassium, K	mg	285		0		1				
Sodium, Na	mg	58		0		1				
Zinc, Zn	mg	1.00		0		4				
Copper, Cu	mg	0.250		0		4				
Manganese, Mn	mg									
Selenium, Se	µg	14.1		0	BFSN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.140		0		1				
Riboflavin	mg	0.250		0		1				
Niacin	mg	1.200		0		1				
Pantothenic acid	mg									
Vitamin B-6	mg	0.120		0		4				
Folate, total	µg	15		0		4				
Folic acid	µg	0		0	Z	7				
Folate, food	µg	15		0	NR	4				
Folate, DFE	mcg_DFE	15		0	NC	4				
Choline, total	mg	65.0		0	T	4				
Betaine	mg									
Vitamin B-12	µg	0.40		0		4				
Vitamin B-12, added	µg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	15		0	NC	4				
Retinol	µg	15		0	T	4				
Carotene, beta	µg	0		0	Z	7				
Carotene, alpha	µg	0		0	Z	7				
Cryptoxanthin, beta	µg	0		0	Z	7				
Vitamin A, IU	IU	50		0	NC	4				
Lycopene	µg	0		0	Z	7				
Lutein + zeaxanthin	µg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	1.00		0	NR	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.2		0	AS	1				
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.2		0	T	4				
Vitamin D	IU	8		0	NR	4				
Vitamin K (phylloquinone)	µg	0.1		0	T	4				
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 80200
Frog legs, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.076		0		4				
4:0....g	0.000		0		4				
6:0....g	0.000		0		4				
8:0....g	0.000		0		4				
10:0....g	0.000		0		4				
12:0....g	0.000		0		4				
13:0....g									
14:0....g	0.001		0		4				
15:0....g									
16:0....g	0.054		0		4				
17:0....g									
18:0....g	0.021		0		4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.053		0		4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009		0		4				
17:1....g									
18:1 undifferentiated....g	0.044		0		4				
20:1....g	0.000		0		4				
22:1 undifferentiated....g	0.000		0		4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.102		0		4				
18:2 undifferentiated....g	0.020		0		4				
18:3 undifferentiated....g	0.010		0		4				
18:4....g	0.000		0		4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.031		0		4				
20:5 n-3 (EPA)....g	0.014		0		4				
22:5 n-3 (DPA)....g	0.007		0		4				
22:6 n-3 (DHA)....g	0.020		0		4				
Fatty acids, total trans....g									
Cholesterol....mg	50		0		1				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 43497
Jellyfish, dried, salted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.00		0		1		39.44		
Energy....kcal	36		0		1		21		
Energy....kJ	151		0		1		87		
Protein....g	5.50		0		4		3.19		
Total lipid (fat)....g	1.40		0		1		0.81		
Ash....g	25.10		0	NR	4		14.56		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0		7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	2		0		1		1		
Iron, Fe....mg	2.27		0		1		1.32		
Magnesium, Mg....mg	2		0		1		1		
Phosphorus, P....mg	20		0		4		12		
Potassium, K....mg	3		0		4		2		
Sodium, Na....mg	9690		0		1		5620		
Zinc, Zn....mg	0.42		0		1		0.24		
Copper, Cu....mg	0.140		0		1		0.081		
Manganese, Mn....mg									
Selenium, Se....µg	42.2		0	BFSN	4		24.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0		
Thiamin....mg	0.010		0		4		0.006		
Riboflavin....mg	0.010		0		4		0.006		
Niacin....mg	0.200		0		4		0.116		
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		0		4		0.006		
Folate, total....µg	1		0		4		1		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	1		0	NR	4		1		
Folate, DFE....mcg_DFE	1		0	NC	4		1		
Choline, total....mg	95.0		0	T	4		55.1		
Betaine....mg									
Vitamin B-12....µg	0.02		0		4		0.01		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	2		0	NC	4		1		
Retinol....µg	2		0	T	4		1		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	7		0	NC	4		4		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.02		0	NR	4		0.01		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.1		0	T	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 43497
Jellyfish, dried, salted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.273		0		4		0.158		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.019		0		4		0.011		
15:0....g									
16:0....g	0.190		0		4		0.110		
17:0....g									
18:0....g	0.063		0		4		0.037		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.202		0		4		0.117		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.033		0		4		0.019		
17:1....g									
18:1 undifferentiated....g	0.127		0		4		0.074		
20:1....g	0.031		0		4		0.018		
22:1 undifferentiated....g	0.007		0		4		0.004		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.475		0		4		0.276		
18:2 undifferentiated....g	0.011		0		4		0.006		
18:3 undifferentiated....g	0.002		0		4		0.001		
18:4....g	0.002		0		4		0.001		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.046		0		4		0.027		
20:5 n-3 (EPA)....g	0.007		0		4		0.004		
22:5 n-3 (DPA)....g	0.021		0		4		0.012		
22:6 n-3 (DHA)....g	0.250		0		4		0.145		
Fatty acids, total trans....g									
Cholesterol....mg	5		0		4		3		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 58g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15156
Mollusks, abalone, mixed species, cooked, fried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.10		0		1		51.09		
Energy	kcal	189		0	NC	4		161		
Energy	kJ	791				4		672		
Protein (N x 6.23)	g	19.63		0		1		16.69		
Total lipid (fat)	g	6.78		0		1		5.76		
Ash	g	1.77		0		1		1.50		
Carbohydrate, by difference	g	11.05		0	NC	4		9.39		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	37		0		1		31		
Iron, Fe	mg	3.80		0		1		3.23		
Magnesium, Mg	mg	56		0		1		48		
Phosphorus, P	mg	217		0		4		184		
Potassium, K	mg	284		0		4		241		
Sodium, Na	mg	591		0		1		502		
Zinc, Zn	mg	0.95		0		1		0.81		
Copper, Cu	mg	0.228		0		1		0.194		
Manganese, Mn	mg	0.070		0		4		0.060		
Selenium, Se	µg	51.8		0	RA	4		44.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		0		4		1.5		
Thiamin	mg	0.220		0		4		0.187		
Riboflavin	mg	0.130		0		4		0.111		
Niacin	mg	1.900		0		4		1.615		
Pantothenic acid	mg	2.870		0		4		2.440		
Vitamin B-6	mg	0.150		0		4		0.128		
Folate, total	µg	14		0	RA	4		12		
Folic acid	µg	9		0	NC	4		7		
Folate, food	µg	5		0		1		5		
Folate, DFE	mcg_DFE	20		0	NC	4		17		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.69		0		4		0.59		
Vitamin A, RAE	mcg_RAE	2		0		4		1		
Retinol	µg	2		0		4		1		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	5		0		4		4		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	1.646		0		1		1.399		
4:0	g									

NDB No. 15156
Mollusks, abalone, mixed species, cooked, fried

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.049		0		1		0.042		
15:0	g									
16:0	g	0.953		0		1		0.810		
17:0	g									
18:0	g	0.648		0		1		0.551		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.741		0		1		2.330		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.022		0		1		0.019		
17:1	g									
18:1 undifferentiated	g	2.721		0		1		2.313		
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.676		0		1		1.425		
18:2 undifferentiated	g	1.474		0		1		1.253		
18:3 undifferentiated	g	0.095		0		1		0.081		
18:4	g	0.007		0		1		0.006		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3 (EPA)	g	0.054		0		1		0.046		
22:5 n-3 (DPA)	g	0.046		0		1		0.039		
22:6 n-3 (DHA)	g									
Fatty acids, total trans	g									
Cholesterol	mg	94		0		1		80		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.224		0		1		0.190		
Threonine	g	0.838		0		1		0.712		
Isoleucine	g	0.854		0		1		0.726		
Leucine	g	1.386		0		1		1.178		
Lysine	g	1.433		0		1		1.218		
Methionine	g	0.441		0		1		0.375		
Cystine	g	0.261		0		1		0.222		
Phenylalanine	g	0.715		0		1		0.608		
Tyrosine	g	0.627		0		1		0.533		
Valine	g	0.860		0		1		0.731		
Arginine	g	1.411		0		1		1.199		
Histidine	g	0.378		0		1		0.321		
Alanine	g	1.169		0		1		0.994		
Aspartic acid	g	1.862		0		1		1.583		
Glutamic acid	g	2.819		0		1		2.396		
Glycine	g	1.213		0		1		1.031		
Proline	g	0.851		0		1		0.723		
Serine	g	0.885		0		1		0.752		
Hydroxyproline	g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15156
Mollusks, abalone, mixed species, cooked, fried

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 4.12

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15155

Mollusks, abalone, mixed species, raw

Haliotis spp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.56		12		1		63.38		
Energy	kcal	105		0	NC	4		89		
Energy	kJ	439		0		4		373		
Protein (N x 6.25)	g	17.10	0.400	3		1		14.54		
Total lipid (fat)	g	0.76		7		1		0.65		
Ash	g	1.57	0.090	9		1		1.33		
Carbohydrate, by difference	g	6.01		0	NC	4		5.11		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	31	11.170	6		1		26		
Iron, Fe	mg	3.19		7		1		2.71		
Magnesium, Mg	mg	48	21.192	6		1		41		
Phosphorus, P	mg	190		0		4		162		
Potassium, K	mg	250		0		4		213		
Sodium, Na	mg	301	27.817	6		1		256		
Zinc, Zn	mg	0.82		11		1		0.70		
Copper, Cu	mg	0.196	0.037	13		1		0.167		
Manganese, Mn	mg	0.040		0		1		0.034		
Selenium, Se	µg	44.8		0	CAZN	4		38.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		4		1.7		
Thiamin	mg	0.190		0		4		0.162		
Riboflavin	mg	0.100		0		4		0.085		
Niacin	mg	1.500		0		4		1.275		
Pantothenic acid	mg	3.000		1		1		2.550		
Vitamin B-6	mg	0.150		0		4		0.128		
Folate, total	µg	5		1		1		4		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	5		1		1		4		
Folate, DFE	mcg_DFE	5		0	NC	4		4		
Choline, total	mg	65.0		0	T	4		55.3		
Betaine	mg									
Vitamin B-12	µg	0.73		0		4		0.62		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		2		
Retinol	µg	2		0	T	4		2		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	7		0	NC	4		6		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	4.00		0	NR	4		3.40		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.0		0	Z	7		0.0		
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	23.0		0	T	4		19.6		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15155
Mollusks, abalone, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.149		0		1		0.127		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.023		2		1		0.020		
15:0....g									
16:0....g	0.103		2		1		0.088		
17:0....g									
18:0....g	0.021		2		1		0.018		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.107		0		1		0.091		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.020		2		1		0.017		
17:1....g									
18:1 undifferentiated....g	0.087		2		1		0.074		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.104		0		1		0.088		
18:2 undifferentiated....g	0.007		2		1		0.006		
18:3 undifferentiated....g	0.000		0		1		0.000		
18:4....g	0.006		1		1		0.005		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.049		2		1		0.042		
22:5 n-3 (DPA)....g	0.041		2		1		0.035		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	85		1		1		72		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.192		43		1		0.163		
Threonine....g	0.736		54		1		0.626		
Isoleucine....g	0.744		54		1		0.632		
Leucine....g	1.204		54		1		1.023		
Lysine....g	1.278		66		1		1.086		
Methionine....g	0.386		54		1		0.328		
Cystine....g	0.224		49		1		0.190		
Phenylalanine....g	0.613		54		1		0.521		
Tyrosine....g	0.547		54		1		0.465		
Valine....g	0.747		54		1		0.635		
Arginine....g	1.248		54		1		1.061		
Histidine....g	0.328		54		1		0.279		
Alanine....g	1.034		54		1		0.879		
Aspartic acid....g	1.650		54		1		1.403		
Glutamic acid....g	2.326		54		1		1.977		
Glycine....g	1.070		54		1		0.910		
Proline....g	0.698		54		1		0.593		
Serine....g	0.766		54		1		0.651		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15155
Mollusks, abalone, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15160
Mollusks, clam, mixed species, canned, drained solids

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.26		0	RA	4		104.41	55.47	
Energy	kcal	142		0	NC	4		227	121	
Energy	kJ	595		0	RA	4		952	506	
Protein (N x 6.25)	g	24.25		0	RA	4		38.79	20.61	
Total lipid (fat)	g	1.59		0	RA	4		2.55	1.35	
Ash	g	3.00		0	RA	4		4.81	2.55	
Carbohydrate, by difference	g	5.90		0	RA	4		9.44	5.01	
Fiber, total dietary	g	0.0		0	RA	4		0.0	0.0	
Sugars, total	g	0.00		0	RA	4		0.00	0.00	
Sucrose	g	0.00		0	RA	4		0.00	0.00	
Glucose (dextrose)	g	0.00		0	RA	4		0.00	0.00	
Fructose	g	0.00		0	RA	4		0.00	0.00	
Lactose	g	0.00		0	RA	4		0.00	0.00	
Maltose	g	0.00		0	RA	4		0.00	0.00	
Galactose	g	0.00		0	RA	4		0.00	0.00	
Starch	g	2.31		0	RA	4		3.70	1.97	
Minerals:										
Calcium, Ca	mg	65		0	RA	4		103	55	
Iron, Fe	mg	2.68		0	RA	4		4.29	2.28	
Magnesium, Mg	mg	32		0	RA	4		51	27	
Phosphorus, P	mg	327		0	RA	4		524	278	
Potassium, K	mg	628		0		1		1005	534	
Sodium, Na	mg	112		0		1		179	95	
Zinc, Zn	mg	0.84		0	RA	4		1.34	0.71	
Copper, Cu	mg	0.087		0	RA	4		0.139	0.074	
Manganese, Mn	mg	0.140		0	RA	4		0.223	0.119	
Selenium, Se	µg	50.5		0	RA	4		80.8	42.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4		0.0	0.0	
Thiamin	mg	0.024		0	RA	4		0.039	0.021	
Riboflavin	mg	0.066		0	RA	4		0.106	0.056	
Niacin	mg	0.578		0	RA	4		0.925	0.492	
Pantothenic acid	mg	0.245		0	RA	4		0.391	0.208	
Vitamin B-6	mg	0.016		0	RA	4		0.025	0.013	
Folate, total	µg	7		0	RA	4		12	6	
Folic acid	µg	0		0	RA	4		0	0	
Folate, food	µg	7		0	RA	4		12	6	
Folate, DFE	mcg_DFE	7		0	NC	4		12	6	
Choline, total	mg	107.4		0	RA	4		171.9	91.3	
Betaine	mg									
Vitamin B-12	µg	18.63		0	RA	4		29.81	15.84	
Vitamin B-12, added	µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	149		0	RA	4		238	126	
Retinol	µg	149		0	RA	4		238	126	
Carotene, beta	µg	0		0	RA	4		0	0	
Carotene, alpha	µg	0		0	RA	4		0	0	
Cryptoxanthin, beta	µg	0		0	RA	4		0	0	
Vitamin A, IU	IU	496		0	RA	4		793	421	
Lycopene	µg	0		0	RA	4		0	0	
Lutein + zeaxanthin	µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	1.12		0	RA	4		1.78	0.95	
Vitamin E, added	mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta	mg	0.03		0	RA	4		0.05	0.03	
Tocopherol, gamma	mg	1.47		0	RA	4		2.36	1.25	
Tocopherol, delta	mg	0.63		0	RA	4		1.01	0.54	
Vitamin D (D2 + D3)	µg	0.1		0	RA	4		0.1	0.0	
Vitamin D2 (ergocalciferol)	µg									

NDB No. 15160
Mollusks, clam, mixed species, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	0.1		0	RA	4		0.1	0.0	
Vitamin D....IU	2		0	RA	4		4	2	
Vitamin K (phylloquinone)....µg	0.3		0	RA	4		0.5	0.3	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg	0.1		0	RA	4		0.1	0.1	
Lipids:									
Fatty acids, total saturated....g	0.309		0	RA	4		0.494	0.262	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.007		0	RA	4		0.011	0.006	
13:0....g									
14:0....g	0.012		0	RA	4		0.020	0.011	
15:0....g	0.004		0	RA	4		0.006	0.003	
16:0....g	0.181		0	RA	4		0.290	0.154	
17:0....g									
18:0....g	0.083		0	RA	4		0.133	0.071	
20:0....g	0.007		0	RA	4		0.011	0.006	
22:0....g	0.000		0	RA	4		0.000	0.000	
24:0....g	0.002		0	RA	4		0.003	0.002	
Fatty acids, total monounsaturated....g	0.198		0	RA	4		0.317	0.168	
14:1....g	0.000		0	RA	4		0.000	0.000	
15:1....g	0.000		0	RA	4		0.000	0.000	
16:1 undifferentiated....g	0.032		0	RA	4		0.052	0.027	
17:1....g	0.056		0	RA	4		0.090	0.048	
18:1 undifferentiated....g	0.098		0	RA	4		0.157	0.084	
20:1....g	0.011		0	RA	4		0.018	0.009	
22:1 undifferentiated....g	0.000		0	RA	4		0.000	0.000	
24:1 c....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.318		0	RA	4		0.508	0.270	
18:2 undifferentiated....g	0.070		0	RA	4		0.112	0.059	
18:3 undifferentiated....g	0.025		0	RA	4		0.040	0.021	
18:4....g	0.002		0	RA	4		0.003	0.002	
20:2 n-6 c,c....g	0.007		0	RA	4		0.011	0.006	
20:3 undifferentiated....g	0.001		0	RA	4		0.001	0.001	
20:4 undifferentiated....g	0.017		0	RA	4		0.028	0.015	
20:5 n-3 (EPA)....g	0.070		0	RA	4		0.112	0.060	
22:5 n-3 (DPA)....g	0.012		0	RA	4		0.019	0.010	
22:6 n-3 (DHA)....g	0.106		0	RA	4		0.169	0.090	
Fatty acids, total trans....g	0.024		0	RA	4		0.039	0.021	
Cholesterol....mg	50		0	RA	4		80	43	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.339		0	RA	4		0.542	0.288	
Threonine....g	1.157		0	RA	4		1.851	0.983	
Isoleucine....g	1.144		0	RA	4		1.831	0.973	
Leucine....g	1.983		0	RA	4		3.173	1.686	
Lysine....g	1.855		0	RA	4		2.968	1.577	
Methionine....g	0.698		0	RA	4		1.117	0.594	
Cystine....g	0.289		0	RA	4		0.463	0.246	
Phenylalanine....g	0.925		0	RA	4		1.481	0.787	
Tyrosine....g	0.987		0	RA	4		1.580	0.839	
Valine....g	1.227		0	RA	4		1.963	1.043	
Arginine....g	2.000		0	RA	4		3.199	1.700	
Histidine....g	0.496		0	RA	4		0.793	0.421	
Alanine....g	1.463		0	RA	4		2.340	1.243	
Aspartic acid....g	2.657		0	RA	4		4.251	2.258	
Glutamic acid....g	3.714		0	RA	4		5.943	3.157	
Glycine....g	1.058		0	RA	4		1.692	0.899	
Proline....g	0.826		0	RA	4		1.322	0.702	
Serine....g	1.140		0	RA	4		1.824	0.969	

NDB No. 15160
Mollusks, clam, mixed species, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 160g: 1 cup

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15162
Mollusks, clam, mixed species, canned, liquid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	97.70		1		1		234.48	83.05	
Energy....kcal	2		0	NC	4		5	2	
Energy....kJ	8		0		4		20	7	
Protein (N x 6.25)....g	0.40		1		1		0.96	0.34	
Total lipid (fat)....g	0.02		1		1		0.05	0.02	
Ash....g	1.80		1		1		4.32	1.53	
Carbohydrate, by difference....g	0.10		0	NC	4		0.24	0.09	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13		1		1		31	11	
Iron, Fe....mg	0.30		0		4		0.72	0.26	
Magnesium, Mg....mg	11		1		1		26	9	
Phosphorus, P....mg	114		0		4		274	97	
Potassium, K....mg	149		0		4		358	127	
Sodium, Na....mg	215		1		1		516	183	
Zinc, Zn....mg	0.10		0		1		0.24	0.09	
Copper, Cu....mg	0.389		1		1		0.934	0.331	
Manganese, Mn....mg	0.074		1		1		0.178	0.063	
Selenium, Se....µg	4.1		0	BFSN	4		9.8	3.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		4		2.4	0.9	
Thiamin....mg	0.010		0		4		0.024	0.009	
Riboflavin....mg	0.020		0		4		0.048	0.017	
Niacin....mg	0.180		0		4		0.432	0.153	
Pantothenic acid....mg	0.040		0		4		0.096	0.034	
Vitamin B-6....mg	0.010		0		4		0.024	0.009	
Folate, total....µg	2		0		4		5	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0		4		5	2	
Folate, DFE....mcg_DFE	2		0	NC	4		5	2	
Choline, total....mg	13.0		0	T	4		31.2	11.1	
Betaine....mg									
Vitamin B-12....µg	5.00		0		4		12.00	4.25	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	9		0	NC	4		22	8	
Retinol....µg	9		0	T	4		22	8	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	30		0	NC	4		72	26	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.31		1		1		0.74	0.26	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		1		1		0.00	0.00	
Tocopherol, gamma....mg	0.00		1		1		0.00	0.00	
Tocopherol, delta....mg	0.01		1		1		0.02	0.01	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.2		0	T	4		0.5	0.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15162
Mollusks, clam, mixed species, canned, liquid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.002		0		4		0.005	0.002	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.001		0		4		0.002	0.001	
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		4		0.005	0.002	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.001		0		4		0.002	0.001	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.006		0		4		0.014	0.005	
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		4		0.002	0.001	
20:5 n-3 (EPA)....g	0.001		0		4		0.002	0.001	
22:5 n-3 (DPA)....g	0.001		0		4		0.002	0.001	
22:6 n-3 (DHA)....g	0.002		0		4		0.005	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	3		0		4		7	3	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.000		1		1		0.000	0.000	
Isoleucine....g	0.000		1		1		0.000	0.000	
Leucine....g	0.000		1		1		0.000	0.000	
Lysine....g	0.000		1		1		0.000	0.000	
Methionine....g									
Cystine....g									
Phenylalanine....g	0.000		1		1		0.000	0.000	
Tyrosine....g	0.000		1		1		0.000	0.000	
Valine....g	0.000		1		1		0.000	0.000	
Arginine....g	0.001		1		1		0.002	0.001	
Histidine....g	0.000		1		1		0.000	0.000	
Alanine....g	0.005		1		1		0.012	0.004	
Aspartic acid....g	0.001		1		1		0.002	0.001	
Glutamic acid....g	0.019		1		1		0.046	0.016	
Glycine....g	0.001		1		1		0.002	0.001	
Proline....g									
Serine....g	0.001		1		1		0.002	0.001	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15162
Mollusks, clam, mixed species, canned, liquid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15158
Mollusks, clam, mixed species, cooked, breaded and fried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.55		0		1		52.32	115.71	
Energy	kcal	202		0	NC	4		172	380	
Energy	kJ	845				4		718	1589	
Protein (N x 6.2)	g	14.24		0		1		12.10	26.77	
Total lipid (fat)	g	11.15		0		1		9.48	20.96	
Ash	g	2.16		0		1		1.84	4.06	
Carbohydrate, by difference	g	10.33		0	NC	4		8.78	19.42	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	63		0		1		54	118	
Iron, Fe	mg	13.91		0		1		11.82	26.15	
Magnesium, Mg	mg	14		0		1		12	26	
Phosphorus, P	mg	188		0		1		160	353	
Potassium, K	mg	326		0		1		277	613	
Sodium, Na	mg	364		0		1		309	684	
Zinc, Zn	mg	1.46		0		1		1.24	2.74	
Copper, Cu	mg	0.356		0		1		0.303	0.669	
Manganese, Mn	mg	0.540		0		4		0.459	1.015	
Selenium, Se	µg	28.9		0	RA	4		24.6	54.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	10.0		0		4		8.5	18.8	
Thiamin	mg	0.100		0		4		0.085	0.188	
Riboflavin	mg	0.244		0		1		0.207	0.459	
Niacin	mg	2.064		0		1		1.754	3.880	
Pantothenic acid	mg	0.430		0		4		0.366	0.808	
Vitamin B-6	mg	0.060		0		4		0.051	0.113	
Folate, total	µg	36		0	RA	4		31	68	
Folic acid	µg	18		0	NC	4		15	33	
Folate, food	µg	18		0		4		15	34	
Folate, DFE	mcg_DFE	48		0	NC	4		41	91	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	40.27		0		1		34.23	75.71	
Vitamin A, RAE	mcg_RAE	91		0		1		77	170	
Retinol	µg	91		0		1		77	170	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	302		0		1		257	568	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	2.683		0		1		2.281	5.044	
4:0	g									

