

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.133		0			1	0.178	0.113	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15137**

**Crustaceans, crab, alaska king, cooked, moist heat**

**Common Measures:**

Measure 1 = 134g: 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 28 (2015)

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
<b>Proximates:</b>									
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	3.50		0	NR	4		2.98		
<b>Minerals:</b>									
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	529		0	NR	4		450		
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		
<b>Vitamins:</b>									
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.....µg	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.....µg	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		
Tocotrienol, alpha.....mg	0.03		2	A	1		0.03		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00		
Tocotrienol, delta.....mg	0.00		2	A	1		0.00		
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.....µg	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.4		2	A	1		0.3		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg	0.0		2	A	1		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.216		0	NC	4		0.183		
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	0.017		2	A	1		0.014		
13:0.....g									
14:0.....g	0.018		2	A	1		0.016		
15:0.....g	0.001		2	A	1		0.001		
16:0.....g	0.106		2	A	1		0.090		
17:0.....g	0.002		2	A	1		0.001		
18:0.....g	0.047		2	A	1		0.040		
20:0.....g	0.002		2	A	1		0.002		
22:0.....g	0.001		2	A	1		0.001		
24:0.....g	0.018		2	A	1		0.015		
Fatty acids, total monounsaturated.....g	0.275		0	NC	4		0.234		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.014		0		4		0.012		
16:1 c.....g	0.009		2	A	1		0.007		
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	0.113		0		4		0.096		
18:1 c.....g	0.121		2	A	1		0.103		
18:1 t.....g	0.008		2	A	1		0.007		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.003		2	A	1		0.003		
22:1 undifferentiated.....g	0.005		0		4		0.004		
22:1 c.....g	0.003		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	0.143		0	NC	4		0.121		
18:2 undifferentiated.....g	0.012		0		4		0.010		
18:2 n-6 c,c.....g	0.089		2	A	1		0.075		
18:2 CLAs.....g	0.000		2	A	1		0.000		
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	0.005		0		4		0.005		
18:3 n-3 c,c,c (ALA).....g	0.008		2	A	1		0.007		
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									
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-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		

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
22:6 n-3 (DHA).....g	0.028		2	A	1		0.023		
Fatty acids, total trans.....g	0.008		0	NC	4		0.007		
Fatty acids, total trans-monoenoic.....g	0.008		0	NC	4		0.007		
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000		
Cholesterol.....mg	20	1.386	3		1		17		
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	79.57	0.466	54		1		67.63	136.86	
Energy.....kcal	84		0	NC	4		71	144	
Energy.....kJ	351				4		299	605	
Protein (N x 6.25).....g	18.29	0.383	51		1		15.55	31.46	
Total lipid (fat).....g	0.60	0.049	54		1		0.51	1.03	
Ash.....g	1.80	0.042	50		1		1.53	3.10	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	46	2.587	36		1		39	79	
Iron, Fe.....mg	0.59	0.075	3		1		0.50	1.01	
Magnesium, Mg.....mg	49		0		4		42	84	
Phosphorus, P.....mg	219	7.187	43		1		186	377	
Potassium, K.....mg	204	5.774	3		1		173	351	
Sodium, Na.....mg	836	40.992	3		1		711	1438	
Zinc, Zn.....mg	5.95	0.516	29		1		5.06	10.23	
Copper, Cu.....mg	0.922	0.110	29		1		0.784	1.586	
Manganese, Mn.....mg	0.035		1		1		0.030	0.060	
Selenium, Se.....µg	36.4		0	BFSN	4		30.9	62.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	7.0		0		4		6.0	12.0	
Thiamin.....mg	0.043	0.006	3		1		0.037	0.074	
Riboflavin.....mg	0.043	0.003	3		1		0.037	0.074	
Niacin.....mg	1.100	0.029	3		1		0.935	1.892	
Pantothenic acid.....mg	0.350		0		4		0.298	0.602	
Vitamin B-6.....mg	0.150		0		4		0.128	0.258	
Folate, total.....µg	44		0		4		37	76	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	44		0		4		37	76	
Folate, DFE.....µg	44		0	NC	4		37	76	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	9.00		0		4		7.65	15.48	
Vitamin A, RAE.....µg	7		1		1		6	12	
Retinol.....µg	7		1		1		6	12	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	24		1		1		20	41	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.090		0		4	0.077	0.155
Fatty acids, total monounsaturated.....g	0.080		0		4	0.068	0.138
Fatty acids, total polyunsaturated.....g	0.130		0		4	0.111	0.224
Fatty acids, total trans.....g							
Cholesterol.....mg	42	0.808	3		1	36	72
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.255		23		1	0.217	0.439
Threonine.....g	0.741		27		1	0.630	1.275
Isoleucine.....g	0.887		27		1	0.754	1.526
Leucine.....g	1.452		27		1	1.234	2.497
Lysine.....g	1.592		29		1	1.353	2.738
Methionine.....g	0.515		28		1	0.438	0.886
Cystine.....g	0.205		24		1	0.174	0.353
Phenylalanine.....g	0.773		27		1	0.657	1.330
Tyrosine.....g	0.609		27		1	0.518	1.047
Valine.....g	0.861		27		1	0.732	1.481
Arginine.....g	1.598		21		1	1.358	2.749
Histidine.....g	0.372		27		1	0.316	0.640
Alanine.....g	1.036		21		1	0.881	1.782
Aspartic acid.....g	1.891		21		1	1.607	3.253
Glutamic acid.....g	3.120		21		1	2.652	5.366
Glycine.....g	1.103		21		1	0.938	1.897
Proline.....g	0.603		21		1	0.513	1.037
Serine.....g	0.720		21		1	0.612	1.238
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

Measure 2 = 172g: 1 leg

**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 28 (2015)



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
<b>Proximates:</b>									
Water.....g	79.69		0	RA	4		107.59	22.59	99.62
Energy.....kcal	83		0	RA	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
<b>Minerals:</b>									
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	563		0	NR	4		760	160	704
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
<b>Vitamins:</b>									
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.....µg	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.....µg	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
Tocotrienol, alpha.....mg	0.00		0	RA	4		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		0	RA	4		0.00	0.00	0.00

**NDB No. 15141**  
**Crustaceans, crab, blue, canned**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		0	RA	4	0.00	0.00	0.00	
Tocotrienol, 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									
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	
Dihydrophyloquinone.....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	
<b>Lipids:</b>									
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	
21:5.....g									
22:4.....g	0.003		0	RA	4	0.004	0.001	0.004	
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									
<b>Amino Acids:</b>									
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	

**NDB No. 15141**  
**Crustaceans, crab, blue, canned**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Points	Code				
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
Hydroxyproline.....g									
<b>Others:</b>									
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 28 (2015)

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
<b>Proximates:</b>									
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
<b>Minerals:</b>									
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
<b>Vitamins:</b>									
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.....µg	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.....µg	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
Tocotrienol, alpha.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		0	Z	7		0.00	0.00	0.00

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		0	Z	7				
Tocotrienol, 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									
Vitamin D3 (cholecalciferol).....µg	0.0	0.002	3	A	1	0.0	0.0	0.0	
Vitamin D.....µg	0	0.067	3	A	1	0	0	0	
Vitamin K (phylloquinone).....µg	0.3		1	A	1	0.3	0.3	0.1	
Dihydrophyloquinone.....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	
<b>Lipids:</b>									
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 t.....g	0.006	0.003	3	A	1	0.007	0.009	0.002	
18:1-11 t (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 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-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		
	Mean	Std. Error	Number			measures of food			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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 28 (2015)

NDB No. 15142

Crustaceans, crab, blue, crab cakes, home recipe

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
<b>Proximates:</b>									
Water.....g	71.00		0		1		42.60		
Energy.....kcal	155		0	NC	4		93		
Energy.....kJ	649		0		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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	61		0	NC	4		37		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	5.94		0		1		3.56		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.483		0		1		0.890		
4:0.....g									
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.



**NDB No. 15142**

**Crustaceans, crab, blue, crab cakes, home recipe**

**Common Measures:**

Measure 1 = 60g: 1 cake

**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 28 (2015)

**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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 15139  
Crustaceans, crab, blue, raw

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

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Blanks in the 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 = 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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	0.168		0		1		0.143	0.213	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15226**

**Crustaceans, crab, dungeness, cooked, moist heat**

**Common Measures:**

Measure 1 = 85g: 3 oz

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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	0.132		0		1		0.112	0.215	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15143**

**Crustaceans, crab, dungeness, raw**

**Common Measures:**

Measure 1 = 85g: 3 oz

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 28 (2015)

NDB No. 15227

Crustaceans, crab, queen, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	42		0	NC	4		36		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	10.38		0		1		8.82		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.183		0		1		0.156		
4:0.....g									
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15227**

**Crustaceans, crab, queen, cooked, moist heat**

**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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	44		0	NC	4		37		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	9.00		0		4		7.65		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.143		0		1		0.122
4:0.....g							
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
21:5.....g							
22:4.....g							
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							
<b>Amino Acids:</b>							
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.

**NDB No. 15144**

**Crustaceans, crab, queen, raw**

**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 28 (2015)



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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.216		0		1		0.184		
4:0.....g									
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15243**

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

**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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	0.163		0		1		0.139	0.044	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15242**

**Crustaceans, crayfish, mixed species, farmed, raw**

**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**

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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
<b>Lipids:</b>									
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		



NDB No. 15146

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

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
							<u>measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

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Blanks in the 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**4.11

**Food Group:** 15 Finfish and Shellfish Products

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 15145

Crustaceans, crayfish, mixed species, wild, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	AS	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	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menquinone-4.....µg	0.0		1	A	1		0.0	0.0	
<b>Lipids:</b>									
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 t.....g	0.006	0.001	3	A	1		0.009	0.005	
18:1-11 t (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 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-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	
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	

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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							
<b><u>Amino Acids:</u></b>							
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							
<b><u>Others:</u></b>							
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 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....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	
Dihydrophyloquinone.....µg	0.0		0	RA	4		0.0	0.0	
Menquinone-4.....µg	0.0		0	RA	4		0.0	0.0	
<b>Lipids:</b>									
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	
21:5.....g									
22:4.....g	0.002		0	RA	4		0.003	0.001	
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									
<b>Amino Acids:</b>									
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	

NDB No. 15147

Crustaceans, lobster, northern, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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
Hydroxyproline.....g							
<b>Others:</b>							
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 28 (2015)



NDB No. 15271

Crustaceans, shrimp, cooked (not previously frozen)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:2 i.....g									
18:2 t not further defined.....g	0.000		3	A	1		0.000		
18:3 undifferentiated.....g	0.001		0	AS	1		0.001		
18:3 n-3 c,c,c (ALA).....g	0.001		3	A	1		0.001		
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		3	A	1		0.000		
20:2 n-6 c,c.....g	0.002		3	A	1		0.002		
20:3 undifferentiated.....g	0.001		0	AS	1		0.001		
20:3 n-3.....g	0.000		3	A	1		0.000		
20:3 n-6.....g	0.001		3	A	1		0.001		
20:4 undifferentiated.....g	0.007		3	A	1		0.006		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.015		3	A	1		0.012		
21:5.....g									
22:4.....g	0.001		3	A	1		0.001		
22:5 n-3 (DPA).....g	0.001		3	A	1		0.001		
22:6 n-3 (DHA).....g	0.015		3	A	1		0.013		
Fatty acids, total trans.....g	0.002		0	NC	4		0.001		
Fatty acids, total trans-monoenoic.....g	0.002		0	NC	4		0.001		
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000		
Cholesterol.....mg	189		3	A	1		161		
Phytosterols.....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:

Measure 1 = 85g: 3 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 15 Finfish and Shellfish Products

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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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
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		532	118	532
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									
<b>Minerals:</b>									
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	870		0	O	4		1114	247	1114
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
<b>Vitamins:</b>									
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.....µg	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.....µg	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
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		1	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

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		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Dihydrophyloquinone.....µg	0.0		1	A	1	0.0	0.0	0.0
Menaquinone-4.....µg								
<b>Lipids:</b>								
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-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								
<b>Amino Acids:</b>								
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

NDB No. 15152

Crustaceans, shrimp, mixed species, canned

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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
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								
<b>Others:</b>								
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 28 (2015)

NDB No. 15150

Crustaceans, shrimp, mixed species, 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
<b>Proximates:</b>									
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	
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....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	



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points					
<b>Lipids:</b>								
Fatty acids, total saturated.....g	2.087		0		1		1.774	0.626
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
21:5.....g								
22:4.....g								
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								
<b>Amino Acids:</b>								
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								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0

NDB No. 15150

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

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	RA	4		0	0	

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Blanks in the 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 = 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 28 (2015)

NDB No. 15151

Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)

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
<b>Proximates:</b>									
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	
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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	
Tocotrienol, alpha.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, beta.....mg	0.00		0	RA	4		0.00	0.00	

Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, delta.....mg	0.00		0	RA	4		0.00	0.00	
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	4		0	RA	4		3	1	
Vitamin K (phylloquinone).....µg	0.4		0	RA	4		0.4	0.1	
Dihydrophyloquinone.....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4.....µg	0.4		0	RA	4		0.4	0.1	
<b>Lipids:</b>									
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	
21:5.....g									
22:4.....g	0.007		0	RA	4		0.006	0.001	
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									
<b>Amino Acids:</b>									
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	

NDB No. 15151

Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
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	
Hydroxyproline.....g								
<b>Others:</b>								
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 = 111 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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	2		0	NC	4		1		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.60		0		4		1.36		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.290		0		4	0.247	
Fatty acids, total monounsaturated.....g	0.220		0		4	0.187	
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							
<b>Amino Acids:</b>							
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 28 (2015)

NDB No. 15149

Crustaceans, shrimp, mixed species, raw (may have been previously frozen)

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			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
<b>Proximates:</b>								
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
<b>Minerals:</b>								
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
<b>Vitamins:</b>								
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.....µg	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.....µg	54	0	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
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1	0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	4	A	1	0.00	0.00	0.00



Crustaceans, shrimp, mixed species, raw (may have been previously frozen)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1	0.00	0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	4	A	1	0.00	0.00	0.00	
Vitamin D (D2 + D3).....µg	0.1		5	AS	1	0.0	0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.1	0.033	5	A	1	0.0	0.0	0.0	
Vitamin D.....µg	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	
Dihydrophyloquinone.....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	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.261		0	NC	4	0.016	0.013	0.222	
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	0.005	0.000	4	A	1	0.000	0.000	0.004	
13:0.....g									
14:0.....g	0.011	0.000	4	A	1	0.001	0.001	0.009	
15:0.....g	0.007	0.000	4	A	1	0.000	0.000	0.006	
16:0.....g	0.142	0.008	4	A	1	0.009	0.007	0.121	
17:0.....g	0.012	0.001	4	A	1	0.001	0.001	0.010	
18:0.....g	0.078	0.011	4	A	1	0.005	0.004	0.067	
20:0.....g	0.002	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	0.004	0.000	4	A	1	0.000	0.000	0.003	
Fatty acids, total monounsaturated.....g	0.181		0	NC	4	0.011	0.009	0.153	
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	0.001	0.001	0.017	
16:1 c.....g	0.016	0.000	4	A	1	0.001	0.001	0.014	
16:1 t.....g	0.003	0.000	4	A	1	0.000	0.000	0.003	
17:1.....g	0.046	0.007	4	A	1	0.003	0.002	0.039	
18:1 undifferentiated.....g	0.112	0.007	4	AS	1	0.007	0.006	0.095	
18:1 c.....g	0.104	0.006	4	A	1	0.006	0.005	0.088	
18:1 t.....g	0.008	0.001	4	A	1	0.000	0.000	0.007	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.003	0.000	4	A	1	0.000	0.000	0.002	
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	0.295		0	NC	4	0.018	0.015	0.251	
18:2 undifferentiated.....g	0.095	0.009	4	AS	1	0.006	0.005	0.081	
18:2 n-6 c,c.....g	0.089	0.009	4	A	1	0.005	0.004	0.076	
18:2 CLAs.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.006	0.000	4	A	1	0.000	0.000	0.005	
18:3 undifferentiated.....g	0.006	0.000	4	AS	1	0.000	0.000	0.005	
18:3 n-3 c,c,c (ALA).....g	0.006	0.000	4	A	1	0.000	0.000	0.005	
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	0.006	0.000	4	A	1	0.000	0.000	0.005	
20:3 undifferentiated.....g	0.006	0.001	4	AS	1	0.000	0.000	0.005	
20:3 n-3.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:3 n-6.....g	0.006	0.001	4	A	1	0.000	0.000	0.005	
20:4 undifferentiated.....g	0.034	0.001	4	A	1	0.002	0.002	0.028	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.068	0.003	4	A	1	0.004	0.003	0.057	
21:5.....g									
22:4.....g	0.003	0.001	4	A	1	0.000	0.000	0.003	
22:5 n-3 (DPA).....g	0.006	0.000	4	A	1	0.000	0.000	0.005	

NDB No. 15149

Crustaceans, shrimp, mixed species, raw (may have been previously frozen)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3	
			Deriv Code	Source Code	Confidence Code				
22:6 n-3 (DHA).....g	0.070	0.003	4	A	1	0.004	0.004	0.060	
Fatty acids, total trans.....g	0.018		0	NC	4	0.001	0.001	0.015	
Fatty acids, total trans-monoenoic.....g	0.011		0	NC	4	0.001	0.001	0.010	
Fatty acids, total trans-polyenoic.....g	0.006		0	NC	4	0.000	0.000	0.005	
Cholesterol.....mg	126	4.854	4	A	1	8	6	107	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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 = 119 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 28 (2015)



NDB No. 15270

Crustaceans, shrimp, raw (not previously frozen)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:2 i.....g									
18:2 t not further defined.....g	0.001		3	A	1		0.001		
18:3 undifferentiated.....g	0.002		0	AS	1		0.002		
18:3 n-3 c,c,c (ALA).....g	0.002		3	A	1		0.002		
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		3	A	1		0.000		
20:2 n-6 c,c.....g	0.004		3	A	1		0.003		
20:3 undifferentiated.....g	0.002		0	AS	1		0.002		
20:3 n-3.....g	0.000		3	A	1		0.000		
20:3 n-6.....g	0.002		3	A	1		0.002		
20:4 undifferentiated.....g	0.012		3	A	1		0.011		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.030		3	A	1		0.025		
21:5.....g									
22:4.....g	0.001		3	A	1		0.001		
22:5 n-3 (DPA).....g	0.002		3	A	1		0.002		
22:6 n-3 (DHA).....g	0.031		3	A	1		0.026		
Fatty acids, total trans.....g	0.004		0	NC	4		0.004		
Fatty acids, total trans-monoenoic.....g	0.003		0	NC	4		0.003		
Fatty acids, total trans-polyenoic.....g	0.001		0	NC	4		0.001		
Cholesterol.....mg	161		3	A	1		137		
Phytosterols.....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:**

Measure 1 = 85g: 3 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 15 Finfish and Shellfish Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.303		0		1		0.258	0.494	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.008		0		1		0.007	0.013	
15:0.....g									
16:0.....g	0.192		0		1		0.163	0.313	
17:0.....g									
18:0.....g	0.103		0		1		0.088	0.168	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.353		0		1		0.300	0.575	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		0		1		0.043	0.082	
17:1.....g									
18:1 undifferentiated.....g	0.268		0		1		0.228	0.437	
20:1.....g	0.035		0		1		0.030	0.057	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.756		0		1		0.643	1.232	
18:2 undifferentiated.....g	0.017		0		1		0.014	0.028	
18:3 undifferentiated.....g	0.010		0		1		0.009	0.016	
18:4.....g	0.006		0		1		0.005	0.010	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.198		0		1		0.168	0.323	
20:5 n-3 (EPA).....g	0.341		0		1		0.290	0.556	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.044		0		1		0.037	0.072	
22:6 n-3 (DHA).....g	0.139		0		1		0.118	0.227	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		77	147	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.368		0		1		0.313	0.600	
Threonine.....g	1.065		0		1		0.905	1.736	
Isoleucine.....g	1.276		0		1		1.085	2.080	
Leucine.....g	2.092		0		1		1.778	3.410	
Lysine.....g	2.295		0		1		1.951	3.741	
Methionine.....g	0.744		0		1		0.632	1.213	
Cystine.....g	0.296		0		1		0.252	0.482	
Phenylalanine.....g	1.111		0		1		0.944	1.811	
Tyrosine.....g	0.879		0		1		0.747	1.433	
Valine.....g	1.238		0		1		1.052	2.018	
Arginine.....g	2.303		0		1		1.958	3.754	
Histidine.....g	0.537		0		1		0.456	0.875	
Alanine.....g	1.492		0		1		1.268	2.432	
Aspartic acid.....g	2.726		0		1		2.317	4.443	
Glutamic acid.....g	4.496		0		1		3.822	7.328	
Glycine.....g	1.589		0		1		1.351	2.590	
Proline.....g	0.870		0		1		0.740	1.418	
Serine.....g	1.035		0		1		0.880	1.687	
Hydroxyproline.....g									

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**NDB No. 15228**

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

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 163g: 1 lobster

**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 28 (2015)

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





NDB No. 15154

Crustaceans, spiny lobster, mixed species, raw

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

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Blanks in the 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 = 209g: 1 lobster

**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 28 (2015)



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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.749		0	NC	4		0.636	1.812	
4:0.....g	0.003	0.000	17	A	1		0.003	0.008	
6:0.....g	0.000	0.000	17	A	1		0.000	0.000	
8:0.....g	0.001	0.000	17	A	1		0.001	0.002	
10:0.....g	0.007	0.003	17	A	1		0.006	0.016	
12:0.....g	0.002	0.000	17	A	1		0.002	0.005	
13:0.....g									
14:0.....g	0.134	0.006	17	A	1		0.114	0.325	
15:0.....g	0.019	0.001	17	A	1		0.016	0.047	
16:0.....g	0.467	0.014	17	A	1		0.397	1.131	
17:0.....g	0.013	0.000	17	A	1		0.011	0.031	
18:0.....g	0.094	0.003	17	A	1		0.080	0.227	
20:0.....g	0.006	0.000	17	A	1		0.005	0.014	
22:0.....g	0.002	0.000	17	A	1		0.002	0.006	
24:0.....g	0.001	0.000	17	A	1		0.001	0.002	
Fatty acids, total monounsaturated.....g	0.971		0	NC	4		0.825	2.349	
14:1.....g	0.002	0.000	17	A	1		0.002	0.005	
15:1.....g	0.000	0.000	17	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.117	0.005	17	AS	1		0.099	0.283	
16:1 c.....g	0.111	0.004	17	A	1		0.094	0.269	
16:1 t.....g	0.006	0.000	17	A	1		0.005	0.014	
17:1.....g	0.008	0.000	17	A	1		0.007	0.019	
18:1 undifferentiated.....g	0.455	0.014	17	AS	1		0.387	1.101	
18:1 c.....g	0.447	0.014	17	A	1		0.380	1.083	
18:1 t.....g	0.008	0.000	17	A	1		0.006	0.018	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.338	0.018	17	A	1		0.287	0.817	
22:1 undifferentiated.....g	0.043	0.003	17	AS	1		0.036	0.104	
22:1 c.....g	0.042	0.003	17	A	1		0.035	0.101	
22:1 t.....g	0.001	0.000	17	A	1		0.001	0.003	
24:1 c.....g	0.008	0.003	17	A	1		0.007	0.020	
Fatty acids, total polyunsaturated.....g	1.298		0	NC	4		1.104	3.142	
18:2 undifferentiated.....g	0.071	0.003	17	AS	1		0.061	0.173	
18:2 n-6 c,c.....g	0.060	0.002	17	A	1		0.051	0.146	
18:2 CLAs.....g	0.004	0.001	17	A	1		0.003	0.009	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.007	0.000	17	A	1		0.006	0.018	
18:3 undifferentiated.....g	0.042	0.002	17	AS	1		0.036	0.103	
18:3 n-3 c,c,c (ALA).....g	0.039	0.002	17	A	1		0.033	0.094	
18:3 n-6 c,c,c.....g	0.003	0.000	17	A	1		0.003	0.008	
18:3i.....g									
18:4.....g	0.108	0.006	17	A	1		0.092	0.261	
20:2 n-6 c,c.....g	0.012	0.001	17	A	1		0.010	0.029	
20:3 undifferentiated.....g	0.011	0.000	17	AS	1		0.009	0.026	
20:3 n-3.....g	0.006	0.000	17	A	1		0.005	0.014	
20:3 n-6.....g	0.005	0.000	17	A	1		0.004	0.011	
20:4 undifferentiated.....g	0.019	0.000	17	A	1		0.016	0.047	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.274	0.009	17	A	1		0.233	0.662	
21:5.....g									
22:4.....g	0.003	0.000	17	A	1		0.002	0.006	
22:5 n-3 (DPA).....g	0.074	0.002	17	A	1		0.063	0.180	
22:6 n-3 (DHA).....g	0.681	0.012	17	A	1		0.579	1.649	
Fatty acids, total trans.....g	0.022		0	NC	4		0.019	0.053	
Fatty acids, total trans-monoenoic.....g	0.014		0	NC	4		0.012	0.035	
Fatty acids, total trans-polyenoic.....g	0.007		0	NC	4		0.006	0.018	
Cholesterol.....mg	83		0	BFSN	4		70	201	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.266		0	A	1		0.226	0.643	
Threonine.....g	1.280		0	A	1		1.088	3.098	

NDB No. 15265

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Isoleucine.....g	1.146		0	A	1	0.974	2.774
Leucine.....g	1.877		0	A	1	1.595	4.541
Lysine.....g	2.113		0	A	1	1.796	5.113
Methionine.....g	0.693		0	A	1	0.589	1.676
Cystine.....g	0.191		0	A	1	0.162	0.461
Phenylalanine.....g	1.014		0	A	1	0.862	2.455
Tyrosine.....g	0.891		0	A	1	0.758	2.157
Valine.....g	1.321		0	A	1	1.123	3.196
Arginine.....g	1.546		0	A	1	1.314	3.741
Histidine.....g	0.652		0	A	1	0.554	1.578
Alanine.....g	1.570		0	A	1	1.335	3.800
Aspartic acid.....g	3.092		0	A	1	2.629	7.484
Glutamic acid.....g	3.487		0	A	1	2.964	8.438
Glycine.....g	1.516		0	A	1	1.289	3.669
Proline.....g	1.041		0	A	1	0.885	2.519
Serine.....g	1.087		0	A	1	0.924	2.631
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	BFSN	4	0.0	0.0
Caffeine.....mg	0		0	BFSN	4	0	0
Theobromine.....mg	0		0	BFSN	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 = 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 28 (2015)



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				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
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
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 15002

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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 = 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 28 (2015)





**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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.282		0				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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 15001  
 Fish, anchovy, european, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 28 (2015)

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				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	0.780		0		1		0.616	0.663	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15003**

**Fish, bass, fresh water, mixed species, 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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	1.001		0		1	0.621	0.851	
4:0.....g								
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	
21:5.....g								
22:4.....g								
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								
<b>Amino Acids:</b>								
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.