NDB No. 15158
Mollusks, clam, mixed species, cooked, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.058		0		1		0.049	0.109	
15:0....g									
16:0....g	1.551		0		1		1.318	2.916	
17:0....g									
18:0....g	1.070		0		1		0.910	2.012	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.545		0		1		3.863	8.545	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.042		0		1		0.036	0.079	
17:1....g									
18:1 undifferentiated....g	4.472		0		1		3.801	8.407	
20:1....g	0.017		0		1		0.014	0.032	
22:1 undifferentiated....g	0.006		0		1		0.005	0.011	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.870		0		1		2.440	5.396	
18:2 undifferentiated....g	2.455		0		1		2.087	4.615	
18:3 undifferentiated....g	0.160		0		1		0.136	0.301	
18:4....g	0.015		0		1		0.013	0.028	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.044		0		1		0.037	0.083	
20:5 n-3 (EPA)....g	0.066		0		1		0.056	0.124	
22:5 n-3 (DPA)....g	0.050		0		1		0.043	0.094	
22:6 n-3 (DHA)....g	0.070		0		1		0.060	0.132	
Fatty acids, total trans....g									
Cholesterol....mg	61		0		1		52	115	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.168		0		1		0.143	0.316	
Threonine....g	0.602		0		1		0.512	1.132	
Isoleucine....g	0.636		0		1		0.541	1.196	
Leucine....g	1.024		0		1		0.870	1.925	
Lysine....g	0.992		0		1		0.843	1.865	
Methionine....g	0.324		0		1		0.275	0.609	
Cystine....g	0.204		0		1		0.173	0.384	
Phenylalanine....g	0.549		0		1		0.467	1.032	
Tyrosine....g	0.464		0		1		0.394	0.872	
Valine....g	0.650		0		1		0.553	1.222	
Arginine....g	0.985		0		1		0.837	1.852	
Histidine....g	0.280		0		1		0.238	0.526	
Alanine....g	0.824		0		1		0.700	1.549	
Aspartic acid....g	1.311		0		1		1.114	2.465	
Glutamic acid....g	2.239		0		1		1.903	4.209	
Glycine....g	0.836		0		1		0.711	1.572	
Proline....g	0.691		0		1		0.587	1.299	
Serine....g	0.673		0		1		0.572	1.265	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15158

Mollusks, clam, mixed species, cooked, breaded and fried

Measure 2 = 188g: 20 small

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate**4.12

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15159
Mollusks, clam, mixed species, cooked, moist heat

Refuse:

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.64		0		1		54.09	120.92	
Energy	kcal	148		0	NC	4		126	281	
Energy	kJ	618		0	NC	4		525	1174	
Protein (N x 6.25)	g	25.55		0		1		21.72	48.55	
Total lipid (fat)	g	1.95		0		1		1.66	3.71	
Ash	g	3.74		0		1		3.18	7.11	
Carbohydrate, by difference	g	5.13		0	NC	4		4.36	9.75	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	92		0		1		78	175	
Iron, Fe	mg	27.96		0		1		23.77	53.12	
Magnesium, Mg	mg	18		0		1		15	34	
Phosphorus, P	mg	338		0		1		287	642	
Potassium, K	mg	628		0		1		534	1193	
Sodium, Na (1)	mg	1202		0	O	4		1022	2284	
Zinc, Zn	mg	2.73		0		1		2.32	5.19	
Copper, Cu	mg	0.688		0		1		0.585	1.307	
Manganese, Mn	mg	1.000		0		4		0.850	1.900	
Selenium, Se	µg	64.0		0	BFSN	4		54.4	121.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	22.1		0		4		18.8	42.0	
Thiamin	mg	0.150		0		4		0.128	0.285	
Riboflavin	mg	0.426		0		1		0.362	0.809	
Niacin	mg	3.354		0		1		2.851	6.373	
Pantothenic acid	mg	0.680		0		4		0.578	1.292	
Vitamin B-6	mg	0.110		0		4		0.094	0.209	
Folate, total	µg	29		0		4		24	55	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	29		0		4		24	55	
Folate, DFE	mcg_DFE	29		0	NC	4		24	55	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	98.89		0		1		84.05	187.89	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	570		0		1		485	1083	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.188		0		1		0.160	0.357	
4:0	g									

NDB No. 15159
Mollusks, clam, mixed species, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.026		0		1		0.022	0.049	
15:0....g									
16:0....g	0.120		0		1		0.102	0.228	
17:0....g									
18:0....g	0.036		0		1		0.031	0.068	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.172		0		1		0.146	0.327	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.044		0		1		0.037	0.084	
17:1....g									
18:1 undifferentiated....g	0.068		0		1		0.058	0.129	
20:1....g	0.036		0		1		0.031	0.068	
22:1 undifferentiated....g	0.012		0		1		0.010	0.023	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.552		0		1		0.469	1.049	
18:2 undifferentiated....g	0.032		0		1		0.027	0.061	
18:3 undifferentiated....g	0.008		0		1		0.007	0.015	
18:4....g	0.032		0		1		0.027	0.061	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.082		0		1		0.070	0.156	
20:5 n-3 (EPA)....g	0.138		0		1		0.117	0.262	
22:5 n-3 (DPA)....g	0.104		0		1		0.088	0.198	
22:6 n-3 (DHA)....g	0.146		0		1		0.124	0.277	
Fatty acids, total trans....g									
Cholesterol....mg	67		0		1		57	127	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.286		0		1		0.243	0.543	
Threonine....g	1.099		0		1		0.934	2.088	
Isoleucine....g	1.112		0		1		0.945	2.113	
Leucine....g	1.798		0		1		1.528	3.416	
Lysine....g	1.909		0		1		1.623	3.627	
Methionine....g	0.576		0		1		0.490	1.094	
Cystine....g	0.335		0		1		0.285	0.637	
Phenylalanine....g	0.915		0		1		0.778	1.739	
Tyrosine....g	0.817		0		1		0.694	1.552	
Valine....g	1.116		0		1		0.949	2.120	
Arginine....g	1.864		0		1		1.584	3.542	
Histidine....g	0.490		0		1		0.417	0.931	
Alanine....g	1.545		0		1		1.313	2.936	
Aspartic acid....g	2.464		0		1		2.094	4.682	
Glutamic acid....g	3.474		0		1		2.953	6.601	
Glycine....g	1.598		0		1		1.358	3.036	
Proline....g	1.042		0		1		0.886	1.980	
Serine....g	1.144		0		1		0.972	2.174	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15159

Mollusks, clam, mixed species, cooked, moist heat

Measure 2 = 190g: 20 small

Footnotes:

1 Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 112 mg sodium/100g.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15157
Mollusks, clam, mixed species, raw
Lamellibranchia

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.98	0.165	4	A	1		179.28	15.80	53.70
Energy	kcal	86		0	NC	4		195	17	58
Energy	kJ	360		0	NC	4		817	72	245
Protein (N x 6.25)	g	14.67	0.086	4	A	1		33.31	2.93	9.98
Total lipid (fat)	g	0.96	0.051	4	A	1		2.19	0.19	0.66
Ash	g	1.82	0.019	4	A	1		4.13	0.36	1.24
Carbohydrate, by difference	g	3.57		0	NC	4		8.10	0.71	2.43
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		1	A	1		0.00	0.00	0.00
Sucrose	g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose)	g	0.00		1	A	1		0.00	0.00	0.00
Fructose	g	0.00		1	A	1		0.00	0.00	0.00
Lactose	g	0.00		1	A	1		0.00	0.00	0.00
Maltose	g	0.00		1	A	1		0.00	0.00	0.00
Galactose	g	0.00		1	A	1		0.00	0.00	0.00
Starch	g	1.40		1	A	1		3.18	0.28	0.95
Minerals:										
Calcium, Ca	mg	39	1.396	4	A	1		89	8	27
Iron, Fe	mg	1.62	0.025	4	A	1		3.68	0.32	1.10
Magnesium, Mg	mg	19	1.459	4	A	1		44	4	13
Phosphorus, P	mg	198	8.317	4	A	1		449	40	135
Potassium, K	mg	46	3.590	4	A	1		105	9	31
Sodium, Na (1)	mg	601	2.720	4	A	1		1365	120	409
Zinc, Zn	mg	0.51	0.007	4	A	1		1.15	0.10	0.34
Copper, Cu	mg	0.053	0.004	4	A	1		0.120	0.011	0.036
Manganese, Mn	mg	0.085	0.032	4	A	1		0.192	0.017	0.057
Selenium, Se	µg	30.6	1.531	4	A	1		69.3	6.1	20.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin	mg	0.015	0.000	4	A	1		0.034	0.003	0.010
Riboflavin	mg	0.040	0.004	4	A	1		0.091	0.008	0.027
Niacin	mg	0.350	0.036	4	A	1		0.795	0.070	0.238
Pantothenic acid	mg	0.148		2	A	1		0.336	0.030	0.101
Vitamin B-6	mg	0.010	0.002	4	A	1		0.022	0.002	0.007
Folate, total	µg	5	1.500	4	A	1		10	1	3
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	5	1.500	4	AS	1		10	1	3
Folate, DFE	mcg_DFE	5		0	NC	4		10	1	3
Choline, total	mg	65.0		0	T	4		147.6	13.0	44.2
Betaine	mg									
Vitamin B-12	µg	11.28	1.650	4	A	1		25.59	2.26	7.67
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	90		0	NC	4		204	18	61
Retinol	µg	90		0	T	4		204	18	61
Carotene, beta	µg	0		0	Z	7		0	0	0
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	300		0	NC	4		681	60	204
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.68	0.115	4	A	1		1.53	0.14	0.46
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.02	0.020	4	A	1		0.05	0.00	0.01
Tocopherol, gamma	mg	0.89	0.893	4	A	1		2.03	0.18	0.61
Tocopherol, delta	mg	0.38	0.363	4	A	1		0.87	0.08	0.26
Vitamin D (D2 + D3)	µg	0.0	0.021	4	AS	1		0.1	0.0	0.0
Vitamin D2 (ergocalciferol)	µg									

NDB No. 15157
Mollusks, clam, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	0.0	0.021	4	A	1		0.1	0.0	0.0
Vitamin D....IU	1	0.887	4	A	1		3	0	1
Vitamin K (phylloquinone)....µg	0.2	0.168	4	A	1		0.5	0.0	0.1
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.0	0.038	4	A	1		0.1	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.187		0	NC	4		0.424	0.037	0.127
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.000		2	A	1		0.000	0.000	0.000
12:0....g	0.004	0.001	4	A	1		0.010	0.001	0.003
13:0....g									
14:0....g	0.008	0.001	4	A	1		0.017	0.002	0.005
15:0....g	0.002	0.000	4	A	1		0.005	0.000	0.002
16:0....g	0.110	0.011	4	A	1		0.249	0.022	0.075
17:0....g	0.008	0.001	4	A	1		0.017	0.002	0.005
18:0....g	0.050	0.005	4	A	1		0.114	0.010	0.034
20:0....g	0.004	0.001	4	A	1		0.009	0.001	0.003
22:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:0....g	0.001	0.000	4	A	1		0.003	0.000	0.001
Fatty acids, total monounsaturated....g	0.120		0	NC	4		0.272	0.024	0.081
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.020	0.001	4	AS	1		0.044	0.004	0.013
16:1 c....g	0.012	0.001	4	A	1		0.026	0.002	0.008
16:1 t....g	0.008	0.000	4	A	1		0.018	0.002	0.005
17:1....g	0.034	0.008	4	A	1		0.077	0.007	0.023
18:1 undifferentiated....g	0.060	0.013	4	AS	1		0.135	0.012	0.040
18:1 c....g	0.054	0.014	4	A	1		0.122	0.011	0.037
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.006	0.000	4	A	1		0.013	0.001	0.004
18:1-11t (18:1t n-7)....g									
20:1....g	0.007	0.000	4	A	1		0.015	0.001	0.005
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.192		0	NC	4		0.436	0.038	0.131
18:2 undifferentiated....g	0.042	0.007	4	AS	1		0.096	0.008	0.029
18:2 n-6 c,c....g	0.027	0.008	4	A	1		0.062	0.005	0.019
18:2 CLAs....g	0.014	0.001	4	A	1		0.032	0.003	0.010
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.001	0.001	4	A	1		0.002	0.000	0.001
18:3 undifferentiated....g	0.015	0.001	4	AS	1		0.034	0.003	0.010
18:3 n-3 c,c,c (ALA)....g	0.015	0.001	4	A	1		0.034	0.003	0.010
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.001	0.000	4	A	1		0.003	0.000	0.001
20:2 n-6 c,c....g	0.004	0.001	4	A	1		0.010	0.001	0.003
20:3 undifferentiated....g	0.001	0.001	4	AS	1		0.001	0.000	0.000
20:3 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6....g	0.001	0.001	4	A	1		0.001	0.000	0.000
20:4 undifferentiated....g	0.011	0.004	4	A	1		0.024	0.002	0.007
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.043	0.001	4	A	1		0.096	0.009	0.029
21:5....g									
22:4....g	0.005	0.001	4	A	1		0.011	0.001	0.003
22:5 n-3 (DPA)....g	0.007	0.000	4	A	1		0.016	0.001	0.005

NDB No. 15157
Mollusks, clam, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.064	0.003	4	A	1		0.145	0.013	0.044
Fatty acids, total trans....g	0.015		0	NC	4		0.033	0.003	0.010
Fatty acids, total trans-monoenoic....g	0.014		0	NC	4		0.031	0.003	0.009
Fatty acids, total trans-polyenoic....g	0.001		0	NC	4		0.002	0.000	0.001
Cholesterol....mg	30	1.721	4	A	1		69	6	21
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.205		0	A	1		0.465	0.041	0.139
Threonine....g	0.700		0	A	1		1.589	0.140	0.476
Isoleucine....g	0.693		0	A	1		1.572	0.139	0.471
Leucine....g	1.200		0	A	1		2.724	0.240	0.816
Lysine....g	1.123		0	A	1		2.548	0.225	0.763
Methionine....g	0.423		0	A	1		0.959	0.085	0.287
Cystine....g	0.175		0	A	1		0.397	0.035	0.119
Phenylalanine....g	0.560		0	A	1		1.271	0.112	0.381
Tyrosine....g	0.597		0	A	1		1.356	0.119	0.406
Valine....g	0.743		0	A	1		1.686	0.149	0.505
Arginine....g	1.210		0	A	1		2.747	0.242	0.823
Histidine....g	0.300		0	A	1		0.681	0.060	0.204
Alanine....g	0.885		0	A	1		2.009	0.177	0.602
Aspartic acid....g	1.608		0	A	1		3.649	0.322	1.093
Glutamic acid....g	2.248		0	A	1		5.102	0.450	1.528
Glycine....g	0.640		0	A	1		1.453	0.128	0.435
Proline....g	0.500		0	A	1		1.135	0.100	0.340
Serine....g	0.690		0	A	1		1.566	0.138	0.469
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 227g: 1 cup (with liquid and clams)

Measure 2 = 20g: 1 large

Measure 3 = 68.0g: 1 lb (with shell), yield after shell removed

Footnotes:

1 Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 56 mg sodium/100g.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15250
Mollusks, conch, baked or broiled

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.40		0		4		88.14	11.80	
Energy	kcal	130		0		4		165	22	
Energy	kJ	544		0		4		691	92	
Protein (N x 6.25)	g	26.30		0		4		33.40	4.47	
Total lipid (fat)	g	1.20		0		4		1.52	0.20	
Ash	g	1.40		0	NR	4		1.78	0.24	
Carbohydrate, by difference	g	1.70		0		4		2.16	0.29	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	98		0		4		124	17	
Iron, Fe	mg	1.41		0		4		1.79	0.24	
Magnesium, Mg	mg	238		0		4		302	40	
Phosphorus, P	mg	217		0		4		276	37	
Potassium, K	mg	163		0		4		207	28	
Sodium, Na	mg	153		0		4		194	26	
Zinc, Zn	mg	1.71		0		4		2.17	0.29	
Copper, Cu	mg	0.435		0		4		0.552	0.074	
Manganese, Mn	mg									
Selenium, Se	µg	40.3		0	BFSN	4		51.2	6.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.060		0		4		0.076	0.010	
Riboflavin	mg	0.080		0		4		0.102	0.014	
Niacin	mg	1.040		0		4		1.321	0.177	
Pantothenic acid	mg									
Vitamin B-6	mg	0.060		0		4		0.076	0.010	
Folate, total	µg	179		0		4		227	30	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	179		0	NR	4		227	30	
Folate, DFE	mcg_DFE	179		0	NC	4		227	30	
Choline, total	mg	81.0		0	T	4		102.9	13.8	
Betaine	mg									
Vitamin B-12	µg	5.25		0		4		6.67	0.89	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	7		0	NC	4		9	1	
Retinol	µg	7		0	T	4		9	1	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	23		0	NC	4		30	4	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	6.33		0	NR	4		8.03	1.08	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.2		0	BFYN	4		0.2	0.0	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15250
Mollusks, conch, baked or broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.370		0		4		0.470	0.063	
4:0....g	0.000		0		7		0.000	0.000	
6:0....g	0.000		0		7		0.000	0.000	
8:0....g	0.000		0		7		0.000	0.000	
10:0....g	0.000		0		7		0.000	0.000	
12:0....g	0.000		0		7		0.000	0.000	
13:0....g									
14:0....g	0.024		0		4		0.030	0.004	
15:0....g									
16:0....g	0.239		0		4		0.304	0.041	
17:0....g									
18:0....g	0.107		0		4		0.136	0.018	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.334		0		4		0.424	0.057	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.060		0		4		0.076	0.010	
17:1....g									
18:1 undifferentiated....g	0.072		0		4		0.091	0.012	
20:1....g	0.095		0		4		0.121	0.016	
22:1 undifferentiated....g	0.107		0		4		0.136	0.018	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.274		0		4		0.348	0.047	
18:2 undifferentiated....g	0.048		0		4		0.061	0.008	
18:3 undifferentiated....g	0.000		0		7		0.000	0.000	
18:4....g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.107		0		4		0.136	0.018	
20:5 n-3 (EPA)....g	0.048		0		4		0.061	0.008	
22:5 n-3 (DPA)....g	0.000		0		7		0.000	0.000	
22:6 n-3 (DHA)....g	0.072		0		4		0.091	0.012	
Fatty acids, total trans....g									
Cholesterol....mg	65		0		4		83	11	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 127g: 1 cup, sliced

Measure 2 = 17g: 1 oz cooked, yield

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15229
Mollusks, cuttlefish, mixed species, cooked, moist heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.12		0		1		51.95		
Energy	kcal	158		0	NC	4		134		
Energy	kJ	661				4		562		
Protein (N x 6.25)	g	32.48		0		1		27.61		
Total lipid (fat)	g	1.40		0		1		1.19		
Ash	g	3.36		0		1		2.86		
Carbohydrate, by difference	g	1.64		0	NC	4		1.39		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	180		0		1		153		
Iron, Fe	mg	10.84		0		1		9.21		
Magnesium, Mg	mg	60		0		1		51		
Phosphorus, P	mg	580		0		1		493		
Potassium, K	mg	637		0		1		541		
Sodium, Na	mg	744		0		1		632		
Zinc, Zn	mg	3.46		0		1		2.94		
Copper, Cu	mg	0.998		0		1		0.848		
Manganese, Mn	mg	0.209		0		1		0.178		
Selenium, Se	µg	89.6		0	BFSN	4		76.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.5		0		1		7.2		
Thiamin	mg	0.017		0		1		0.014		
Riboflavin	mg	1.729		0		1		1.470		
Niacin	mg	2.189		0		1		1.861		
Pantothenic acid	mg	0.900		0		1		0.765		
Vitamin B-6	mg	0.270		0		1		0.230		
Folate, total	µg	24		0		1		20		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	24		0		1		20		
Folate, DFE	mcg_DFE	24		0	NC	4		20		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	5.40		0		1		4.59		
Vitamin A, RAE	mcg_RAE	203		0		1		172		
Retinol	µg	203		0		1		172		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	675		0		1		574		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.236		0		1		0.201		
4:0	g									

NDB No. 15229
Mollusks, cuttlefish, mixed species, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.024		0		1		0.020		
15:0....g									
16:0....g	0.122		0		1		0.104		
17:0....g									
18:0....g	0.088		0		1		0.075		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.162		0		1		0.138		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.024		0		1		0.020		
17:1....g									
18:1 undifferentiated....g	0.062		0		1		0.053		
20:1....g	0.072		0		1		0.061		
22:1 undifferentiated....g	0.002		0		1		0.002		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.268		0		1		0.228		
18:2 undifferentiated....g	0.004		0		1		0.003		
18:3 undifferentiated....g	0.002		0		1		0.002		
18:4....g	0.004		0		1		0.003		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.026		0		1		0.022		
20:5 n-3 (EPA)....g	0.078		0		1		0.066		
22:5 n-3 (DPA)....g	0.012		0		1		0.010		
22:6 n-3 (DHA)....g	0.132		0		1		0.112		
Fatty acids, total trans....g									
Cholesterol....mg	224		0		1		190		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.364		0		1		0.309		
Threonine....g	1.398		0		1		1.188		
Isoleucine....g	1.414		0		1		1.202		
Leucine....g	2.287		0		1		1.944		
Lysine....g	2.427		0		1		2.063		
Methionine....g	0.733		0		1		0.623		
Cystine....g	0.426		0		1		0.362		
Phenylalanine....g	1.164		0		1		0.989		
Tyrosine....g	1.039		0		1		0.883		
Valine....g	1.419		0		1		1.206		
Arginine....g	2.370		0		1		2.015		
Histidine....g	0.624		0		1		0.530		
Alanine....g	1.964		0		1		1.669		
Aspartic acid....g	3.134		0		1		2.664		
Glutamic acid....g	4.417		0		1		3.754		
Glycine....g	2.032		0		1		1.727		
Proline....g	1.325		0		1		1.126		
Serine....g	1.455		0		1		1.237		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15229
Mollusks, cuttlefish, mixed species, cooked, moist heat

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15163
Mollusks, cuttlefish, mixed species, raw
Sepiidae

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	80.56	0.545	16		1		68.48		
Energy ... kcal	79		0	NC	4		67		
Energy ... kJ	331				4		281		
Protein (N x 6.25) ... g	16.24		14		1		13.80		
Total lipid (fat) ... g	0.70		16		1		0.60		
Ash ... g	1.68		14		1		1.43		
Carbohydrate, by difference ... g	0.82		0	NC	4		0.70		
Fiber, total dietary ... g	0.0		0	Z	7		0.0		
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	90		13		1		77		
Iron, Fe ... mg	6.02		5		1		5.12		
Magnesium, Mg ... mg	30		0		4		26		
Phosphorus, P ... mg	387		13		1		329		
Potassium, K ... mg	354		2		1		301		
Sodium, Na ... mg	372		1		1		316		
Zinc, Zn ... mg	1.73		27		1		1.47		
Copper, Cu ... mg	0.587	0.134	30		1		0.499		
Manganese, Mn ... mg	0.110		0		4		0.094		
Selenium, Se ... µg	44.8		0	CAZN	4		38.1		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	5.3		1		1		4.5		
Thiamin ... mg	0.009		1		1		0.008		
Riboflavin ... mg	0.910		1		1		0.774		
Niacin ... mg	1.216		1		1		1.034		
Pantothenic acid ... mg	0.500		0		4		0.425		
Vitamin B-6 ... mg	0.150		0		4		0.128		
Folate, total ... µg	16		0		4		14		
Folic acid ... µg	0		0	Z	7		0		
Folate, food ... µg	16		0		4		14		
Folate, DFE ... mcg_DFE	16		0	NC	4		14		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	3.00		1		1		2.55		
Vitamin A, RAE ... mcg_RAE	113		0		4		96		
Retinol ... µg	113		0		4		96		
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	375		0		4		319		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.118		0		1		0.100		
4:0 ... g									

NDB No. 15163
Mollusks, cuttlefish, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.012		1		1		0.010		
15:0....g									
16:0....g	0.061		1		1		0.052		
17:0....g									
18:0....g	0.044		1		1		0.037		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.081		0		1		0.069		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		1		1		0.010		
17:1....g									
18:1 undifferentiated....g	0.031		1		1		0.026		
20:1....g	0.036		1		1		0.031		
22:1 undifferentiated....g	0.001		1		1		0.001		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.134		0		1		0.114		
18:2 undifferentiated....g	0.002		1		1		0.002		
18:3 undifferentiated....g	0.001		1		1		0.001		
18:4....g	0.002		1		1		0.002		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.013		1		1		0.011		
20:5 n-3 (EPA)....g	0.039		1		1		0.033		
22:5 n-3 (DPA)....g	0.006		1		1		0.005		
22:6 n-3 (DHA)....g	0.066		1		1		0.056		
Fatty acids, total trans....g									
Cholesterol....mg	112		1		1		95		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.182		0		1		0.155		
Threonine....g	0.699		0		1		0.594		
Isoleucine....g	0.707		0		1		0.601		
Leucine....g	1.143		0		1		0.972		
Lysine....g	1.213		0		1		1.031		
Methionine....g	0.366		0		1		0.311		
Cystine....g	0.213		0		1		0.181		
Phenylalanine....g	0.582		0		1		0.495		
Tyrosine....g	0.520		0		1		0.442		
Valine....g	0.709		0		1		0.603		
Arginine....g	1.185		0		1		1.007		
Histidine....g	0.312		0		1		0.265		
Alanine....g	0.982		0		1		0.835		
Aspartic acid....g	1.567		0		1		1.332		
Glutamic acid....g	2.208		0		1		1.877		
Glycine....g	1.016		0		1		0.864		
Proline....g	0.662		0		1		0.563		
Serine....g	0.727		0		1		0.618		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15163
Mollusks, cuttlefish, mixed species, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15165
Mollusks, mussel, blue, cooked, moist heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.15		0		1		51.98		
Energy	kcal	172		0	NC	4		146		
Energy	kJ	720				4		612		
Protein (N x 6.25)	g	23.80		0		1		20.23		
Total lipid (fat)	g	4.48		0		1		3.81		
Ash	g	3.18		0		1		2.70		
Carbohydrate, by difference	g	7.39		0	NC	4		6.28		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	33	1.905	18		1		28		
Iron, Fe	mg	6.72	0.233	18		1		5.71		
Magnesium, Mg	mg	37	1.268	18		1		31		
Phosphorus, P	mg	285	3.535	27		1		242		
Potassium, K	mg	268	10.371	18		1		228		
Sodium, Na	mg	369	18.253	18		1		314		
Zinc, Zn	mg	2.67	0.116	18		1		2.27		
Copper, Cu	mg	0.149	0.009	18		1		0.127		
Manganese, Mn	mg	6.800		0		4		5.780		
Selenium, Se	µg	89.6		0	BFSN	4		76.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	13.6		0		4		11.6		
Thiamin	mg	0.300		0		4		0.255		
Riboflavin	mg	0.420		0		4		0.357		
Niacin	mg	3.000		0		4		2.550		
Pantothenic acid	mg	0.950		0		4		0.808		
Vitamin B-6	mg	0.100		0		4		0.085		
Folate, total	µg	76		0		4		64		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	76		0		4		64		
Folate, DFE	mcg_DFE	76		0	NC	4		64		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	24.00		0		4		20.40		
Vitamin A, RAE	mcg_RAE	91		0		4		78		
Retinol	µg	91		0		4		78		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	304		0		4		258		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.850		0		1		0.723		
4:0	g									

NDB No. 15165
Mollusks, mussel, blue, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.118		0		1		0.100		
15:0....g									
16:0....g	0.588		0		1		0.500		
17:0....g									
18:0....g	0.136		0		1		0.116		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.014		0		1		0.862		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.276		0		1		0.235		
17:1....g									
18:1 undifferentiated....g	0.410		0		1		0.349		
20:1....g	0.276		0		1		0.235		
22:1 undifferentiated....g	0.052		0		1		0.044		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.212		0		1		1.030		
18:2 undifferentiated....g	0.036		0		1		0.031		
18:3 undifferentiated....g	0.040		0		1		0.034		
18:4....g	0.070		0		1		0.060		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.140		0		1		0.119		
20:5 n-3 (EPA)....g	0.276		0		1		0.235		
22:5 n-3 (DPA)....g	0.044		0		1		0.037		
22:6 n-3 (DHA)....g	0.506		0		1		0.430		
Fatty acids, total trans....g									
Cholesterol....mg	56		0		1		48		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.267		0		1		0.227		
Threonine....g	1.025		0		1		0.871		
Isoleucine....g	1.036		0		1		0.881		
Leucine....g	1.676		0		1		1.425		
Lysine....g	1.779		0		1		1.512		
Methionine....g	0.537		0		1		0.456		
Cystine....g	0.312		0		1		0.265		
Phenylalanine....g	0.853		0		1		0.725		
Tyrosine....g	0.762		0		1		0.648		
Valine....g	1.040		0		1		0.884		
Arginine....g	1.737		0		1		1.476		
Histidine....g	0.457		0		1		0.388		
Alanine....g	1.440		0		1		1.224		
Aspartic acid....g	2.297		0		1		1.952		
Glutamic acid....g	3.238		0		1		2.752		
Glycine....g	1.489		0		1		1.266		
Proline....g	0.971		0		1		0.825		
Serine....g	1.067		0		1		0.907		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15165
Mollusks, mussel, blue, cooked, moist heat

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15164
Mollusks, mussel, blue, raw
Mytilus edulis L.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.58	0.618	16		1		120.87	22.84	16.12
Energy	kcal	86		0	NC	4		129	24	17
Energy	kJ	360		0		4		540	102	72
Protein (N x 6.25)	g	11.90	0.072	12		1		17.85	3.37	2.38
Total lipid (fat)	g	2.24	0.131	23		1		3.36	0.64	0.45
Ash	g	1.59	0.061	19		1		2.39	0.45	0.32
Carbohydrate, by difference	g	3.69		0	NC	4		5.54	1.05	0.74
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	26	2.303	6		1		39	7	5
Iron, Fe	mg	3.95	0.153	6		1		5.93	1.12	0.79
Magnesium, Mg	mg	34	0.768	6		1		51	10	7
Phosphorus, P	mg	197	1.253	9		1		296	56	39
Potassium, K	mg	320	6.908	6		1		480	91	64
Sodium, Na	mg	286	2.303	6		1		429	81	57
Zinc, Zn	mg	1.60	0.031	6		1		2.40	0.45	0.32
Copper, Cu	mg	0.094	0.006	6		1		0.141	0.027	0.019
Manganese, Mn	mg	3.400		0		4		5.100	0.964	0.680
Selenium, Se	µg	44.8		0	CAZN	4		67.2	12.7	9.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.0		0		4		12.0	2.3	1.6
Thiamin	mg	0.160		0		4		0.240	0.045	0.032
Riboflavin	mg	0.210		0		4		0.315	0.060	0.042
Niacin	mg	1.600		0		4		2.400	0.454	0.320
Pantothenic acid	mg	0.500		0		4		0.750	0.142	0.100
Vitamin B-6	mg	0.050		0		4		0.075	0.014	0.010
Folate, total	µg	42		0		4		63	12	8
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	42		0		4		63	12	8
Folate, DFE	mcg_DFE	42		0	NC	4		63	12	8
Choline, total	mg	65.0		0	T	4		97.5	18.4	13.0
Betaine	mg									
Vitamin B-12	µg	12.00		0		4		18.00	3.40	2.40
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	48		0	NC	4		72	14	10
Retinol	µg	48		0	T	4		72	14	10
Carotene, beta	µg	0		0	Z	7		0	0	0
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	160		0	NC	4		240	45	32
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.55		1		1		0.83	0.16	0.11
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		1		1		0.00	0.00	0.00
Tocopherol, gamma	mg	0.02		1		1		0.03	0.01	0.00
Tocopherol, delta	mg	0.00		1		1		0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	0.1		0	T	4		0.1	0.0	0.0
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

Lipids:

NDB No. 15164
Mollusks, mussel, blue, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.425		0		1		0.638	0.120	0.085
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.059		1		1		0.089	0.017	0.012
15:0....g									
16:0....g	0.294		1		1		0.441	0.083	0.059
17:0....g									
18:0....g	0.068		1		1		0.102	0.019	0.014
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.507		0		1		0.761	0.144	0.101
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.138		1		1		0.207	0.039	0.028
17:1....g									
18:1 undifferentiated....g	0.205		1		1		0.308	0.058	0.041
20:1....g	0.138		1		1		0.207	0.039	0.028
22:1 undifferentiated....g	0.026		1		1		0.039	0.007	0.005
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.606		0		1		0.909	0.172	0.121
18:2 undifferentiated....g	0.018		1		1		0.027	0.005	0.004
18:3 undifferentiated....g	0.020		1		1		0.030	0.006	0.004
18:4....g	0.035		1		1		0.053	0.010	0.007
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.070		1		1		0.105	0.020	0.014
20:5 n-3 (EPA)....g	0.188		1		1		0.282	0.053	0.038
22:5 n-3 (DPA)....g	0.022		1		1		0.033	0.006	0.004
22:6 n-3 (DHA)....g	0.253		1		1		0.380	0.072	0.051
Fatty acids, total trans....g									
Cholesterol....mg	28	2.914	6		1		42	8	6
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.133		0		1		0.200	0.038	0.027
Threonine....g	0.512		0		1		0.768	0.145	0.102
Isoleucine....g	0.518		0		1		0.777	0.147	0.104
Leucine....g	0.838		0		1		1.257	0.238	0.168
Lysine....g	0.889		0		1		1.334	0.252	0.178
Methionine....g	0.268		0		1		0.402	0.076	0.054
Cystine....g	0.156		0		1		0.234	0.044	0.031
Phenylalanine....g	0.426		0		1		0.639	0.121	0.085
Tyrosine....g	0.381		0		1		0.572	0.108	0.076
Valine....g	0.520		0		1		0.780	0.147	0.104
Arginine....g	0.868		0		1		1.302	0.246	0.174
Histidine....g	0.228		0		1		0.342	0.065	0.046
Alanine....g	0.720		0		1		1.080	0.204	0.144
Aspartic acid....g	1.148		0		1		1.722	0.325	0.230
Glutamic acid....g	1.618		0		1		2.427	0.459	0.324
Glycine....g	0.744		0		1		1.116	0.211	0.149
Proline....g	0.486		0		1		0.729	0.138	0.097
Serine....g	0.533		0		1		0.800	0.151	0.107
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15164
Mollusks, mussel, blue, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 20g: 1 large

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15230
Mollusks, octopus, common, cooked, moist heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.50		0		1		51.43		
Energy	kcal	164		0	NC	4		139		
Energy	kJ	686		0		4		583		
Protein (N x 6.25)	g	29.82		0		1		25.35		
Total lipid (fat)	g	2.08		0		1		1.77		
Ash	g	3.20		0		1		2.72		
Carbohydrate, by difference	g	4.40		0	NC	4		3.74		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	106		0		1		90		
Iron, Fe	mg	9.54		0		1		8.11		
Magnesium, Mg	mg	60		0		1		51		
Phosphorus, P	mg	279		0		1		237		
Potassium, K	mg	630		0		1		536		
Sodium, Na	mg	460		0		1		391		
Zinc, Zn	mg	3.36		0		1		2.86		
Copper, Cu	mg	0.739		0		1		0.628		
Manganese, Mn	mg	0.047		0		1		0.040		
Selenium, Se	µg	89.6		0	BFSN	4		76.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.0		0		1		6.8		
Thiamin	mg	0.057		0		1		0.048		
Riboflavin	mg	0.076		0		1		0.065		
Niacin	mg	3.780		0		1		3.213		
Pantothenic acid	mg	0.900		0		1		0.765		
Vitamin B-6	mg	0.648		0		1		0.551		
Folate, total	µg	24		0		1		20		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	24		0		1		20		
Folate, DFE	mcg_DFE	24		0	NC	4		20		
Choline, total	mg	81.0		0	T	4		68.9		
Betaine	mg									
Vitamin B-12	µg	36.00		0		1		30.60		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	90		0	NC	4		77		
Retinol	µg	90		0	BFYN	4		77		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	300		0	NC	4		255		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	1.20		0	NR	4		1.02		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.0		0	Z	7		0.0		
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.1		0	BFYN	4		0.1		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15230
Mollusks, octopus, common, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.453		0		1		0.385		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.050		0		1		0.043		
15:0....g									
16:0....g	0.296		0		1		0.252		
17:0....g									
18:0....g	0.100		0		1		0.085		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.324		0		1		0.275		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.132		0		1		0.112		
17:1....g									
18:1 undifferentiated....g	0.124		0		1		0.105		
20:1....g	0.048		0		1		0.041		
22:1 undifferentiated....g	0.020		0		1		0.017		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.477		0		1		0.405		
18:2 undifferentiated....g	0.018		0		1		0.015		
18:3 undifferentiated....g	0.000		0		1		0.000		
18:4....g	0.056		0		1		0.048		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.078		0		1		0.066		
20:5 n-3 (EPA)....g	0.152		0		1		0.129		
22:5 n-3 (DPA)....g	0.012		0		1		0.010		
22:6 n-3 (DHA)....g	0.162		0		1		0.138		
Fatty acids, total trans....g									
Cholesterol....mg	96		0		1		82		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.334		0		1		0.284		
Threonine....g	1.283		0		1		1.091		
Isoleucine....g	1.298		0		1		1.103		
Leucine....g	2.099		0		1		1.784		
Lysine....g	2.228		0		1		1.894		
Methionine....g	0.673		0		1		0.572		
Cystine....g	0.391		0		1		0.332		
Phenylalanine....g	1.069		0		1		0.909		
Tyrosine....g	0.954		0		1		0.811		
Valine....g	1.303		0		1		1.108		
Arginine....g	2.176		0		1		1.850		
Histidine....g	0.573		0		1		0.487		
Alanine....g	1.804		0		1		1.533		
Aspartic acid....g	2.877		0		1		2.445		
Glutamic acid....g	4.056		0		1		3.448		
Glycine....g	1.866		0		1		1.586		
Proline....g	1.217		0		1		1.034		
Serine....g	1.336		0		1		1.136		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15230
Mollusks, octopus, common, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15166
Mollusks, octopus, common, raw
Octopus vulgaris Lamarck

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.25	0.625	19		1		68.21		
Energy....kcal	82		0	NC	4		70		
Energy....kJ	343		0		4		292		
Protein (N x 6.25)....g	14.91	0.699	18		1		12.67		
Total lipid (fat)....g	1.04	0.066	17		1		0.88		
Ash....g	1.60	0.086	14		1		1.36		
Carbohydrate, by difference....g	2.20		0	NC	4		1.87		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	53	11.706	13		1		45		
Iron, Fe....mg	5.30		1		1		4.51		
Magnesium, Mg....mg	30		0		4		26		
Phosphorus, P....mg	186	16.071	15		1		158		
Potassium, K....mg	350		0		4		298		
Sodium, Na....mg	230		0		4		196		
Zinc, Zn....mg	1.68	0.280	11		1		1.43		
Copper, Cu....mg	0.435	0.077	14		1		0.370		
Manganese, Mn....mg	0.025		1		1		0.021		
Selenium, Se....µg	44.8		0	CAZN	4		38.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.0		0		4		4.3		
Thiamin....mg	0.030		1		1		0.026		
Riboflavin....mg	0.040		1		1		0.034		
Niacin....mg	2.100		1		1		1.785		
Pantothenic acid....mg	0.500		0		4		0.425		
Vitamin B-6....mg	0.360		0		4		0.306		
Folate, total....µg	16		0		4		14		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	16		0		4		14		
Folate, DFE....mcg_DFE	16		0	NC	4		14		
Choline, total....mg	65.0		0	T	4		55.3		
Betaine....mg									
Vitamin B-12....µg	20.00		0		4		17.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	45		0	NC	4		38		
Retinol....µg	45		0	T	4		38		
Carotene, beta....µg	0		0	Z	7		0		
Carotene, alpha....µg	0		0	Z	7		0		
Cryptoxanthin, beta....µg	0		0	Z	7		0		
Vitamin A, IU....IU	150		0	NC	4		128		
Lycopene....µg	0		0	Z	7		0		
Lutein + zeaxanthin....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	1.20		0	NR	4		1.02		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.1		0	T	4		0.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15166
Mollusks, octopus, common, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.227		0		1		0.193		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.025		2		1		0.021		
15:0....g									
16:0....g	0.148		2		1		0.126		
17:0....g									
18:0....g	0.050		2		1		0.043		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.162		0		1		0.138		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.066		2		1		0.056		
17:1....g									
18:1 undifferentiated....g	0.062		2		1		0.053		
20:1....g	0.024		1		1		0.020		
22:1 undifferentiated....g	0.010		1		1		0.009		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.239		0		1		0.203		
18:2 undifferentiated....g	0.009		2		1		0.008		
18:3 undifferentiated....g	0.000		0		1		0.000		
18:4....g	0.028		1		1		0.024		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.039		1		1		0.033		
20:5 n-3 (EPA)....g	0.076		2		1		0.065		
22:5 n-3 (DPA)....g	0.006		2		1		0.005		
22:6 n-3 (DHA)....g	0.081		2		1		0.069		
Fatty acids, total trans....g									
Cholesterol....mg	48		1		1		41		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.167		0		1		0.142		
Threonine....g	0.642		0		1		0.546		
Isoleucine....g	0.649		0		1		0.552		
Leucine....g	1.049		0		1		0.892		
Lysine....g	1.114		0		1		0.947		
Methionine....g	0.336		0		1		0.286		
Cystine....g	0.196		0		1		0.167		
Phenylalanine....g	0.534		0		1		0.454		
Tyrosine....g	0.477		0		1		0.405		
Valine....g	0.651		0		1		0.553		
Arginine....g	1.088		0		1		0.925		
Histidine....g	0.286		0		1		0.243		
Alanine....g	0.902		0		1		0.767		
Aspartic acid....g	1.438		0		1		1.222		
Glutamic acid....g	2.027		0		1		1.723		
Glycine....g	0.933		0		1		0.793		
Proline....g	0.608		0		1		0.517		
Serine....g	0.668		0		1		0.568		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15166
Mollusks, octopus, common, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15231
Mollusks, oyster, Pacific, cooked, moist heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	64.12		0		1		16.03	54.50	
Energy ... kcal	163		0	NC	4		41	139	
Energy ... kJ	682				4		170	580	
Protein (N x 6.25) ... g	18.90		0		1		4.73	16.07	
Total lipid (fat) ... g	4.60		0		1		1.15	3.91	
Ash ... g	2.46		0		1		0.62	2.09	
Carbohydrate, by difference ... g	9.90		0	NC	4		2.48	8.42	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	16		0		1		4	14	
Iron, Fe ... mg	9.20		0		1		2.30	7.82	
Magnesium, Mg ... mg	44		0		1		11	37	
Phosphorus, P ... mg	243		0		1		61	207	
Potassium, K ... mg	302		0		1		76	257	
Sodium, Na ... mg	212		0		1		53	180	
Zinc, Zn ... mg	33.24		0		1		8.31	28.25	
Copper, Cu ... mg	2.679		0		1		0.670	2.277	
Manganese, Mn ... mg	1.222		0		1		0.306	1.039	
Selenium, Se ... µg	154.0		0	BFSN	4		38.5	130.9	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	12.8		0		1		3.2	10.9	
Thiamin ... mg	0.127		0		1		0.032	0.108	
Riboflavin ... mg	0.443		0		1		0.111	0.377	
Niacin ... mg	3.618		0		1		0.905	3.075	
Pantothenic acid ... mg	0.900		0		1		0.225	0.765	
Vitamin B-6 ... mg	0.090		0		1		0.023	0.077	
Folate, total ... µg	15		0		1		4	13	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	15		0		1		4	13	
Folate, DFE ... mcg_DFE	15		0	NC	4		4	13	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	28.80		0		1		7.20	24.48	
Vitamin A, RAE ... mcg_RAE	146		0	NC	4		37	124	
Retinol ... µg	146		0	NC	4		37	124	
Carotene, beta ... µg	0		0	Z	7		0	0	
Carotene, alpha ... µg	0		0	Z	7		0	0	
Cryptoxanthin, beta ... µg	0		0	Z	7		0	0	
Vitamin A, IU ... IU	487		0	NC	4		122	414	
Lycopene ... µg	0		0	Z	7		0	0	
Lutein + zeaxanthin ... µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.85		0	BFZN	4		0.21	0.72	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg	0.1		0	BFZN	4		0.0	0.1	
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	1.020		0	NC	4		0.255	0.867	
4:0 ... g	0.000		0	BFZN	4		0.000	0.000	