**NDB No. 15187**

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

**Common Measures:**

Measure 1 = 62g: 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 28 (2015)

NDB No. 15188

Fish, bass, striped, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.650		0		1		0.806	0.553	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15188**

**Fish, bass, striped, cooked, dry heat**

**Common Measures:**

Measure 1 = 124g: 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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	79.22	0.522	10		1		67.34	125.96	
Energy.....kcal	97		0	NC	4		82	154	
Energy.....kJ	406				4		345	645	
Protein (N x 6.25).....g	17.73	0.391	10		1		15.07	28.19	
Total lipid (fat).....g	2.33	0.381	14		1		1.98	3.70	
Ash.....g	1.04	0.024	10		1		0.88	1.65	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	15		0		4		13	24	
Iron, Fe.....mg	0.84		1		1		0.71	1.34	
Magnesium, Mg.....mg	40		0		4		34	64	
Phosphorus, P.....mg	198		0		4		168	315	
Potassium, K.....mg	256		0		4		218	407	
Sodium, Na.....mg	69		0		4		59	110	
Zinc, Zn.....mg	0.40	0.013	134		1		0.34	0.64	
Copper, Cu.....mg	0.031	0.002	132		1		0.026	0.049	
Manganese, Mn.....mg	0.015		0		1		0.013	0.024	
Selenium, Se.....µg	36.5		0	CAZN	4		31.0	58.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.100		0		4		0.085	0.159	
Riboflavin.....mg	0.030		0		4		0.026	0.048	
Niacin.....mg	2.100		0		4		1.785	3.339	
Pantothenic acid.....mg	0.750		0		4		0.638	1.193	
Vitamin B-6.....mg	0.300		0		4		0.255	0.477	
Folate, total.....µg	9		0		4		8	14	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	9		0		4		8	14	
Folate, DFE.....µg	9		0	NC	4		8	14	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	3.82	0.160	8		1		3.25	6.07	
Vitamin A, RAE.....µg	27		0		4		23	43	
Retinol.....µg	27		0		4		23	43	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	90		0		4		77	143	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 15004  
Fish, bass, striped, raw

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

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Blanks in the 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 = 159g: 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 28 (2015)

**NDB No. 15189**  
**Fish, bluefish, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.172		0		1		1.371	0.996	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15189**

**Fish, bluefish, cooked, dry heat**

**Common Measures:**

Measure 1 = 117g: 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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 15005  
Fish, bluefish, raw

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

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Blanks in the 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 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 28 (2015)

**NDB No. 15190**  
**Fish, burbot, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	0.209		0		1		0.188	0.178	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15190**

**Fish, burbot, cooked, dry heat**

**Common Measures:**

Measure 1 = 90g: 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 28 (2015)



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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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
Fatty acids, total saturated.....g	0.163		0		1		0.189	0.139	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15006**  
**Fish, burbot, raw**

**Common Measures:**

Measure 1 = 116g: 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 28 (2015)

**NDB No. 15191**  
**Fish, butterfish, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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 saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0		1		21	71	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 15007**  
**Fish, butterfish, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
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									
<b>Amino Acids:</b>									
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 28 (2015)

**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
<b>Proximates:</b>									
Water.....g	69.63		0		1		59.19	118.37	
Energy.....kcal	162		0	NC	4		138	275	
Energy.....kJ	678				4		576	1152	
Protein (N x 6.25).....g	22.86		0		1		19.43	38.86	
Total lipid (fat).....g	7.17		0		1		6.09	12.19	
Ash.....g	1.87		0		1		1.59	3.18	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	52		0		1		44	88	
Iron, Fe.....mg	1.59		0		1		1.35	2.70	
Magnesium, Mg.....mg	38		0		1		32	65	
Phosphorus, P.....mg	531		0		1		451	903	
Potassium, K.....mg	427		0		1		363	726	
Sodium, Na.....mg	63		0		1		54	107	
Zinc, Zn.....mg	1.90		0		1		1.62	3.23	
Copper, Cu.....mg	0.073		0		1		0.062	0.124	
Manganese, Mn.....mg	0.050		0		4		0.043	0.085	
Selenium, Se.....µg	16.2		0	BFSN	4		13.8	27.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.6		0		1		1.4	2.7	
Thiamin.....mg	0.140		0		4		0.119	0.238	
Riboflavin.....mg	0.070		0		4		0.060	0.119	
Niacin.....mg	2.100		0		4		1.785	3.570	
Pantothenic acid.....mg	0.870		0		4		0.740	1.479	
Vitamin B-6.....mg	0.219		0		1		0.186	0.372	
Folate, total.....µg	17		0		4		15	29	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	17		0		4		15	29	
Folate, DFE.....µg	17		0	NC	4		15	29	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.47		0		1		1.25	2.50	
Vitamin A, RAE.....µg	10		0		1		8	16	
Retinol.....µg	10		0		1		8	16	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	32		0		1		27	54	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.388		0		1		1.180	2.360	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.146		0		1		0.124	0.248	
15:0.....g									
16:0.....g	0.842		0		1		0.716	1.431	
17:0.....g									
18:0.....g	0.237		0		1		0.201	0.403	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.985		0		1		2.537	5.075	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.840		0		1		0.714	1.428	
17:1.....g									
18:1 undifferentiated.....g	1.474		0		1		1.253	2.506	
20:1.....g	0.091		0		1		0.077	0.155	
22:1 undifferentiated.....g	0.515		0		1		0.438	0.876	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.835		0		1		1.560	3.120	
18:2 undifferentiated.....g	0.663		0		1		0.564	1.127	
18:3 undifferentiated.....g	0.346		0		1		0.294	0.588	
18:4.....g	0.074		0		1		0.063	0.126	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.195		0		1		0.166	0.332	
20:5 n-3 (EPA).....g	0.305		0		1		0.259	0.519	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.105		0		1		0.089	0.179	
22:6 n-3 (DHA).....g	0.146		0		1		0.124	0.248	
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		71	143	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.256		0		1		0.218	0.435	
Threonine.....g	1.002		0		1		0.852	1.703	
Isoleucine.....g	1.054		0		1		0.896	1.792	
Leucine.....g	1.858		0		1		1.579	3.159	
Lysine.....g	2.100		0		1		1.785	3.570	
Methionine.....g	0.677		0		1		0.575	1.151	
Cystine.....g	0.245		0		1		0.208	0.417	
Phenylalanine.....g	0.893		0		1		0.759	1.518	
Tyrosine.....g	0.772		0		1		0.656	1.312	
Valine.....g	1.178		0		1		1.001	2.003	
Arginine.....g	1.368		0		1		1.163	2.326	
Histidine.....g	0.673		0		1		0.572	1.144	
Alanine.....g	1.383		0		1		1.176	2.351	
Aspartic acid.....g	2.341		0		1		1.990	3.980	
Glutamic acid.....g	3.413		0		1		2.901	5.802	
Glycine.....g	1.097		0		1		0.932	1.865	
Proline.....g	0.808		0		1		0.687	1.374	
Serine.....g	0.933		0		1		0.793	1.586	
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.

**NDB No. 15009**

**Fish, carp, cooked, dry heat**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 170g: 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.083		0		1		0.921	2.361	
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		0.097	0.249	
15:0.....g									
16:0.....g	0.657	0.032	13		1		0.558	1.432	
17:0.....g									
18:0.....g	0.185	0.007	13		1		0.157	0.403	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.328		0		1		1.979	5.075	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.655	0.060	13		1		0.557	1.428	
17:1.....g									
18:1 undifferentiated.....g	1.150	0.105	13		1		0.978	2.507	
20:1.....g	0.071	0.017	11		1		0.060	0.155	
22:1 undifferentiated.....g	0.402		1		1		0.342	0.876	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.431		0		1		1.216	3.120	
18:2 undifferentiated.....g	0.517	0.104	13		1		0.439	1.127	
18:3 undifferentiated.....g	0.270	0.042	13		1		0.230	0.589	
18:4.....g	0.058	0.007	9		1		0.049	0.126	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.152	0.015	12		1		0.129	0.331	
20:5 n-3 (EPA).....g	0.238	0.040	12		1		0.202	0.519	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.082	0.008	11		1		0.070	0.179	
22:6 n-3 (DHA).....g	0.114	0.019	13		1		0.097	0.249	
Fatty acids, total trans.....g									
Cholesterol.....mg	66		2		1		56	144	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.200		0		1		0.170	0.436	
Threonine.....g	0.782		0		1		0.665	1.705	
Isoleucine.....g	0.822		0		1		0.699	1.792	
Leucine.....g	1.449		0		1		1.232	3.159	
Lysine.....g	1.638		0		1		1.392	3.571	
Methionine.....g	0.528		0		1		0.449	1.151	
Cystine.....g	0.191		0		1		0.162	0.416	
Phenylalanine.....g	0.696		0		1		0.592	1.517	
Tyrosine.....g	0.602		0		1		0.512	1.312	
Valine.....g	0.919		0		1		0.781	2.003	
Arginine.....g	1.067		0		1		0.907	2.326	
Histidine.....g	0.525		0		1		0.446	1.145	
Alanine.....g	1.078		0		1		0.916	2.350	
Aspartic acid.....g	1.826		0		1		1.552	3.981	
Glutamic acid.....g	2.662		0		1		2.263	5.803	
Glycine.....g	0.856		0		1		0.728	1.866	
Proline.....g	0.631		0		1		0.536	1.376	
Serine.....g	0.728		0		1		0.619	1.587	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 15008

Fish, carp, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 218g: 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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	8		0	NR	4		7	7	
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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	3.288		0		1		2.861	2.795	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15011**

**Fish, catfish, channel, cooked, breaded and fried**

**Common Measures:**

Measure 1 = 87g: 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 28 (2015)



NDB No. 15235

Fish, catfish, channel, 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
<b>Proximates:</b>									
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	
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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	
Tocotrienol, alpha.....mg	0.05		0	RA	4		0.07	0.04	
Tocotrienol, beta.....mg	0.00		0	RA	4		0.00	0.00	

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				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.02		0	RA	4		0.03	0.02	
Tocotrienol, 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									
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	
Dihydrophyloquinone.....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4.....µg	0.7		0	RA	4		1.0	0.6	
<b>Lipids:</b>									
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	
21:5.....g									
22:4.....g	0.008		0	RA	4		0.012	0.007	
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									
<b>Amino Acids:</b>									
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	

NDB No. 15235

Fish, catfish, channel, farmed, cooked, dry heat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
Hydroxyproline.....g									
<b>Others:</b>									
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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	79.06	0.424	12	A	1		67.20	125.70	
Energy.....kcal	119		0	NC	4		101	189	
Energy.....kJ	496		0	NC	4		422	789	
Protein (N x 6.25).....g	15.23	0.310	12	A	1		12.95	24.22	
Total lipid (fat).....g	5.94	0.372	12	A	1		5.05	9.44	
Ash.....g	1.05	0.043	12	A	1		0.90	1.68	
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	
<b>Minerals:</b>									
Calcium, Ca.....mg	8	0.337	12	A	1		7	12	
Iron, Fe.....mg	0.23	0.015	12	A	1		0.19	0.36	
Magnesium, Mg.....mg	19	0.481	12	A	1		16	30	
Phosphorus, P.....mg	204	10.518	12	A	1		174	325	
Potassium, K.....mg	302	13.451	12	A	1		257	480	
Sodium, Na.....mg	98	22.777	12	A	1		83	156	
Zinc, Zn.....mg	0.48	0.011	12	A	1		0.41	0.76	
Copper, Cu.....mg	0.032	0.002	12	A	1		0.028	0.051	
Manganese, Mn.....mg	0.015	0.001	12	A	1		0.012	0.023	
Selenium, Se.....µg	8.2	0.740	12	A	1		6.9	13.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.020	0.000	4	A	1		0.017	0.032	
Riboflavin.....mg	0.083	0.018	4	A	1		0.070	0.131	
Niacin.....mg	2.105	0.078	4	A	1		1.789	3.347	
Pantothenic acid.....mg	0.670	0.023	4	A	1		0.570	1.065	
Vitamin B-6.....mg	0.154	0.009	4	A	1		0.131	0.245	
Folate, total.....µg	10	0.004	3		1		9	16	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	10	0.004	3		1		9	16	
Folate, DFE.....µg	10		0	NC	4		9	16	
Choline, total.....mg	65.0		0	T	4		55.3	103.4	
Betaine.....mg									
Vitamin B-12.....µg	2.88	0.284	4	A	1		2.44	4.57	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	AS	1		0	1	
Retinol.....µg	0		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	1		0	AS	1		1	2	
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		0.68	1.28	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01	0.005	4	A	1		0.01	0.02	
Tocopherol, gamma.....mg	0.22	0.013	4	A	1		0.19	0.35	
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.04	0.012	4	A	1		0.03	0.06	
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.02	0.001	4	A	1		0.01	0.03	
Tocotrienol, 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		0.2	0.3	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.2	0.080	4	A	1		0.2	0.3	
Vitamin D.....IU	9	3.170	4	A	1		7	14	
Vitamin K (phylloquinone).....µg	2.1		1	A	1		1.8	3.3	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg	0.6		1	A	1		0.5	0.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.310		0	NC	4		1.114	2.083	
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		0.002	0.004	
13:0.....g									
14:0.....g	0.056	0.006	12	A	1		0.047	0.089	
15:0.....g	0.006	0.001	12	A	1		0.005	0.010	
16:0.....g	0.939	0.066	12	A	1		0.798	1.493	
17:0.....g	0.009	0.001	12	A	1		0.007	0.014	
18:0.....g	0.284	0.028	12	A	1		0.241	0.451	
20:0.....g	0.008	0.001	12	A	1		0.007	0.013	
22:0.....g	0.003	0.000	12	A	1		0.003	0.005	
24:0.....g	0.003	0.000	12	A	1		0.002	0.005	
Fatty acids, total monounsaturated.....g	2.573		0	NC	4		2.187	4.091	
14:1.....g	0.001	0.000	12	A	1		0.001	0.001	
15:1.....g	0.003	0.001	12	A	1		0.002	0.004	
16:1 undifferentiated.....g	0.136	0.012	12	AS	1		0.116	0.217	
16:1 c.....g	0.131	0.011	12	A	1		0.111	0.208	
16:1 t.....g	0.006	0.001	12	A	1		0.005	0.009	
17:1.....g	0.025	0.009	12	A	1		0.021	0.039	
18:1 undifferentiated.....g	2.330	0.186	12	AS	1		1.980	3.704	
18:1 c.....g	2.308	0.185	12	A	1		1.961	3.669	
18:1 t.....g	0.022	0.002	12	A	1		0.019	0.035	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.073	0.005	12	A	1		0.062	0.115	
22:1 undifferentiated.....g	0.003	0.001	12	AS	1		0.003	0.005	
22:1 c.....g	0.003	0.001	12	A	1		0.003	0.005	
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		0.002	0.005	
Fatty acids, total polyunsaturated.....g	1.119		0	NC	4		0.951	1.778	
18:2 undifferentiated.....g	0.800	0.061	12	AS	1		0.680	1.272	
18:2 n-6 c,c.....g	0.755	0.057	12	A	1		0.642	1.200	
18:2 CLAs.....g	0.021	0.005	12	A	1		0.018	0.034	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.024	0.004	12	A	1		0.020	0.038	
18:3 undifferentiated.....g	0.072	0.007	12	AS	1		0.061	0.114	
18:3 n-3 c,c,c (ALA).....g	0.054	0.006	12	A	1		0.046	0.086	
18:3 n-6 c,c,c.....g	0.018	0.002	12	A	1		0.015	0.028	
18:3i.....g									
18:4.....g	0.002	0.001	12	A	1		0.002	0.003	
20:2 n-6 c,c.....g	0.041	0.003	12	A	1		0.035	0.065	
20:3 undifferentiated.....g	0.060	0.004	12	AS	1		0.051	0.096	
20:3 n-3.....g	0.004	0.001	12	A	1		0.004	0.007	
20:3 n-6.....g	0.056	0.004	12	A	1		0.048	0.089	
20:4 undifferentiated.....g	0.044	0.003	12	A	1		0.037	0.070	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.017	0.004	12	A	1		0.014	0.027	
21:5.....g									
22:4.....g	0.007	0.001	12	A	1		0.006	0.011	
22:5 n-3 (DPA).....g	0.015	0.002	12	A	1		0.012	0.023	

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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.057	0.010	12	A	1		0.049	0.091		
Fatty acids, total trans.....g	0.052		0	NC	4		0.044	0.082		
Fatty acids, total trans-monoenoic.....g	0.028		0	NC	4		0.024	0.044		
Fatty acids, total trans-polyenoic.....g	0.024		0	NC	4		0.020	0.038		
Cholesterol.....mg	55	2.376	4	A	1		47	87		
Phytosterols.....mg										
<b>Amino Acids:</b>										
Tryptophan.....g	0.182		0	A	1		0.155	0.289		
Threonine.....g	0.688		0	A	1		0.585	1.094		
Isoleucine.....g	0.678		0	A	1		0.576	1.077		
Leucine.....g	1.153		0	A	1		0.980	1.833		
Lysine.....g	1.386		0	A	1		1.178	2.203		
Methionine.....g	0.445		0	A	1		0.378	0.708		
Cystine.....g	0.162		0	A	1		0.138	0.257		
Phenylalanine.....g	0.607		0	A	1		0.516	0.965		
Tyrosine.....g	0.506		0	A	1		0.430	0.804		
Valine.....g	0.738		0	A	1		0.628	1.174		
Arginine.....g	0.951		0	A	1		0.808	1.512		
Histidine.....g	0.334		0	A	1		0.284	0.531		
Alanine.....g	0.860		0	A	1		0.731	1.367		
Aspartic acid.....g	1.487		0	A	1		1.264	2.364		
Glutamic acid.....g	2.164		0	A	1		1.840	3.441		
Glycine.....g	0.769		0	A	1		0.653	1.222		
Proline.....g	0.566		0	A	1		0.481	0.901		
Serine.....g	0.577		0	A	1		0.490	0.917		
Hydroxyproline.....g										
<b>Others:</b>										
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 = 85g: 3 oz  
 Measure 2 = 159g: 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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	0.744		0			1	1.064	0.632	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.



**NDB No. 15233**

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

**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 28 (2015)

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



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

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

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Blanks in the 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 = 159g: 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 28 (2015)



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
<b>Lipids:</b>									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 15012

Fish, caviar, black and red, granular

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		0

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Blanks in the 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 = 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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									





NDB No. 15013

Fish, cisco, raw

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

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Blanks in the 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 28 (2015)



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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Lipids:</b>									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 15014  
 Fish, cisco, smoked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)



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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.167		0		1		0.142	0.521	
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		0.010	0.037	
15:0.....g									
16:0.....g	0.116		0		1		0.099	0.362	
17:0.....g									
18:0.....g	0.038		0		1		0.032	0.119	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.124		0		1		0.105	0.387	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.017	0.062	
17:1.....g									
18:1 undifferentiated.....g	0.078		0		1		0.066	0.243	
20:1.....g	0.019		0		1		0.016	0.059	
22:1 undifferentiated.....g	0.004		0		1		0.003	0.012	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.291		0		1		0.247	0.908	
18:2 undifferentiated.....g	0.006		0		1		0.005	0.019	
18:3 undifferentiated.....g	0.001		0		1		0.001	0.003	
18:4.....g	0.001		0		1		0.001	0.003	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.028		0		1		0.024	0.087	
20:5 n-3 (EPA).....g	0.004		0		1		0.003	0.012	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.013		0		1		0.011	0.041	
22:6 n-3 (DHA).....g	0.153		0		1		0.130	0.477	
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0		1		47	172	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.255		0		1		0.217	0.796	
Threonine.....g	0.998		0		1		0.848	3.114	
Isoleucine.....g	1.049		0		1		0.892	3.273	
Leucine.....g	1.850		0		1		1.573	5.772	
Lysine.....g	2.091		0		1		1.777	6.524	
Methionine.....g	0.674		0		1		0.573	2.103	
Cystine.....g	0.244		0		1		0.207	0.761	
Phenylalanine.....g	0.889		0		1		0.756	2.774	
Tyrosine.....g	0.768		0		1		0.653	2.396	
Valine.....g	1.173		0		1		0.997	3.660	
Arginine.....g	1.362		0		1		1.158	4.249	
Histidine.....g	0.670		0		1		0.570	2.090	
Alanine.....g	1.377		0		1		1.170	4.296	
Aspartic acid.....g	2.331		0		1		1.981	7.273	
Glutamic acid.....g	3.398		0		1		2.888	10.602	
Glycine.....g	1.093		0		1		0.929	3.410	
Proline.....g	0.805		0		1		0.684	2.512	
Serine.....g	0.929		0		1		0.790	2.898	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 15017

Fish, cod, Atlantic, canned, solids and liquid

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

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Blanks in the 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 = 312g: 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 28 (2015)





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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.168		0		1	0.143	0.302
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	0.010	0.022
15:0.....g							
16:0.....g	0.117		0		1	0.099	0.211
17:0.....g							
18:0.....g	0.038		0		1	0.032	0.068
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.124		0		1	0.105	0.223
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.021		0		1	0.018	0.038
17:1.....g							
18:1 undifferentiated.....g	0.078		0		1	0.066	0.140
20:1.....g	0.019		0		1	0.016	0.034
22:1 undifferentiated.....g	0.004		0		1	0.003	0.007
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.292		0		1	0.248	0.526
18:2 undifferentiated.....g	0.006		0		1	0.005	0.011
18:3 undifferentiated.....g	0.001		0		1	0.001	0.002
18:4.....g	0.001		0		1	0.001	0.002
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.028		0		1	0.024	0.050
20:5 n-3 (EPA).....g	0.004		0		1	0.003	0.007
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.013		0		1	0.011	0.023
22:6 n-3 (DHA).....g	0.154		0		1	0.131	0.277
Fatty acids, total trans.....g							
Cholesterol.....mg	55		0		1	47	99
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.256		0		1	0.218	0.461
Threonine.....g	1.001		0		1	0.851	1.802
Isoleucine.....g	1.052		0		1	0.894	1.894
Leucine.....g	1.856		0		1	1.578	3.341
Lysine.....g	2.097		0		1	1.782	3.775
Methionine.....g	0.676		0		1	0.575	1.217
Cystine.....g	0.245		0		1	0.208	0.441
Phenylalanine.....g	0.891		0		1	0.757	1.604
Tyrosine.....g	0.771		0		1	0.655	1.388
Valine.....g	1.176		0		1	1.000	2.117
Arginine.....g	1.366		0		1	1.161	2.459
Histidine.....g	0.672		0		1	0.571	1.210
Alanine.....g	1.381		0		1	1.174	2.486
Aspartic acid.....g	2.338		0		1	1.987	4.208
Glutamic acid.....g	3.408		0		1	2.897	6.134
Glycine.....g	1.096		0		1	0.932	1.973
Proline.....g	0.807		0		1	0.686	1.453
Serine.....g	0.932		0		1	0.792	1.678
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0

NDB No. 15016

Fish, cod, Atlantic, cooked, dry heat

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	Z	7	0		0	

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Blanks in the 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 = 180g: 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 28 (2015)



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			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>								
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
21:5.....g								
22:4.....g								
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								
<b>Amino Acids:</b>								
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								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z 7		0	0	0

NDB No. 15018

Fish, cod, Atlantic, dried and salted

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

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 28 (2015)

NDB No. 15015  
 Fish, cod, Atlantic, raw  
*Gadus morhua* (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
<b>Proximates:</b>									
Water.....g	81.22	0.040	537		1		69.04	187.62	
Energy.....kcal	82		0	NC	4		70	190	
Energy.....kJ	343		0	NC	4		292	793	
Protein (N x 6.25).....g	17.81	0.040	605		1		15.14	41.14	
Total lipid (fat).....g	0.67	0.007	293		1		0.57	1.55	
Ash.....g	1.16	0.013	165		1		0.99	2.68	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	16	1.489	101		1		14	37	
Iron, Fe.....mg	0.38	0.031	26		1		0.32	0.88	
Magnesium, Mg.....mg	32	1.273	30		1		27	74	
Phosphorus, P.....mg	203	3.657	75		1		173	469	
Potassium, K.....mg	413	11.091	49		1		351	954	
Sodium, Na.....mg	54	3.370	44		1		46	125	
Zinc, Zn.....mg	0.45	0.012	188		1		0.38	1.04	
Copper, Cu.....mg	0.028	0.001	136		1		0.024	0.065	
Manganese, Mn.....mg	0.015		0		1		0.013	0.035	
Selenium, Se.....µg	33.1	2.412	11	A	1		28.1	76.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		2		1		0.9	2.3	
Thiamin.....mg	0.076	0.004	40		1		0.065	0.176	
Riboflavin.....mg	0.065	0.004	68		1		0.055	0.150	
Niacin.....mg	2.063	0.074	69		1		1.754	4.766	
Pantothenic acid.....mg	0.153	0.009	45		1		0.130	0.353	
Vitamin B-6.....mg	0.245	0.035	4		1		0.208	0.566	
Folate, total.....µg	7		0		4		6	16	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	7		0		4		6	16	
Folate, DFE.....µg	7		0	NC	4		6	16	
Choline, total.....mg	65.2		0	BFSN	4		55.5	150.7	
Betaine.....mg									
Vitamin B-12.....µg	0.91	0.051	55		1		0.77	2.10	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	12		0	NC	4		10	28	
Retinol.....µg	12		0	T	4		10	28	
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		34	92	
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		0.54	1.47	
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	
Tocotrienol, alpha.....mg	0.00		2		4		0.00	0.00	
Tocotrienol, beta.....mg	0.00		2		4		0.00	0.00	
Tocotrienol, gamma.....mg	0.00		2		4		0.00	0.00	
Tocotrienol, delta.....mg	0.00		2		4		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.9		1	AS	1		0.8	2.1	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.9		1	A	1		0.8	2.1	
Vitamin D.....IU	36		1	A	1		31	83	
Vitamin K (phylloquinone).....µg	0.1		1		1		0.1	0.2	





NDB No. 15015  
 Fish, cod, Atlantic, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Others:</b>							
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 = 85g: 3 oz  
 Measure 2 = 231g: 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 28 (2015)



NDB No. 15269

Fish, cod, Pacific, cooked (not previously frozen)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:2 i.....g									
18:2 t not further defined.....g	0.000		3	A	1		0.000		
18:3 undifferentiated.....g	0.000		0	AS	1		0.000		
18:3 n-3 c,c,c (ALA).....g	0.000		3	A	1		0.000		
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		3	A	1		0.000		
20:2 n-6 c,c.....g	0.000		3	A	1		0.000		
20:3 undifferentiated.....g	0.001		0	AS	1		0.001		
20:3 n-3.....g	0.000		3	A	1		0.000		
20:3 n-6.....g	0.001		3	A	1		0.001		
20:4 undifferentiated.....g	0.005		3	A	1		0.004		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.021		3	A	1		0.018		
21:5.....g									
22:4.....g	0.000		3	A	1		0.000		
22:5 n-3 (DPA).....g	0.002		3	A	1		0.002		
22:6 n-3 (DHA).....g	0.059		3	A	1		0.050		
Fatty acids, total trans.....g	0.001		0	NC	4		0.001		
Fatty acids, total trans-monoenoic.....g	0.001		0	NC	4		0.001		
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000		
Cholesterol.....mg	61		3	A	1		52		
Phytosterols.....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:**

Measure 1 = 85g: 3 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 15 Finfish and Shellfish Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 15192

Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)

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
<b>Proximates:</b>									
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	
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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	
Tocotrienol, alpha.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, beta.....mg	0.00		0	RA	4		0.00	0.00	

NDB No. 15192

Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, 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									
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	
Dihydrophyloquinone.....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4.....µg	0.0		0	RA	4		0.0	0.0	
<b>Lipids:</b>									
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	
21:5.....g									
22:4.....g	0.001		0	RA	4		0.001	0.001	
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									
<b>Amino Acids:</b>									
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	

NDB No. 15192

Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
Hydroxyproline.....g									
<b>Others:</b>									
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 = 134 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 28 (2015)

NDB No. 15019

Fish, cod, Pacific, raw (may have been previously frozen)

*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
<b>Proximates:</b>									
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	
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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	Z	4		8	6	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	7		0	Z	4		8	6	
Folate, DFE.....µg	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.....µg	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	
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	

NDB No. 15019

Fish, cod, Pacific, raw (may have been previously frozen)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, 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									
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	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg	0.0		1	A	1		0.0	0.0	
<b>Lipids:</b>									
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 t.....g	0.002	0.000	11	A	1		0.003	0.002	
18:1-11 t (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 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-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 (may have been previously frozen)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						
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										
<b>Amino Acids:</b>										
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										
<b>Others:</b>										
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 = 109 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 28 (2015)



NDB No. 15268

Fish, cod, Pacific, raw (not previously frozen)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:2 i.....g									
18:2 t not further defined.....g	0.000		3	A	1				0.000
18:3 undifferentiated.....g	0.000		0	AS	1				0.000
18:3 n-3 c,c,c (ALA).....g	0.000		3	A	1				0.000
18:3 n-6 c,c,c.....g	0.000		3	A	1				0.000
18:3i.....g									
18:4.....g	0.000		3	A	1				0.000
20:2 n-6 c,c.....g	0.000		3	A	1				0.000
20:3 undifferentiated.....g	0.000		0	AS	1				0.000
20:3 n-3.....g	0.000		3	A	1				0.000
20:3 n-6.....g	0.000		3	A	1				0.000
20:4 undifferentiated.....g	0.004		3	A	1				0.004
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.022		3	A	1				0.018
21:5.....g									
22:4.....g	0.000		3	A	1				0.000
22:5 n-3 (DPA).....g	0.002		3	A	1				0.001
22:6 n-3 (DHA).....g	0.045		3	A	1				0.038
Fatty acids, total trans.....g	0.001		0	NC	4				0.001
Fatty acids, total trans-monoenoic.....g	0.001		0	NC	4				0.001
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4				0.000
Cholesterol.....mg	46		3	A	1				39
Phytosterols.....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:**

Measure 1 = 85g: 3 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 15 Finfish and Shellfish Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	3.476		0		1		3.024	2.955	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15021**

**Fish, croaker, Atlantic, cooked, breaded and fried**

**Common Measures:**

Measure 1 = 87g: 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 28 (2015)



**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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
<b>Lipids:</b>								
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
21:5.....g								
22:4.....g								
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								
<b>Amino Acids:</b>								
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								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0			7	0.0	0.0
Caffeine.....mg	0		0	Z		7	0	0



NDB No. 15020  
 Fish, croaker, Atlantic, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 28 (2015)

**NDB No. 15193**  
**Fish, cusk, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	53		0		1		50	45	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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 saturated.....g	0.130		0		4		0.159	0.111	
Fatty acids, total monounsaturated.....g	0.090		0		4		0.110	0.077	
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									
<b>Amino Acids:</b>									
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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	70.94		0		1		60.30	109.25	
Energy.....kcal	153		0	NC	4		130	236	
Energy.....kJ	640				4		544	986	
Protein (N x 6.25).....g	22.49		0		1		19.12	34.63	
Total lipid (fat).....g	6.32		0		1		5.37	9.73	
Ash.....g	1.38		0		1		1.17	2.13	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	77		0		1		65	119	
Iron, Fe.....mg	1.15		0		1		0.98	1.77	
Magnesium, Mg.....mg	38		0		1		32	59	
Phosphorus, P.....mg	231		0		1		196	356	
Potassium, K.....mg	353		0		1		300	544	
Sodium, Na.....mg	96		0		1		82	148	
Zinc, Zn.....mg	0.85		0		1		0.72	1.31	
Copper, Cu.....mg	0.297		0		1		0.252	0.457	
Manganese, Mn.....mg	0.897		0		1		0.762	1.381	
Selenium, Se.....µg	16.2		0	BFSN	4		13.8	24.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0		1		0.9	1.5	
Thiamin.....mg	0.081		0		1		0.069	0.125	
Riboflavin.....mg	0.207		0		1		0.176	0.319	
Niacin.....mg	2.862		0		1		2.433	4.407	
Pantothenic acid.....mg	0.865		0		1		0.735	1.332	
Vitamin B-6.....mg	0.346		0		1		0.294	0.533	
Folate, total.....µg	17		0		1		14	26	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	17		0		1		14	26	
Folate, DFE.....µg	17		0	NC	4		14	26	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.31		0		1		1.96	3.56	
Vitamin A, RAE.....µg	59		0		1		50	91	
Retinol.....µg	59		0		1		50	91	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	196		0		1		167	302	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.434		0		1		1.219	2.208	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.135		0		1		0.115	0.208	
15:0.....g									
16:0.....g	1.118		0		1		0.950	1.722	
17:0.....g									
18:0.....g	0.182		0		1		0.155	0.280	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.807		0		1		2.386	4.323	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.014		0		1		0.862	1.562	
17:1.....g									
18:1 undifferentiated.....g	1.537		0		1		1.306	2.367	
20:1.....g	0.104		0		1		0.088	0.160	
22:1 undifferentiated.....g	0.153		0		1		0.130	0.236	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.479		0		1		1.257	2.278	
18:2 undifferentiated.....g	0.199		0		1		0.169	0.306	
18:3 undifferentiated.....g	0.146		0		1		0.124	0.225	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.287		0		1		0.244	0.442	
20:5 n-3 (EPA).....g	0.295		0		1		0.251	0.454	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.185		0		1		0.157	0.285	
22:6 n-3 (DHA).....g	0.368		0		1		0.313	0.567	
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0		1		70	126	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.252		0		1		0.214	0.388	
Threonine.....g	0.986		0		1		0.838	1.518	
Isoleucine.....g	1.036		0		1		0.881	1.595	
Leucine.....g	1.828		0		1		1.554	2.815	
Lysine.....g	2.065		0		1		1.755	3.180	
Methionine.....g	0.666		0		1		0.566	1.026	
Cystine.....g	0.241		0		1		0.205	0.371	
Phenylalanine.....g	0.878		0		1		0.746	1.352	
Tyrosine.....g	0.759		0		1		0.645	1.169	
Valine.....g	1.159		0		1		0.985	1.785	
Arginine.....g	1.346		0		1		1.144	2.073	
Histidine.....g	0.662		0		1		0.563	1.019	
Alanine.....g	1.360		0		1		1.156	2.094	
Aspartic acid.....g	2.303		0		1		1.958	3.547	
Glutamic acid.....g	3.357		0		1		2.853	5.170	
Glycine.....g	1.079		0		1		0.917	1.662	
Proline.....g	0.795		0		1		0.676	1.224	
Serine.....g	0.917		0		1		0.779	1.412	
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.

**NDB No. 15195**

**Fish, drum, freshwater, cooked, dry heat**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 154g: 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 28 (2015)



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
<b>Proximates:</b>									
Water.....g	77.33	0.125	650		1		65.73	153.11	
Energy.....kcal	119		0	NC	4		101	236	
Energy.....kJ	498				4		423	986	
Protein (N x 6.25).....g	17.54	0.019	650		1		14.91	34.73	
Total lipid (fat).....g	4.93	0.103	905		1		4.19	9.76	
Ash.....g	1.08	0.016	652		1		0.92	2.14	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	60		1		1		51	119	
Iron, Fe.....mg	0.90		1		1		0.77	1.78	
Magnesium, Mg.....mg	30		1		1		26	59	
Phosphorus, P.....mg	180		1		1		153	356	
Potassium, K.....mg	275	1.857	189		1		234	545	
Sodium, Na.....mg	75	0.644	163		1		64	149	
Zinc, Zn.....mg	0.66	0.156	4		1		0.56	1.31	
Copper, Cu.....mg	0.232		2		1		0.197	0.459	
Manganese, Mn.....mg	0.700		1		1		0.595	1.386	
Selenium, Se.....µg	12.6		0	BFZN	4		10.7	24.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0		4		0.9	2.0	
Thiamin.....mg	0.070		0		4		0.060	0.139	
Riboflavin.....mg	0.170		0		4		0.145	0.337	
Niacin.....mg	2.350		0		4		1.998	4.653	
Pantothenic acid.....mg	0.750		0		4		0.638	1.485	
Vitamin B-6.....mg	0.300		0		4		0.255	0.594	
Folate, total.....µg	15		0		4		13	30	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	15		0		4		13	30	
Folate, DFE.....µg	15		0	NC	4		13	30	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.00		0		4		1.70	3.96	
Vitamin A, RAE.....µg	51		0		4		43	101	
Retinol.....µg	51		0		4		43	101	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	170		0		4		145	337	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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
Fatty acids, total saturated.....g	1.119		0		1		0.951	2.216	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.105	0.008	7		1		0.089	0.208	
15:0.....g									
16:0.....g	0.872	0.042	7		1		0.741	1.727	
17:0.....g									
18:0.....g	0.142	0.013	7		1		0.121	0.281	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.190		0		1		1.862	4.336	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.791	0.062	7		1		0.672	1.566	
17:1.....g									
18:1 undifferentiated.....g	1.199	0.101	7		1		1.019	2.374	
20:1.....g	0.081	0.028	7		1		0.069	0.160	
22:1 undifferentiated.....g	0.119		1		1		0.101	0.236	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.154		0		1		0.981	2.285	
18:2 undifferentiated.....g	0.155	0.022	7		1		0.132	0.307	
18:3 undifferentiated.....g	0.114	0.041	6		1		0.097	0.226	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.224	0.059	6		1		0.190	0.444	
20:5 n-3 (EPA).....g	0.230	0.024	7		1		0.196	0.455	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.144	0.020	7		1		0.122	0.285	
22:6 n-3 (DHA).....g	0.287	0.078	7		1		0.244	0.568	
Fatty acids, total trans.....g									
Cholesterol.....mg	64		1		1		54	127	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.196		0		1		0.167	0.388	
Threonine.....g	0.769		0		1		0.654	1.523	
Isoleucine.....g	0.808		0		1		0.687	1.600	
Leucine.....g	1.425		0		1		1.211	2.822	
Lysine.....g	1.611		0		1		1.369	3.190	
Methionine.....g	0.519		0		1		0.441	1.028	
Cystine.....g	0.188		0		1		0.160	0.372	
Phenylalanine.....g	0.685		0		1		0.582	1.356	
Tyrosine.....g	0.592		0		1		0.503	1.172	
Valine.....g	0.904		0		1		0.768	1.790	
Arginine.....g	1.049		0		1		0.892	2.077	
Histidine.....g	0.516		0		1		0.439	1.022	
Alanine.....g	1.061		0		1		0.902	2.101	
Aspartic acid.....g	1.796		0		1		1.527	3.556	
Glutamic acid.....g	2.618		0		1		2.225	5.184	
Glycine.....g	0.842		0		1		0.716	1.667	
Proline.....g	0.620		0		1		0.527	1.228	
Serine.....g	0.716		0		1		0.609	1.418	
Hydroxyproline.....g									

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**NDB No. 15024**

**Fish, drum, freshwater, raw**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 198g: 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 28 (2015)

NDB No. 15026

Fish, eel, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 15026

Fish, eel, mixed species, cooked, dry heat

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

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Blanks in the 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 = 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 28 (2015)



**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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.358		0		1		2.004	4.810	
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		0.493	1.183	
15:0.....g									
16:0.....g	1.585		2		1		1.347	3.233	
17:0.....g									
18:0.....g	0.191		2		1		0.162	0.390	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.190		0		1		6.112	14.668	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.255		2		1		1.067	2.560	
17:1.....g									
18:1 undifferentiated.....g	2.772		2		1		2.356	5.655	
20:1.....g	3.000		1		1		2.550	6.120	
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		0.805	1.932	
18:2 undifferentiated.....g	0.196		2		1		0.167	0.400	
18:3 undifferentiated.....g	0.432		1		1		0.367	0.881	
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		0.081	0.194	
20:5 n-3 (EPA).....g	0.084		1		1		0.071	0.171	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.074		1		1		0.063	0.151	
22:6 n-3 (DHA).....g	0.063		2		1		0.054	0.129	
Fatty acids, total trans.....g									
Cholesterol.....mg	126		2		1		107	257	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.207		0		1		0.176	0.422	
Threonine.....g	0.809		0		1		0.688	1.650	
Isoleucine.....g	0.850		0		1		0.723	1.734	
Leucine.....g	1.499		0		1		1.274	3.058	
Lysine.....g	1.694		0		1		1.440	3.456	
Methionine.....g	0.546		0		1		0.464	1.114	
Cystine.....g	0.198		0		1		0.168	0.404	
Phenylalanine.....g	0.720		0		1		0.612	1.469	
Tyrosine.....g	0.623		0		1		0.530	1.271	
Valine.....g	0.950		0		1		0.808	1.938	
Arginine.....g	1.104		0		1		0.938	2.252	
Histidine.....g	0.543		0		1		0.462	1.108	
Alanine.....g	1.115		0		1		0.948	2.275	
Aspartic acid.....g	1.889		0		1		1.606	3.854	
Glutamic acid.....g	2.753		0		1		2.340	5.616	
Glycine.....g	0.885		0		1		0.752	1.805	
Proline.....g	0.652		0		1		0.554	1.330	
Serine.....g	0.753		0		1		0.640	1.536	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	



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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 204g: 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 28 (2015)

NDB No. 15027

Fish, fish sticks, frozen, prepared

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
<b>Proximates:</b>									
Water.....g	49.50	0.377	18	A	1		28.21	13.86	
Energy.....kcal	277		0	NC	4		158	78	
Energy.....kJ	1160		0	NC	4		661	325	
Protein (N x 6.1).....g	11.01	0.216	17	A	1		6.28	3.08	
Total lipid (fat).....g	16.23	0.335	18	A	1		9.25	4.54	
Ash.....g	1.61	0.034	18	A	1		0.92	0.45	
Carbohydrate, by difference.....g	21.66		0	NC	4		12.34	6.06	
Fiber, total dietary.....g	1.5		3	A	1		0.9	0.4	
Sugars, total.....g	1.65		3	A	1		0.94	0.46	
Sucrose.....g	0.56		3	A	1		0.32	0.16	
Glucose (dextrose).....g	0.30		3	A	1		0.17	0.08	
Fructose.....g	0.10		3	A	1		0.06	0.03	
Lactose.....g	0.12		3	A	1		0.07	0.03	
Maltose.....g	0.58		3	A	1		0.33	0.16	
Galactose.....g	0.00		3	A	1		0.00	0.00	
Starch.....g	20.46		3	A	1		11.66	5.73	
<b>Minerals:</b>									
Calcium, Ca.....mg	16	0.395	18	A	1		9	5	
Iron, Fe.....mg	0.84	0.021	18	A	1		0.48	0.23	
Magnesium, Mg.....mg	25	0.702	18	A	1		14	7	
Phosphorus, P.....mg	191	3.325	18	A	1		109	54	
Potassium, K.....mg	185	2.329	18	A	1		105	52	
Sodium, Na.....mg	402	11.447	18	A	1		229	113	
Zinc, Zn.....mg	0.42	0.008	18	A	1		0.24	0.12	
Copper, Cu.....mg	0.059	0.001	18	A	1		0.034	0.016	
Manganese, Mn.....mg	0.182	0.004	18	A	1		0.104	0.051	
Selenium, Se.....µg	15.7	0.557	9	A	1		9.0	4.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.122	0.005	9	A	1		0.070	0.034	
Riboflavin.....mg	0.116	0.005	9	A	1		0.066	0.032	
Niacin.....mg	1.536	0.058	9	A	1		0.875	0.430	
Pantothenic acid.....mg	0.272	0.001	6	A	1		0.155	0.076	
Vitamin B-6.....mg	0.078	0.005	9	A	1		0.045	0.022	
Folate, total.....µg	24		3	A	1		14	7	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	24		3	A	1		14	7	
Folate, DFE.....µg	24		0	NC	4		14	7	
Choline, total.....mg	42.8		0	AS	1		24.4	12.0	
Betaine.....mg	18.5		2	A	1		10.5	5.2	
Vitamin B-12.....µg	0.96	0.073	9	A	1		0.55	0.27	
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....µg	4		0	AS	1		2	1	
Retinol.....µg	3		3	A	1		2	1	
Carotene, beta.....µg	3		3	A	1		2	1	
Carotene, alpha.....µg	0		3	A	1		0	0	
Cryptoxanthin, beta.....µg	2		3	A	1		1	1	
Vitamin A, IU.....IU	18		0	AS	1		10	5	
Lycopene.....µg	0		3	A	1		0	0	
Lutein + zeaxanthin.....µg	42		3	A	1		24	12	
Vitamin E (alpha-tocopherol).....mg	6.88	0.452	9	A	1		3.92	1.93	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.13	0.041	9	A	1		0.07	0.04	
Tocopherol, gamma.....mg	5.42	0.718	9	A	1		3.09	1.52	
Tocopherol, delta.....mg	0.63	0.327	9	A	1		0.36	0.18	
Tocotrienol, alpha.....mg	0.03	0.035	9	A	1		0.02	0.01	
Tocotrienol, beta.....mg	0.00	0.000	9	A	1		0.00	0.00	