NDB No. 15231
Mollusks, oyster, Pacific, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFZN	4		0.000	0.000	
8:0 ... g	0.000		0	BFZN	4		0.000	0.000	
10:0 ... g	0.000		0	BFZN	4		0.000	0.000	
12:0 ... g	0.000		0	BFZN	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.164		0		1		0.041	0.139	
15:0 ... g									
16:0 ... g	0.714		0		1		0.179	0.607	
17:0 ... g									
18:0 ... g	0.142		0		1		0.036	0.121	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.776		0	NC	4		0.194	0.660	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.228		0		1		0.057	0.194	
17:1 ... g									
18:1 undifferentiated ... g	0.382		0		1		0.096	0.325	
20:1 ... g	0.060		0	BFZN	4		0.015	0.051	
22:1 undifferentiated ... g	0.106		0		1		0.027	0.090	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.788		0	NC	4		0.447	1.520	
18:2 undifferentiated ... g	0.064		0		1		0.016	0.054	
18:3 undifferentiated ... g	0.064		0		1		0.016	0.054	
18:4 ... g	0.168		0		1		0.042	0.143	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.076		0		1		0.019	0.065	
20:5 n-3 (EPA) ... g	0.876		0		1		0.219	0.745	
22:5 n-3 (DPA) ... g	0.040		0		1		0.010	0.034	
22:6 n-3 (DHA) ... g	0.500		0		1		0.125	0.425	
Fatty acids, total trans ... g									
Cholesterol ... mg	100		0		1		25	85	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.212		0		1		0.053	0.180	
Threonine ... g	0.813		0		1		0.203	0.691	
Isoleucine ... g	0.823		0		1		0.206	0.700	
Leucine ... g	1.331		0		1		0.333	1.131	
Lysine ... g	1.412		0		1		0.353	1.200	
Methionine ... g	0.426		0		1		0.107	0.362	
Cystine ... g	0.248		0		1		0.062	0.211	
Phenylalanine ... g	0.677		0		1		0.169	0.575	
Tyrosine ... g	0.605		0		1		0.151	0.514	
Valine ... g	0.826		0		1		0.207	0.702	
Arginine ... g	1.379		0		1		0.345	1.172	
Histidine ... g	0.363		0		1		0.091	0.309	
Alanine ... g	1.143		0		1		0.286	0.972	
Aspartic acid ... g	1.823		0		1		0.456	1.550	
Glutamic acid ... g	2.570		0		1		0.643	2.185	
Glycine ... g	1.182		0		1		0.296	1.005	
Proline ... g	0.771		0		1		0.193	0.655	
Serine ... g	0.847		0		1		0.212	0.720	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 15231

Mollusks, oyster, Pacific, cooked, moist heat

Common Measures:

Measure 1 = 25g: 1 medium

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15171
Mollusks, oyster, Pacific, raw
Crassostrea gigas (Thunberg)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.06	0.674	27		1		41.03	69.75	
Energy....kcal	81		0	NC	4		41	69	
Energy....kJ	339				4		169	288	
Protein (N x 6.25)....g	9.45	0.360	14		1		4.73	8.03	
Total lipid (fat)....g	2.30	0.209	13		1		1.15	1.96	
Ash....g	1.23	0.081	7		1		0.62	1.05	
Carbohydrate, by difference....g	4.95		0	NC	4		2.48	4.21	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8		2		1		4	7	
Iron, Fe....mg	5.11	0.546	23		1		2.56	4.34	
Magnesium, Mg....mg	22		2		1		11	19	
Phosphorus, P....mg	162		2		1		81	138	
Potassium, K....mg	168		2		1		84	143	
Sodium, Na....mg	106		2		1		53	90	
Zinc, Zn....mg	16.62	1.432	102		1		8.31	14.13	
Copper, Cu....mg	1.576	0.075	112		1		0.788	1.340	
Manganese, Mn....mg	0.643		2		1		0.322	0.547	
Selenium, Se....µg	77.0		0	BFSN	4		38.5	65.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.0		0		4		4.0	6.8	
Thiamin....mg	0.067	0.007	3		1		0.034	0.057	
Riboflavin....mg	0.233	0.018	3		1		0.117	0.198	
Niacin....mg	2.010	0.110	3		1		1.005	1.709	
Pantothenic acid....mg	0.500		0		4		0.250	0.425	
Vitamin B-6....mg	0.050		0		4		0.025	0.043	
Folate, total....µg	10		0		4		5	9	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	10		0		4		5	9	
Folate, DFE....mcg_DFE	10		0	NC	4		5	9	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	16.00		0		4		8.00	13.60	
Vitamin A, RAE....mcg_RAE	81		0		4		41	69	
Retinol....µg	81		0		4		41	69	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	270		0		4		135	230	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.510		0		1		0.255	0.434	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 15171
Mollusks, oyster, Pacific, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.082		2		1		0.041	0.070	
15:0....g									
16:0....g	0.357		2		1		0.179	0.303	
17:0....g									
18:0....g	0.071		2		1		0.036	0.060	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.358		0		1		0.179	0.304	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.114		2		1		0.057	0.097	
17:1....g									
18:1 undifferentiated....g	0.191		2		1		0.096	0.162	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.053		1		1		0.027	0.045	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.894		0		1		0.447	0.760	
18:2 undifferentiated....g	0.032		2		1		0.016	0.027	
18:3 undifferentiated....g	0.032		1		1		0.016	0.027	
18:4....g	0.084		2		1		0.042	0.071	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.038		1		1		0.019	0.032	
20:5 n-3 (EPA)....g	0.438		2		1		0.219	0.372	
22:5 n-3 (DPA)....g	0.020		1		1		0.010	0.017	
22:6 n-3 (DHA)....g	0.250		2		1		0.125	0.213	
Fatty acids, total trans....g									
Cholesterol....mg	50		0		4		25	43	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.106		0		1		0.053	0.090	
Threonine....g	0.407		0		1		0.204	0.346	
Isoleucine....g	0.411		0		1		0.206	0.349	
Leucine....g	0.665		0		1		0.333	0.565	
Lysine....g	0.706		0		1		0.353	0.600	
Methionine....g	0.213		0		1		0.107	0.181	
Cystine....g	0.124		0		1		0.062	0.105	
Phenylalanine....g	0.339		0		1		0.170	0.288	
Tyrosine....g	0.302		0		1		0.151	0.257	
Valine....g	0.413		0		1		0.207	0.351	
Arginine....g	0.689		0		1		0.345	0.586	
Histidine....g	0.181		0		1		0.091	0.154	
Alanine....g	0.572		0		1		0.286	0.486	
Aspartic acid....g	0.912		0		1		0.456	0.775	
Glutamic acid....g	1.285		0		1		0.643	1.092	
Glycine....g	0.591		0		1		0.296	0.502	
Proline....g	0.386		0		1		0.193	0.328	
Serine....g	0.423		0		1		0.212	0.360	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 15171
Mollusks, oyster, Pacific, raw

Common Measures:

Measure 1 = 50g: 1 medium

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15170
Mollusks, oyster, eastern, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.14		0		1		137.93	211.15	19.58
Energy....kcal	68		0	NC	4		111	170	16
Energy....kJ	287		0	NC	4		464	711	66
Protein (N x 6.25)....g	7.06		0		1		11.44	17.51	1.62
Total lipid (fat)....g	2.47		0		1		4.00	6.13	0.57
Ash....g	1.42		0		1		2.30	3.52	0.33
Carbohydrate, by difference....g	3.91		0	NC	4		6.33	9.70	0.90
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	45		0		1		73	112	10
Iron, Fe....mg	6.70		0		1		10.85	16.62	1.54
Magnesium, Mg....mg	54		0		1		87	134	12
Phosphorus, P....mg	139		0		1		225	345	32
Potassium, K....mg	229		0		1		371	568	53
Sodium, Na....mg	112		0		1		181	278	26
Zinc, Zn....mg	90.95		0		1		147.34	225.56	20.92
Copper, Cu....mg	4.461		0		1		7.227	11.063	1.026
Manganese, Mn....mg	0.450		0		4		0.729	1.116	0.104
Selenium, Se....µg	35.8		0	BFSN	4		58.0	88.8	8.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.0		0		4		8.1	12.4	1.2
Thiamin....mg	0.150		0		4		0.243	0.372	0.035
Riboflavin....mg	0.166		0		1		0.269	0.412	0.038
Niacin....mg	1.244		0		1		2.015	3.085	0.286
Pantothenic acid....mg	0.180		0		4		0.292	0.446	0.041
Vitamin B-6....mg	0.095		0		1		0.154	0.236	0.022
Folate, total....µg	9		0		1		14	22	2
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	9		0		1		14	22	2
Folate, DFE....mcg_DFE	9		0	NC	4		14	22	2
Choline, total....mg	81.0		0	T	4		131.2	200.9	18.6
Betaine....mg									
Vitamin B-12....µg	19.13		0		1		31.00	47.45	4.40
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	90		0	NC	4		146	223	21
Retinol....µg	90		0	T	4		146	223	21
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	300		0	NC	4		486	744	69
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.85		0	NR	4		1.38	2.11	0.20
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	BFZN	4		0.0	0.1	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.0		0	BFZN	4		0.0	0.1	0.0
Vitamin D....IU	1		0	BFZN	4		1	2	0
Vitamin K (phylloquinone)....µg	0.1		0	T	4		0.2	0.2	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15170
Mollusks, oyster, eastern, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.631		0		1		1.022	1.565	0.145
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.109		0		1		0.177	0.270	0.025
15:0....g									
16:0....g	0.435		0		1		0.705	1.079	0.100
17:0....g									
18:0....g	0.060		0		1		0.097	0.149	0.014
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.250		0		1		0.405	0.620	0.058
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.074		0		1		0.120	0.184	0.017
17:1....g									
18:1 undifferentiated....g	0.097		0		1		0.157	0.241	0.022
20:1....g	0.060		0		1		0.097	0.149	0.014
22:1 undifferentiated....g	0.009		0		1		0.015	0.022	0.002
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.739		0		1		1.197	1.833	0.170
18:2 undifferentiated....g	0.049		0		1		0.079	0.122	0.011
18:3 undifferentiated....g	0.037		0		1		0.060	0.092	0.009
18:4....g	0.096		0		1		0.156	0.238	0.022
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.068		0		1		0.110	0.169	0.016
20:5 n-3 (EPA)....g	0.211		0		1		0.342	0.523	0.049
22:5 n-3 (DPA)....g	0.050		0		1		0.081	0.124	0.012
22:6 n-3 (DHA)....g	0.228		0		1		0.369	0.565	0.052
Fatty acids, total trans....g									
Cholesterol....mg	55		0		1		89	136	13
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.079		0		1		0.128	0.196	0.018
Threonine....g	0.304		0		1		0.492	0.754	0.070
Isoleucine....g	0.307		0		1		0.497	0.761	0.071
Leucine....g	0.497		0		1		0.805	1.233	0.114
Lysine....g	0.528		0		1		0.855	1.309	0.121
Methionine....g	0.159		0		1		0.258	0.394	0.037
Cystine....g	0.093		0		1		0.151	0.231	0.021
Phenylalanine....g	0.253		0		1		0.410	0.627	0.058
Tyrosine....g	0.226		0		1		0.366	0.560	0.052
Valine....g	0.308		0		1		0.499	0.764	0.071
Arginine....g	0.515		0		1		0.834	1.277	0.118
Histidine....g	0.136		0		1		0.220	0.337	0.031
Alanine....g	0.427		0		1		0.692	1.059	0.098
Aspartic acid....g	0.681		0		1		1.103	1.689	0.157
Glutamic acid....g	0.961		0		1		1.557	2.383	0.221
Glycine....g	0.442		0		1		0.716	1.096	0.102
Proline....g	0.288		0		1		0.467	0.714	0.066
Serine....g	0.316		0		1		0.512	0.784	0.073
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15170
Mollusks, oyster, eastern, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 162g: 1 cup, drained

Measure 2 = 248g: 1 cup, undrained

Measure 3 = 23g: 1 oz, drained

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15168
Mollusks, oyster, eastern, cooked, breaded and fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.72		0		1		55.01	56.95	
Energy....kcal	199		0	NC	4		169	175	
Energy....kJ	832		0	NC	4		707	732	
Protein (N x 6.18)....g	8.77		0		1		7.45	7.72	
Total lipid (fat)....g	12.58		0		1		10.69	11.07	
Ash....g	1.72		0		1		1.46	1.51	
Carbohydrate, by difference....g	11.62		0	NC	4		9.88	10.23	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	62		0		1		53	55	
Iron, Fe....mg	6.95		0		1		5.91	6.12	
Magnesium, Mg....mg	58		0		1		49	51	
Phosphorus, P....mg	159		0		1		135	140	
Potassium, K....mg	244		0		1		207	215	
Sodium, Na....mg	417		0		1		354	367	
Zinc, Zn....mg	87.13		0		1		74.06	76.67	
Copper, Cu....mg	4.294		0		1		3.650	3.779	
Manganese, Mn....mg	0.490		0		4		0.417	0.431	
Selenium, Se....µg	66.5		0	RA	4		56.5	58.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.8		0		4		3.2	3.3	
Thiamin....mg	0.150		0		4		0.128	0.132	
Riboflavin....mg	0.202		0		1		0.172	0.178	
Niacin....mg	1.650		0		1		1.403	1.452	
Pantothenic acid....mg	0.270		0		4		0.230	0.238	
Vitamin B-6....mg	0.064		0		1		0.054	0.056	
Folate, total....µg	31		0	RA	4		26	27	
Folic acid....µg	17		0	NC	4		15	15	
Folate, food....µg	14		0		1		12	12	
Folate, DFE....mcg_DFE	43		0	NC	4		37	38	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	15.63		0		1		13.28	13.75	
Vitamin A, RAE....mcg_RAE	90		0	NR	4		77	79	
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	302		0		4		257	266	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.197		0		1		2.717	2.813	
4:0....g									

NDB No. 15168
Mollusks, oyster, eastern, cooked, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.150		0		1		0.128	0.132	
15:0....g									
16:0....g	1.910		0		1		1.624	1.681	
17:0....g									
18:0....g	1.110		0		1		0.944	0.977	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.702		0		1		3.997	4.138	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.092		0		1		0.078	0.081	
17:1....g									
18:1 undifferentiated....g	4.440		0		1		3.774	3.907	
20:1....g	0.057		0		1		0.048	0.050	
22:1 undifferentiated....g	0.009		0		1		0.008	0.008	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.313		0		1		2.816	2.915	
18:2 undifferentiated....g	2.440		0		1		2.074	2.147	
18:3 undifferentiated....g	0.156		0		1		0.133	0.137	
18:4....g	0.092		0		1		0.078	0.081	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.070		0		1		0.060	0.062	
20:5 n-3 (EPA)....g	0.202		0		1		0.172	0.178	
22:5 n-3 (DPA)....g	0.048		0		1		0.041	0.042	
22:6 n-3 (DHA)....g	0.218		0		1		0.185	0.192	
Fatty acids, total trans....g									
Cholesterol....mg	71		0	O	4		60	62	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.105		0		1		0.089	0.092	
Threonine....g	0.365		0		1		0.310	0.321	
Isoleucine....g	0.396		0		1		0.337	0.348	
Leucine....g	0.638		0		1		0.542	0.561	
Lysine....g	0.582		0		1		0.495	0.512	
Methionine....g	0.199		0		1		0.169	0.175	
Cystine....g	0.131		0		1		0.111	0.115	
Phenylalanine....g	0.352		0		1		0.299	0.310	
Tyrosine....g	0.290		0		1		0.247	0.255	
Valine....g	0.409		0		1		0.348	0.360	
Arginine....g	0.585		0		1		0.497	0.515	
Histidine....g	0.175		0		1		0.149	0.154	
Alanine....g	0.491		0		1		0.417	0.432	
Aspartic acid....g	0.782		0		1		0.665	0.688	
Glutamic acid....g	1.495		0		1		1.271	1.316	
Glycine....g	0.493		0		1		0.419	0.434	
Proline....g	0.470		0		1		0.400	0.414	
Serine....g	0.429		0		1		0.365	0.378	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15168

Mollusks, oyster, eastern, cooked, breaded and fried

Measure 2 = 88g: 6 medium

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.12

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15246
Mollusks, oyster, eastern, farmed, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.95	1.580	4		1		69.66	48.35	
Energy	kcal	79		0	NC	4		67	47	
Energy	kJ	331				4		281	195	
Protein (N x 6.25)	g	7.00	0.258	4		1		5.95	4.13	
Total lipid (fat)	g	2.12	0.364	4		1		1.80	1.25	
Ash	g	1.65	0.087	4		1		1.40	0.97	
Carbohydrate, by difference	g	7.28		0	NC	4		6.19	4.30	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	56		0		4		48	33	
Iron, Fe	mg	7.77	2.621	4		1		6.60	4.58	
Magnesium, Mg	mg	33	2.131	4		1		28	19	
Phosphorus, P	mg	115	16.044	4		1		98	68	
Potassium, K	mg	152	20.318	4		1		129	90	
Sodium, Na	mg	163	8.607	4		1		139	96	
Zinc, Zn	mg	45.15	5.353	4		1		38.38	26.64	
Copper, Cu	mg	1.434	0.384	4		1		1.219	0.846	
Manganese, Mn	mg	0.425	0.118	4		1		0.361	0.251	
Selenium, Se	µg	77.5		0	BFSN	4		65.9	45.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.0	0.999	4		1		5.1	3.5	
Thiamin	mg	0.130	0.015	4		1		0.111	0.077	
Riboflavin	mg	0.055	0.022	4		1		0.047	0.032	
Niacin	mg	1.792	0.326	4		1		1.523	1.057	
Pantothenic acid	mg	0.195	0.038	4		1		0.166	0.115	
Vitamin B-6	mg	0.076	0.009	4		1		0.065	0.045	
Folate, total	µg	24	3.838	4		1		20	14	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	24	3.838	4		1		20	14	
Folate, DFE	mcg_DFE	24		0	NC	4		20	14	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	24.30	1.079	4		1		20.66	14.34	
Vitamin A, RAE	mcg_RAE	19	9.447	4		1		16	11	
Retinol	µg	19	9.447	4		1		16	11	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	63	31.458	4		1		54	37	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.683		0		1		0.581	0.403	
4:0	g									

NDB No. 15246
Mollusks, oyster, eastern, farmed, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.053		4		1		0.045	0.031	
15:0....g									
16:0....g	0.489		4		1		0.416	0.289	
17:0....g									
18:0....g	0.070		4		1		0.060	0.041	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.230		0		1		0.196	0.136	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.059		4		1		0.050	0.035	
17:1....g									
18:1 undifferentiated....g	0.111		4		1		0.094	0.065	
20:1....g	0.049		4		1		0.042	0.029	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.713		0		1		0.606	0.421	
18:2 undifferentiated....g	0.043		4		1		0.037	0.025	
18:3 undifferentiated....g	0.063		4		1		0.054	0.037	
18:4....g	0.118		4		1		0.100	0.070	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.044		4		1		0.037	0.026	
20:5 n-3 (EPA)....g	0.229		4		1		0.195	0.135	
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.211		4		1		0.179	0.124	
Fatty acids, total trans....g									
Cholesterol....mg	38	3.202	4		1		32	22	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.078		0		1		0.066	0.046	
Threonine....g	0.301		0		1		0.256	0.178	
Isoleucine....g	0.305		0		1		0.259	0.180	
Leucine....g	0.493		0		1		0.419	0.291	
Lysine....g	0.523		0		1		0.445	0.309	
Methionine....g	0.158		0		1		0.134	0.093	
Cystine....g	0.092		0		1		0.078	0.054	
Phenylalanine....g	0.251		0		1		0.213	0.148	
Tyrosine....g	0.224		0		1		0.190	0.132	
Valine....g	0.306		0		1		0.260	0.181	
Arginine....g	0.511		0		1		0.434	0.301	
Histidine....g	0.134		0		1		0.114	0.079	
Alanine....g	0.423		0		1		0.360	0.250	
Aspartic acid....g	0.675		0		1		0.574	0.398	
Glutamic acid....g	0.952		0		1		0.809	0.562	
Glycine....g	0.438		0		1		0.372	0.258	
Proline....g	0.286		0		1		0.243	0.169	
Serine....g	0.314		0		1		0.267	0.185	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15246

Mollusks, oyster, eastern, farmed, cooked, dry heat

Measure 2 = 59g: 6 medium

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15245

Mollusks, oyster, eastern, farmed, raw

Crassostrea virginica (Gmelin)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	86.20	1.521	4		1		73.27	72.41	
Energy ... kcal	59		0	NC	4		50	50	
Energy ... kJ	247				4		210	207	
Protein (N x 6.25) ... g	5.22	0.345	4		1		4.44	4.38	
Total lipid (fat) ... g	1.55	0.250	4		1		1.32	1.30	
Ash ... g	1.50	0.108	4		1		1.28	1.26	
Carbohydrate, by difference ... g	5.53		0	NC	4		4.70	4.65	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	44		0	BFZN	4		37	37	
Iron, Fe ... mg	5.78	1.340	4		1		4.91	4.86	
Magnesium, Mg ... mg	33	2.352	4		1		28	28	
Phosphorus, P ... mg	93	10.351	4		1		79	78	
Potassium, K ... mg	124	15.201	4		1		105	104	
Sodium, Na ... mg	178	8.319	4		1		151	150	
Zinc, Zn ... mg	37.92	3.558	4		1		32.23	31.85	
Copper, Cu ... mg	0.738	0.362	4		1		0.627	0.620	
Manganese, Mn ... mg	0.394	0.113	4		1		0.335	0.331	
Selenium, Se ... µg	63.7		6	A	1		54.1	53.5	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	4.7	0.556	4		1		4.0	3.9	
Thiamin ... mg	0.105	0.013	4		1		0.089	0.088	
Riboflavin ... mg	0.065	0.021	4		1		0.055	0.055	
Niacin ... mg	1.267	0.185	4		1		1.077	1.064	
Pantothenic acid ... mg	0.157	0.047	4		1		0.133	0.132	
Vitamin B-6 ... mg	0.060	0.008	4		1		0.051	0.050	
Folate, total ... µg	18	4.031	4		1		15	15	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	18	4.031	4		1		15	15	
Folate, DFE ... mcg_DFE	18		0	NC	4		15	15	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	16.20	1.143	4		1		13.77	13.61	
Vitamin A, RAE ... mcg_RAE	8	4.335	4		1		6	6	
Retinol ... µg	8	4.335	4		1		6	6	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	25	14.434	4		1		21	21	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.443		0		1		0.377	0.372	
4:0 ... g									

NDB No. 15245
Mollusks, oyster, eastern, farmed, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.035		4		1		0.030	0.029	
15:0....g									
16:0....g	0.314		4		1		0.267	0.264	
17:0....g									
18:0....g	0.045		4		1		0.038	0.038	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.152		0		1		0.129	0.128	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.038		4		1		0.032	0.032	
17:1....g									
18:1 undifferentiated....g	0.074		4		1		0.063	0.062	
20:1....g	0.033		4		1		0.028	0.028	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.591		0		1		0.502	0.496	
18:2 undifferentiated....g	0.028		4		1		0.024	0.024	
18:3 undifferentiated....g	0.044		4		1		0.037	0.037	
18:4....g	0.092		4		1		0.078	0.077	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.033		4		1		0.028	0.028	
20:5 n-3 (EPA)....g	0.188		4		1		0.160	0.158	
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.203		4		1		0.173	0.171	
Fatty acids, total trans....g									
Cholesterol....mg	25	1.273	4		1		21	21	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.059		0		1		0.050	0.050	
Threonine....g	0.225		0		1		0.191	0.189	
Isoleucine....g	0.227		0		1		0.193	0.191	
Leucine....g	0.368		0		1		0.313	0.309	
Lysine....g	0.390		0		1		0.332	0.328	
Methionine....g	0.118		0		1		0.100	0.099	
Cystine....g	0.069		0		1		0.059	0.058	
Phenylalanine....g	0.187		0		1		0.159	0.157	
Tyrosine....g	0.167		0		1		0.142	0.140	
Valine....g	0.228		0		1		0.194	0.192	
Arginine....g	0.381		0		1		0.324	0.320	
Histidine....g	0.100		0		1		0.085	0.084	
Alanine....g	0.316		0		1		0.269	0.265	
Aspartic acid....g	0.504		0		1		0.428	0.423	
Glutamic acid....g	0.711		0		1		0.604	0.597	
Glycine....g	0.327		0		1		0.278	0.275	
Proline....g	0.213		0		1		0.181	0.179	
Serine....g	0.234		0		1		0.199	0.197	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15245
Mollusks, oyster, eastern, farmed, raw

Measure 2 = 84g: 6 medium

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15244
Mollusks, oyster, eastern, wild, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.98		0	RA	4		70.53	48.96	
Energy....kcal	79		0	NC	4		67	47	
Energy....kJ	331		0	RA	4		282	195	
Protein (N x 6.25)....g	8.87		0	RA	4		7.54	5.23	
Total lipid (fat)....g	2.65		0	RA	4		2.26	1.57	
Ash....g	1.27		0	RA	4		1.08	0.75	
Carbohydrate, by difference....g	4.23		0	RA	4		3.60	2.50	
Fiber, total dietary....g	0.0		0	RA	4		0.0	0.0	
Sugars, total....g	0.96		0	RA	4		0.81	0.56	
Sucrose....g	0.00		0	RA	4		0.00	0.00	
Glucose (dextrose)....g	0.96		0	RA	4		0.81	0.56	
Fructose....g	0.00		0	RA	4		0.00	0.00	
Lactose....g	0.00		0	RA	4		0.00	0.00	
Maltose....g	0.00		0	RA	4		0.00	0.00	
Galactose....g	0.00		0	RA	4		0.00	0.00	
Starch....g	0.70		0	RA	4		0.59	0.41	
Minerals:									
Calcium, Ca....mg	92		0	RA	4		78	54	
Iron, Fe....mg	7.16		0	RA	4		6.08	4.22	
Magnesium, Mg....mg	28		0	RA	4		23	16	
Phosphorus, P....mg	150		0	RA	4		128	89	
Potassium, K....mg	242		0	RA	4		206	143	
Sodium, Na....mg	132		0	RA	4		112	78	
Zinc, Zn....mg	61.04		0	RA	4		51.89	36.01	
Copper, Cu....mg	4.439		0	RA	4		3.773	2.619	
Manganese, Mn....mg	0.459		0	RA	4		0.390	0.271	
Selenium, Se....µg	30.7		0	RA	4		26.1	18.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RA	4		0.0	0.0	
Thiamin....mg	0.025		0	RA	4		0.021	0.015	
Riboflavin....mg	0.112		0	RA	4		0.095	0.066	
Niacin....mg	1.365		0	RA	4		1.160	0.805	
Pantothenic acid....mg	0.347		0	RA	4		0.295	0.205	
Vitamin B-6....mg	0.045		0	RA	4		0.038	0.027	
Folate, total....µg	10		0	RA	4		9	6	
Folic acid....µg	0		0	RA	4		0	0	
Folate, food....µg	10		0	RA	4		9	6	
Folate, DFE....mcg_DFE	10		0	NC	4		9	6	
Choline, total....mg	101.0		0	RA	4		85.8	59.6	
Betaine....mg									
Vitamin B-12....µg	12.91		0	RA	4		10.97	7.62	
Vitamin B-12, added....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	20		0	RA	4		17	12	
Retinol....µg	20		0	RA	4		17	12	
Carotene, beta....µg	0		0	RA	4		0	0	
Carotene, alpha....µg	0		0	RA	4		0	0	
Cryptoxanthin, beta....µg	0		0	RA	4		0	0	
Vitamin A, IU....IU	58		0	RA	4		49	34	
Lycopene....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin....µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	1.32		0	RA	4		1.12	0.78	
Vitamin E, added....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	RA	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 15244
Mollusks, oyster, eastern, wild, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	0.0		0	RA	4		0.0	0.0	
Vitamin D....IU	1		0	RA	4		1	1	
Vitamin K (phylloquinone)....µg	1.5		0	RA	4		1.3	0.9	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg	3.9		0	RA	4		3.3	2.3	
Lipids:									
Fatty acids, total saturated....g	0.736		0	RA	4		0.626	0.434	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.002		0	RA	4		0.002	0.001	
13:0....g									
14:0....g	0.077		0	RA	4		0.066	0.046	
15:0....g	0.016		0	RA	4		0.014	0.010	
16:0....g	0.496		0	RA	4		0.421	0.292	
17:0....g	0.037		0	RA	4		0.031	0.022	
18:0....g	0.102		0	RA	4		0.087	0.060	
20:0....g	0.003		0	RA	4		0.002	0.002	
22:0....g	0.001		0	RA	4		0.001	0.001	
24:0....g	0.002		0	RA	4		0.002	0.001	
Fatty acids, total monounsaturated....g	0.393		0	RA	4		0.334	0.232	
14:1....g	0.003		0	RA	4		0.002	0.002	
15:1....g	0.000		0	RA	4		0.000	0.000	
16:1 undifferentiated....g	0.080		0	RA	4		0.068	0.047	
17:1....g	0.005		0	RA	4		0.004	0.003	
18:1 undifferentiated....g	0.261		0	RA	4		0.222	0.154	
20:1....g	0.043		0	RA	4		0.036	0.025	
22:1 undifferentiated....g	0.001		0	RA	4		0.001	0.000	
24:1 c....g	0.001		0	RA	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.820		0	RA	4		0.697	0.484	
18:2 undifferentiated....g	0.064		0	RA	4		0.054	0.038	
18:3 undifferentiated....g	0.130		0	RA	4		0.111	0.077	
18:4....g	0.075		0	RA	4		0.064	0.044	
20:2 n-6 c,c....g	0.005		0	RA	4		0.004	0.003	
20:3 undifferentiated....g	0.009		0	RA	4		0.007	0.005	
20:4 undifferentiated....g	0.034		0	RA	4		0.029	0.020	
20:5 n-3 (EPA)....g	0.274		0	RA	4		0.233	0.162	
22:5 n-3 (DPA)....g	0.016		0	RA	4		0.013	0.009	
22:6 n-3 (DHA)....g	0.210		0	RA	4		0.179	0.124	
Fatty acids, total trans....g	0.053		0	RA	4		0.045	0.031	
Cholesterol....mg	62		0	RA	4		52	36	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.107		0	RA	4		0.091	0.063	
Threonine....g	0.036		0	RA	4		0.030	0.021	
Isoleucine....g	0.356		0	RA	4		0.303	0.210	
Leucine....g	0.556		0	RA	4		0.473	0.328	
Lysine....g	0.592		0	RA	4		0.503	0.349	
Methionine....g	0.200		0	RA	4		0.170	0.118	
Cystine....g	0.086		0	RA	4		0.073	0.050	
Phenylalanine....g	0.321		0	RA	4		0.273	0.189	
Tyrosine....g	0.314		0	RA	4		0.267	0.185	
Valine....g	0.406		0	RA	4		0.345	0.240	
Arginine....g	0.577		0	RA	4		0.491	0.341	
Histidine....g	0.171		0	RA	4		0.145	0.101	
Alanine....g	0.421		0	RA	4		0.358	0.248	
Aspartic acid....g	0.763		0	RA	4		0.648	0.450	
Glutamic acid....g	1.048		0	RA	4		0.891	0.618	
Glycine....g	0.428		0	RA	4		0.364	0.252	
Proline....g	0.349		0	RA	4		0.297	0.206	
Serine....g	0.349		0	RA	4		0.297	0.206	

NDB No. 15244
Mollusks, oyster, eastern, wild, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 59g: 6 medium

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

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NDB No. 15169
Mollusks, oyster, eastern, wild, cooked, moist heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.19	0.834	3	A	1		66.46	32.84	
Energy....kcal	102		0	NC	4		87	43	
Energy....kJ	427		0	NC	4		363	179	
Protein (N x 6.25)....g	11.42	1.200	3	A	1		9.70	4.80	
Total lipid (fat)....g	3.42	0.112	3	A	1		2.90	1.44	
Ash....g	1.53	0.341	3	A	1		1.30	0.64	
Carbohydrate, by difference....g	5.45		0	NC	4		4.63	2.29	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	1.23	0.524	3	A	1		1.05	0.52	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	1.23	0.524	3	A	1		1.05	0.52	
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	0.90		1	A	1		0.77	0.38	
Minerals:									
Calcium, Ca....mg	116	72.683	3	A	1		98	49	
Iron, Fe....mg	9.21	1.387	3	A	1		7.83	3.87	
Magnesium, Mg....mg	35	6.649	3	A	1		29	15	
Phosphorus, P....mg	194	15.762	3	A	1		165	81	
Potassium, K....mg	139	3.383	3	A	1		118	59	
Sodium, Na....mg	166	46.936	3	A	1		141	70	
Zinc, Zn....mg	78.60	31.070	3	A	1		66.81	33.01	
Copper, Cu....mg	5.707	1.680	3	A	1		4.851	2.397	
Manganese, Mn....mg	0.591	0.055	3	A	1		0.503	0.248	
Selenium, Se....µg	39.5	8.325	3	A	1		33.5	16.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.036	0.014	3	A	1		0.030	0.015	
Riboflavin....mg	0.180	0.015	3	A	1		0.153	0.076	
Niacin....mg	1.850	0.110	3	A	1		1.573	0.777	
Pantothenic acid....mg	0.447	0.050	3	A	1		0.380	0.188	
Vitamin B-6....mg	0.061	0.008	3	A	1		0.052	0.026	
Folate, total....µg	14		0		1		12	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	14		0		1		12	6	
Folate, DFE....mcg_DFE	14		0	NC	4		12	6	
Choline, total....mg	130.0		0	O	4		110.5	54.6	
Betaine....mg									
Vitamin B-12....µg	17.50	2.801	3	A	1		14.88	7.35	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	26		0	AS	1		22	11	
Retinol....µg	26		1	A	1		22	11	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	88		0	AS	1		75	37	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	1.70		0	O	4		1.45	0.71	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0	0.015	3	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 15169
Mollusks, oyster, eastern, wild, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	0.0	0.015	3	A	1		0.0	0.0	
Vitamin D....IU	2	0.673	3	A	1		2	1	
Vitamin K (phylloquinone)....µg	2.0		1	A	1		1.7	0.8	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	5.0		1	A	1		4.3	2.1	
Lipids:									
Fatty acids, total saturated....g	0.948		0	NC	4		0.806	0.398	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.002	0.000	3	A	1		0.002	0.001	
13:0....g									
14:0....g	0.100	0.016	3	A	1		0.085	0.042	
15:0....g	0.021	0.002	3	A	1		0.018	0.009	
16:0....g	0.638	0.076	3	A	1		0.543	0.268	
17:0....g	0.047	0.004	3	A	1		0.040	0.020	
18:0....g	0.131	0.011	3	A	1		0.112	0.055	
20:0....g	0.003	0.000	3	A	1		0.003	0.001	
22:0....g	0.002	0.002	3	A	1		0.001	0.001	
24:0....g	0.003	0.003	3	A	1		0.003	0.001	
Fatty acids, total monounsaturated....g	0.506		0	NC	4		0.430	0.213	
14:1....g	0.004	0.001	3	A	1		0.003	0.002	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.103	0.016	3	AS	1		0.088	0.043	
16:1 c....g	0.086	0.015	3	A	1		0.073	0.036	
16:1 t....g	0.017	0.002	3	A	1		0.014	0.007	
17:1....g	0.006	0.003	3	A	1		0.005	0.003	
18:1 undifferentiated....g	0.337	0.049	3	AS	1		0.286	0.141	
18:1 c....g	0.295	0.044	3	A	1		0.251	0.124	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.041	0.005	3	A	1		0.035	0.017	
18:1-11t (18:1t n-7)....g									
20:1....g	0.055	0.018	3	A	1		0.047	0.023	
22:1 undifferentiated....g	0.001	0.001	3	AS	1		0.001	0.000	
22:1 c....g	0.001	0.001	3	A	1		0.001	0.000	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.001	0.001	3	A	1		0.001	0.000	
Fatty acids, total polyunsaturated....g	1.056		0	NC	4		0.898	0.444	
18:2 undifferentiated....g	0.082	0.012	3	AS	1		0.070	0.034	
18:2 n-6 c,c....g	0.061	0.013	3	A	1		0.052	0.026	
18:2 CLAs....g	0.011	0.001	3	A	1		0.009	0.004	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.010	0.003	3	A	1		0.009	0.004	
18:3 undifferentiated....g	0.168	0.024	3	AS	1		0.143	0.070	
18:3 n-3 c,c,c (ALA)....g	0.163	0.023	3	A	1		0.139	0.069	
18:3 n-6 c,c,c....g	0.004	0.001	3	A	1		0.004	0.002	
18:3i....g									
18:4....g	0.096	0.026	3	A	1		0.082	0.040	
20:2 n-6 c,c....g	0.007	0.002	3	A	1		0.006	0.003	
20:3 undifferentiated....g	0.011	0.002	3	AS	1		0.010	0.005	
20:3 n-3....g	0.004	0.001	3	A	1		0.004	0.002	
20:3 n-6....g	0.007	0.002	3	A	1		0.006	0.003	
20:4 undifferentiated....g	0.043	0.005	3	A	1		0.037	0.018	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.353	0.074	3	A	1		0.300	0.148	
21:5....g									
22:4....g	0.005	0.001	3	A	1		0.004	0.002	
22:5 n-3 (DPA)....g	0.020	0.004	3	A	1		0.017	0.008	

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Mollusks, oyster, eastern, wild, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.271	0.038	3	A	1		0.230	0.114	
Fatty acids, total trans....g	0.068		0	NC	4		0.058	0.029	
Fatty acids, total trans-monoenoic....g	0.058		0	NC	4		0.050	0.024	
Fatty acids, total trans-polyenoic....g	0.010		0	NC	4		0.009	0.004	
Cholesterol....mg	79	7.808	3	A	1		67	33	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.138		0	A	1		0.117	0.058	
Threonine....g	0.046		0	A	1		0.039	0.019	
Isoleucine....g	0.459		0	A	1		0.390	0.193	
Leucine....g	0.716		0	A	1		0.609	0.301	
Lysine....g	0.762		0	A	1		0.648	0.320	
Methionine....g	0.257		0	A	1		0.218	0.108	
Cystine....g	0.110		0	A	1		0.094	0.046	
Phenylalanine....g	0.413		0	A	1		0.351	0.173	
Tyrosine....g	0.404		0	A	1		0.343	0.170	
Valine....g	0.523		0	A	1		0.445	0.220	
Arginine....g	0.744		0	A	1		0.632	0.312	
Histidine....g	0.220		0	A	1		0.187	0.093	
Alanine....g	0.542		0	A	1		0.460	0.227	
Aspartic acid....g	0.982		0	A	1		0.835	0.413	
Glutamic acid....g	1.349		0	A	1		1.147	0.567	
Glycine....g	0.551		0	A	1		0.468	0.231	
Proline....g	0.450		0	A	1		0.382	0.189	
Serine....g	0.450		0	A	1		0.382	0.189	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 42g: 6 medium

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15167

Mollusks, oyster, eastern, wild, raw

Crassostrea virginica (Gmelin)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	89.04		0	RA	4		220.83	74.80	
Energy ... kcal	51		0	NC	4		126	43	
Energy ... kJ	213		0	RA	4		529	179	
Protein (N x 6.25) ... g	5.71		0	RA	4		14.16	4.80	
Total lipid (fat) ... g	1.71		0	RA	4		4.24	1.44	
Ash ... g	0.82		0	RA	4		2.03	0.69	
Carbohydrate, by difference ... g	2.72		0	RA	4		6.75	2.29	
Fiber, total dietary ... g	0.0		0	RA	4		0.0	0.0	
Sugars, total ... g	0.62		0	RA	4		1.53	0.52	
Sucrose ... g	0.00		0	RA	4		0.00	0.00	
Glucose (dextrose) ... g	0.62		0	RA	4		1.53	0.52	
Fructose ... g	0.00		0	RA	4		0.00	0.00	
Lactose ... g	0.00		0	RA	4		0.00	0.00	
Maltose ... g	0.00		0	RA	4		0.00	0.00	
Galactose ... g	0.00		0	RA	4		0.00	0.00	
Starch ... g	0.45		0	RA	4		1.12	0.38	
Minerals:									
Calcium, Ca ... mg	59		0	RA	4		147	50	
Iron, Fe ... mg	4.61		0	RA	4		11.43	3.87	
Magnesium, Mg ... mg	18		0	RA	4		44	15	
Phosphorus, P ... mg	97		0	RA	4		240	81	
Potassium, K ... mg	156	36.748	3		1		387	131	
Sodium, Na ... mg	85		0	RA	4		210	71	
Zinc, Zn ... mg	39.30		0	RA	4		97.47	33.01	
Copper, Cu ... mg	2.858		0	RA	4		7.087	2.400	
Manganese, Mn ... mg	0.296		0	RA	4		0.733	0.248	
Selenium, Se ... µg	19.7		0	RA	4		48.9	16.6	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	RA	4		0.0	0.0	
Thiamin ... mg	0.018		0	RA	4		0.044	0.015	
Riboflavin ... mg	0.090		0	RA	4		0.223	0.076	
Niacin ... mg	0.925		0	RA	4		2.294	0.777	
Pantothenic acid ... mg	0.223		0	RA	4		0.554	0.188	
Vitamin B-6 ... mg	0.031		0	RA	4		0.076	0.026	
Folate, total ... µg	7		0	RA	4		17	6	
Folic acid ... µg	0		0	RA	4		0	0	
Folate, food ... µg	7		0	RA	4		17	6	
Folate, DFE ... mcg_DFE	7		0	NC	4		17	6	
Choline, total ... mg	65.0		0	RA	4		161.2	54.6	
Betaine ... mg									
Vitamin B-12 ... µg	8.75		0	RA	4		21.70	7.35	
Vitamin B-12, added ... µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE ... mcg_RAE	13		0	RA	4		33	11	
Retinol ... µg	13		0	RA	4		33	11	
Carotene, beta ... µg	0		0	RA	4		0	0	
Carotene, alpha ... µg	0		0	RA	4		0	0	
Cryptoxanthin, beta ... µg	0		0	RA	4		0	0	
Vitamin A, IU ... IU	44		0	RA	4		109	37	
Lycopene ... µg	0		0	RA	4		0	0	
Lutein + zeaxanthin ... µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol) ... mg	0.85		0	RA	4		2.11	0.71	
Vitamin E, added ... mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	RA	4		0.1	0.0	
Vitamin D2 (ergocalciferol) ... µg									