Fish, fish sticks, frozen, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.03	0.013	9	A	1		0.02	0.01	
Tocotrienol, delta.....mg	0.00	0.000	9	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		4	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg	0.0		2	A	1		0.0	0.0	
Vitamin D3 (cholecalciferol).....µg	0.0		2	A	1		0.0	0.0	
Vitamin D.....IU	1		2	A	1		1	0	
Vitamin K (phylloquinone).....µg	4.7	0.980	9	A	1		2.7	1.3	
Dihydrophyloquinone.....µg	0.0	0.000	9	A	1		0.0	0.0	
Menaquinone-4.....µg	0.0	0.000	9	A	1		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.733		0	NC	4		2.128	1.045	
4:0.....g	0.004	0.004	6	A	1		0.002	0.001	
6:0.....g	0.000	0.000	6	A	1		0.000	0.000	
8:0.....g	0.006	0.000	6	A	1		0.003	0.002	
10:0.....g	0.007	0.000	6	A	1		0.004	0.002	
12:0.....g	0.004	0.000	6	A	1		0.002	0.001	
13:0.....g									
14:0.....g	0.116	0.012	6	A	1		0.066	0.033	
15:0.....g	0.005	0.000	6	A	1		0.003	0.001	
16:0.....g	3.084	0.210	6	A	1		1.758	0.864	
17:0.....g	0.014	0.001	6	A	1		0.008	0.004	
18:0.....g	0.408	0.035	6	A	1		0.233	0.114	
20:0.....g	0.044	0.003	6	A	1		0.025	0.012	
22:0.....g	0.025	0.003	6	A	1		0.014	0.007	
24:0.....g	0.015	0.001	6	A	1		0.009	0.004	
Fatty acids, total monounsaturated.....g	3.193		0	NC	4		1.820	0.894	
14:1.....g									
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.080	0.007	6	AS	1		0.046	0.022	
16:1 c.....g	0.080	0.007	6	A	1		0.045	0.022	
16:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
17:1.....g	0.008	0.000	6	A	1		0.004	0.002	
18:1 undifferentiated.....g	3.052	0.196	6	AS	1		1.740	0.855	
18:1 c.....g	3.039	0.195	6	A	1		1.732	0.851	
18:1 t.....g	0.013	0.001	6	A	1		0.007	0.004	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.049	0.005	6	A	1		0.028	0.014	
22:1 undifferentiated.....g	0.002	0.001	6	AS	1		0.001	0.001	
22:1 c.....g	0.002	0.001	6	A	1		0.001	0.000	
22:1 t.....g	0.001	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.002	0.000	6	A	1		0.001	0.001	
Fatty acids, total polyunsaturated.....g	7.824		0	NC	4		4.460	2.191	
18:2 undifferentiated.....g	7.420	0.478	6	AS	1		4.230	2.078	
18:2 n-6 c,c.....g	7.289	0.477	6	A	1		4.155	2.041	
18:2 CLAs.....g	0.024	0.001	6	A	1		0.013	0.007	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.108	0.008	6	A	1		0.062	0.030	
18:3 undifferentiated.....g	0.248	0.091	6	AS	1		0.142	0.070	
18:3 n-3 c,c,c (ALA).....g	0.236	0.091	6	A	1		0.134	0.066	
18:3 n-6 c,c,c.....g	0.011	0.001	6	A	1		0.006	0.003	
18:3i.....g	0.002	0.000	6	A	1		0.001	0.000	
18:4.....g	0.002	0.000	6	A	1		0.001	0.001	
20:2 n-6 c,c.....g	0.003	0.000	6	A	1		0.001	0.001	
20:3 undifferentiated.....g	0.001	0.000	6	AS	1		0.001	0.000	
20:3 n-3.....g	0.001	0.000	6	A	1		0.001	0.000	
20:3 n-6.....g	0.000	0.000	6	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.007	0.000	6	A	1		0.004	0.002	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.050	0.001	6	A	1		0.028	0.014	
21:5.....g									
22:4.....g	0.000	0.000	6	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.004	0.000	6	A	1		0.002	0.001	

NDB No. 15027

Fish, fish sticks, frozen, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.088	0.002	6	A	1		0.050	0.025		
Fatty acids, total trans.....g	0.124		0	NC	4		0.071	0.035		
Fatty acids, total trans-monoenoic.....g	0.014		0	NC	4		0.008	0.004		
Fatty acids, total trans-polyenoic.....g	0.110		0	NC	4		0.063	0.031		
Cholesterol.....mg	28	0.882	9	A	1		16	8		
Phytosterols.....mg										
<b>Amino Acids:</b>										
Tryptophan.....g	0.122		0	A	1		0.070	0.034		
Threonine.....g	0.372		0	A	1		0.212	0.104		
Isoleucine.....g	0.429		0	A	1		0.244	0.120		
Leucine.....g	0.852		0	A	1		0.486	0.239		
Lysine.....g	0.795		0	A	1		0.453	0.223		
Methionine.....g	0.296		0	A	1		0.169	0.083		
Cystine.....g										
Phenylalanine.....g	0.470		0	A	1		0.268	0.132		
Tyrosine.....g	0.286		0	A	1		0.163	0.080		
Valine.....g	0.500		0	A	1		0.285	0.140		
Arginine.....g	0.592		0	A	1		0.337	0.166		
Histidine.....g	0.230		0	A	1		0.131	0.064		
Alanine.....g	0.546		0	A	1		0.311	0.153		
Aspartic acid.....g	0.816		0	A	1		0.465	0.228		
Glutamic acid.....g	2.317		0	A	1		1.321	0.649		
Glycine.....g	0.474		0	A	1		0.270	0.133		
Proline.....g	0.783		0	A	1		0.446	0.219		
Serine.....g	0.490		0	A	1		0.279	0.137		
Hydroxyproline.....g	0.002		3	A	1		0.001	0.000		
<b>Others:</b>										
Alcohol, ethyl.....g	0.0		0		7		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 28 (2015)

NDB No. 15029

Fish, flatfish (flounder and sole 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
<b>Proximates:</b>									
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	
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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	
Tocotrienol, alpha.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, beta.....mg	0.00		0	RA	4		0.00	0.00	

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		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, delta.....mg	0.00		0	RA	4		0.00	0.00	
Vitamin D (D2 + D3).....µg	3.5		0	RA	4		4.4	3.0	
Vitamin D2 (ergocalciferol).....µg									
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	
Dihydrophyloquinone.....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4.....µg	0.3		0	RA	4		0.3	0.2	
<b>Lipids:</b>									
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	
21:5.....g									
22:4.....g	0.002		0	RA	4		0.002	0.001	
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									
<b>Amino Acids:</b>									
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	

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
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	
Hydroxyproline.....g									
<b>Others:</b>									
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 28 (2015)

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
<b>Proximates:</b>									
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
<b>Minerals:</b>									
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
<b>Vitamins:</b>									
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.....µg	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.....µg	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
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00



Fish, flatfish (flounder and sole species), raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1	0.00	0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	4	A	1	0.00	0.00	0.00	
Vitamin D (D2 + D3).....µg	2.8	0.506	11	AS	1	0.8	4.6	2.4	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	2.8	0.506	11	A	1	0.8	4.6	2.4	
Vitamin D.....µg	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	
Dihydrophyloquinone.....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	
<b>Lipids:</b>									
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 t.....g	0.007	0.001	4	A	1	0.002	0.012	0.006	
18:1-11 t (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 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-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		
	Mean	Std. Error	Number			measures of food			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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 28 (2015)

NDB No. 15030

Fish, gefiltefish, commercial, sweet recipe

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	3		0	NC	4		1		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.84		2		1		0.35		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.412		0		1		0.173		
4:0.....g									
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15030**

**Fish, gefiltefish, commercial, sweet recipe**

**Common Measures:**

Measure 1 = 42g: 1 piece

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate4**

**Food Group: 15 Finfish and Shellfish Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
<b>Proximates:</b>									
Water.....g	73.36		0		1		62.36	148.19	
Energy.....kcal	118		0	NC	4		100	238	
Energy.....kJ	494				4		420	997	
Protein (N x 6.25).....g	24.84		0		1		21.11	50.18	
Total lipid (fat).....g	1.30		0		1		1.11	2.63	
Ash.....g	1.41		2		1		1.20	2.85	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	21		2		1		18	42	
Iron, Fe.....mg	1.14		0		1		0.97	2.30	
Magnesium, Mg.....mg	37		2		1		31	75	
Phosphorus, P.....mg	143		2		1		122	289	
Potassium, K.....mg	475		2		1		404	960	
Sodium, Na.....mg	53		2		1		45	107	
Zinc, Zn.....mg	0.51		2		1		0.43	1.03	
Copper, Cu.....mg	0.045		2		1		0.038	0.091	
Manganese, Mn.....mg	0.012		2		1		0.010	0.024	
Selenium, Se.....µg	46.8		0	BFSN	4		39.8	94.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.081		0		1		0.069	0.164	
Riboflavin.....mg	0.006		0		1		0.005	0.012	
Niacin.....mg	0.381		0		1		0.324	0.770	
Pantothenic acid.....mg	0.870		0		4		0.740	1.757	
Vitamin B-6.....mg	0.350		0		4		0.298	0.707	
Folate, total.....µg	10		0		4		9	21	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	10		0		4		9	21	
Folate, DFE.....µg	10		0	NC	4		9	21	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.69		0		1		0.59	1.40	
Vitamin A, RAE.....µg	50		0		4		42	100	
Retinol.....µg	50		0		4		42	100	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	165		0		4		140	333	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.299		0		1		0.254	0.604	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.025		2		1		0.021	0.051	
15:0.....g									
16:0.....g	0.140		2		1		0.119	0.283	
17:0.....g									
18:0.....g	0.059		2		1		0.050	0.119	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.268		0		1		0.228	0.541	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		2		1		0.022	0.053	
17:1.....g									
18:1 undifferentiated.....g	0.086		2		1		0.073	0.174	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.403		0		1		0.343	0.814	
18:2 undifferentiated.....g	0.018		2		1		0.015	0.036	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.057		2		1		0.048	0.115	
20:5 n-3 (EPA).....g	0.035		2		1		0.030	0.071	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.017		2		1		0.014	0.034	
22:6 n-3 (DHA).....g	0.213		2		1		0.181	0.430	
Fatty acids, total trans.....g									
Cholesterol.....mg	47		0		1		40	95	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.278		0		1		0.236	0.562	
Threonine.....g	1.089		0		1		0.926	2.200	
Isoleucine.....g	1.145		0		1		0.973	2.313	
Leucine.....g	2.019		0		1		1.716	4.078	
Lysine.....g	2.282		0		1		1.940	4.610	
Methionine.....g	0.735		0		1		0.625	1.485	
Cystine.....g	0.266		0		1		0.226	0.537	
Phenylalanine.....g	0.970		0		1		0.825	1.959	
Tyrosine.....g	0.839		0		1		0.713	1.695	
Valine.....g	1.280		0		1		1.088	2.586	
Arginine.....g	1.487		0		1		1.264	3.004	
Histidine.....g	0.731		0		1		0.621	1.477	
Alanine.....g	1.503		0		1		1.278	3.036	
Aspartic acid.....g	2.544		0		1		2.162	5.139	
Glutamic acid.....g	3.709		0		1		3.153	7.492	
Glycine.....g	1.193		0		1		1.014	2.410	
Proline.....g	0.878		0		1		0.746	1.774	
Serine.....g	1.014		0		1		0.862	2.048	
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.

**NDB No. 15032**

**Fish, grouper, mixed species, cooked, dry heat**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 202g: 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 28 (2015)



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
<b>Proximates:</b>									
Water.....g	79.22	0.478	6		1		67.34	205.18	
Energy.....kcal	92		0	NC	4		78	238	
Energy.....kJ	385				4		327	997	
Protein (N x 6.25).....g	19.38	0.457	6		1		16.47	50.19	
Total lipid (fat).....g	1.02		7		1		0.87	2.64	
Ash.....g	1.17	0.014	5		1		0.99	3.03	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	27	4.075	5		1		23	70	
Iron, Fe.....mg	0.89	0.015	5		1		0.76	2.31	
Magnesium, Mg.....mg	31	0.580	3		1		26	80	
Phosphorus, P.....mg	162		5		1		138	420	
Potassium, K.....mg	483	9.220	3		1		411	1251	
Sodium, Na.....mg	53	9.409	4		1		45	137	
Zinc, Zn.....mg	0.48	0.030	51		1		0.41	1.24	
Copper, Cu.....mg	0.020	0.002	52		1		0.017	0.052	
Manganese, Mn.....mg	0.014	0.001	3		1		0.012	0.036	
Selenium, Se.....µg	36.5		0	CAZN	4		31.0	94.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.070		2		1		0.060	0.181	
Riboflavin.....mg	0.005		2		1		0.004	0.013	
Niacin.....mg	0.313		1		1		0.266	0.811	
Pantothenic acid.....mg	0.750		0		4		0.638	1.943	
Vitamin B-6.....mg	0.300		0		4		0.255	0.777	
Folate, total.....µg	9		0		4		7	23	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	9		0		4		7	23	
Folate, DFE.....µg	9		0	NC	4		7	23	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.60		2		1		0.51	1.55	
Vitamin A, RAE.....µg	43		0		4		37	111	
Retinol.....µg	43		0		4		37	111	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	143		0		4		122	370	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 15031

Fish, grouper, mixed species, raw

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

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Blanks in the 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 = 259g: 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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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	
Tocotrienol, alpha.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, beta.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, gamma.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, 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	



NDB No. 15034

Fish, haddock, cooked, dry heat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
<b>Others:</b>									
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 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 28 (2015)

NDB No. 15033

Fish, haddock, raw

*Melanogrammus aeglefinus* (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
<b>Proximates:</b>									
Water.....g	83.38	0.748	8	A	1		70.88	160.93	
Energy.....kcal	74		0	NC	4		63	142	
Energy.....kJ	309		0	NC	4		262	596	
Protein (N x 6.25).....g	16.32	0.818	8	A	1		13.87	31.50	
Total lipid (fat).....g	0.45	0.024	8	A	1		0.38	0.87	
Ash.....g	1.28	0.098	8	A	1		1.09	2.47	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	11	1.232	8	A	1		9	21	
Iron, Fe.....mg	0.17	0.011	8	A	1		0.14	0.32	
Magnesium, Mg.....mg	21	1.026	8	A	1		18	41	
Phosphorus, P.....mg	227	21.991	8	A	1		193	438	
Potassium, K.....mg	286	24.153	8	A	1		243	553	
Sodium, Na (1).....mg	213	55.182	8	A	1		181	411	
Zinc, Zn.....mg	0.32	0.012	8	A	1		0.28	0.63	
Copper, Cu.....mg	0.021	0.002	8	A	1		0.018	0.041	
Manganese, Mn.....mg	0.011	0.000	8	A	1		0.009	0.021	
Selenium, Se.....µg	25.9	1.208	8	A	1		22.0	50.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.020	0.000	3	A	1		0.017	0.039	
Riboflavin.....mg	0.057	0.015	3	A	1		0.048	0.109	
Niacin.....mg	3.363	0.264	3	A	1		2.859	6.491	
Pantothenic acid.....mg	0.403	0.131	3	A	1		0.343	0.778	
Vitamin B-6.....mg	0.281	0.028	3	A	1		0.239	0.542	
Folate, total.....µg	12		0		4		10	22	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	12		0		4		10	22	
Folate, DFE.....µg	12		0	NC	4		10	22	
Choline, total.....mg	65.0		0	T	4		55.3	125.5	
Betaine.....mg									
Vitamin B-12.....µg	1.83	0.176	3	A	1		1.56	3.54	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	17		0	NC	4		14	33	
Retinol.....µg	17		0	T	4		14	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	57		0	NC	4		48	109	
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		0.38	0.87	
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	
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, 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		0.4	0.9	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.5	0.093	3	A	1		0.4	0.9	
Vitamin D.....IU	18	3.664	3	A	1		16	36	
Vitamin K (phylloquinone).....µg	0.1		0	T	4		0.1	0.2	

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

**Amino Acids:**



**NDB No. 15033**  
**Fish, haddock, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Tryptophan.....g	0.212		0	A	1	0.180	0.409	
Threonine.....g	0.829		0	A	1	0.705	1.600	
Isoleucine.....g	0.871		0	A	1	0.740	1.681	
Leucine.....g	1.537		0	A	1	1.306	2.966	
Lysine.....g	1.736		0	A	1	1.476	3.350	
Methionine.....g	0.560		0	A	1	0.476	1.081	
Cystine.....g	0.203		0	A	1	0.173	0.392	
Phenylalanine.....g	0.738		0	A	1	0.627	1.424	
Tyrosine.....g	0.638		0	A	1	0.542	1.231	
Valine.....g	0.974		0	A	1	0.828	1.880	
Arginine.....g	1.131		0	A	1	0.961	2.183	
Histidine.....g	0.557		0	A	1	0.473	1.075	
Alanine.....g	1.143		0	A	1	0.972	2.206	
Aspartic acid.....g	1.936		0	A	1	1.646	3.736	
Glutamic acid.....g	2.822		0	A	1	2.399	5.446	
Glycine.....g	0.908		0	A	1	0.772	1.752	
Proline.....g	0.669		0	A	1	0.569	1.291	
Serine.....g	0.771		0	A	1	0.655	1.488	
Hydroxyproline.....g								
<b>Others:</b>								
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 = 85g: 3 oz  
 Measure 2 = 193g: 1 fillet

**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 28 (2015)



**NDB No. 15035**  
**Fish, haddock, smoked**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>								
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
21:5.....g								
22:4.....g								
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								
<b>Amino Acids:</b>								
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								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z 7		0	0	0

NDB No. 15035  
 Fish, haddock, smoked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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 = 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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	76.12		0	RA	4		64.70	121.03	
Energy.....kcal	111		0	NC	4		94	176	
Energy.....kJ	464		0	RA	4		394	737	
Protein (N x 6.25).....g	22.54		0	RA	4		19.16	35.84	
Total lipid (fat).....g	1.61		0	RA	4		1.37	2.56	
Ash.....g	1.57		0	RA	4		1.34	2.50	
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	
<b>Minerals:</b>									
Calcium, Ca.....mg	9		0	RA	4		8	14	
Iron, Fe.....mg	0.20		0	RA	4		0.17	0.31	
Magnesium, Mg.....mg	28		0	RA	4		24	45	
Phosphorus, P.....mg	287		0	RA	4		244	456	
Potassium, K.....mg	528		0	RA	4		449	840	
Sodium, Na.....mg	82		0	RA	4		70	131	
Zinc, Zn.....mg	0.43		0	RA	4		0.37	0.69	
Copper, Cu.....mg	0.028		0	RA	4		0.024	0.044	
Manganese, Mn.....mg	0.013		0	RA	4		0.011	0.021	
Selenium, Se.....µg	55.4		0	RA	4		47.1	88.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA	4		0.0	0.0	
Thiamin.....mg	0.058		0	RA	4		0.049	0.092	
Riboflavin.....mg	0.036		0	RA	4		0.031	0.058	
Niacin.....mg	7.911		0	RA	4		6.724	12.578	
Pantothenic acid.....mg	0.416		0	RA	4		0.354	0.661	
Vitamin B-6.....mg	0.632		0	RA	4		0.537	1.005	
Folate, total.....µg	14		0	RA	4		12	22	
Folic acid.....µg	0		0	RA	4		0	0	
Folate, food.....µg	14		0	RA	4		12	22	
Folate, DFE.....µg	14		0	NC	4		12	22	
Choline, total.....mg	75.1		0	RA	4		63.8	119.4	
Betaine.....mg									
Vitamin B-12.....µg	1.27		0	RA	4		1.08	2.02	
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....µg	24		0	RA	4		21	39	
Retinol.....µg	24		0	RA	4		21	39	
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		62	116	
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		0.63	1.18	
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	
Tocotrienol, alpha.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, beta.....mg	0.00		0	RA	4		0.00	0.00	

Fish, halibut, Atlantic and Pacific, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, delta.....mg	0.00		0	RA	4		0.00	0.00	
Vitamin D (D2 + D3).....µg	5.8		0	RA	4		4.9	9.2	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	5.8		0	RA	4		4.9	9.2	
Vitamin D.....IU	231		0	RA	4		196	367	
Vitamin K (phylloquinone).....µg	0.0		0	RA	4		0.0	0.0	
Dihydrophyloquinone.....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4.....µg	0.0		0	RA	4		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.354		0	RA	4		0.301	0.564	
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		0.005	0.010	
13:0.....g									
14:0.....g	0.060		0	RA	4		0.051	0.095	
15:0.....g	0.005		0	RA	4		0.004	0.008	
16:0.....g	0.212		0	RA	4		0.180	0.337	
17:0.....g	0.003		0	RA	4		0.002	0.005	
18:0.....g	0.065		0	RA	4		0.056	0.104	
20:0.....g	0.002		0	RA	4		0.002	0.003	
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		0.487	0.910	
14:1.....g	0.004		0	RA	4		0.003	0.006	
15:1.....g	0.002		0	RA	4		0.002	0.003	
16:1 undifferentiated.....g	0.082		0	RA	4		0.070	0.131	
17:1.....g	0.008		0	RA	4		0.007	0.013	
18:1 undifferentiated.....g	0.278		0	RA	4		0.236	0.442	
20:1.....g	0.161		0	RA	4		0.137	0.256	
22:1 undifferentiated.....g	0.017		0	RA	4		0.014	0.027	
24:1 c.....g	0.020		0	RA	4		0.017	0.032	
Fatty acids, total polyunsaturated.....g	0.352		0	RA	4		0.299	0.560	
18:2 undifferentiated.....g	0.041		0	RA	4		0.035	0.066	
18:3 undifferentiated.....g	0.013		0	RA	4		0.011	0.021	
18:4.....g	0.008		0	RA	4		0.007	0.013	
20:2 n-6 c,c.....g	0.005		0	RA	4		0.004	0.008	
20:3 undifferentiated.....g	0.010		0	RA	4		0.008	0.016	
20:4 undifferentiated.....g	0.017		0	RA	4		0.014	0.027	
20:5 n-3 (EPA).....g	0.080		0	RA	4		0.068	0.127	
21:5.....g									
22:4.....g	0.002		0	RA	4		0.001	0.003	
22:5 n-3 (DPA).....g	0.020		0	RA	4		0.017	0.032	
22:6 n-3 (DHA).....g	0.155		0	RA	4		0.132	0.247	
Fatty acids, total trans.....g	0.028		0	RA	4		0.024	0.045	
Cholesterol.....mg	60		0	RA	4		51	95	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.283		0	RA	4		0.241	0.450	
Threonine.....g	1.108		0	RA	4		0.942	1.761	
Isoleucine.....g	1.165		0	RA	4		0.990	1.852	
Leucine.....g	2.055		0	RA	4		1.747	3.268	
Lysine.....g	2.321		0	RA	4		1.973	3.691	
Methionine.....g	0.748		0	RA	4		0.636	1.190	
Cystine.....g	0.271		0	RA	4		0.230	0.431	
Phenylalanine.....g	0.988		0	RA	4		0.839	1.570	
Tyrosine.....g	0.854		0	RA	4		0.726	1.358	
Valine.....g	1.302		0	RA	4		1.107	2.070	
Arginine.....g	1.512		0	RA	4		1.285	2.405	
Histidine.....g	0.745		0	RA	4		0.633	1.184	