NDB No. 15167
Mollusks, oyster, eastern, wild, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	0.0		0	RA	4		0.1	0.0	
Vitamin D....IU	1		0	RA	4		2	1	
Vitamin K (phylloquinone)....µg	1.0		0	RA	4		2.4	0.8	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg	2.5		0	RA	4		6.2	2.1	
Lipids:									
Fatty acids, total saturated....g	0.474		0	RA	4		1.175	0.398	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.001		0	RA	4		0.003	0.001	
13:0....g									
14:0....g	0.050		0	RA	4		0.124	0.042	
15:0....g	0.011		0	RA	4		0.026	0.009	
16:0....g	0.319		0	RA	4		0.792	0.268	
17:0....g	0.024		0	RA	4		0.058	0.020	
18:0....g	0.066		0	RA	4		0.163	0.055	
20:0....g	0.002		0	RA	4		0.004	0.001	
22:0....g	0.001		0	RA	4		0.002	0.001	
24:0....g	0.002		0	RA	4		0.004	0.001	
Fatty acids, total monounsaturated....g	0.253		0	RA	4		0.628	0.213	
14:1....g	0.002		0	RA	4		0.005	0.002	
15:1....g	0.000		0	RA	4		0.000	0.000	
16:1 undifferentiated....g	0.052		0	RA	4		0.128	0.043	
17:1....g	0.003		0	RA	4		0.007	0.003	
18:1 undifferentiated....g	0.168		0	RA	4		0.417	0.141	
20:1....g	0.028		0	RA	4		0.068	0.023	
22:1 undifferentiated....g	0.001		0	RA	4		0.001	0.000	
24:1 c....g	0.000		0	RA	4		0.001	0.000	
Fatty acids, total polyunsaturated....g	0.528		0	RA	4		1.309	0.444	
18:2 undifferentiated....g	0.041		0	RA	4		0.102	0.034	
18:3 undifferentiated....g	0.084		0	RA	4		0.208	0.070	
18:4....g	0.048		0	RA	4		0.119	0.040	
20:2 n-6 c,c....g	0.003		0	RA	4		0.008	0.003	
20:3 undifferentiated....g	0.006		0	RA	4		0.014	0.005	
20:4 undifferentiated....g	0.022		0	RA	4		0.054	0.018	
20:5 n-3 (EPA)....g	0.177		0	RA	4		0.438	0.148	
22:5 n-3 (DPA)....g	0.010		0	RA	4		0.025	0.008	
22:6 n-3 (DHA)....g	0.136		0	RA	4		0.336	0.114	
Fatty acids, total trans....g	0.034		0	RA	4		0.085	0.029	
Cholesterol....mg	40		0	RA	4		98	33	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.069		0	RA	4		0.171	0.058	
Threonine....g	0.023		0	RA	4		0.057	0.019	
Isoleucine....g	0.229		0	RA	4		0.569	0.193	
Leucine....g	0.358		0	RA	4		0.888	0.301	
Lysine....g	0.381		0	RA	4		0.945	0.320	
Methionine....g	0.129		0	RA	4		0.319	0.108	
Cystine....g	0.055		0	RA	4		0.137	0.046	
Phenylalanine....g	0.207		0	RA	4		0.512	0.173	
Tyrosine....g	0.202		0	RA	4		0.501	0.170	
Valine....g	0.262		0	RA	4		0.649	0.220	
Arginine....g	0.372		0	RA	4		0.922	0.312	
Histidine....g	0.110		0	RA	4		0.273	0.093	
Alanine....g	0.271		0	RA	4		0.672	0.227	
Aspartic acid....g	0.491		0	RA	4		1.218	0.413	
Glutamic acid....g	0.675		0	RA	4		1.673	0.567	
Glycine....g	0.275		0	RA	4		0.683	0.231	
Proline....g	0.225		0	RA	4		0.558	0.189	
Serine....g	0.225		0	RA	4		0.558	0.189	

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Mollusks, oyster, eastern, wild, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 cup

Measure 2 = 84g: 6 medium

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 90240
Mollusks, scallop, (bay and sea), cooked, steamed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.25		0	RA	4				
Energy	kcal	111		0	NC	4				
Energy	kJ	466		0	NC	4				
Protein	g	20.54		0	RA	4				
Total lipid (fat)	g	0.84		0	RA	4				
Ash	g	2.97		0	RA	4				
Carbohydrate, by difference	g	5.41		0	RA	4				
Fiber, total dietary	g	0.0		0	RA	4				
Sugars, total	g	0.00		0	RA	4				
Sucrose	g	0.00		0	RA	4				
Glucose (dextrose)	g	0.00		0	RA	4				
Fructose	g	0.00		0	RA	4				
Lactose	g	0.00		0	RA	4				
Maltose	g	0.00		0	RA	4				
Galactose	g	0.00		0	RA	4				
Starch	g	3.69		0	RA	4				
Minerals:										
Calcium, Ca	mg	10		0	RA	4				
Iron, Fe	mg	0.58		0	RA	4				
Magnesium, Mg	mg	37		0	RA	4				
Phosphorus, P	mg	426		0	RA	4				
Potassium, K	mg	314		0	RA	4				
Sodium, Na (1)	mg	667		0	RA	4				
Zinc, Zn	mg	1.55		0	RA	4				
Copper, Cu	mg	0.033		0	RA	4				
Manganese, Mn	mg	0.029		0	RA	4				
Selenium, Se	µg	21.7		0	RA	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4				
Thiamin	mg	0.012		0	RA	4				
Riboflavin	mg	0.024		0	RA	4				
Niacin	mg	1.076		0	RA	4				
Pantothenic acid	mg	0.366		0	RA	4				
Vitamin B-6	mg	0.112		0	RA	4				
Folate, total	µg	20		0	RA	4				
Folic acid	µg	0		0	RA	4				
Folate, food	µg	20		0	RA	4				
Folate, DFE	mcg_DFE	20		0	NC	4				
Choline, total	mg	110.7		0	RA	4				
Betaine	mg									
Vitamin B-12	µg	2.15		0	RA	4				
Vitamin B-12, added	µg	0.00		0	RA	4				
Vitamin A, RAE	mcg_RAE	2		0	RA	4				
Retinol	µg	2		0	RA	4				
Carotene, beta	µg	0		0	RA	4				
Carotene, alpha	µg	0		0	RA	4				
Cryptoxanthin, beta	µg	0		0	RA	4				
Vitamin A, IU	IU	5		0	RA	4				
Lycopene	µg	0		0	RA	4				
Lutein + zeaxanthin	µg	0		0	RA	4				
Vitamin E (alpha-tocopherol)	mg	0.00		0	RA	4				
Vitamin E, added	mg	0.00		0	RA	4				
Tocopherol, beta	mg	0.00		0	RA	4				
Tocopherol, gamma	mg	0.00		0	RA	4				
Tocopherol, delta	mg	0.00		0	RA	4				
Vitamin D (D2 + D3)	µg	0.0		0	RA	4				
Vitamin D2 (ergocalciferol)	µg									

NDB No. 90240
Mollusks, scallop, (bay and sea), cooked, steamed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	0.0		0	RA	4				
Vitamin D....IU	2		0	RA	4				
Vitamin K (phylloquinone)....µg	0.0		0	RA	4				
Dihydrophylloquinone....µg	0.0		0	RA	4				
Menaquinone-4....µg	0.0		0	RA	4				
Lipids:									
Fatty acids, total saturated....g	0.218		0	RA	4				
4:0....g	0.000		0	RA	4				
6:0....g	0.000		0	RA	4				
8:0....g	0.000		0	RA	4				
10:0....g	0.000		0	RA	4				
12:0....g	0.002		0	RA	4				
13:0....g									
14:0....g	0.013		0	RA	4				
15:0....g	0.005		0	RA	4				
16:0....g	0.138		0	RA	4				
17:0....g	0.008		0	RA	4				
18:0....g	0.049		0	RA	4				
20:0....g	0.001		0	RA	4				
22:0....g	0.001		0	RA	4				
24:0....g	0.000		0	RA	4				
Fatty acids, total monounsaturated....g	0.082		0	RA	4				
14:1....g	0.001		0	RA	4				
15:1....g	0.000		0	RA	4				
16:1 undifferentiated....g	0.015		0	RA	4				
17:1....g	0.001		0	RA	4				
18:1 undifferentiated....g	0.053		0	RA	4				
20:1....g	0.009		0	RA	4				
22:1 undifferentiated....g	0.001		0	RA	4				
24:1 c....g	0.001		0	RA	4				
Fatty acids, total polyunsaturated....g	0.222		0	RA	4				
18:2 undifferentiated....g	0.014		0	RA	4				
18:3 undifferentiated....g	0.006		0	RA	4				
18:4....g	0.006		0	RA	4				
20:2 n-6 c,c....g	0.002		0	RA	4				
20:3 undifferentiated....g	0.003		0	RA	4				
20:4 undifferentiated....g	0.009		0	RA	4				
20:5 n-3 (EPA)....g	0.072		0	RA	4				
22:5 n-3 (DPA)....g	0.005		0	RA	4				
22:6 n-3 (DHA)....g	0.104		0	RA	4				
Fatty acids, total trans....g	0.009		0	RA	4				
Cholesterol....mg	41		0	RA	4				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.173		0	RA	4				
Threonine....g	0.629		0	RA	4				
Isoleucine....g	0.692		0	RA	4				
Leucine....g	1.226		0	RA	4				
Lysine....g	1.258		0	RA	4				
Methionine....g	0.487		0	RA	4				
Cystine....g	0.204		0	RA	4				
Phenylalanine....g	0.597		0	RA	4				
Tyrosine....g	0.503		0	RA	4				
Valine....g	0.645		0	RA	4				
Arginine....g	1.101		0	RA	4				
Histidine....g	0.314		0	RA	4				
Alanine....g	0.912		0	RA	4				
Aspartic acid....g	1.572		0	RA	4				
Glutamic acid....g	2.390		0	RA	4				
Glycine....g	1.761		0	RA	4				
Proline....g	0.487		0	RA	4				
Serine....g	0.613		0	RA	4				

NDB No. 90240
Mollusks, scallop, (bay and sea), cooked, steamed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4				
Caffeine.....mg	0		0	RA	4				
Theobromine.....mg	0		0	RA	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Footnotes:

1 Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 265 mg sodium/100g.

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15173
Mollusks, scallop, mixed species, cooked, breaded and fried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.44		0		1		18.12		
Energy	kcal	216		0	NC	4		67		
Energy	kJ	902		0	NC	4		280		
Protein (N x 6.21)	g	18.07		0		1		5.60		
Total lipid (fat)	g	10.94		0		1		3.39		
Ash	g	1.83		0		1		0.57		
Carbohydrate, by difference	g	10.13		0	NC	4		3.14		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	42		0		1		13		
Iron, Fe	mg	0.82		0		1		0.25		
Magnesium, Mg	mg	59		0		1		18		
Phosphorus, P	mg	236		0		1		73		
Potassium, K	mg	333		0		1		103		
Sodium, Na	mg	464		0		1		144		
Zinc, Zn	mg	1.06		0		1		0.33		
Copper, Cu	mg	0.078		0		1		0.024		
Manganese, Mn	mg	0.140		0		4		0.043		
Selenium, Se	µg	26.9		0	RA	4		8.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3		0		4		0.7		
Thiamin	mg	0.042		0		1		0.013		
Riboflavin	mg	0.110		0		1		0.034		
Niacin	mg	1.505		0		1		0.467		
Pantothenic acid	mg	0.200		0		4		0.062		
Vitamin B-6	mg	0.140		0		4		0.043		
Folate, total	µg	37		0	RA	4		11		
Folic acid	µg	19		0	NC	4		6		
Folate, food	µg	18		0		4		6		
Folate, DFE	mcg_DFE	50		0	NC	4		16		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.32		0		1		0.41		
Vitamin A, RAE	mcg_RAE	22		0	NR	4		7		
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	75		0		4		23		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	2.669		0		1		0.827		
4:0	g									

NDB No. 15173
Mollusks, scallop, mixed species, cooked, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.056		0		1		0.017		
15:0....g									
16:0....g	1.546		0		1		0.479		
17:0....g									
18:0....g	1.063		0		1		0.330		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.498		0		1		1.394		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.031		0		1		0.010		
17:1....g									
18:1 undifferentiated....g	4.456		0		1		1.381		
20:1....g	0.006		0		1		0.002		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.856		0		1		0.885		
18:2 undifferentiated....g	2.443		0		1		0.757		
18:3 undifferentiated....g	0.156		0		1		0.048		
18:4....g	0.011		0		1		0.003		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.027		0		1		0.008		
20:5 n-3 (EPA)....g	0.086		0		1		0.027		
22:5 n-3 (DPA)....g	0.016		0		1		0.005		
22:6 n-3 (DHA)....g	0.103		0		1		0.032		
Fatty acids, total trans....g									
Cholesterol....mg	54		0	0	4		17		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.210		0		1		0.065		
Threonine....g	0.768		0		1		0.238		
Isoleucine....g	0.800		0		1		0.248		
Leucine....g	1.295		0		1		0.401		
Lysine....g	1.280		0		1		0.397		
Methionine....g	0.407		0		1		0.126		
Cystine....g	0.250		0		1		0.078		
Phenylalanine....g	0.687		0		1		0.213		
Tyrosine....g	0.588		0		1		0.182		
Valine....g	0.818		0		1		0.254		
Arginine....g	1.266		0		1		0.392		
Histidine....g	0.355		0		1		0.110		
Alanine....g	1.059		0		1		0.328		
Aspartic acid....g	1.679		0		1		0.520		
Glutamic acid....g	2.765		0		1		0.857		
Glycine....g	1.074		0		1		0.333		
Proline....g	0.850		0		1		0.264		
Serine....g	0.847		0		1		0.263		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 2 large

NDB No. 15173
Mollusks, scallop, mixed species, cooked, breaded and fried

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 4.12

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15174
Mollusks, scallop, mixed species, imitation, made from surimi

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.82	1.184	3		1		62.75		
Energy	kcal	99		0	NC	4		84		
Energy	kJ	414				4		352		
Protein (N x 6.25)	g	12.77	0.629	3		1		10.85		
Total lipid (fat)	g	0.41	0.064	3		1		0.35		
Ash	g	2.37	0.173	3		1		2.01		
Carbohydrate, by difference	g	10.62		0	NC	4		9.03		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8	0.635	3		1		7		
Iron, Fe	mg	0.31	0.040	3		1		0.26		
Magnesium, Mg	mg	43		0		4		37		
Phosphorus, P	mg	282		0		4		240		
Potassium, K	mg	103	10.393	3		1		88		
Sodium, Na	mg	795	23.627	3		1		676		
Zinc, Zn	mg	0.33		0		4		0.28		
Copper, Cu	mg	0.032		0		4		0.027		
Manganese, Mn	mg	0.011		0		4		0.009		
Selenium, Se	µg	23.6		0	BFPN	4		20.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.010		2		1		0.009		
Riboflavin	mg	0.016	0.002	3		1		0.014		
Niacin	mg	0.310	0.035	3		1		0.264		
Pantothenic acid	mg	0.070		0		4		0.060		
Vitamin B-6	mg	0.030		0		4		0.026		
Folate, total	µg	2		0		4		1		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	2		0		4		1		
Folate, DFE	mcg_DFE	2		0	NC	4		1		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.60		0		4		1.36		
Vitamin A, RAE	mcg_RAE	20		0		4		17		
Retinol	µg	20		0		4		17		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	66		0		4		56		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.080		0		4		0.068		
Fatty acids, total monounsaturated	g	0.060		0		4		0.051		

NDB No. 15174
Mollusks, scallop, mixed species, imitation, made from surimi

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total polyunsaturated.....g	0.210		0		4		0.179		
Fatty acids, total trans.....g									
Cholesterol.....mg	22	12.400	3		1		19		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.078		0		1		0.066		
Threonine.....g	0.617		0		1		0.524		
Isoleucine.....g	0.597		0		1		0.507		
Leucine.....g	1.011		0		1		0.859		
Lysine.....g	1.167		0		1		0.992		
Methionine.....g	0.433		0		1		0.368		
Cystine.....g	0.137		0		1		0.116		
Phenylalanine.....g	0.501		0		1		0.426		
Tyrosine.....g	0.515		0		1		0.438		
Valine.....g	0.648		0		1		0.551		
Arginine.....g	0.848		0		1		0.721		
Histidine.....g	0.294		0		1		0.250		
Alanine.....g	0.750		0		1		0.638		
Aspartic acid.....g	1.277		0		1		1.085		
Glutamic acid.....g	2.016		0		1		1.714		
Glycine.....g	0.494		0		1		0.420		
Proline.....g	0.476		0		1		0.405		
Serine.....g	0.558		0		1		0.474		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15172
Mollusks, scallop, mixed species, raw
Pectinidae

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.53	1.224	12	A	1		24.76	70.15	
Energy....kcal	69		0	NC	4		21	59	
Energy....kJ	289		0	NC	4		87	245	
Protein (N x 6.25)....g	12.06	0.902	12	A	1		3.62	10.25	
Total lipid (fat)....g	0.49	0.025	12	A	1		0.15	0.42	
Ash....g	1.74	0.081	12	A	1		0.52	1.48	
Carbohydrate, by difference....g	3.18		0	NC	4		0.95	2.70	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		1	A	1		0.00	0.00	
Sucrose....g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose)....g	0.00		1	A	1		0.00	0.00	
Fructose....g	0.00		1	A	1		0.00	0.00	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	0.00		1	A	1		0.00	0.00	
Galactose....g	0.00		1	A	1		0.00	0.00	
Starch....g	2.17	0.649	3	A	1		0.65	1.84	
Minerals:									
Calcium, Ca....mg	6	0.911	12	A	1		2	5	
Iron, Fe....mg	0.38	0.045	12	A	1		0.11	0.32	
Magnesium, Mg....mg	22	2.520	12	A	1		7	19	
Phosphorus, P....mg	334	22.452	12	A	1		100	284	
Potassium, K....mg	205	27.882	12	A	1		61	174	
Sodium, Na (1) ....mg	392	47.772	12	A	1		117	333	
Zinc, Zn....mg	0.91	0.092	12	A	1		0.27	0.77	
Copper, Cu....mg	0.023	0.004	12	A	1		0.007	0.019	
Manganese, Mn....mg	0.017	0.001	12	A	1		0.005	0.014	
Selenium, Se....µg	12.8	0.807	12	A	1		3.8	10.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.007	0.000	4	A	1		0.002	0.006	
Riboflavin....mg	0.015	0.000	4	A	1		0.005	0.013	
Niacin....mg	0.703	0.088	4	A	1		0.211	0.597	
Pantothenic acid....mg	0.215	0.018	4	A	1		0.065	0.183	
Vitamin B-6....mg	0.073	0.007	4	A	1		0.022	0.062	
Folate, total....µg	16		0		4		5	14	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	16		0		4		5	14	
Folate, DFE....mcg_DFE	16		0	NC	4		5	14	
Choline, total....mg	65.0		0	T	4		19.5	55.3	
Betaine....mg									
Vitamin B-12....µg	1.41	0.467	4	A	1		0.42	1.19	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	AS	1		0	1	
Retinol....µg	1		1	A	1		0	1	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	3		0	AS	1		1	3	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, delta....mg	0.00		0	Z	7		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0	0.012	4	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 15172
Mollusks, scallop, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg	0.0	0.012	4	A	1		0.0	0.0	
Vitamin D....IU	1	0.559	4	A	1		0	1	
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.128		0	NC	4		0.038	0.109	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000	0.000	8	A	1		0.000	0.000	
8:0....g	0.000	0.000	10	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.001	0.000	12	A	1		0.000	0.001	
13:0....g									
14:0....g	0.008	0.001	12	A	1		0.002	0.006	
15:0....g	0.003	0.000	12	A	1		0.001	0.003	
16:0....g	0.081	0.009	12	A	1		0.024	0.069	
17:0....g	0.004	0.001	12	A	1		0.001	0.004	
18:0....g	0.029	0.004	12	A	1		0.009	0.024	
20:0....g	0.001	0.000	12	A	1		0.000	0.001	
22:0....g	0.001	0.000	12	A	1		0.000	0.001	
24:0....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.048		0	NC	4		0.014	0.041	
14:1....g	0.001	0.000	12	A	1		0.000	0.001	
15:1....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated....g	0.009	0.001	12	AS	1		0.003	0.008	
16:1 c....g	0.006	0.001	12	A	1		0.002	0.005	
16:1 t....g	0.003	0.001	12	A	1		0.001	0.003	
17:1....g	0.001	0.000	12	A	1		0.000	0.000	
18:1 undifferentiated....g	0.031	0.010	12	AS	1		0.009	0.027	
18:1 c....g	0.030	0.010	12	A	1		0.009	0.026	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.001	0.000	12	A	1		0.000	0.001	
18:1-11t (18:1t n-7)....g									
20:1....g	0.005	0.001	12	A	1		0.002	0.004	
22:1 undifferentiated....g	0.001	0.000	12	AS	1		0.000	0.000	
22:1 c....g	0.001	0.000	12	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c....g	0.001	0.000	12	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.130		0	NC	4		0.039	0.111	
18:2 undifferentiated....g	0.008	0.003	12	AS	1		0.002	0.007	
18:2 n-6 c,c....g	0.007	0.003	12	A	1		0.002	0.006	
18:2 CLAs....g	0.000	0.000	12	A	1		0.000	0.000	
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.001	0.001	12	A	1		0.000	0.001	
18:3 undifferentiated....g	0.003	0.000	12	AS	1		0.001	0.003	
18:3 n-3 c,c,c (ALA)....g	0.003	0.000	12	A	1		0.001	0.003	
18:3 n-6 c,c,c....g	0.000	0.000	12	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.004	0.000	12	A	1		0.001	0.003	
20:2 n-6 c,c....g	0.001	0.000	12	A	1		0.000	0.001	
20:3 undifferentiated....g	0.002	0.000	12	AS	1		0.001	0.002	
20:3 n-3....g	0.000	0.000	12	A	1		0.000	0.000	
20:3 n-6....g	0.002	0.000	12	A	1		0.000	0.001	
20:4 undifferentiated....g	0.005	0.001	12	A	1		0.002	0.004	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.042	0.006	12	A	1		0.013	0.036	
21:5....g									
22:4....g	0.000	0.000	12	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.003	0.000	12	A	1		0.001	0.002	

NDB No. 15172
Mollusks, scallop, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.061	0.008	12	A	1		0.018	0.052	
Fatty acids, total trans....g	0.005		0	NC	4		0.002	0.004	
Fatty acids, total trans-monoenoic....g	0.004		0	NC	4		0.001	0.004	
Fatty acids, total trans-polyenoic....g	0.001		0	NC	4		0.000	0.001	
Cholesterol....mg	24	1.323	4	A	1		7	21	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.102		0	A	1		0.030	0.086	
Threonine....g	0.369		0	A	1		0.111	0.314	
Isoleucine....g	0.406		0	A	1		0.122	0.345	
Leucine....g	0.720		0	A	1		0.216	0.612	
Lysine....g	0.739		0	A	1		0.222	0.628	
Methionine....g	0.286		0	A	1		0.086	0.243	
Cystine....g	0.120		0	A	1		0.036	0.102	
Phenylalanine....g	0.351		0	A	1		0.105	0.298	
Tyrosine....g	0.296		0	A	1		0.089	0.251	
Valine....g	0.379		0	A	1		0.114	0.322	
Arginine....g	0.646		0	A	1		0.194	0.549	
Histidine....g	0.185		0	A	1		0.055	0.157	
Alanine....g	0.536		0	A	1		0.161	0.455	
Aspartic acid....g	0.923		0	A	1		0.277	0.785	
Glutamic acid....g	1.404		0	A	1		0.421	1.193	
Glycine....g	1.034		0	A	1		0.310	0.879	
Proline....g	0.286		0	A	1		0.086	0.243	
Serine....g	0.360		0	A	1		0.108	0.306	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 unit 2 large or 5 small

Measure 2 = 85g: 3 oz

Footnotes:

1 Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 161 mg sodium/100g.

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 90560
Mollusks, snail, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.20		0		1				
Energy	kcal	90		0		1				
Energy	kJ	377		0		1				
Protein	g	16.10		0		1				
Total lipid (fat)	g	1.40		0		1				
Ash	g	1.30		0	NR	4				
Carbohydrate, by difference	g	2.00		0	NC	4				
Fiber, total dietary	g	0.0		0		7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1				
Iron, Fe	mg	3.50		0		1				
Magnesium, Mg	mg	250		0		4				
Phosphorus, P	mg	272		0		1				
Potassium, K	mg	382		0		1				
Sodium, Na	mg	70		0		1				
Zinc, Zn	mg	1.00		0		4				
Copper, Cu	mg	0.400		0		4				
Manganese, Mn	mg									
Selenium, Se	µg	27.4		0	BFSN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.010		0		1				
Riboflavin	mg	0.120		0		1				
Niacin	mg	1.400		0		1				
Pantothenic acid	mg									
Vitamin B-6	mg	0.130		0		4				
Folate, total	µg	6		0		4				
Folic acid	µg	0		0	Z	7				
Folate, food	µg	6		0	NR	4				
Folate, DFE	mcg_DFE	6		0	NC	4				
Choline, total	mg	65.0		0	T	4				
Betaine	mg									
Vitamin B-12	µg	0.50		0		4				
Vitamin B-12, added	µg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	30		0	NC	4				
Retinol	µg	30		0	T	4				
Carotene, beta	µg	0		0	Z	7				
Carotene, alpha	µg	0		0	Z	7				
Cryptoxanthin, beta	µg	0		0	Z	7				
Vitamin A, IU	IU	100		0	NC	4				
Lycopene	µg	0		0	Z	7				
Lutein + zeaxanthin	µg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	5.00		0	NR	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.0		0	Z	7				
Vitamin D	IU	0		0	Z	7				
Vitamin K (phylloquinone)	µg	0.1		0	T	4				
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 90560
Mollusks, snail, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.361		0		4				
4:0....g	0.000		0		4				
6:0....g	0.000		0		4				
8:0....g	0.000		0		4				
10:0....g	0.000		0		4				
12:0....g	0.000		0		4				
13:0....g									
14:0....g	0.056		0		4				
15:0....g									
16:0....g	0.249		0		4				
17:0....g									
18:0....g	0.051		0		4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.259		0		4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.048		0		4				
17:1....g									
18:1 undifferentiated....g	0.211		0		4				
20:1....g	0.000		0		4				
22:1 undifferentiated....g	0.000		0		4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.252		0		4				
18:2 undifferentiated....g	0.017		0		4				
18:3 undifferentiated....g	0.000		0		4				
18:4....g	0.015		0		4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4				
20:5 n-3 (EPA)....g	0.119		0		4				
22:5 n-3 (DPA)....g	0.099		0		4				
22:6 n-3 (DHA)....g	0.000		0		4				
Fatty acids, total trans....g									
Cholesterol....mg	50		0		1				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15176
Mollusks, squid, mixed species, cooked, fried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.54		0		1		54.86		
Energy	kcal	175		0	NC	4		149		
Energy	kJ	732				4		622		
Protein (N x 6.25)	g	17.94		0		1		15.25		
Total lipid (fat)	g	7.48		0		1		6.36		
Ash	g	1.59		0		1		1.35		
Carbohydrate, by difference	g	7.79		0	NC	4		6.62		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	39		0		1		33		
Iron, Fe	mg	1.01		0		1		0.86		
Magnesium, Mg	mg	38		0		1		32		
Phosphorus, P	mg	251		0		1		213		
Potassium, K	mg	279		0		1		237		
Sodium, Na	mg	306		0		1		260		
Zinc, Zn	mg	1.74		0		1		1.48		
Copper, Cu	mg	2.114		0		1		1.797		
Manganese, Mn	mg	0.070		0		4		0.060		
Selenium, Se	µg	51.8		0	RA	4		44.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.2		0		1		3.6		
Thiamin	mg	0.056		0		1		0.048		
Riboflavin	mg	0.458		0		1		0.389		
Niacin	mg	2.602		0		1		2.212		
Pantothenic acid	mg	0.510		0		4		0.434		
Vitamin B-6	mg	0.058		0		1		0.049		
Folate, total	µg	14		0	RA	4		12		
Folic acid	µg	9		0	NC	4		7		
Folate, food	µg	5		0		4		5		
Folate, DFE	mcg_DFE	20		0	NC	4		17		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.23		0		1		1.04		
Vitamin A, RAE	mcg_RAE	11		0		4		9		
Retinol	µg	11		0		4		9		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	35		0		4		30		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	1.878		0		1		1.596		
4:0	g									

NDB No. 15176
Mollusks, squid, mixed species, cooked, fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.064		0		1		0.054		
15:0....g									
16:0....g	1.131		0		1		0.961		
17:0....g									
18:0....g	0.689		0		1		0.586		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.749		0		1		2.337		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009		0		1		0.008		
17:1....g									
18:1 undifferentiated....g	2.675		0		1		2.274		
20:1....g	0.049		0		1		0.042		
22:1 undifferentiated....g	0.008		0		1		0.007		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.136		0		1		1.816		
18:2 undifferentiated....g	1.468		0		1		1.248		
18:3 undifferentiated....g	0.100		0		1		0.085		
18:4....g	0.007		0		1		0.006		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.010		0		1		0.009		
20:5 n-3 (EPA)....g	0.162		0		1		0.138		
22:5 n-3 (DPA)....g	0.004		0		1		0.003		
22:6 n-3 (DHA)....g	0.380		0		1		0.323		
Fatty acids, total trans....g									
Cholesterol....mg	260		0		1		221		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.202		0		1		0.172		
Threonine....g	0.763		0		1		0.649		
Isoleucine....g	0.780		0		1		0.663		
Leucine....g	1.267		0		1		1.077		
Lysine....g	1.310		0		1		1.114		
Methionine....g	0.403		0		1		0.343		
Cystine....g	0.242		0		1		0.206		
Phenylalanine....g	0.656		0		1		0.558		
Tyrosine....g	0.576		0		1		0.490		
Valine....g	0.786		0		1		0.668		
Arginine....g	1.290		0		1		1.097		
Histidine....g	0.348		0		1		0.296		
Alanine....g	1.068		0		1		0.908		
Aspartic acid....g	1.699		0		1		1.444		
Glutamic acid....g	2.588		0		1		2.200		
Glycine....g	1.108		0		1		0.942		
Proline....g	0.783		0		1		0.666		
Serine....g	0.812		0		1		0.690		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15176
Mollusks, squid, mixed species, cooked, fried

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 4.12

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15175

Mollusks, squid, mixed species, raw

Loligoidae and Ommastrephidae

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.55	0.601	8		1		22.27	66.77	
Energy....kcal	92		0	NC	4		26	78	
Energy....kJ	385		0		4		109	327	
Protein (N x 6.25)....g	15.58	0.857	11		1		4.42	13.24	
Total lipid (fat)....g	1.38	0.256	12		1		0.39	1.17	
Ash....g	1.41	0.242	7		1		0.40	1.20	
Carbohydrate, by difference....g	3.08		0	NC	4		0.87	2.62	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	32		2		1		9	27	
Iron, Fe....mg	0.68		2		1		0.19	0.58	
Magnesium, Mg....mg	33		1		1		9	28	
Phosphorus, P....mg	221		2		1		63	188	
Potassium, K....mg	246		2		1		70	209	
Sodium, Na....mg	44		1		1		12	37	
Zinc, Zn....mg	1.53	0.066	157		1		0.43	1.30	
Copper, Cu....mg	1.891	0.119	133		1		0.536	1.607	
Manganese, Mn....mg	0.035		0		1		0.010	0.030	
Selenium, Se....µg	44.8		0	CAZN	4		12.7	38.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.7		1		1		1.3	4.0	
Thiamin....mg	0.020		3		1		0.006	0.017	
Riboflavin....mg	0.412		3		1		0.117	0.350	
Niacin....mg	2.175		3		1		0.617	1.849	
Pantothenic acid....mg	0.500		0		4		0.142	0.425	
Vitamin B-6....mg	0.056		1		1		0.016	0.048	
Folate, total....µg	5		0		4		1	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		4		1	4	
Folate, DFE....mcg_DFE	5		0	NC	4		1	4	
Choline, total....mg	65.0		0	T	4		18.4	55.3	
Betaine....mg									
Vitamin B-12....µg	1.30		6		1		0.37	1.10	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	10		0	NC	4		3	9	
Retinol....µg	10		0	T	4		3	9	
Carotene, beta....µg	0		0	Z	7		0	0	
Carotene, alpha....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	
Vitamin A, IU....IU	33		0	NC	4		9	28	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	1.20		0	NR	4		0.34	1.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	T	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15175
Mollusks, squid, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.358		0		1		0.101	0.304	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.036		2		1		0.010	0.031	
15:0....g									
16:0....g	0.263		3		1		0.075	0.224	
17:0....g									
18:0....g	0.058		3		1		0.016	0.049	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.107		0		1		0.030	0.091	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.008		3		1		0.002	0.007	
17:1....g									
18:1 undifferentiated....g	0.046		3		1		0.013	0.039	
20:1....g	0.044		3		1		0.012	0.037	
22:1 undifferentiated....g	0.007		2		1		0.002	0.006	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.524		0		1		0.149	0.445	
18:2 undifferentiated....g	0.002		3		1		0.001	0.002	
18:3 undifferentiated....g	0.004		3		1		0.001	0.003	
18:4....g	0.006		2		1		0.002	0.005	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.009		3		1		0.003	0.008	
20:5 n-3 (EPA)....g	0.146		3		1		0.041	0.124	
22:5 n-3 (DPA)....g	0.004		3		1		0.001	0.003	
22:6 n-3 (DHA)....g	0.342		3		1		0.097	0.291	
Fatty acids, total trans....g									
Cholesterol....mg	233	16.597	7		1		66	198	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.174		0		1		0.049	0.148	
Threonine....g	0.670		0		1		0.190	0.570	
Isoleucine....g	0.678		0		1		0.192	0.576	
Leucine....g	1.096		0		1		0.311	0.932	
Lysine....g	1.164		0		1		0.330	0.989	
Methionine....g	0.351		0		1		0.100	0.298	
Cystine....g	0.204		0		1		0.058	0.173	
Phenylalanine....g	0.558		0		1		0.158	0.474	
Tyrosine....g	0.498		0		1		0.141	0.423	
Valine....g	0.680		0		1		0.193	0.578	
Arginine....g	1.136		0		1		0.322	0.966	
Histidine....g	0.299		0		1		0.085	0.254	
Alanine....g	0.942		0		1		0.267	0.801	
Aspartic acid....g	1.503		0		1		0.426	1.278	
Glutamic acid....g	2.118		0		1		0.600	1.800	
Glycine....g	0.974		0		1		0.276	0.828	
Proline....g	0.635		0		1		0.180	0.540	
Serine....g	0.698		0		1		0.198	0.593	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15175
Mollusks, squid, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15178
Mollusks, whelk, unspecified, cooked, moist heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	32.00		0		1		27.20		
Energy	kcal	275		0	NC	4		234		
Energy	kJ	1151				4		978		
Protein (N x 6.25)	g	47.68		0		1		40.53		
Total lipid (fat)	g	0.80		0		1		0.68		
Ash	g	4.00		0		1		3.40		
Carbohydrate, by difference	g	15.52		0	NC	4		13.19		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	113		0		1		96		
Iron, Fe	mg	10.06		0		1		8.55		
Magnesium, Mg	mg	172		0		1		146		
Phosphorus, P	mg	282		0		1		240		
Potassium, K	mg	694		0		1		590		
Sodium, Na	mg	412		0		1		350		
Zinc, Zn	mg	3.26		0		1		2.77		
Copper, Cu	mg	2.060		0		1		1.751		
Manganese, Mn	mg	0.890		0		4		0.757		
Selenium, Se	µg	89.6		0	BFSN	4		76.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.8		0		4		5.8		
Thiamin	mg	0.049		0		1		0.042		
Riboflavin	mg	0.214		0		1		0.182		
Niacin	mg	1.995		0		1		1.696		
Pantothenic acid	mg	0.400		0		4		0.340		
Vitamin B-6	mg	0.650		0		1		0.553		
Folate, total	µg	11		0		1		10		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	11		0		1		10		
Folate, DFE	mcg_DFE	11		0	NC	4		10		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	18.14		0		1		15.42		
Vitamin A, RAE	mcg_RAE	49		0		1		41		
Retinol	µg	49		0		1		41		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	162		0		1		138		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.062		0		1		0.053		
4:0	g									

NDB No. 15178
Mollusks, whelk, unspecified, cooked, moist heat

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.004		0		1		0.003		
15:0	g									
16:0	g	0.040		0		1		0.034		
17:0	g									
18:0	g	0.018		0		1		0.015		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.056		0		1		0.048		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.009		
17:1	g									
18:1 undifferentiated	g	0.012		0		1		0.010		
20:1	g	0.016		0		1		0.014		
22:1 undifferentiated	g	0.018		0		1		0.015		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.046		0		1		0.039		
18:2 undifferentiated	g	0.008		0		1		0.007		
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.018		0		1		0.015		
20:5 n-3 (EPA)	g	0.008		0		1		0.007		
22:5 n-3 (DPA)	g									
22:6 n-3 (DHA)	g	0.012		0		1		0.010		
Fatty acids, total trans	g									
Cholesterol	mg	130		0		1		111		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.618		0		1		0.525		
Threonine	g	2.136		0		1		1.816		
Isoleucine	g	1.655		0		1		1.407		
Leucine	g	3.807		0		1		3.236		
Lysine	g	2.930		0		1		2.491		
Methionine	g	1.205		0		1		1.024		
Cystine	g	0.374		0		1		0.318		
Phenylalanine	g	1.648		0		1		1.401		
Tyrosine	g	1.518		0		1		1.290		
Valine	g	2.075		0		1		1.764		
Arginine	g	4.936		0		1		4.196		
Histidine	g	0.977		0		1		0.830		
Alanine	g	3.113		0		1		2.646		
Aspartic acid	g	5.127		0		1		4.358		
Glutamic acid	g	7.339		0		1		6.238		
Glycine	g	2.991		0		1		2.542		
Proline	g	2.365		0		1		2.010		
Serine	g	2.220		0		1		1.887		
Hydroxyproline	g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15178
Mollusks, whelk, unspecified, cooked, moist heat

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15177
Mollusks, whelk, unspecified, raw
Buccinidae

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.00		2		1		56.10		
Energy	kcal	137		0	NC	4		116		
Energy	kJ	573		0		4		487		
Protein (N x 6.25)	g	23.84		2		1		20.26		
Total lipid (fat)	g	0.40		2		1		0.34		
Ash	g	2.00		2		1		1.70		
Carbohydrate, by difference	g	7.76		0	NC	4		6.60		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	57		2		1		48		
Iron, Fe	mg	5.03		2		1		4.28		
Magnesium, Mg	mg	86		2		1		73		
Phosphorus, P	mg	141		2		1		120		
Potassium, K	mg	347		2		1		295		
Sodium, Na	mg	206		2		1		175		
Zinc, Zn	mg	1.63		2		1		1.39		
Copper, Cu	mg	1.030		2		1		0.876		
Manganese, Mn	mg	0.447		2		1		0.380		
Selenium, Se	µg	44.8		0	CAZN	4		38.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.0		0		4		3.4		
Thiamin	mg	0.026		2		1		0.022		
Riboflavin	mg	0.107		2		1		0.091		
Niacin	mg	1.050		2		1		0.893		
Pantothenic acid	mg	0.208		2		1		0.177		
Vitamin B-6	mg	0.342		2		1		0.291		
Folate, total	µg	6		2		1		5		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	6		2		1		5		
Folate, DFE	mcg_DFE	6		0	NC	4		5		
Choline, total	mg	65.0		0	T	4		55.3		
Betaine	mg									
Vitamin B-12	µg	9.07		2		1		7.71		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	26		0	NC	4		22		
Retinol	µg	26		0	T	4		22		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	IU	87		0	NC	4		74		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.13		0	NR	4		0.11		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.0		0	Z	7		0.0		
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.1		0	T	4		0.1		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 15177
Mollusks, whelk, unspecified, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.031		0		1		0.026		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.002		2		1		0.002		
15:0....g									
16:0....g	0.020		2		1		0.017		
17:0....g									
18:0....g	0.009		2		1		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.028		0		1		0.024		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		2		1		0.004		
17:1....g									
18:1 undifferentiated....g	0.006		2		1		0.005		
20:1....g	0.008		2		1		0.007		
22:1 undifferentiated....g	0.009		2		1		0.008		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.023		0		1		0.020		
18:2 undifferentiated....g	0.004		2		1		0.003		
18:3 undifferentiated....g	0.000		0		1		0.000		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.009		2		1		0.008		
20:5 n-3 (EPA)....g	0.004		2		1		0.003		
22:5 n-3 (DPA)....g	0.000		2		1		0.000		
22:6 n-3 (DHA)....g	0.006		2		1		0.005		
Fatty acids, total trans....g									
Cholesterol....mg	65		2		1		55		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.309		2		1		0.263		
Threonine....g	1.068		2		1		0.908		
Isoleucine....g	0.828		2		1		0.704		
Leucine....g	1.903		2		1		1.618		
Lysine....g	1.465		2		1		1.245		
Methionine....g	0.603		2		1		0.513		
Cystine....g	0.187		2		1		0.159		
Phenylalanine....g	0.824		2		1		0.700		
Tyrosine....g	0.759		2		1		0.645		
Valine....g	1.037		2		1		0.881		
Arginine....g	2.468		2		1		2.098		
Histidine....g	0.488		1		1		0.415		
Alanine....g	1.556		2		1		1.323		
Aspartic acid....g	2.563		2		1		2.179		
Glutamic acid....g	3.669		2		1		3.119		
Glycine....g	1.495		2		1		1.271		
Proline....g	1.182		2		1		1.005		
Serine....g	1.110		2		1		0.944		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 15177
Mollusks, whelk, unspecified, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15264