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
Alanine.....g	1.529		0	RA	4		1.300	2.432	
Aspartic acid.....g	2.589		0	RA	4		2.200	4.116	
Glutamic acid.....g	3.774		0	RA	4		3.208	6.001	
Glycine.....g	1.213		0	RA	4		1.031	1.929	
Proline.....g	0.894		0	RA	4		0.760	1.421	
Serine.....g	1.031		0	RA	4		0.877	1.640	
Hydroxyproline.....g									
<b>Others:</b>									
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 = 159g: .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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	80.34	0.523	10	A	1		68.29	163.90	
Energy.....kcal	91		0	NC	4		78	186	
Energy.....kJ	382		0	NC	4		324	778	
Protein (N x 6.25).....g	18.56	0.378	10	A	1		15.77	37.85	
Total lipid (fat).....g	1.33	0.308	10	A	1		1.13	2.71	
Ash.....g	1.29	0.027	10	A	1		1.10	2.64	
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	
<b>Minerals:</b>									
Calcium, Ca.....mg	7	1.666	10	A	1		6	15	
Iron, Fe.....mg	0.16	0.011	10	A	1		0.14	0.33	
Magnesium, Mg.....mg	23	0.984	10	A	1		20	47	
Phosphorus, P.....mg	236	2.966	10	A	1		201	482	
Potassium, K.....mg	435	16.452	10	A	1		369	887	
Sodium, Na.....mg	68	7.449	10	A	1		58	138	
Zinc, Zn.....mg	0.36	0.013	10	A	1		0.30	0.73	
Copper, Cu.....mg	0.023	0.002	10	A	1		0.019	0.047	
Manganese, Mn.....mg	0.011	0.000	10	A	1		0.009	0.022	
Selenium, Se.....µg	45.6	3.142	10	A	1		38.8	93.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.050	0.007	4	A	1		0.043	0.102	
Riboflavin.....mg	0.030	0.006	4	A	1		0.026	0.061	
Niacin.....mg	6.513	0.539	4	A	1		5.536	13.286	
Pantothenic acid.....mg	0.343	0.018	4	A	1		0.291	0.699	
Vitamin B-6.....mg	0.548	0.050	4	A	1		0.465	1.117	
Folate, total.....µg	12		0	Z	4		10	24	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	12		0	Z	4		10	24	
Folate, DFE.....µg	12		0	NC	4		10	24	
Choline, total.....mg	61.8		0	T	4		52.5	126.1	
Betaine.....mg									
Vitamin B-12.....µg	1.10	0.058	4	A	1		0.94	2.24	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	20		0	AS	1		17	41	
Retinol.....µg	20		1	A	1		17	41	
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		57	136	
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		0.52	1.24	
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	
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	



Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		2	A	1				
Tocotrienol, delta.....mg	0.00		2	A	1	0.00	0.00		
Vitamin D (D2 + D3).....µg	4.7	1.095	10	AS	1	4.0	9.7		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	4.7	1.095	10	A	1	4.0	9.7		
Vitamin D.....µg	190	43.824	10	A	1	161	388		
Vitamin K (phylloquinone).....µg	0.0		1	A	1	0.0	0.0		
Dihydrophyloquinone.....µg	0.0		1	A	1	0.0	0.0		
Menaquinone-4.....µg	0.0		1	A	1	0.0	0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.292		0	NC	4	0.248	0.595		
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	0.004	0.010		
13:0.....g									
14:0.....g	0.049	0.014	10	A	1	0.042	0.101		
15:0.....g	0.004	0.001	10	A	1	0.004	0.009		
16:0.....g	0.174	0.041	10	A	1	0.148	0.356		
17:0.....g	0.002	0.001	10	A	1	0.002	0.005		
18:0.....g	0.054	0.012	10	A	1	0.046	0.110		
20:0.....g	0.002	0.000	10	A	1	0.001	0.003		
22:0.....g	0.001	0.000	10	A	1	0.000	0.001		
24:0.....g	0.001	0.000	10	A	1	0.000	0.001		
Fatty acids, total monounsaturated.....g	0.471		0	NC	4	0.401	0.962		
14:1.....g	0.003	0.001	10	A	1	0.002	0.006		
15:1.....g	0.002	0.000	10	A	1	0.001	0.003		
16:1 undifferentiated.....g	0.068	0.024	10	AS	1	0.058	0.138		
16:1 c.....g	0.065	0.024	10	A	1	0.055	0.133		
16:1 t.....g	0.003	0.001	10	A	1	0.002	0.005		
17:1.....g	0.007	0.003	10	A	1	0.006	0.014		
18:1 undifferentiated.....g	0.229	0.071	10	AS	1	0.195	0.467		
18:1 c.....g	0.221	0.069	10	A	1	0.188	0.451		
18:1 t.....g	0.008	0.002	10	A	1	0.007	0.016		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.133	0.059	10	A	1	0.113	0.271		
22:1 undifferentiated.....g	0.014	0.007	10	AS	1	0.012	0.029		
22:1 c.....g	0.014	0.007	10	A	1	0.012	0.028		
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	0.014	0.034		
Fatty acids, total polyunsaturated.....g	0.290		0	NC	4	0.247	0.592		
18:2 undifferentiated.....g	0.034	0.007	10	AS	1	0.029	0.069		
18:2 n-6 c,c.....g	0.019	0.005	10	A	1	0.016	0.039		
18:2 CLAs.....g	0.002	0.001	10	A	1	0.002	0.005		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.013	0.002	10	A	1	0.011	0.026		
18:3 undifferentiated.....g	0.011	0.003	10	AS	1	0.009	0.022		
18:3 n-3 c,c,c (ALA).....g	0.011	0.003	10	A	1	0.009	0.022		
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	0.006	0.013		
20:2 n-6 c,c.....g	0.004	0.002	10	A	1	0.004	0.009		
20:3 undifferentiated.....g	0.008	0.003	10	AS	1	0.007	0.017		
20:3 n-3.....g	0.003	0.001	10	A	1	0.003	0.006		
20:3 n-6.....g	0.005	0.002	10	A	1	0.004	0.010		
20:4 undifferentiated.....g	0.014	0.002	10	A	1	0.012	0.029		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.066	0.015	10	A	1	0.056	0.134		
21:5.....g									
22:4.....g	0.001	0.000	10	A	1	0.001	0.003		
22:5 n-3 (DPA).....g	0.016	0.004	10	A	1	0.014	0.033		

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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.128	0.019	10	A	1		0.109	0.261		
Fatty acids, total trans.....g										
Fatty acids, total trans-monoenoic.....g										
Fatty acids, total trans-polyenoic.....g	0.013		0	NC	4		0.011	0.026		
Cholesterol.....mg	49	2.892	4	A	1		42	101		
Phytosterols.....mg										
<b>Amino Acids:</b>										
Tryptophan.....g	0.233		0	A	1		0.198	0.475		
Threonine.....g	0.912		0	A	1		0.775	1.860		
Isoleucine.....g	0.959		0	A	1		0.815	1.956		
Leucine.....g	1.692		0	A	1		1.438	3.452		
Lysine.....g	1.911		0	A	1		1.624	3.898		
Methionine.....g	0.616		0	A	1		0.524	1.257		
Cystine.....g	0.223		0	A	1		0.190	0.455		
Phenylalanine.....g	0.813		0	A	1		0.691	1.659		
Tyrosine.....g	0.703		0	A	1		0.598	1.434		
Valine.....g	1.072		0	A	1		0.911	2.187		
Arginine.....g	1.245		0	A	1		1.058	2.540		
Histidine.....g	0.613		0	A	1		0.521	1.251		
Alanine.....g	1.259		0	A	1		1.070	2.568		
Aspartic acid.....g	2.131		0	A	1		1.811	4.347		
Glutamic acid.....g	3.107		0	A	1		2.641	6.338		
Glycine.....g	0.999		0	A	1		0.849	2.038		
Proline.....g	0.736		0	A	1		0.626	1.501		
Serine.....g	0.849		0	A	1		0.722	1.732		
Hydroxyproline.....g										
<b>Others:</b>										
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 = 85g: 3 oz

Measure 2 = 204g: .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 28 (2015)



**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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	2.419		0		1	2.056	4.935
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	0.007	0.016
13:0.....g							
14:0.....g	0.754	0.029	3		1	0.641	1.538
15:0.....g							
16:0.....g	1.440	0.052	3		1	1.224	2.938
17:0.....g							
18:0.....g	0.193		2		1	0.164	0.394
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	8.378		0		1	7.121	17.091
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	1.763	0.243	3		1	1.499	3.597
17:1.....g							
18:1 undifferentiated.....g	2.393	0.489	3		1	2.034	4.882
20:1.....g	2.237	0.073	3		1	1.901	4.563
22:1 undifferentiated.....g	1.968	0.296	3		1	1.673	4.015
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.367		0		1	1.162	2.789
18:2 undifferentiated.....g	0.123		2		1	0.105	0.251
18:3 undifferentiated.....g	0.043		2		1	0.037	0.088
18:4.....g	0.132		2		1	0.112	0.269
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.061		2		1	0.052	0.124
20:5 n-3 (EPA).....g	0.526	0.051	3		1	0.447	1.073
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.089		2		1	0.076	0.182
22:6 n-3 (DHA).....g	0.393	0.016	3		1	0.334	0.802
Fatty acids, total trans.....g							
Cholesterol.....mg	46	0.733	9		1	39	94
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.161		0		1	0.137	0.328
Threonine.....g	0.630		0		1	0.536	1.285
Isoleucine.....g	0.662		0		1	0.563	1.350
Leucine.....g	1.168		0		1	0.993	2.383
Lysine.....g	1.320		0		1	1.122	2.693
Methionine.....g	0.425		0		1	0.361	0.867
Cystine.....g	0.154		0		1	0.131	0.314
Phenylalanine.....g	0.561		0		1	0.477	1.144
Tyrosine.....g	0.485		0		1	0.412	0.989
Valine.....g	0.740		0		1	0.629	1.510
Arginine.....g	0.860		0		1	0.731	1.754
Histidine.....g	0.423		0		1	0.360	0.863
Alanine.....g	0.869		0		1	0.739	1.773
Aspartic acid.....g	1.471		0		1	1.250	3.001
Glutamic acid.....g	2.145		0		1	1.823	4.376
Glycine.....g	0.690		0		1	0.587	1.408
Proline.....g	0.508		0		1	0.432	1.036
Serine.....g	0.586		0		1	0.498	1.195
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0

NDB No. 15038  
 Fish, halibut, Greenland, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 204g: .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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	61.88		0		1		52.60	98.39	
Energy.....kcal	239		0	NC	4		203	380	
Energy.....kJ	1000				4		850	1590	
Protein (N x 6.25).....g	18.42		0		1		15.66	29.29	
Total lipid (fat).....g	17.74		0		1		15.08	28.21	
Ash.....g	1.28		0		1		1.09	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									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	4		0		1		3	6	
Iron, Fe.....mg	0.85		0		1		0.72	1.35	
Magnesium, Mg.....mg	33		0		1		28	52	
Phosphorus, P.....mg	210		0		1		179	334	
Potassium, K.....mg	344		0		1		292	547	
Sodium, Na.....mg	103		0		1		88	164	
Zinc, Zn.....mg	0.51		0		1		0.43	0.81	
Copper, Cu.....mg	0.038		0		1		0.032	0.060	
Manganese, Mn.....mg	0.015		0		1		0.013	0.024	
Selenium, Se.....µg	46.8		0	BFSN	4		39.8	74.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.073		0		1		0.062	0.116	
Riboflavin.....mg	0.103		0		1		0.088	0.164	
Niacin.....mg	1.923		0		1		1.635	3.058	
Pantothenic acid.....mg	0.288		0		1		0.245	0.458	
Vitamin B-6.....mg	0.485		0		1		0.412	0.771	
Folate, total.....µg	1		0		1		1	2	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	1		0		1		1	2	
Folate, DFE.....µg	1		0	NC	4		1	2	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.96		0		1		0.82	1.53	
Vitamin A, RAE.....µg	18		0		1		15	29	
Retinol.....µg	18		0		1		15	29	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	60		0		1		51	95	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	3.102		0		1	2.637	4.932
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g	0.010		0		1	0.009	0.016
13:0.....g							
14:0.....g	0.967		0		1	0.822	1.538
15:0.....g							
16:0.....g	1.846		0		1	1.569	2.935
17:0.....g							
18:0.....g	0.247		0		1	0.210	0.393
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	10.742		0		1	9.131	17.080
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	2.261		0		1	1.922	3.595
17:1.....g							
18:1 undifferentiated.....g	3.068		0		1	2.608	4.878
20:1.....g	2.868		0		1	2.438	4.560
22:1 undifferentiated.....g	2.523		0		1	2.145	4.012
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.753		0		1	1.490	2.787
18:2 undifferentiated.....g	0.158		0		1	0.134	0.251
18:3 undifferentiated.....g	0.055		0		1	0.047	0.087
18:4.....g	0.169		0		1	0.144	0.269
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.078		0		1	0.066	0.124
20:5 n-3 (EPA).....g	0.674		0		1	0.573	1.072
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.114		0		1	0.097	0.181
22:6 n-3 (DHA).....g	0.504		0		1	0.428	0.801
Fatty acids, total trans.....g							
Cholesterol.....mg	59		0		1	50	94
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.206		0		1	0.175	0.328
Threonine.....g	0.808		0		1	0.687	1.285
Isoleucine.....g	0.849		0		1	0.722	1.350
Leucine.....g	1.497		0		1	1.272	2.380
Lysine.....g	1.692		0		1	1.438	2.690
Methionine.....g	0.545		0		1	0.463	0.867
Cystine.....g	0.197		0		1	0.167	0.313
Phenylalanine.....g	0.719		0		1	0.611	1.143
Tyrosine.....g	0.622		0		1	0.529	0.989
Valine.....g	0.949		0		1	0.807	1.509
Arginine.....g	1.102		0		1	0.937	1.752
Histidine.....g	0.542		0		1	0.461	0.862
Alanine.....g	1.114		0		1	0.947	1.771
Aspartic acid.....g	1.887		0		1	1.604	3.000
Glutamic acid.....g	2.750		0		1	2.338	4.373
Glycine.....g	0.884		0		1	0.751	1.406
Proline.....g	0.651		0		1	0.553	1.035
Serine.....g	0.752		0		1	0.639	1.196
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.

**NDB No. 15196**

**Fish, halibut, greenland, cooked, dry heat**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 159g: .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 28 (2015)





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	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points					
<b>Lipids:</b>								
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
21:5.....g								
22:4.....g								
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								
<b>Amino Acids:</b>								
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								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0			7	0.0	0.0
Caffeine.....mg	0		0	Z		7	0	0

NDB No. 15040

Fish, herring, Atlantic, cooked, dry heat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)



**NDB No. 15042**  
**Fish, herring, Atlantic, kippered**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>								
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
21:5.....g								
22:4.....g								
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								
<b>Amino Acids:</b>								
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								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z 7		0	0	0

**NDB No. 15042**  
**Fish, herring, Atlantic, kippered**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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 = 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 28 (2015)



**NDB No. 15041**  
**Fish, herring, Atlantic, pickled**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv	Source Code	measures of food			
			of Data Points	Code		Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
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
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0



**NDB No. 15041**  
**Fish, herring, Atlantic, pickled**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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 = 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 28 (2015)



**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
<b>Lipids:</b>									
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
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 15039  
 Fish, herring, Atlantic, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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 = 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 28 (2015)

NDB No. 15197

Fish, herring, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	4.174		0		1	6.011	3.548
4:0.....g							
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
21:5.....g							
22:4.....g							
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							
<b>Amino Acids:</b>							
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.

**NDB No. 15197**

**Fish, herring, Pacific, cooked, dry heat**

**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 28 (2015)

NDB No. 15043

Fish, herring, Pacific, raw

*Clupea harengus pallasii 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
<b>Proximates:</b>									
Water.....g	71.52	0.477	84		1		60.79	131.60	
Energy.....kcal	195		0	NC	4		166	359	
Energy.....kJ	816				4		693	1501	
Protein (N x 6.25).....g	16.39	0.133	70		1		13.93	30.16	
Total lipid (fat).....g	13.88	0.475	128		1		11.80	25.54	
Ash.....g	2.37	0.031	71		1		2.01	4.36	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	83		0		4		71	153	
Iron, Fe.....mg	1.12		1		1		0.95	2.06	
Magnesium, Mg.....mg	32		0		4		27	59	
Phosphorus, P.....mg	228		0		4		194	420	
Potassium, K.....mg	423	7.117	31		1		360	778	
Sodium, Na.....mg	74	0.631	31		1		63	136	
Zinc, Zn.....mg	0.53	0.050	14		1		0.45	0.98	
Copper, Cu.....mg	0.078	0.006	18		1		0.066	0.144	
Manganese, Mn.....mg	0.045		0		1		0.038	0.083	
Selenium, Se.....µg	36.5		0	CAZN	4		31.0	67.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.060		0		4		0.051	0.110	
Riboflavin.....mg	0.200		0		4		0.170	0.368	
Niacin.....mg	2.200		0		4		1.870	4.048	
Pantothenic acid.....mg	1.000		0		4		0.850	1.840	
Vitamin B-6.....mg	0.450		0		4		0.383	0.828	
Folate, total.....µg	5		0		4		4	9	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	5		0		4		4	9	
Folate, DFE.....µg	5		0	NC	4		4	9	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	10.00		0		4		8.50	18.40	
Vitamin A, RAE.....µg	32		2		1		27	59	
Retinol.....µg	32		2		1		27	59	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	106		2		1		90	195	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



**NDB No. 15043**  
**Fish, herring, Pacific, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	3.257		0		1	2.768	5.993
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.913	0.043	3		1	0.776	1.680
15:0.....g							
16:0.....g	2.023	0.266	3		1	1.720	3.722
17:0.....g							
18:0.....g	0.257	0.024	3		1	0.218	0.473
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	6.872		0		1	5.841	12.644
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	1.057	0.016	3		1	0.898	1.945
17:1.....g							
18:1 undifferentiated.....g	2.913	0.471	3		1	2.476	5.360
20:1.....g	1.359		2		1	1.155	2.501
22:1 undifferentiated.....g	1.492		2		1	1.268	2.745
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	2.423		0		1	2.060	4.458
18:2 undifferentiated.....g	0.192	0.051	3		1	0.163	0.353
18:3 undifferentiated.....g	0.057		2		1	0.048	0.105
18:4.....g	0.248		2		1	0.211	0.456
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.096		2		1	0.082	0.177
20:5 n-3 (EPA).....g	0.969	0.165	3		1	0.824	1.783
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.172		2		1	0.146	0.316
22:6 n-3 (DHA).....g	0.689	0.170	3		1	0.586	1.268
Fatty acids, total trans.....g							
Cholesterol.....mg	77	5.391	3		1	65	142
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.184		0		1	0.156	0.339
Threonine.....g	0.719		0		1	0.611	1.323
Isoleucine.....g	0.755		0		1	0.642	1.389
Leucine.....g	1.332		0		1	1.132	2.451
Lysine.....g	1.506		0		1	1.280	2.771
Methionine.....g	0.485		0		1	0.412	0.892
Cystine.....g	0.176		0		1	0.150	0.324
Phenylalanine.....g	0.640		0		1	0.544	1.178
Tyrosine.....g	0.553		0		1	0.470	1.018
Valine.....g	0.845		0		1	0.718	1.555
Arginine.....g	0.981		0		1	0.834	1.805
Histidine.....g	0.483		0		1	0.411	0.889
Alanine.....g	0.991		0		1	0.842	1.823
Aspartic acid.....g	1.679		0		1	1.427	3.089
Glutamic acid.....g	2.447		0		1	2.080	4.502
Glycine.....g	0.787		0		1	0.669	1.448
Proline.....g	0.580		0		1	0.493	1.067
Serine.....g	0.669		0		1	0.569	1.231
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.

**NDB No. 15043**

**Fish, herring, Pacific, raw**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 184g: 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 28 (2015)

**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
<b>Proximates:</b>									
Water.....g	73.88		0		1		62.80	111.56	
Energy.....kcal	111		0	NC	4		94	168	
Energy.....kJ	464				4		395	701	
Protein (N x 6.25).....g	24.35		0		1		20.70	36.77	
Total lipid (fat).....g	0.82		0		1		0.70	1.24	
Ash.....g	1.79		0		1		1.52	2.70	
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									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	44		0		1		37	66	
Iron, Fe.....mg	0.83		0		1		0.71	1.25	
Magnesium, Mg.....mg	81		0		1		69	122	
Phosphorus, P.....mg	254		0		1		216	384	
Potassium, K.....mg	486		0		1		413	734	
Sodium, Na.....mg	173		0		1		147	261	
Zinc, Zn.....mg	1.00		0		1		0.85	1.51	
Copper, Cu.....mg	0.141		0		1		0.120	0.213	
Manganese, Mn.....mg	0.038		0		1		0.032	0.057	
Selenium, Se.....µg	46.8		0	BFSN	4		39.8	70.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.127		0		1		0.108	0.192	
Riboflavin.....mg	0.231		0		1		0.196	0.349	
Niacin.....mg	2.801		0		1		2.381	4.230	
Pantothenic acid.....mg	0.369		0		1		0.314	0.557	
Vitamin B-6.....mg	0.351		0		1		0.298	0.530	
Folate, total.....µg	8		0		1		7	12	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	8		0		1		7	12	
Folate, DFE.....µg	8		0	NC	4		7	12	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.65		0		1		0.55	0.98	
Vitamin A, RAE.....µg	35		0		1		29	52	
Retinol.....µg	35		0		1		29	52	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	115		0		1		98	174	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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

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

Measure 2 = 151g: 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 28 (2015)

NDB No. 15044

Fish, ling, raw

*Molva molva* (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
<b>Proximates:</b>									
Water.....g	79.63	0.265	16		1		67.69	153.69	
Energy.....kcal	87		0	NC	4		74	168	
Energy.....kJ	364				4		309	703	
Protein (N x 6.25).....g	18.99	0.281	10		1		16.14	36.65	
Total lipid (fat).....g	0.64	0.105	7		1		0.54	1.24	
Ash.....g	1.40	0.103	6		1		1.19	2.70	
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									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	34		2		1		29	66	
Iron, Fe.....mg	0.65		2		1		0.55	1.25	
Magnesium, Mg.....mg	63		1		1		54	122	
Phosphorus, P.....mg	198	8.322	3		1		168	382	
Potassium, K.....mg	379		1		1		322	731	
Sodium, Na.....mg	135		1		1		115	261	
Zinc, Zn.....mg	0.78		0		4		0.66	1.51	
Copper, Cu.....mg	0.110		0		4		0.094	0.212	
Manganese, Mn.....mg	0.030		0		4		0.026	0.058	
Selenium, Se.....µg	36.5		0	CAZN	4		31.0	70.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.110		2		1		0.094	0.212	
Riboflavin.....mg	0.190	0.078	5		1		0.162	0.367	
Niacin.....mg	2.300	0.115	3		1		1.955	4.439	
Pantothenic acid.....mg	0.320	0.040	3		1		0.272	0.618	
Vitamin B-6.....mg	0.304	0.047	3		1		0.258	0.587	
Folate, total.....µg	7		0		4		6	14	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	7		0		4		6	14	
Folate, DFE.....µg	7		0	NC	4		6	14	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.56	0.068	5		1		0.48	1.08	
Vitamin A, RAE.....µg	30	19.539	3		1		26	58	
Retinol.....µg	30	19.539	3		1		26	58	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	100	65.064	3		1		85	193	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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 saturated.....g	0.120		0		4		0.102	0.232	
Fatty acids, total monounsaturated.....g	0.090		0		4		0.077	0.174	
Fatty acids, total polyunsaturated.....g	0.220		0		4		0.187	0.425	
Fatty acids, total trans.....g									
Cholesterol.....mg	40		0		4		34	77	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.213		0		1		0.181	0.411	
Threonine.....g	0.832		0		1		0.707	1.606	
Isoleucine.....g	0.875		0		1		0.744	1.689	
Leucine.....g	1.543		0		1		1.312	2.978	
Lysine.....g	1.744		0		1		1.482	3.366	
Methionine.....g	0.562		0		1		0.478	1.085	
Cystine.....g	0.204		0		1		0.173	0.394	
Phenylalanine.....g	0.741		0		1		0.630	1.430	
Tyrosine.....g	0.641		0		1		0.545	1.237	
Valine.....g	0.978		0		1		0.831	1.888	
Arginine.....g	1.136		0		1		0.966	2.192	
Histidine.....g	0.559		0		1		0.475	1.079	
Alanine.....g	1.148		0		1		0.976	2.216	
Aspartic acid.....g	1.944		0		1		1.652	3.752	
Glutamic acid.....g	2.834		0		1		2.409	5.470	
Glycine.....g	0.911		0		1		0.774	1.758	
Proline.....g	0.671		0		1		0.570	1.295	
Serine.....g	0.775		0		1		0.659	1.496	
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

Measure 2 = 193g: 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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	75.68		0		1		64.33	114.28	
Energy.....kcal	109		0	NC	4		93	165	
Energy.....kJ	456				4		388	689	
Protein (N x 6.25).....g	22.64		0		1		19.24	34.19	
Total lipid (fat).....g	1.36		0		1		1.16	2.05	
Ash.....g	1.55		0		1		1.32	2.34	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		0		1		15	27	
Iron, Fe.....mg	0.41		0		1		0.35	0.62	
Magnesium, Mg.....mg	33		0		1		28	50	
Phosphorus, P.....mg	258		0		1		219	390	
Potassium, K.....mg	560		0		1		476	846	
Sodium, Na.....mg	76		0		1		65	115	
Zinc, Zn.....mg	0.58		0		1		0.49	0.88	
Copper, Cu.....mg	0.035		0		1		0.030	0.053	
Manganese, Mn.....mg	0.026		0		1		0.022	0.039	
Selenium, Se.....µg	46.8		0	BFSN	4		39.8	70.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.035		0		1		0.030	0.053	
Riboflavin.....mg	0.139		0		1		0.118	0.210	
Niacin.....mg	2.314		0		1		1.967	3.494	
Pantothenic acid.....mg	0.865		0		1		0.735	1.306	
Vitamin B-6.....mg	0.346		0		1		0.294	0.522	
Folate, total.....µg	10		0		1		9	15	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	10		0		1		9	15	
Folate, DFE.....µg	10		0	NC	4		9	15	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	4.15		0		1		3.53	6.27	
Vitamin A, RAE.....µg	17		0		1		15	26	
Retinol.....µg	17		0		1		15	26	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	58		0		1		49	88	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.255		0		1		0.217	0.385	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.047		0		1		0.040	0.071	
15:0.....g									
16:0.....g	0.151		0		1		0.128	0.228	
17:0.....g									
18:0.....g	0.045		0		1		0.038	0.068	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.447		0		1		0.380	0.675	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.097		0		1		0.082	0.146	
17:1.....g									
18:1 undifferentiated.....g	0.244		0		1		0.207	0.368	
20:1.....g	0.093		0		1		0.079	0.140	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.383		0		1		0.326	0.578	
18:2 undifferentiated.....g	0.038		0		1		0.032	0.057	
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		0.054	0.097	
20:5 n-3 (EPA).....g	0.133		0		1		0.113	0.201	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.018		0		1		0.015	0.027	
22:6 n-3 (DHA).....g	0.130		0		1		0.111	0.196	
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0		1		57	101	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.254		0		1		0.216	0.384	
Threonine.....g	0.993		0		1		0.844	1.499	
Isoleucine.....g	1.043		0		1		0.887	1.575	
Leucine.....g	1.840		0		1		1.564	2.778	
Lysine.....g	2.079		0		1		1.767	3.139	
Methionine.....g	0.670		0		1		0.570	1.012	
Cystine.....g	0.243		0		1		0.207	0.367	
Phenylalanine.....g	0.884		0		1		0.751	1.335	
Tyrosine.....g	0.764		0		1		0.649	1.154	
Valine.....g	1.166		0		1		0.991	1.761	
Arginine.....g	1.355		0		1		1.152	2.046	
Histidine.....g	0.667		0		1		0.567	1.007	
Alanine.....g	1.369		0		1		1.164	2.067	
Aspartic acid.....g	2.318		0		1		1.970	3.500	
Glutamic acid.....g	3.380		0		1		2.873	5.104	
Glycine.....g	1.087		0		1		0.924	1.641	
Proline.....g	0.801		0		1		0.681	1.210	
Serine.....g	0.924		0		1		0.785	1.395	
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.



**NDB No. 15199**

**Fish, lingcod, cooked, dry heat**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 151g: .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 28 (2015)

NDB No. 15045

Fish, lingcod, raw

*Ophiodon elongatus Girard*

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
<b>Proximates:</b>									
Water.....g	81.03	0.066	181		1		68.88	156.39	
Energy.....kcal	85		0	NC	4		72	164	
Energy.....kJ	356				4		302	686	
Protein (N x 6.25).....g	17.66	0.078	173		1		15.01	34.08	
Total lipid (fat).....g	1.06	0.143	16		1		0.90	2.05	
Ash.....g	1.21	0.005	174		1		1.03	2.34	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	14		1		1		12	27	
Iron, Fe.....mg	0.32		2		1		0.27	0.62	
Magnesium, Mg.....mg	26		1		1		22	50	
Phosphorus, P.....mg	201		1		1		171	388	
Potassium, K.....mg	437	2.904	95		1		371	843	
Sodium, Na.....mg	59	1.020	95		1		50	114	
Zinc, Zn.....mg	0.45	0.013	78		1		0.38	0.87	
Copper, Cu.....mg	0.027	0.001	75		1		0.023	0.052	
Manganese, Mn.....mg	0.020		1		1		0.017	0.039	
Selenium, Se.....µg	36.5		0	CAZN	4		31.0	70.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.030	0.006	3		1		0.026	0.058	
Riboflavin.....mg	0.114	0.009	3		1		0.097	0.220	
Niacin.....mg	1.900	0.179	3		1		1.615	3.667	
Pantothenic acid.....mg	0.750		0		4		0.638	1.448	
Vitamin B-6.....mg	0.300		0		4		0.255	0.579	
Folate, total.....µg	9		0		4		8	17	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	9		0		4		8	17	
Folate, DFE.....µg	9		0	NC	4		8	17	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	3.60		0		4		3.06	6.95	
Vitamin A, RAE.....µg	15		0		4		13	29	
Retinol.....µg	15		0		4		13	29	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	50		0		4		43	97	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 15045**  
**Fish, lingcod, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.197		0		4	0.167	0.380
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	0.000		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	0.298	0.676
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	0.255	0.579
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
21:5.....g							
22:4.....g							
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	44	100
Phytosterols.....mg							
<b><u>Amino Acids:</u></b>							
Tryptophan.....g	0.198		0		1	0.168	0.382
Threonine.....g	0.774		0		1	0.658	1.494
Isoleucine.....g	0.814		0		1	0.692	1.571
Leucine.....g	1.435		0		1	1.220	2.770
Lysine.....g	1.622		0		1	1.379	3.130
Methionine.....g	0.523		0		1	0.445	1.009
Cystine.....g	0.189		0		1	0.161	0.365
Phenylalanine.....g	0.689		0		1	0.586	1.330
Tyrosine.....g	0.596		0		1	0.507	1.150
Valine.....g	0.910		0		1	0.774	1.756
Arginine.....g	1.057		0		1	0.898	2.040
Histidine.....g	0.520		0		1	0.442	1.004
Alanine.....g	1.068		0		1	0.908	2.061
Aspartic acid.....g	1.808		0		1	1.537	3.489
Glutamic acid.....g	2.636		0		1	2.241	5.087
Glycine.....g	0.848		0		1	0.721	1.637
Proline.....g	0.624		0		1	0.530	1.204
Serine.....g	0.720		0		1	0.612	1.390
Hydroxyproline.....g							
<b><u>Others:</u></b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg							
Theobromine.....mg							

NDB No. 15045  
Fish, lingcod, raw

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

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Blanks in the 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 = 193g: .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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	4.176		0			1	3.675	3.550	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15047**

**Fish, mackerel, Atlantic, cooked, dry heat**

**Common Measures:**

Measure 1 = 88g: 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 28 (2015)





**NDB No. 15046**  
**Fish, mackerel, Atlantic, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv Code	Source Code	measures of food		
			of Data Points			Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
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
21:5.....g								
22:4.....g								
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								
<b>Amino Acids:</b>								
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								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

**NDB No. 15046**  
**Fish, mackerel, Atlantic, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)



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				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
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
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 15201

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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 = 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 28 (2015)



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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.247		0		1		1.910	5.056	
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	0.009		11		1		0.008	0.020	
13:0.....g									
14:0.....g	0.340		83		1		0.289	0.765	
15:0.....g									
16:0.....g	1.389		83		1		1.181	3.125	
17:0.....g									
18:0.....g	0.441		83		1		0.375	0.992	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.629		0		1		2.235	5.915	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.470		83		1		0.400	1.058	
17:1.....g									
18:1 undifferentiated.....g	1.328		83		1		1.129	2.988	
20:1.....g	0.325		65		1		0.276	0.731	
22:1 undifferentiated.....g	0.485		41		1		0.412	1.091	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.940		0		1		1.649	4.365	
18:2 undifferentiated.....g	0.116		83		1		0.099	0.261	
18:3 undifferentiated.....g	0.050		42		1		0.043	0.113	
18:4.....g	0.125		33		1		0.106	0.281	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.081		58		1		0.069	0.182	
20:5 n-3 (EPA).....g	0.509		83		1		0.433	1.145	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.123		60		1		0.105	0.277	
22:6 n-3 (DHA).....g	0.932		82		1		0.792	2.097	
Fatty acids, total trans.....g									
Cholesterol.....mg	47		6		1		40	106	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.225		0		1		0.191	0.506	
Threonine.....g	0.880		0		1		0.748	1.980	
Isoleucine.....g	0.925		0		1		0.786	2.081	
Leucine.....g	1.631		0		1		1.386	3.670	
Lysine.....g	1.843		0		1		1.567	4.147	
Methionine.....g	0.594		0		1		0.505	1.337	
Cystine.....g	0.215		0		1		0.183	0.484	
Phenylalanine.....g	0.783		0		1		0.666	1.762	
Tyrosine.....g	0.678		0		1		0.576	1.526	
Valine.....g	1.034		0		1		0.879	2.327	
Arginine.....g	1.201		0		1		1.021	2.702	
Histidine.....g	0.591		0		1		0.502	1.330	
Alanine.....g	1.214		0		1		1.032	2.732	
Aspartic acid.....g	2.055		0		1		1.747	4.624	
Glutamic acid.....g	2.996		0		1		2.547	6.741	
Glycine.....g	0.963		0		1		0.819	2.167	
Proline.....g	0.710		0		1		0.604	1.598	
Serine.....g	0.819		0		1		0.696	1.843	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 15050

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

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7	0		0	

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**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 225g: 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 28 (2015)





Fish, mackerel, jack, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.857		0		1		0.526	3.528	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		0.002	0.013	0.001
13:0.....g									
14:0.....g	0.289		2		1		0.082	0.549	0.046
15:0.....g									
16:0.....g	1.185		2		1		0.336	2.252	0.190
17:0.....g									
18:0.....g	0.376		2		1		0.107	0.714	0.060
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.225		0		1		0.631	4.228	0.356
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		2		1		0.113	0.760	0.064
17:1.....g									
18:1 undifferentiated.....g	1.132		2		1		0.321	2.151	0.181
20:1.....g	0.278		2		1		0.079	0.528	0.044
22:1 undifferentiated.....g	0.414		2		1		0.117	0.787	0.066
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.651		0		1		0.468	3.137	0.264
18:2 undifferentiated.....g	0.099		2		1		0.028	0.188	0.016
18:3 undifferentiated.....g	0.043		2		1		0.012	0.082	0.007
18:4.....g	0.106		2		1		0.030	0.201	0.017
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.069		2		1		0.020	0.131	0.011
20:5 n-3 (EPA).....g	0.434		2		1		0.123	0.825	0.069
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.104		2		1		0.029	0.198	0.017
22:6 n-3 (DHA).....g	0.796		2		1		0.226	1.512	0.127
Fatty acids, total trans.....g									
Cholesterol.....mg	79		2		1		22	150	13
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.260		0		1		0.074	0.494	0.042
Threonine.....g	1.017		0		1		0.288	1.932	0.163
Isoleucine.....g	1.069		0		1		0.303	2.031	0.171
Leucine.....g	1.885		0		1		0.534	3.582	0.302
Lysine.....g	2.130		0		1		0.604	4.047	0.341
Methionine.....g	0.686		0		1		0.194	1.303	0.110
Cystine.....g	0.249		0		1		0.071	0.473	0.040
Phenylalanine.....g	0.905		0		1		0.257	1.720	0.145
Tyrosine.....g	0.783		0		1		0.222	1.488	0.125
Valine.....g	1.195		0		1		0.339	2.271	0.191
Arginine.....g	1.388		0		1		0.393	2.637	0.222
Histidine.....g	0.683		0		1		0.194	1.298	0.109
Alanine.....g	1.403		0		1		0.398	2.666	0.224
Aspartic acid.....g	2.375		0		1		0.673	4.513	0.380
Glutamic acid.....g	3.462		0		1		0.981	6.578	0.554
Glycine.....g	1.113		0		1		0.316	2.115	0.178
Proline.....g	0.820		0		1		0.232	1.558	0.131
Serine.....g	0.946		0		1		0.268	1.797	0.151
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 15048

Fish, mackerel, jack, canned, drained solids

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7	0	0	0	

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Blanks in the 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 = 190g: 1 cup

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 28 (2015)

NDB No. 15200

Fish, mackerel, king, 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
<b>Proximates:</b>									
Water.....g	69.04		0		1		58.68	106.32	
Energy.....kcal	134		0	NC	4		114	206	
Energy.....kJ	561				4		477	863	
Protein (N x 6.25).....g	26.00		0		1		22.10	40.04	
Total lipid (fat).....g	2.56		0		1		2.18	3.94	
Ash.....g	1.64		0		1		1.39	2.53	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	40		0		1		34	62	
Iron, Fe.....mg	2.28		0		1		1.94	3.51	
Magnesium, Mg.....mg	41		0		1		35	63	
Phosphorus, P.....mg	318		0		1		270	490	
Potassium, K.....mg	558		0		1		474	859	
Sodium, Na.....mg	203		0		1		173	313	
Zinc, Zn.....mg	0.72		0		1		0.61	1.11	
Copper, Cu.....mg	0.033		0		1		0.028	0.051	
Manganese, Mn.....mg	0.006		0		1		0.005	0.009	
Selenium, Se.....µg	46.8		0	BFSN	4		39.8	72.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.6		0		1		1.4	2.5	
Thiamin.....mg	0.115		0		1		0.098	0.177	
Riboflavin.....mg	0.580		0		1		0.493	0.893	
Niacin.....mg	10.462		0		1		8.893	16.111	
Pantothenic acid.....mg	0.968		0		1		0.823	1.491	
Vitamin B-6.....mg	0.510		0		1		0.434	0.785	
Folate, total.....µg	9		0		1		8	14	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	9		0		1		8	14	
Folate, DFE.....µg	9		0	NC	4		8	14	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	18.00		0		1		15.30	27.72	
Vitamin A, RAE.....µg	252		0		1		214	388	
Retinol.....µg	252		0		1		214	388	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	839		0		1		713	1292	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.465		0		1		0.395	0.716	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.105		0		1		0.089	0.162	
15:0.....g									
16:0.....g	0.310		0		1		0.264	0.477	
17:0.....g									
18:0.....g	0.050		0		1		0.043	0.077	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.979		0		1		0.832	1.508	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.151		0		1		0.128	0.233	
17:1.....g									
18:1 undifferentiated.....g	0.398		0		1		0.338	0.613	
20:1.....g	0.156		0		1		0.133	0.240	
22:1 undifferentiated.....g	0.273		0		1		0.232	0.420	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.589		0		1		0.501	0.907	
18:2 undifferentiated.....g	0.051		0		1		0.043	0.079	
18:3 undifferentiated.....g									
18:4.....g	0.115		0		1		0.098	0.177	
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		0.148	0.268	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.022		0		1		0.019	0.034	
22:6 n-3 (DHA).....g	0.227		0		1		0.193	0.350	
Fatty acids, total trans.....g									
Cholesterol.....mg	68		0		1		58	105	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.291		0		1		0.247	0.448	
Threonine.....g	1.140		0		1		0.969	1.756	
Isoleucine.....g	1.198		0		1		1.018	1.845	
Leucine.....g	2.113		0		1		1.796	3.254	
Lysine.....g	2.388		0		1		2.030	3.678	
Methionine.....g	0.770		0		1		0.655	1.186	
Cystine.....g	0.279		0		1		0.237	0.430	
Phenylalanine.....g	1.015		0		1		0.863	1.563	
Tyrosine.....g	0.878		0		1		0.746	1.352	
Valine.....g	1.340		0		1		1.139	2.064	
Arginine.....g	1.556		0		1		1.323	2.396	
Histidine.....g	0.765		0		1		0.650	1.178	
Alanine.....g	1.572		0		1		1.336	2.421	
Aspartic acid.....g	2.662		0		1		2.263	4.099	
Glutamic acid.....g	3.881		0		1		3.299	5.977	
Glycine.....g	1.248		0		1		1.061	1.922	
Proline.....g	0.919		0		1		0.781	1.415	
Serine.....g	1.061		0		1		0.902	1.634	
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.

**NDB No. 15200**

**Fish, mackerel, king, cooked, dry heat**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 154g: .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 28 (2015)

NDB No. 15049  
 Fish, mackerel, king, raw  
*Scorbermorus 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
<b>Proximates:</b>									
Water.....g	75.85	0.456	6		1		64.47	150.18	
Energy.....kcal	105		0	NC	4		89	208	
Energy.....kJ	439				4		373	870	
Protein (N x 6.25).....g	20.28	0.786	6		1		17.24	40.15	
Total lipid (fat).....g	2.00	0.188	6		1		1.70	3.96	
Ash.....g	1.28	0.017	6		1		1.09	2.53	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	31		2		1		26	61	
Iron, Fe.....mg	1.78		2		1		1.51	3.52	
Magnesium, Mg.....mg	32		2		1		27	63	
Phosphorus, P.....mg	248		2		1		211	491	
Potassium, K.....mg	435		2		1		370	861	
Sodium, Na.....mg	158		2		1		134	313	
Zinc, Zn.....mg	0.56	0.018	106		1		0.48	1.11	
Copper, Cu.....mg	0.026	0.001	107		1		0.022	0.051	
Manganese, Mn.....mg	0.005		0		1		0.004	0.010	
Selenium, Se.....µg	36.5		0	CAZN	4		31.0	72.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.6		0		4		1.4	3.2	
Thiamin.....mg	0.100		2		1		0.085	0.198	
Riboflavin.....mg	0.476		2		1		0.405	0.942	
Niacin.....mg	8.590		2		1		7.302	17.008	
Pantothenic acid.....mg	0.839		2		1		0.713	1.661	
Vitamin B-6.....mg	0.442		2		1		0.376	0.875	
Folate, total.....µg	8		2		1		6	15	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	8		2		1		6	15	
Folate, DFE.....µg	8		0	NC	4		6	15	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	15.60		2		1		13.26	30.89	
Vitamin A, RAE.....µg	218		2		1		186	432	
Retinol.....µg	218		2		1		186	432	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	727		2		1		618	1439	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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
Fatty acids, total saturated.....g	0.363		0		1		0.309	0.719	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.082		2		1		0.070	0.162	
15:0.....g									
16:0.....g	0.242		2		1		0.206	0.479	
17:0.....g									
18:0.....g	0.039		2		1		0.033	0.077	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.764		0		1		0.649	1.513	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.118		2		1		0.100	0.234	
17:1.....g									
18:1 undifferentiated.....g	0.311		2		1		0.264	0.616	
20:1.....g	0.122		2		1		0.104	0.242	
22:1 undifferentiated.....g	0.213		2		1		0.181	0.422	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.460		0		1		0.391	0.911	
18:2 undifferentiated.....g	0.040		2		1		0.034	0.079	
18:3 undifferentiated.....g									
18:4.....g	0.090		2		1		0.077	0.178	
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		0.116	0.269	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.017		2		1		0.014	0.034	
22:6 n-3 (DHA).....g	0.177		2		1		0.150	0.350	
Fatty acids, total trans.....g									
Cholesterol.....mg	53		2		1		45	105	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.227		0		1		0.193	0.449	
Threonine.....g	0.889		0		1		0.756	1.760	
Isoleucine.....g	0.935		0		1		0.795	1.851	
Leucine.....g	1.648		0		1		1.401	3.263	
Lysine.....g	1.863		0		1		1.584	3.689	
Methionine.....g	0.600		0		1		0.510	1.188	
Cystine.....g	0.217		0		1		0.184	0.430	
Phenylalanine.....g	0.792		0		1		0.673	1.568	
Tyrosine.....g	0.685		0		1		0.582	1.356	
Valine.....g	1.045		0		1		0.888	2.069	
Arginine.....g	1.214		0		1		1.032	2.404	
Histidine.....g	0.597		0		1		0.507	1.182	
Alanine.....g	1.227		0		1		1.043	2.429	
Aspartic acid.....g	2.077		0		1		1.765	4.112	
Glutamic acid.....g	3.028		0		1		2.574	5.995	
Glycine.....g	0.974		0		1		0.828	1.929	
Proline.....g	0.717		0		1		0.609	1.420	
Serine.....g	0.827		0		1		0.703	1.637	
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.