Salmon, sockeye, canned, drained solids, without skin and bones

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.78	0.175	12	A	1		167.42		
Energy....kcal	158		0	NC	4		391		
Energy....kJ	662		0	NC	4		1635		
Protein....g	26.33	0.160	12	A	1		65.04		
Total lipid (fat)....g	5.87	0.141	12	A	1		14.51		
Ash....g	1.89	0.041	12	A	1		4.66		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	BFSN	4		0.0		
Sugars, total....g	0.00		0	BFSN	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	37	2.563	12	A	1		90		
Iron, Fe....mg	0.48	0.019	12	A	1		1.19		
Magnesium, Mg....mg	24	0.671	12	A	1		59		
Phosphorus, P....mg	236	3.955	12	A	1		583		
Potassium, K....mg	312	5.095	12	A	1		771		
Sodium, Na....mg	386	15.109	12	A	1		953		
Zinc, Zn....mg	0.58	0.008	12	A	1		1.43		
Copper, Cu....mg	0.070	0.003	12	A	1		0.172		
Manganese, Mn....mg	0.011	0.001	12	A	1		0.028		
Selenium, Se....µg	34.6		0	BFSN	4		85.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFSN	4		0.0		
Thiamin....mg	0.033		0	BFSN	4		0.081		
Riboflavin....mg	0.214		0	BFSN	4		0.528		
Niacin....mg	7.689		0	BFSN	4		18.992		
Pantothenic acid....mg									
Vitamin B-6....mg	0.120		0	BFSN	4		0.296		
Folate, total....µg	4		0	BFSN	4		10		
Folic acid....µg	0		0	BFSN	4		0		
Folate, food....µg	4		0	BFSN	4		10		
Folate, DFE....mcg_DFE	4		0	NC	4		10		
Choline, total....mg	83.3		0	BFSN	4		205.8		
Betaine....mg									
Vitamin B-12....µg	5.54		0	BFSN	4		13.70		
Vitamin B-12, added....µg	0.00		0	BFSN	4		0.00		
Vitamin A, RAE....mcg_RAE	56		0	AS	1		139		
Retinol....µg	56	2.459	12	A	1		139		
Carotene, beta....µg	0		0	BFSN	4		0		
Carotene, alpha....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta....µg	0		0	BFSN	4		0		
Vitamin A, IU....IU	187		0	AS	1		462		
Lycopene....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin....µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)....mg	2.09		0	BFSN	4		5.17		
Vitamin E, added....mg	0.00		0	BFSN	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	21.5		6	AS	1		53.0		
Vitamin D2 (ergocalciferol)....µg	0.0	0.000	3	A	1		0.0		
Vitamin D3 (cholecalciferol)....µg	21.5	2.550	3	A	1		53.0		
Vitamin D....IU	859	102.007	3	A	1		2122		
Vitamin K (phylloquinone)....µg	0.1		0	BFSN	4		0.2		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15264

Salmon, sockeye, canned, drained solids, without skin and bones

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.211		0	NC	4		2.990		
4:0....g	0.004	0.000	12	A	1		0.011		
6:0....g	0.000	0.000	12	A	1		0.000		
8:0....g	0.001	0.000	12	A	1		0.002		
10:0....g	0.009	0.003	12	A	1		0.022		
12:0....g	0.003	0.000	12	A	1		0.008		
13:0....g									
14:0....g	0.179	0.007	12	A	1		0.441		
15:0....g	0.022	0.001	12	A	1		0.054		
16:0....g	0.831	0.028	12	A	1		2.052		
17:0....g	0.012	0.001	12	A	1		0.031		
18:0....g	0.139	0.004	12	A	1		0.343		
20:0....g	0.008	0.000	12	A	1		0.019		
22:0....g	0.002	0.000	12	A	1		0.005		
24:0....g	0.001	0.000	12	A	1		0.002		
Fatty acids, total monounsaturated....g	1.925		0	NC	4		4.756		
14:1....g	0.003	0.000	12	A	1		0.008		
15:1....g	0.000	0.000	12	A	1		0.000		
16:1 undifferentiated....g	0.247	0.013	12	AS	1		0.611		
16:1 c....g	0.239	0.012	12	A	1		0.590		
16:1 t....g	0.009	0.000	12	A	1		0.021		
17:1....g	0.012	0.001	12	A	1		0.031		
18:1 undifferentiated....g	1.040	0.047	12	AS	1		2.568		
18:1 c....g	1.029	0.046	12	A	1		2.541		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.011	0.000	12	A	1		0.027		
18:1-11t (18:1t n-7)....g									
20:1....g	0.562	0.023	12	A	1		1.388		
22:1 undifferentiated....g	0.056	0.002	12	AS	1		0.138		
22:1 c....g	0.054	0.002	12	A	1		0.133		
22:1 t....g	0.002	0.000	12	A	1		0.005		
24:1 c....g	0.005	0.002	12	A	1		0.012		
Fatty acids, total polyunsaturated....g	1.551		0	NC	4		3.830		
18:2 undifferentiated....g	0.109	0.004	12	AS	1		0.269		
18:2 n-6 c,c....g	0.093	0.003	12	A	1		0.230		
18:2 CLAs....g	0.005	0.002	12	A	1		0.013		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.011	0.000	12	A	1		0.027		
18:3 undifferentiated....g	0.046	0.002	12	AS	1		0.114		
18:3 n-3 c,c,c (ALA)....g	0.043	0.001	12	A	1		0.105		
18:3 n-6 c,c,c....g	0.004	0.001	12	A	1		0.009		
18:3i....g									
18:4....g	0.078	0.008	12	A	1		0.194		
20:2 n-6 c,c....g	0.021	0.005	12	A	1		0.053		
20:3 undifferentiated....g	0.013	0.000	12	AS	1		0.032		
20:3 n-3....g	0.007	0.000	12	A	1		0.017		
20:3 n-6....g	0.006	0.000	12	A	1		0.015		
20:4 undifferentiated....g	0.023	0.001	12	A	1		0.056		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.437	0.010	12	A	1		1.079		
21:5....g									
22:4....g	0.003	0.000	12	A	1		0.007		
22:5 n-3 (DPA)....g	0.113	0.004	12	A	1		0.279		
22:6 n-3 (DHA)....g	0.699	0.013	12	A	1		1.725		
Fatty acids, total trans....g	0.032		0	NC	4		0.080		
Fatty acids, total trans-monoenoic....g	0.021		0	NC	4		0.053		
Fatty acids, total trans-polyenoic....g	0.011		0	NC	4		0.027		
Cholesterol....mg	66	0.855	12	A	1		163		
Phytosterols....mg									

NDB No. 15264

Salmon, sockeye, canned, drained solids, without skin and bones

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.316		0	A	1		0.781		
Threonine....g	1.417		0	A	1		3.499		
Isoleucine....g	1.261		0	A	1		3.114		
Leucine....g	2.045		0	A	1		5.052		
Lysine....g	2.298		0	A	1		5.676		
Methionine....g	0.777		0	A	1		1.919		
Cystine....g	0.201		0	A	1		0.496		
Phenylalanine....g	1.119		0	A	1		2.765		
Tyrosine....g	0.967		0	A	1		2.388		
Valine....g	1.458		0	A	1		3.601		
Arginine....g	1.655		0	A	1		4.087		
Histidine....g	0.714		0	A	1		1.763		
Alanine....g	1.696		0	A	1		4.189		
Aspartic acid....g	3.064		0	A	1		7.568		
Glutamic acid....g	3.704		0	A	1		9.150		
Glycine....g	1.611		0	A	1		3.978		
Proline....g	1.079		0	A	1		2.664		
Serine....g	1.182		0	A	1		2.920		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFSN	4		0.0		
Caffeine....mg	0		0	BFSN	4		0		
Theobromine....mg	0		0	BFSN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 can drained solids, bone and skin removed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15253
Salmon, sockeye, canned, total can contents

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.07	0.294	12	A	1		296.38		
Energy....kcal	153		0	NC	4		637		
Energy....kJ	639		0	NC	4		2665		
Protein (N x 6.25)....g	20.63	0.107	12	A	1		86.05		
Total lipid (fat)....g	7.17	0.305	12	A	1		29.92		
Ash....g	2.45	0.049	12	A	1		10.22		
Carbohydrate, by difference....g	0.00		0	Z	7		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	BFSN	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	198	6.705	12	A	1		824		
Iron, Fe....mg	0.57	0.020	12	A	1		2.40		
Magnesium, Mg....mg	30	0.747	12	A	1		125		
Phosphorus, P....mg	321	4.989	12	A	1		1338		
Potassium, K....mg	329	5.102	12	A	1		1373		
Sodium, Na....mg	433	18.836	12	A	1		1805		
Zinc, Zn....mg	0.67	0.017	12	A	1		2.79		
Copper, Cu....mg	0.061	0.001	12	A	1		0.253		
Manganese, Mn....mg	0.024	0.004	12	A	1		0.101		
Selenium, Se....µg	30.1		0	BFSN	4		125.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.020		0		4		0.083		
Riboflavin....mg	0.200		0		4		0.834		
Niacin....mg	6.000		0		4		25.020		
Pantothenic acid....mg									
Vitamin B-6....mg	0.330		0		4		1.376		
Folate, total....µg									
Folic acid....µg	0		0	BFSN	4		0		
Folate, food....µg	3		0	BFSN	4		14		
Folate, DFE....mcg_DFE	3		0	NC	4		14		
Choline, total....mg	74.8		0	BFSN	4		311.9		
Betaine....mg									
Vitamin B-12....µg	0.40		0		4		1.67		
Vitamin B-12, added....µg	0.00		0	BFSN	4		0.00		
Vitamin A, RAE....mcg_RAE	39		0	AS	1		161		
Retinol....µg	39	2.979	12	A	1		161		
Carotene, beta....µg	0		0	BFSN	4		0		
Carotene, alpha....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta....µg	0		0	BFSN	4		0		
Vitamin A, IU....IU	129		0	NC	4		538		
Lycopene....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin....µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)....mg	1.88		0	BFSN	4		7.83		
Vitamin E, added....mg	0.00		0	BFSN	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	19.0		0	BFSN	4		79.4		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	19.0		0	BFSN	4		79.4		
Vitamin D....IU	761		0	BFSN	4		3175		
Vitamin K (phylloquinone)....µg	0.1		0	BFSN	4		0.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 15253
Salmon, sockeye, canned, total can contents

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.460		0	NC	4		6.089		
4:0....g	0.005	0.000	12	A	1		0.022		
6:0....g	0.000	0.000	12	A	1		0.000		
8:0....g	0.001	0.000	12	A	1		0.005		
10:0....g	0.020	0.004	12	A	1		0.082		
12:0....g	0.004	0.000	12	A	1		0.015		
13:0....g									
14:0....g	0.238	0.012	12	A	1		0.992		
15:0....g	0.028	0.001	12	A	1		0.116		
16:0....g	0.978	0.050	12	A	1		4.076		
17:0....g	0.016	0.001	12	A	1		0.067		
18:0....g	0.157	0.007	12	A	1		0.656		
20:0....g	0.010	0.000	12	A	1		0.043		
22:0....g	0.003	0.000	12	A	1		0.012		
24:0....g	0.001	0.000	12	A	1		0.003		
Fatty acids, total monounsaturated....g	2.471		0	NC	4		10.305		
14:1....g	0.004	0.000	12	A	1		0.018		
15:1....g	0.000	0.000	12	A	1		0.000		
16:1 undifferentiated....g	0.323	0.020	12	AS	1		1.347		
16:1 c....g	0.312	0.020	12	A	1		1.302		
16:1 t....g	0.011	0.000	12	A	1		0.045		
17:1....g	0.017	0.001	12	A	1		0.070		
18:1 undifferentiated....g	1.333	0.072	12	AS	1		5.559		
18:1 c....g	1.320	0.071	12	A	1		5.502		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.014	0.001	12	A	1		0.057		
18:1-11t (18:1t n-7)....g									
20:1....g	0.712	0.036	12	A	1		2.970		
22:1 undifferentiated....g	0.072	0.004	12	AS	1		0.299		
22:1 c....g	0.069	0.003	12	A	1		0.287		
22:1 t....g	0.003	0.000	12	A	1		0.012		
24:1 c....g	0.010	0.002	12	A	1		0.043		
Fatty acids, total polyunsaturated....g	1.744		0	NC	4		7.273		
18:2 undifferentiated....g	0.135	0.007	12	AS	1		0.561		
18:2 n-6 c,c....g	0.118	0.006	12	A	1		0.493		
18:2 CLAs....g	0.003	0.001	12	A	1		0.011		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.014	0.001	12	A	1		0.058		
18:3 undifferentiated....g	0.061	0.003	12	AS	1		0.255		
18:3 n-3 c,c,c (ALA)....g	0.056	0.003	12	A	1		0.234		
18:3 n-6 c,c,c....g	0.005	0.001	12	A	1		0.021		
18:3i....g									
18:4....g	0.116	0.007	12	A	1		0.485		
20:2 n-6 c,c....g	0.020	0.001	12	A	1		0.082		
20:3 undifferentiated....g	0.017	0.001	12	AS	1		0.069		
20:3 n-3....g	0.009	0.001	12	A	1		0.037		
20:3 n-6....g	0.008	0.000	12	A	1		0.032		
20:4 undifferentiated....g	0.026	0.001	12	A	1		0.109		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.532	0.027	12	A	1		2.218		
21:5....g									
22:4....g	0.004	0.000	12	A	1		0.015		
22:5 n-3 (DPA)....g	0.134	0.005	12	A	1		0.560		
22:6 n-3 (DHA)....g	0.695	0.021	12	A	1		2.900		
Fatty acids, total trans....g	0.041		0	NC	4		0.171		
Fatty acids, total trans-monoenoic....g	0.027		0	NC	4		0.113		
Fatty acids, total trans-polyenoic....g	0.014		0	NC	4		0.058		
Cholesterol....mg	67	0.834	12	A	1		278		
Phytosterols....mg									

NDB No. 15253
Salmon, sockeye, canned, total can contents

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan....g	0.248		0	A	1		1.033		
Threonine....g	1.110		0	A	1		4.629		
Isoleucine....g	0.988		0	A	1		4.120		
Leucine....g	1.603		0	A	1		6.683		
Lysine....g	1.801		0	A	1		7.509		
Methionine....g	0.609		0	A	1		2.539		
Cystine....g	0.157		0	A	1		0.656		
Phenylalanine....g	0.877		0	A	1		3.658		
Tyrosine....g	0.758		0	A	1		3.159		
Valine....g	1.142		0	A	1		4.764		
Arginine....g	1.297		0	A	1		5.407		
Histidine....g	0.559		0	A	1		2.333		
Alanine....g	1.329		0	A	1		5.541		
Aspartic acid....g	2.401		0	A	1		10.012		
Glutamic acid....g	2.903		0	A	1		12.105		
Glycine....g	1.262		0	A	1		5.263		
Proline....g	0.845		0	A	1		3.525		
Serine....g	0.926		0	A	1		3.863		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		4		0.0		
Caffeine....mg	0		0	BFSN	4		0		
Theobromine....mg	0		0	BFSN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 417g: 1 can total can contents

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 93600
Turtle, green, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.50		0		1				
Energy	kcal	89		0		1				
Energy	kJ	372		0		1				
Protein	g	19.80		0		1				
Total lipid (fat)	g	0.50		0		1				
Ash	g	1.20		0	NR	4				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0		7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	118		0		1				
Iron, Fe	mg	1.40		0		1				
Magnesium, Mg	mg	20		0		4				
Phosphorus, P	mg	180		0		1				
Potassium, K	mg	230		0		1				
Sodium, Na	mg	68		0		1				
Zinc, Zn	mg	1.00		0		4				
Copper, Cu	mg	0.250		0		4				
Manganese, Mn	mg									
Selenium, Se	µg	16.8		0	BFSN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.120		0		1				
Riboflavin	mg	0.150		0		1				
Niacin	mg	1.100		0		1				
Pantothenic acid	mg									
Vitamin B-6	mg	0.120		0		4				
Folate, total	µg	15		0		4				
Folic acid	µg	0		0	Z	7				
Folate, food	µg	15		0	NR	4				
Folate, DFE	mcg_DFE	15		0	NC	4				
Choline, total	mg	65.0		0	T	4				
Betaine	mg									
Vitamin B-12	µg	1.00		0		4				
Vitamin B-12, added	µg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	30		0	NC	4				
Retinol	µg	30		0	T	4				
Carotene, beta	µg	0		0	Z	7				
Carotene, alpha	µg	0		0	Z	7				
Cryptoxanthin, beta	µg	0		0	Z	7				
Vitamin A, IU	IU	100		0	NC	4				
Lycopene	µg	0		0	Z	7				
Lutein + zeaxanthin	µg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.50		0	NR	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg	0.0		0	Z	7				
Vitamin D	IU	0		0	Z	7				
Vitamin K (phylloquinone)	µg	0.1		0	T	4				
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 93600
Turtle, green, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.127		0		4				
4:0....g	0.000		0		4				
6:0....g	0.000		0		4				
8:0....g	0.000		0		4				
10:0....g	0.000		0		4				
12:0....g	0.000		0		4				
13:0....g									
14:0....g	0.002		0		4				
15:0....g									
16:0....g	0.090		0		4				
17:0....g									
18:0....g	0.035		0		4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.088		0		4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.015		0		4				
17:1....g									
18:1 undifferentiated....g	0.073		0		4				
20:1....g	0.000		0		4				
22:1 undifferentiated....g	0.000		0		4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.170		0		4				
18:2 undifferentiated....g	0.033		0		4				
18:3 undifferentiated....g	0.017		0		4				
18:4....g	0.000		0		4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.052		0		4				
20:5 n-3 (EPA)....g	0.023		0		4				
22:5 n-3 (DPA)....g	0.012		0		4				
22:6 n-3 (DHA)....g	0.033		0		4				
Fatty acids, total trans....g									
Cholesterol....mg	50		0		1				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15251
USDA Commodity, salmon nuggets, breaded, frozen, heated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.38		1	A	1				
Energy	kcal	212		0	NC	4				
Energy	kJ	887				4				
Protein (N x 6.25)	g	12.69		1	A	1				
Total lipid (fat)	g	11.72		1	A	1				
Ash	g	1.25		1	A	1				
Carbohydrate, by difference	g	13.96		0	NC	4				
Fiber, total dietary	g	0.0		1	A	1				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1	A	1				
Iron, Fe	mg	1.24		1	A	1				
Magnesium, Mg	mg	20		1	A	1				
Phosphorus, P	mg	176		1	A	1				
Potassium, K	mg	165		1	A	1				
Sodium, Na	mg	173		1	A	1				
Zinc, Zn	mg	0.52		1	A	1				
Copper, Cu	mg	0.077		0	FLA	4				
Manganese, Mn	mg	0.118		0	FLA	4				
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.207		1	A	1				
Riboflavin	mg	0.156		1	A	1				
Niacin	mg	4.527		1	A	1				
Pantothenic acid	mg	0.523		1	A	1				
Vitamin B-6	mg	0.222		1	A	1				
Folate, total	µg	9		0	RA	4				
Folic acid	µg	3		0	NC	4				
Folate, food	µg	6		0		4				
Folate, DFE	mcg_DFE	11		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	2.07		1	A	1				
Vitamin A, RAE	mcg_RAE	7		0	NC	4				
Retinol	µg	6		0	NC	4				
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	43		1	A	1				
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	1.570		1	A	1				
4:0	g	0.000		1	A	1				

NDB No. 15251
USDA Commodity, salmon nuggets, breaded, frozen, heated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		1	A	1				
8:0 ... g	0.009		1	A	1				
10:0 ... g	0.000		1	A	1				
12:0 ... g	0.000		1	A	1				
13:0 ... g									
14:0 ... g	0.066		1	A	1				
15:0 ... g									
16:0 ... g	0.964		1	A	1				
17:0 ... g									
18:0 ... g	0.357		1	A	1				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.625		1	A	1				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.074		1	A	1				
17:1 ... g									
18:1 undifferentiated ... g	4.318		1	A	1				
20:1 ... g	0.209		1	A	1				
22:1 undifferentiated ... g	0.012		1	A	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.028		1	A	1				
18:2 undifferentiated ... g	2.372		1	A	1				
18:3 undifferentiated ... g	0.129		1	A	1				
18:4 ... g	0.000		1	A	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.014		1	A	1				
20:5 n-3 (EPA) ... g	0.055		1	A	1				
22:5 n-3 (DPA) ... g	0.000		1	A	1				
22:6 n-3 (DHA) ... g	0.441		1	A	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	26		1	A	1				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 15252
USDA Commodity, salmon nuggets, cooked as purchased, unheated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.57		1	A	1				
Energy	kcal	189		0	NC	4				
Energy	kJ	791				4				
Protein (N x 6.25)	g	11.97		1	A	1				
Total lipid (fat)	g	10.43		1	A	1				
Ash	g	1.19		1	A	1				
Carbohydrate, by difference	g	11.85		0	NC	4				
Fiber, total dietary	g	0.0		1	A	1				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		1	A	1				
Iron, Fe	mg	1.46		1	A	1				
Magnesium, Mg	mg	20		1	A	1				
Phosphorus, P	mg	173		1	A	1				
Potassium, K	mg	161		1	A	1				
Sodium, Na	mg	167		1	A	1				
Zinc, Zn	mg	0.46		1	A	1				
Copper, Cu	mg	0.069		0	BFSN	4				
Manganese, Mn	mg	0.106		0	BFSN	4				
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.195		0	FLA	4				
Riboflavin	mg	0.140		0	FLA	4				
Niacin	mg	5.948		1	A	1				
Pantothenic acid	mg	0.520		0	FLA	4				
Vitamin B-6	mg	0.220		0	FLA	4				
Folate, total	µg	9		0	RA	4				
Folic acid	µg	3		0	NC	4				
Folate, food	µg	6		0		4				
Folate, DFE	mcg_DFE	11		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	2.18		0	FLA	4				
Vitamin A, RAE	mcg_RAE	7		0	NC	4				
Retinol	µg	6		0	NC	4				
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	42		1	A	1				
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	1.497		1	A	1				
4:0	g	0.000		1	A	1				

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USDA Commodity, salmon nuggets, cooked as purchased, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		1	A	1				
8:0 ... g	0.011		1	A	1				
10:0 ... g	0.000		1	A	1				
12:0 ... g	0.002		1	A	1				
13:0 ... g									
14:0 ... g	0.060		1	A	1				
15:0 ... g									
16:0 ... g	0.921		1	A	1				
17:0 ... g									
18:0 ... g	0.339		1	A	1				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.330		1	A	1				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.068		1	A	1				
17:1 ... g									
18:1 undifferentiated ... g	4.044		1	A	1				
20:1 ... g	0.191		1	A	1				
22:1 undifferentiated ... g	0.012		1	A	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.863		1	A	1				
18:2 undifferentiated ... g	2.237		1	A	1				
18:3 undifferentiated ... g	0.122		1	A	1				
18:4 ... g	0.000		1	A	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.012		1	A	1				
20:5 n-3 (EPA) ... g	0.050		1	A	1				
22:5 n-3 (DPA) ... g	0.000		1	A	1				
22:6 n-3 (DHA) ... g	0.413		1	A	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	27		1	A	1				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 15 Finfish and Shellfish Products

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