**NDB No. 15049**

**Fish, mackerel, king, raw**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 198g: .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 28 (2015)



**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		Measure 1	Measure 2	Measure 3	
			Deriv Code	Source Code				Confidence Code
<b>Lipids:</b>								
Fatty acids, total saturated.....g	7.148		0		4	5.718	1.215	9.721
4:0.....g	0.000		0		4	0.000	0.000	0.000
6:0.....g	0.000		0		4	0.000	0.000	0.000
8:0.....g	0.000		0		4	0.000	0.000	0.000
10:0.....g	0.000		0		4	0.000	0.000	0.000
12:0.....g	0.029		0		4	0.023	0.005	0.039
13:0.....g								
14:0.....g	1.082		0		4	0.866	0.184	1.472
15:0.....g								
16:0.....g	4.418		0		4	3.534	0.751	6.008
17:0.....g								
18:0.....g	1.403		0		4	1.122	0.239	1.908
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	8.320		0		4	6.656	1.414	11.315
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	1.495		0		4	1.196	0.254	2.033
17:1.....g								
18:1 undifferentiated.....g	4.224		0		4	3.379	0.718	5.745
20:1.....g	1.034		0		4	0.827	0.176	1.406
22:1 undifferentiated.....g	1.543		0		4	1.234	0.262	2.098
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	6.210		0		4	4.968	1.056	8.446
18:2 undifferentiated.....g	0.369		0		4	0.295	0.063	0.502
18:3 undifferentiated.....g	0.159		0		4	0.127	0.027	0.216
18:4.....g	0.398		0		4	0.318	0.068	0.541
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.258		0		4	0.206	0.044	0.351
20:5 n-3 (EPA).....g	1.619		0		4	1.295	0.275	2.202
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.391		0		4	0.313	0.066	0.532
22:6 n-3 (DHA).....g	2.965		0		4	2.372	0.504	4.032
Fatty acids, total trans.....g								
Cholesterol.....mg	95		0		1	76	16	129
Phytosterols.....mg								
<b>Others:</b>								
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 = 80g: 1 piece (5-1/2" x 1-1/2" x 1/2")

Measure 2 = 17g: 1 cubic inch, boneless

Measure 3 = 136g: 1 cup, cooked

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 15 Finfish and Shellfish Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 15052

Fish, mackerel, spanish, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	1.801		0		1		2.629	1.531	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15052**

**Fish, mackerel, spanish, cooked, dry heat**

**Common Measures:**

Measure 1 = 146g: 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 28 (2015)



**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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.828		0		1		1.554	3.418	
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		0.147	0.324	
15:0.....g									
16:0.....g	1.239		3		1		1.053	2.317	
17:0.....g									
18:0.....g	0.416		3		1		0.354	0.778	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.530		0		1		1.301	2.861	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.291		3		1		0.247	0.544	
17:1.....g									
18:1 undifferentiated.....g	1.117		3		1		0.949	2.089	
20:1.....g	0.072		3		1		0.061	0.135	
22:1 undifferentiated.....g	0.050		3		1		0.043	0.094	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.739		0		1		1.478	3.252	
18:2 undifferentiated.....g	0.097		3		1		0.082	0.181	
18:3 undifferentiated.....g	0.034		3		1		0.029	0.064	
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		0.141	0.310	
20:5 n-3 (EPA).....g	0.329		3		1		0.280	0.615	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.101		3		1		0.086	0.189	
22:6 n-3 (DHA).....g	1.012		3		1		0.860	1.892	
Fatty acids, total trans.....g									
Cholesterol.....mg	76		1		1		65	142	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.216		0		1		0.184	0.404	
Threonine.....g	0.846		0		1		0.719	1.582	
Isoleucine.....g	0.889		0		1		0.756	1.662	
Leucine.....g	1.568		0		1		1.333	2.932	
Lysine.....g	1.771		0		1		1.505	3.312	
Methionine.....g	0.571		0		1		0.485	1.068	
Cystine.....g	0.207		0		1		0.176	0.387	
Phenylalanine.....g	0.753		0		1		0.640	1.408	
Tyrosine.....g	0.651		0		1		0.553	1.217	
Valine.....g	0.994		0		1		0.845	1.859	
Arginine.....g	1.154		0		1		0.981	2.158	
Histidine.....g	0.568		0		1		0.483	1.062	
Alanine.....g	1.167		0		1		0.992	2.182	
Aspartic acid.....g	1.975		0		1		1.679	3.693	
Glutamic acid.....g	2.879		0		1		2.447	5.384	
Glycine.....g	0.926		0		1		0.787	1.732	
Proline.....g	0.682		0		1		0.580	1.275	
Serine.....g	0.787		0		1		0.669	1.472	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	



NDB No. 15051  
 Fish, mackerel, spanish, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 187g: 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 28 (2015)

NDB No. 15194

Fish, mahimahi, 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
<b>Proximates:</b>									
Water.....g	71.22		0		1		60.54	113.24	
Energy.....kcal	109		0	NC	4		93	173	
Energy.....kJ	456		0		4		388	725	
Protein (N x 6.25).....g	23.72		0		1		20.16	37.71	
Total lipid (fat).....g	0.90		0		1		0.77	1.43	
Ash.....g	2.69		0		1		2.29	4.28	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	19		0		1		16	30	
Iron, Fe.....mg	1.45		0		1		1.23	2.31	
Magnesium, Mg.....mg	38		0		1		32	60	
Phosphorus, P.....mg	183		0		1		156	291	
Potassium, K.....mg	533		0		1		453	847	
Sodium, Na.....mg	113		0		1		96	180	
Zinc, Zn.....mg	0.59		0		1		0.50	0.94	
Copper, Cu.....mg	0.053		0		1		0.045	0.084	
Manganese, Mn.....mg	0.019		0		1		0.016	0.030	
Selenium, Se.....µg	46.8		0	BFSN	4		39.8	74.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.023		0		1		0.020	0.037	
Riboflavin.....mg	0.085		0		1		0.072	0.135	
Niacin.....mg	7.429		0		1		6.315	11.812	
Pantothenic acid.....mg	0.865		0		1		0.735	1.375	
Vitamin B-6.....mg	0.462		0		1		0.393	0.735	
Folate, total.....µg	6		0		1		5	10	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	6		0		1		5	10	
Folate, DFE.....µg	6		0	NC	4		5	10	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.69		0		1		0.59	1.10	
Vitamin A, RAE.....µg	62		0		1		53	99	
Retinol.....µg	62		0		1		53	99	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	208		0		1		177	331	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points			Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code					
Fatty acids, total saturated.....g	0.241		0			1	0.205	0.383	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.001		0			1	0.001	0.002	
13:0.....g									
14:0.....g	0.018		0			1	0.015	0.029	
15:0.....g									
16:0.....g	0.154		0			1	0.131	0.245	
17:0.....g									
18:0.....g	0.059		0			1	0.050	0.094	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.155		0			1	0.132	0.246	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.029		0			1	0.025	0.046	
17:1.....g									
18:1 undifferentiated.....g	0.110		0			1	0.094	0.175	
20:1.....g	0.004		0			1	0.003	0.006	
22:1 undifferentiated.....g	0.012		0			1	0.010	0.019	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.211		0			1	0.179	0.335	
18:2 undifferentiated.....g	0.046		0			1	0.039	0.073	
18:3 undifferentiated.....g	0.006		0			1	0.005	0.010	
18:4.....g	0.006		0			1	0.005	0.010	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0			1	0.003	0.005	
20:5 n-3 (EPA).....g	0.026		0			1	0.022	0.041	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.012		0			1	0.010	0.019	
22:6 n-3 (DHA).....g	0.113		0			1	0.096	0.180	
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0			1	80	149	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.266		0			1	0.226	0.423	
Threonine.....g	1.040		0			1	0.884	1.654	
Isoleucine.....g	1.093		0			1	0.929	1.738	
Leucine.....g	1.928		0			1	1.639	3.066	
Lysine.....g	2.178		0			1	1.851	3.463	
Methionine.....g	0.702		0			1	0.597	1.116	
Cystine.....g	0.254		0			1	0.216	0.404	
Phenylalanine.....g	0.926		0			1	0.787	1.472	
Tyrosine.....g	0.801		0			1	0.681	1.274	
Valine.....g	1.222		0			1	1.039	1.943	
Arginine.....g	1.419		0			1	1.206	2.256	
Histidine.....g	0.698		0			1	0.593	1.110	
Alanine.....g	1.434		0			1	1.219	2.280	
Aspartic acid.....g	2.429		0			1	2.065	3.862	
Glutamic acid.....g	3.541		0			1	3.010	5.630	
Glycine.....g	1.138		0			1	0.967	1.809	
Proline.....g	0.839		0			1	0.713	1.334	
Serine.....g	0.968		0			1	0.823	1.539	
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.

**NDB No. 15194**

**Fish, mahimahi, cooked, dry heat**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 159g: 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 28 (2015)

NDB No. 15023  
 Fish, mahimahi, 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
<b>Proximates:</b>									
Water.....g	77.55		2		1		65.92	158.20	
Energy.....kcal	85		0	NC	4		72	173	
Energy.....kJ	356		0		4		302	726	
Protein (N x 6.25).....g	18.50		1		1		15.73	37.74	
Total lipid (fat).....g	0.70		1		1		0.60	1.43	
Ash.....g	2.10		1		1		1.79	4.28	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	15		0		4		13	31	
Iron, Fe.....mg	1.13		0		4		0.96	2.31	
Magnesium, Mg.....mg	30		0		4		26	61	
Phosphorus, P.....mg	143		0		4		122	292	
Potassium, K.....mg	416		1		1		354	849	
Sodium, Na.....mg	88		2		1		75	180	
Zinc, Zn.....mg	0.46	0.035	65		1		0.39	0.94	
Copper, Cu.....mg	0.041	0.002	64		1		0.035	0.084	
Manganese, Mn.....mg	0.015		0		1		0.013	0.031	
Selenium, Se.....µg	36.5		0	CAZN	4		31.0	74.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.020		0		4		0.017	0.041	
Riboflavin.....mg	0.070		0		4		0.060	0.143	
Niacin.....mg	6.100		0		4		5.185	12.444	
Pantothenic acid.....mg	0.750		0		4		0.638	1.530	
Vitamin B-6.....mg	0.400		0		4		0.340	0.816	
Folate, total.....µg	5		0		4		4	10	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	5		0		4		4	10	
Folate, DFE.....µg	5		0	NC	4		4	10	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.60		0		4		0.51	1.22	
Vitamin A, RAE.....µg	54		0		4		46	110	
Retinol.....µg	54		0		4		46	110	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	180		0		4		153	367	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 15023**  
**Fish, mahimahi, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.188		0		1	0.160	0.384
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	0.001	0.002
13:0.....g							
14:0.....g	0.014	0.007	3		1	0.012	0.029
15:0.....g							
16:0.....g	0.120	0.022	3		1	0.102	0.245
17:0.....g							
18:0.....g	0.046	0.006	3		1	0.039	0.094
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.121		0		1	0.103	0.247
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.023	0.015	3		1	0.020	0.047
17:1.....g							
18:1 undifferentiated.....g	0.086	0.013	3		1	0.073	0.175
20:1.....g	0.003		2		1	0.003	0.006
22:1 undifferentiated.....g	0.009		2		1	0.008	0.018
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.165		0		1	0.140	0.337
18:2 undifferentiated.....g	0.036	0.018	3		1	0.031	0.073
18:3 undifferentiated.....g	0.005		1		1	0.004	0.010
18:4.....g	0.005		1		1	0.004	0.010
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.002		1		1	0.002	0.004
20:5 n-3 (EPA).....g	0.020	0.012	3		1	0.017	0.041
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.009		2		1	0.008	0.018
22:6 n-3 (DHA).....g	0.088	0.009	3		1	0.075	0.180
Fatty acids, total trans.....g							
Cholesterol.....mg	73		1		1	62	149
Phytosterols.....mg							
<b><u>Amino Acids:</u></b>							
Tryptophan.....g	0.207		0		1	0.176	0.422
Threonine.....g	0.811		0		1	0.689	1.654
Isoleucine.....g	0.852		0		1	0.724	1.738
Leucine.....g	1.504		0		1	1.278	3.068
Lysine.....g	1.699		0		1	1.444	3.466
Methionine.....g	0.548		0		1	0.466	1.118
Cystine.....g	0.198		0		1	0.168	0.404
Phenylalanine.....g	0.722		0		1	0.614	1.473
Tyrosine.....g	0.625		0		1	0.531	1.275
Valine.....g	0.953		0		1	0.810	1.944
Arginine.....g	1.107		0		1	0.941	2.258
Histidine.....g	0.545		0		1	0.463	1.112
Alanine.....g	1.119		0		1	0.951	2.283
Aspartic acid.....g	1.894		0		1	1.610	3.864
Glutamic acid.....g	2.762		0		1	2.348	5.634
Glycine.....g	0.888		0		1	0.755	1.812
Proline.....g	0.654		0		1	0.556	1.334
Serine.....g	0.755		0		1	0.642	1.540
Hydroxyproline.....g							
<b><u>Others:</u></b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg							
Theobromine.....mg							

NDB No. 15023  
Fish, mahimahi, raw

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

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Blanks in the 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 = 204g: 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 28 (2015)

**NDB No. 15202**  
**Fish, milkfish, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	18		0	NC	4		15		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	3.27		0		1		2.78		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g							
Fatty acids, total monounsaturated.....g							
Fatty acids, total polyunsaturated.....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	67		0		1	57	
Phytosterols.....mg							
<b>Amino Acids:</b>							
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 28 (2015)

**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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	16		0	NC	4		14		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	3.40		1		1		2.89		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 15053**  
**Fish, milkfish, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.660		0		4		1.411		
Fatty acids, total monounsaturated.....g	2.580		0		4		2.193		
Fatty acids, total polyunsaturated.....g	1.840		0		4		1.564		
Fatty acids, total trans.....g									
Cholesterol.....mg	52		1		1		44		
Phytosterols.....mg									
<b>Amino Acids:</b>									
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 28 (2015)

**NDB No. 15203**  
**Fish, monkfish, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	8		0	NC	4		7		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.04		0		1		0.88		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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 saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	32		0		1		27		
Phytosterols.....mg									
<b>Amino Acids:</b>									
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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	7		0	NC	4		6		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.90		0		4		0.77		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 15054**  
**Fish, monkfish, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.340		0		4	0.289	
Fatty acids, total monounsaturated.....g	0.240		0		4	0.204	
Fatty acids, total polyunsaturated.....g	0.610		0		4	0.519	
Fatty acids, total trans.....g							
Cholesterol.....mg	25		1		1	21	
Phytosterols.....mg							
<b><u>Amino Acids:</u></b>							
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 28 (2015)

NDB No. 15056

Fish, mullet, striped, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



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
Fatty acids, total saturated.....g	1.431		0		1		1.331	1.216	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15056**

**Fish, mullet, striped, cooked, dry heat**

**Common Measures:**

Measure 1 = 93g: 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 28 (2015)



**NDB No. 15055**  
**Fish, mullet, striped, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
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
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

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
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
- 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 28 (2015)

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
<b>Proximates:</b>									
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	
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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	
Tocotrienol, alpha.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, beta.....mg	0.00		0	RA	4		0.00	0.00	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, 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									
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	
Dihydrophyloquinone.....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4.....µg	0.2		0	RA	4		0.1	0.2	
<b>Lipids:</b>									
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	
21:5.....g									
22:4.....g	0.001		0	RA	4		0.001	0.001	
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									
<b>Amino Acids:</b>									
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	

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
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	
Hydroxyproline.....g									
<b>Others:</b>									
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 28 (2015)



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
<b>Proximates:</b>									
Water.....g	83.07	0.544	11	A	1		23.55	53.17	70.61
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	1.20	0.021	115		1		0.34	0.77	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
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
<b>Minerals:</b>									
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
<b>Vitamins:</b>									
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.....µg	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.....µg	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
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00

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
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, 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									
Vitamin D3 (cholecalciferol).....µg	1.2	0.805	4	A	1		0.3	0.8	1.0
Vitamin D.....µg	48	32.180	4	A	1	14	31	41	
Vitamin K (phylloquinone).....µg	0.1		1	A	1		0.0	0.1	0.1
Dihydrophyloquinone.....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
<b>Lipids:</b>									
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 t.....g	0.003	0.000	11	A	1		0.001	0.002	0.003
18:1-11 t (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 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-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		
	Mean	Std. Error	Number			measures of food			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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 28 (2015)

NDB No. 15061

Fish, perch, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	0.237		0		1		0.109	0.201	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15061**

**Fish, perch, mixed species, cooked, dry heat**

**Common Measures:**

Measure 1 = 46g: 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 28 (2015)



**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
<b>Lipids:</b>									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	



NDB No. 15060

Fish, perch, mixed species, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	72.97		0		1		62.02	113.10	
Energy.....kcal	113		0	NC	4		96	175	
Energy.....kJ	473				4		402	733	
Protein (N x 6.25).....g	24.69		0		1		20.99	38.27	
Total lipid (fat).....g	0.88		0		1		0.75	1.36	
Ash.....g	1.54		0		1		1.31	2.39	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	73		0		1		62	113	
Iron, Fe.....mg	0.71		0		1		0.60	1.10	
Magnesium, Mg.....mg	40		0		4		34	62	
Phosphorus, P.....mg	282		0		1		240	437	
Potassium, K.....mg	331		0		1		281	513	
Sodium, Na.....mg	49		0		4		42	76	
Zinc, Zn.....mg	0.86		0		1		0.73	1.33	
Copper, Cu.....mg	0.065		0		1		0.055	0.101	
Manganese, Mn.....mg	0.310		0		4		0.264	0.481	
Selenium, Se.....µg	16.2		0	BFSN	4		13.8	25.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.8		0		1		3.2	5.9	
Thiamin.....mg	0.067		0		1		0.057	0.104	
Riboflavin.....mg	0.077		0		1		0.065	0.119	
Niacin.....mg	2.800		0		4		2.380	4.340	
Pantothenic acid.....mg	0.870		0		4		0.740	1.349	
Vitamin B-6.....mg	0.135		0		1		0.115	0.209	
Folate, total.....µg	17		0		4		15	27	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	17		0		4		15	27	
Folate, DFE.....µg	17		0	NC	4		15	27	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.30		0		4		1.96	3.57	
Vitamin A, RAE.....µg	24		0		1		21	38	
Retinol.....µg	24		0		1		21	38	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	81		0		1		69	126	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	0.151		0		1		0.128	0.234	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.001		0		1		0.001	0.002	
13:0.....g									
14:0.....g	0.023		0		1		0.020	0.036	
15:0.....g									
16:0.....g	0.100		0		1		0.085	0.155	
17:0.....g									
18:0.....g	0.023		0		1		0.020	0.036	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.201		0		1		0.171	0.312	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.072		0		1		0.061	0.112	
17:1.....g									
18:1 undifferentiated.....g	0.101		0		1		0.086	0.157	
20:1.....g	0.017		0		1		0.014	0.026	
22:1 undifferentiated.....g	0.006		0		1		0.005	0.009	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.259		0		1		0.220	0.401	
18:2 undifferentiated.....g	0.041		0		1		0.035	0.064	
18:3 undifferentiated.....g	0.027		0		1		0.023	0.042	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.036		0		1		0.031	0.056	
20:5 n-3 (EPA).....g	0.042		0		1		0.036	0.065	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.018		0		1		0.015	0.028	
22:6 n-3 (DHA).....g	0.095		0		1		0.081	0.147	
Fatty acids, total trans.....g									
Cholesterol.....mg	50		0		1		43	78	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.277		0		1		0.235	0.429	
Threonine.....g	1.082		0		1		0.920	1.677	
Isoleucine.....g	1.138		0		1		0.967	1.764	
Leucine.....g	2.007		0		1		1.706	3.111	
Lysine.....g	2.267		0		1		1.927	3.514	
Methionine.....g	0.731		0		1		0.621	1.133	
Cystine.....g	0.265		0		1		0.225	0.411	
Phenylalanine.....g	0.964		0		1		0.819	1.494	
Tyrosine.....g	0.833		0		1		0.708	1.291	
Valine.....g	1.272		0		1		1.081	1.972	
Arginine.....g	1.477		0		1		1.255	2.289	
Histidine.....g	0.727		0		1		0.618	1.127	
Alanine.....g	1.493		0		1		1.269	2.314	
Aspartic acid.....g	2.528		0		1		2.149	3.918	
Glutamic acid.....g	3.685		0		1		3.132	5.712	
Glycine.....g	1.185		0		1		1.007	1.837	
Proline.....g	0.873		0		1		0.742	1.353	
Serine.....g	1.007		0		1		0.856	1.561	
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.

**NDB No. 15063**

**Fish, pike, northern, cooked, dry heat**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 155g: .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 28 (2015)



**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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.118		0		1	0.100	0.234
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	0.001	0.002
13:0.....g							
14:0.....g	0.018	0.003	4		1	0.015	0.036
15:0.....g							
16:0.....g	0.078	0.002	4		1	0.066	0.154
17:0.....g							
18:0.....g	0.018	0.002	4		1	0.015	0.036
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.157		0		1	0.133	0.311
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.056	0.013	4		1	0.048	0.111
17:1.....g							
18:1 undifferentiated.....g	0.079	0.013	4		1	0.067	0.156
20:1.....g	0.013	0.001	3		1	0.011	0.026
22:1 undifferentiated.....g	0.005	0.003	3		1	0.004	0.010
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.202		0		1	0.172	0.400
18:2 undifferentiated.....g	0.032	0.005	4		1	0.027	0.063
18:3 undifferentiated.....g	0.021	0.004	3		1	0.018	0.042
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	0.024	0.055
20:5 n-3 (EPA).....g	0.033	0.005	4		1	0.028	0.065
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.014	0.003	4		1	0.012	0.028
22:6 n-3 (DHA).....g	0.074	0.029	4		1	0.063	0.147
Fatty acids, total trans.....g							
Cholesterol.....mg	39		1		1	33	77
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.216		0		1	0.184	0.428
Threonine.....g	0.844		0		1	0.717	1.671
Isoleucine.....g	0.887		0		1	0.754	1.756
Leucine.....g	1.565		0		1	1.330	3.099
Lysine.....g	1.768		0		1	1.503	3.501
Methionine.....g	0.570		0		1	0.485	1.129
Cystine.....g	0.206		0		1	0.175	0.408
Phenylalanine.....g	0.752		0		1	0.639	1.489
Tyrosine.....g	0.650		0		1	0.553	1.287
Valine.....g	0.992		0		1	0.843	1.964
Arginine.....g	1.152		0		1	0.979	2.281
Histidine.....g	0.567		0		1	0.482	1.123
Alanine.....g	1.165		0		1	0.990	2.307
Aspartic acid.....g	1.972		0		1	1.676	3.905
Glutamic acid.....g	2.875		0		1	2.444	5.693
Glycine.....g	0.924		0		1	0.785	1.830
Proline.....g	0.681		0		1	0.579	1.348
Serine.....g	0.786		0		1	0.668	1.556
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0

NDB No. 15062  
 Fish, pike, northern, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 198g: .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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.319		0		1		0.396	0.271	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									

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**NDB No. 15204**

**Fish, pike, walleye, cooked, dry heat**

**Common Measures:**

Measure 1 = 124g: 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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	79.31	0.210	28		1		67.41	126.10	
Energy.....kcal	93		0	NC	4		79	148	
Energy.....kJ	389				4		331	619	
Protein (N x 6.25).....g	19.14	0.106	29		1		16.27	30.43	
Total lipid (fat).....g	1.22	0.162	14		1		1.04	1.94	
Ash.....g	1.20	0.018	29		1		1.02	1.91	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	110		1		1		94	175	
Iron, Fe.....mg	1.30		1		1		1.11	2.07	
Magnesium, Mg.....mg	30		1		1		26	48	
Phosphorus, P.....mg	210		1		1		179	334	
Potassium, K.....mg	389	70.392	3		1		331	619	
Sodium, Na.....mg	51	0.667	3		1		43	81	
Zinc, Zn.....mg	0.62	0.070	28		1		0.53	0.99	
Copper, Cu.....mg	0.178	0.111	3		1		0.151	0.283	
Manganese, Mn.....mg	0.800		1		1		0.680	1.272	
Selenium, Se.....µg	12.6		0	BFZN	4		10.7	20.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.270		0		4		0.230	0.429	
Riboflavin.....mg	0.160		0		4		0.136	0.254	
Niacin.....mg	2.300		0		4		1.955	3.657	
Pantothenic acid.....mg	0.750		0		4		0.638	1.193	
Vitamin B-6.....mg	0.120		0		4		0.102	0.191	
Folate, total.....µg	15		0		4		13	24	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	15		0		4		13	24	
Folate, DFE.....µg	15		0	NC	4		13	24	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.00		0		4		1.70	3.18	
Vitamin A, RAE.....µg	21		0		4		18	33	
Retinol.....µg	21		0		4		18	33	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	70		0		4		60	111	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 15064  
Fish, pike, walleye, raw

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

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Blanks in the 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 = 159g: 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 28 (2015)



NDB No. 15267

Fish, pollock, Alaska, cooked (not previously frozen)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
18:2 i.....g									
18:2 t not further defined.....g	0.000		3	A	1		0.000		
18:3 undifferentiated.....g	0.000		0	AS	1		0.000		
18:3 n-3 c,c,c (ALA).....g	0.000		3	A	1		0.000		
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000		
18:3i.....g									
18:4.....g	0.001		3	A	1		0.001		
20:2 n-6 c,c.....g	0.000		3	A	1		0.000		
20:3 undifferentiated.....g	0.001		0	AS	1		0.001		
20:3 n-3.....g	0.000		3	A	1		0.000		
20:3 n-6.....g	0.001		3	A	1		0.001		
20:4 undifferentiated.....g	0.002		3	A	1		0.001		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.027		3	A	1		0.023		
21:5.....g									
22:4.....g	0.000		3	A	1		0.000		
22:5 n-3 (DPA).....g	0.003		3	A	1		0.003		
22:6 n-3 (DHA).....g	0.060		3	A	1		0.051		
Fatty acids, total trans.....g	0.001		0	NC	4		0.001		
Fatty acids, total trans-monoenoic.....g	0.001		0	NC	4		0.001		
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000		
Cholesterol.....mg	74		3	A	1		63		
Phytosterols.....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:**

Measure 1 = 85g: 3 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 15 Finfish and Shellfish Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 15067

Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	

NDB No. 15067

Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	RA	4		0	0	

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**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 = 166 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 28 (2015)

NDB No. 15066

Fish, pollock, Alaska, raw (may have been previously frozen)

*Theragra chalcogramma (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
<b>Proximates:</b>									
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	
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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	
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	

NDB No. 15066

Fish, pollock, Alaska, raw (may have been previously frozen)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, 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									
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	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg	0.0		1	A	1		0.0	0.0	
<b>Lipids:</b>									
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 t.....g	0.004	0.001	8	A	1		0.003	0.003	
18:1-11 t (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 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-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, Alaska, raw (may have been previously frozen)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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 = 159 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 28 (2015)



NDB No. 15266

Fish, pollock, Alaska, raw (not previously frozen)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
18:2 i.....g									
18:2 t not further defined.....g	0.000		3	A	1		0.000		
18:3 undifferentiated.....g	0.000		0	AS	1		0.000		
18:3 n-3 c,c,c (ALA).....g	0.000		3	A	1		0.000		
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000		
18:3i.....g									
18:4.....g	0.001		3	A	1		0.000		
20:2 n-6 c,c.....g	0.000		3	A	1		0.000		
20:3 undifferentiated.....g	0.001		0	AS	1		0.000		
20:3 n-3.....g	0.000		3	A	1		0.000		
20:3 n-6.....g	0.001		3	A	1		0.000		
20:4 undifferentiated.....g	0.001		3	A	1		0.001		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.020		3	A	1		0.017		
21:5.....g									
22:4.....g	0.000		3	A	1		0.000		
22:5 n-3 (DPA).....g	0.002		3	A	1		0.002		
22:6 n-3 (DHA).....g	0.042		3	A	1		0.036		
Fatty acids, total trans.....g	0.001		0	NC	4		0.001		
Fatty acids, total trans-monoenoic.....g	0.001		0	NC	4		0.001		
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000		
Cholesterol.....mg	61		3	A	1		52		
Phytosterols.....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:**

Measure 1 = 85g: 3 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 15205

Fish, pollock, 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
<b>Proximates:</b>									
Water.....g	72.03		0		1		61.23	108.77	
Energy.....kcal	118		0	NC	4		100	178	
Energy.....kJ	494				4		420	746	
Protein (N x 6.25).....g	24.92		0		1		21.18	37.63	
Total lipid (fat).....g	1.26		0		1		1.07	1.90	
Ash.....g	1.81		0		1		1.54	2.73	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	77		0		1		65	116	
Iron, Fe.....mg	0.59		0		1		0.50	0.89	
Magnesium, Mg.....mg	86		0		1		73	130	
Phosphorus, P.....mg	283		0		1		241	427	
Potassium, K.....mg	456		0		1		388	689	
Sodium, Na.....mg	110		0		1		94	166	
Zinc, Zn.....mg	0.60		0		1		0.51	0.91	
Copper, Cu.....mg	0.064		0		1		0.054	0.097	
Manganese, Mn.....mg	0.019		0		1		0.016	0.029	
Selenium, Se.....µg	46.8		0	BFSN	4		39.8	70.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.054		0		1		0.046	0.082	
Riboflavin.....mg	0.225		0		1		0.191	0.340	
Niacin.....mg	3.983		0		1		3.386	6.014	
Pantothenic acid.....mg	0.413		0		1		0.351	0.624	
Vitamin B-6.....mg	0.331		0		1		0.281	0.500	
Folate, total.....µg	3		0		1		3	5	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	3		0		1		3	5	
Folate, DFE.....µg	3		0	NC	4		3	5	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	3.68		0		1		3.13	5.56	
Vitamin A, RAE.....µg	12		0		1		10	18	
Retinol.....µg	12		0		1		10	18	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	40		0		1		34	60	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.170		0		1		0.145	0.257	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.006		0		1		0.005	0.009	
15:0.....g									
16:0.....g	0.108		0		1		0.092	0.163	
17:0.....g									
18:0.....g	0.055		0		1		0.047	0.083	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.143		0		1		0.122	0.216	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0		1		0.013	0.023	
17:1.....g									
18:1 undifferentiated.....g	0.086		0		1		0.073	0.130	
20:1.....g	0.028		0		1		0.024	0.042	
22:1 undifferentiated.....g	0.013		0		1		0.011	0.020	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.622		0		1		0.529	0.939	
18:2 undifferentiated.....g	0.012		0		1		0.010	0.018	
18:3 undifferentiated.....g									
18:4.....g	0.006		0		1		0.005	0.009	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		0		1		0.028	0.050	
20:5 n-3 (EPA).....g	0.091		0		1		0.077	0.137	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.028		0		1		0.024	0.042	
22:6 n-3 (DHA).....g	0.451		0		1		0.383	0.681	
Fatty acids, total trans.....g									
Cholesterol.....mg	91		0		1		77	137	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.279		0		1		0.237	0.421	
Threonine.....g	1.093		0		1		0.929	1.650	
Isoleucine.....g	1.148		0		1		0.976	1.733	
Leucine.....g	2.026		0		1		1.722	3.059	
Lysine.....g	2.289		0		1		1.946	3.456	
Methionine.....g	0.738		0		1		0.627	1.114	
Cystine.....g	0.267		0		1		0.227	0.403	
Phenylalanine.....g	0.973		0		1		0.827	1.469	
Tyrosine.....g	0.841		0		1		0.715	1.270	
Valine.....g	1.284		0		1		1.091	1.939	
Arginine.....g	1.491		0		1		1.267	2.251	
Histidine.....g	0.734		0		1		0.624	1.108	
Alanine.....g	1.507		0		1		1.281	2.276	
Aspartic acid.....g	2.552		0		1		2.169	3.854	
Glutamic acid.....g	3.721		0		1		3.163	5.619	
Glycine.....g	1.196		0		1		1.017	1.806	
Proline.....g	0.881		0		1		0.749	1.330	
Serine.....g	1.017		0		1		0.864	1.536	
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.

**NDB No. 15205**

**Fish, pollock, Atlantic, cooked, dry heat**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 151g: .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 28 (2015)



NDB No. 15065  
Fish, pollock, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv Code	Source Code	measures of food		
			of Data Points			Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.135		0		1		0.115	0.261
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		0.004	0.010
15:0.....g								
16:0.....g	0.084		1		1		0.071	0.162
17:0.....g								
18:0.....g	0.043		1		1		0.037	0.083
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.112		0		1		0.095	0.216
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.012		1		1		0.010	0.023
17:1.....g								
18:1 undifferentiated.....g	0.067		1		1		0.057	0.129
20:1.....g	0.022		1		1		0.019	0.042
22:1 undifferentiated.....g	0.010		1		1		0.009	0.019
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.483		0		1		0.411	0.932
18:2 undifferentiated.....g	0.009		1		1		0.008	0.017
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000
18:4.....g	0.005		1		1		0.004	0.010
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.026		1		1		0.022	0.050
20:5 n-3 (EPA).....g	0.071		1		1		0.060	0.137
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.022		1		1		0.019	0.042
22:6 n-3 (DHA).....g	0.350		1		1		0.298	0.676
Fatty acids, total trans.....g								
Cholesterol.....mg	71		1		1		60	137
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.218		0		1		0.185	0.421
Threonine.....g	0.852		0		1		0.724	1.644
Isoleucine.....g	0.896		0		1		0.762	1.729
Leucine.....g	1.580		0		1		1.343	3.049
Lysine.....g	1.786		0		1		1.518	3.447
Methionine.....g	0.576		0		1		0.490	1.112
Cystine.....g	0.208		0		1		0.177	0.401
Phenylalanine.....g	0.759		0		1		0.645	1.465
Tyrosine.....g	0.656		0		1		0.558	1.266
Valine.....g	1.002		0		1		0.852	1.934
Arginine.....g	1.164		0		1		0.989	2.247
Histidine.....g	0.572		0		1		0.486	1.104
Alanine.....g	1.176		0		1		1.000	2.270
Aspartic acid.....g	1.991		0		1		1.692	3.843
Glutamic acid.....g	2.903		0		1		2.468	5.603
Glycine.....g	0.933		0		1		0.793	1.801
Proline.....g	0.688		0		1		0.585	1.328
Serine.....g	0.793		0		1		0.674	1.530
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

NDB No. 15065  
 Fish, pollock, Atlantic, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 193g: .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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	4.499		0		1		3.959	3.824	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15069**

**Fish, pompano, florida, cooked, dry heat**

**Common Measures:**

Measure 1 = 88g: 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 28 (2015)





NDB No. 15068  
 Fish, pompano, florida, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>								
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
21:5.....g								
22:4.....g								
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								
<b>Amino Acids:</b>								
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								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z 7		0	0	0

**NDB No. 15068**  
**Fish, pompano, florida, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 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 28 (2015)

NDB No. 15206

Fish, pout, ocean, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	0.410		0		1	0.562	0.349	
4:0.....g								
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								
21:5.....g								
22:4.....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								
<b>Amino Acids:</b>								
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.

**NDB No. 15206**

**Fish, pout, ocean, cooked, dry heat**

**Common Measures:**

Measure 1 = 137g: .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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	81.36	0.695	6		1		69.16	143.19	
Energy.....kcal	79		0	NC	4		67	139	
Energy.....kJ	331				4		281	582	
Protein (N x 6.25).....g	16.64	0.676	5		1		14.14	29.29	
Total lipid (fat).....g	0.91	0.096	5		1		0.77	1.60	
Ash.....g	1.13	0.022	5		1		0.96	1.99	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	10		1		1		9	18	
Iron, Fe.....mg	0.28		1		1		0.24	0.49	
Magnesium, Mg.....mg	13		1		1		11	23	
Phosphorus, P.....mg	200		0		4		170	352	
Potassium, K.....mg	400		0		4		340	704	
Sodium, Na.....mg	61		1		1		52	107	
Zinc, Zn.....mg	1.03	0.055	34		1		0.88	1.81	
Copper, Cu.....mg	0.032	0.003	34		1		0.027	0.056	
Manganese, Mn.....mg	0.015		1		1		0.013	0.026	
Selenium, Se.....µg	36.5		0	CAZN	4		31.0	64.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.080		0		4		0.068	0.141	
Riboflavin.....mg	0.060		0		4		0.051	0.106	
Niacin.....mg	2.100		0		4		1.785	3.696	
Pantothenic acid.....mg	0.150		0		4		0.128	0.264	
Vitamin B-6.....mg	0.240		0		4		0.204	0.422	
Folate, total.....µg	7		0		4		6	12	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	7		0		4		6	12	
Folate, DFE.....µg	7		0	NC	4		6	12	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.90		0		4		0.77	1.58	
Vitamin A, RAE.....µg	12		0		4		10	21	
Retinol.....µg	12		0		4		10	21	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	40		0		4		34	70	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 15059**  
**Fish, pout, ocean, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.320		0		1		0.272	0.563	
4:0.....g									
6:0.....g									
8:0.....g	0.057		1		1		0.048	0.100	
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.031		1		1		0.026	0.055	
15:0.....g									
16:0.....g	0.176		1		1		0.150	0.310	
17:0.....g									
18:0.....g	0.056		1		1		0.048	0.099	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.329		0		1		0.280	0.579	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.082		1		1		0.070	0.144	
17:1.....g									
18:1 undifferentiated.....g	0.247		1		1		0.210	0.435	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.032		0		1		0.027	0.056	
18:2 undifferentiated.....g	0.032		1		1		0.027	0.056	
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									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	52		1		1		44	92	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.186		0		1		0.158	0.327	
Threonine.....g	0.729		0		1		0.620	1.283	
Isoleucine.....g	0.767		0		1		0.652	1.350	
Leucine.....g	1.352		0		1		1.149	2.380	
Lysine.....g	1.528		0		1		1.299	2.689	
Methionine.....g	0.492		0		1		0.418	0.866	
Cystine.....g	0.178		0		1		0.151	0.313	
Phenylalanine.....g	0.650		0		1		0.553	1.144	
Tyrosine.....g	0.562		0		1		0.478	0.989	
Valine.....g	0.857		0		1		0.728	1.508	
Arginine.....g	0.996		0		1		0.847	1.753	
Histidine.....g	0.490		0		1		0.417	0.862	
Alanine.....g	1.006		0		1		0.855	1.771	
Aspartic acid.....g	1.704		0		1		1.448	2.999	
Glutamic acid.....g	2.484		0		1		2.111	4.372	
Glycine.....g	0.799		0		1		0.679	1.406	
Proline.....g	0.588		0		1		0.500	1.035	
Serine.....g	0.679		0		1		0.577	1.195	
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.



**NDB No. 15059**

**Fish, pout, ocean, raw**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 176g: .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 28 (2015)

NDB No. 15071

Fish, rockfish, Pacific, 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
<b>Proximates:</b>									
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	
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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	
Tocotrienol, alpha.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, beta.....mg	0.00		0	RA	4		0.00	0.00	

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		
	Mean	Std. Error	Number			measures of food			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
		Points	Code	Code	Code				
Tocotrienol, gamma.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, 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									
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	
Dihydrophyloquinone.....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4.....µg	0.0		0	RA	4		0.0	0.0	
<b>Lipids:</b>									
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	
21:5.....g									
22:4.....g	0.003		0	RA	4		0.004	0.002	
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									
<b>Amino Acids:</b>									
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	

NDB No. 15071

Fish, rockfish, Pacific, mixed species, cooked, dry heat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
Hydroxyproline.....g									
<b>Others:</b>									
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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	79.08	1.394	4	A	1		67.21	151.04	
Energy.....kcal	90		0	NC	4		77	173	
Energy.....kJ	378		0	NC	4		322	723	
Protein (N x 6.25).....g	18.36	0.344	4	A	1		15.61	35.07	
Total lipid (fat).....g	1.34	0.467	4	A	1		1.14	2.55	
Ash.....g	1.31	0.133	4	A	1		1.12	2.51	
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	
<b>Minerals:</b>									
Calcium, Ca.....mg	14	1.576	4	A	1		12	27	
Iron, Fe.....mg	0.30	0.088	4	A	1		0.25	0.57	
Magnesium, Mg.....mg	27	0.706	4	A	1		23	52	
Phosphorus, P.....mg	205	8.230	4	A	1		174	392	
Potassium, K.....mg	386	6.455	4	A	1		328	737	
Sodium, Na.....mg	74	3.946	4	A	1		63	141	
Zinc, Zn.....mg	0.36	0.030	4	A	1		0.30	0.68	
Copper, Cu.....mg	0.034	0.006	4	A	1		0.029	0.064	
Manganese, Mn.....mg	0.011	0.000	4	A	1		0.009	0.021	
Selenium, Se.....µg	63.0	6.907	4	A	1		53.5	120.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.023	0.003	3	A	1		0.020	0.045	
Riboflavin.....mg	0.187	0.142	3	A	1		0.159	0.357	
Niacin.....mg	2.393	0.710	3	A	1		2.034	4.571	
Pantothenic acid.....mg	0.333	0.052	3	A	1		0.283	0.637	
Vitamin B-6.....mg	0.210	0.088	3	A	1		0.178	0.400	
Folate, total.....µg	9		0		4		8	17	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	9		0		4		8	17	
Folate, DFE.....µg	9		0	NC	4		8	17	
Choline, total.....mg	65.0		0	T	4		55.3	124.2	
Betaine.....mg									
Vitamin B-12.....µg	1.39	0.429	3	A	1		1.18	2.65	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	4		0	AS	1		4	9	
Retinol.....µg	4		1	A	1		4	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	15		0	AS	1		13	28	
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		0.31	0.69	
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	
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	

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
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, 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		3.2	7.2	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	3.8	2.264	4	A	1		3.2	7.2	
Vitamin D.....IU	151	90.608	4	A	1		128	288	
Vitamin K (phylloquinone).....µg	0.0		1	A	1		0.0	0.0	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg	0.0		1	A	1		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.347		0	NC	4		0.295	0.662	
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		0.001	0.003	
13:0.....g									
14:0.....g	0.049	0.024	4	A	1		0.042	0.094	
15:0.....g	0.006	0.002	4	A	1		0.005	0.011	
16:0.....g	0.229	0.080	4	A	1		0.194	0.437	
17:0.....g	0.004	0.002	4	A	1		0.003	0.008	
18:0.....g	0.055	0.019	4	A	1		0.046	0.104	
20:0.....g	0.002	0.001	4	A	1		0.002	0.004	
22:0.....g	0.001	0.000	4	A	1		0.001	0.002	
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.385		0	NC	4		0.327	0.735	
14:1.....g	0.002	0.001	4	A	1		0.002	0.004	
15:1.....g	0.002	0.001	4	A	1		0.001	0.003	
16:1 undifferentiated.....g	0.072	0.040	4	AS	1		0.061	0.138	
16:1 c.....g	0.070	0.039	4	A	1		0.059	0.133	
16:1 t.....g	0.002	0.001	4	A	1		0.002	0.004	
17:1.....g	0.005	0.002	4	A	1		0.004	0.009	
18:1 undifferentiated.....g	0.235	0.110	4	AS	1		0.200	0.448	
18:1 c.....g	0.232	0.108	4	A	1		0.197	0.442	
18:1 t.....g	0.003	0.001	4	A	1		0.003	0.006	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.049	0.017	4	A	1		0.042	0.094	
22:1 undifferentiated.....g	0.010	0.003	4	AS	1		0.008	0.019	
22:1 c.....g	0.010	0.003	4	A	1		0.008	0.018	
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		0.009	0.021	
Fatty acids, total polyunsaturated.....g	0.401		0	NC	4		0.341	0.765	
18:2 undifferentiated.....g	0.038	0.009	4	AS	1		0.032	0.073	
18:2 n-6 c,c.....g	0.022	0.006	4	A	1		0.018	0.041	
18:2 CLAs.....g	0.002	0.001	4	A	1		0.002	0.004	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.015	0.002	4	A	1		0.012	0.028	
18:3 undifferentiated.....g	0.012	0.005	4	AS	1		0.010	0.022	
18:3 n-3 c,c,c (ALA).....g	0.011	0.004	4	A	1		0.009	0.021	
18:3 n-6 c,c,c.....g	0.001	0.001	4	A	1		0.001	0.002	
18:3i.....g									
18:4.....g	0.015	0.007	4	A	1		0.013	0.029	
20:2 n-6 c,c.....g	0.004	0.002	4	A	1		0.003	0.008	
20:3 undifferentiated.....g	0.005	0.002	4	AS	1		0.004	0.010	
20:3 n-3.....g	0.003	0.001	4	A	1		0.003	0.006	
20:3 n-6.....g	0.002	0.001	4	A	1		0.002	0.004	
20:4 undifferentiated.....g	0.015	0.006	4	A	1		0.013	0.029	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.089	0.036	4	A	1		0.075	0.170	
21:5.....g									
22:4.....g	0.002	0.002	4	A	1		0.002	0.004	
22:5 n-3 (DPA).....g	0.023	0.014	4	A	1		0.019	0.043	

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
22:6 n-3 (DHA).....g	0.197	0.059	4	A	1	0.167	0.376
Fatty acids, total trans.....g	0.020		0	NC	4	0.017	0.039
Fatty acids, total trans-monoenoic.....g	0.006		0	NC	4	0.005	0.011
Fatty acids, total trans-polyenoic.....g	0.015		0	NC	4	0.012	0.028
Cholesterol.....mg	50	2.007	3	A	1	43	96
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.245		0	A	1	0.208	0.468
Threonine.....g	0.838		0	A	1	0.712	1.600
Isoleucine.....g	0.876		0	A	1	0.744	1.672
Leucine.....g	1.516		0	A	1	1.288	2.895
Lysine.....g	1.808		0	A	1	1.537	3.453
Methionine.....g	0.584		0	A	1	0.496	1.115
Cystine.....g	0.198		0	A	1	0.168	0.378
Phenylalanine.....g	0.772		0	A	1	0.656	1.475
Tyrosine.....g	0.659		0	A	1	0.560	1.259
Valine.....g	0.913		0	A	1	0.776	1.744
Arginine.....g	1.252		0	A	1	1.064	2.392
Histidine.....g	0.414		0	A	1	0.352	0.791
Alanine.....g	1.092		0	A	1	0.928	2.086
Aspartic acid.....g	1.921		0	A	1	1.633	3.668
Glutamic acid.....g	2.928		0	A	1	2.489	5.593
Glycine.....g	0.857		0	A	1	0.728	1.636
Proline.....g	0.697		0	A	1	0.592	1.331
Serine.....g	0.763		0	A	1	0.648	1.457
Hydroxyproline.....g							
<b>Others:</b>							
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 = 85g: 3 oz  
 Measure 2 = 191g: 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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.866		0		1		0.529	1.586	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15207**

**Fish, roe, mixed species, cooked, dry heat**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

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 28 (2015)



**NDB No. 15072**  
**Fish, roe, mixed species, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	measures of food			
			of Data Points			Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
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
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 15072  
 Fish, roe, mixed species, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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 = 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 28 (2015)

NDB No. 15232

Fish, roughy, orange, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	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.....µg	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		
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00		
Tocotrienol, 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		

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Dihydrophyloquinone.....µg	0.0		2	A	1	0.0	
Menaquinone-4.....µg							
<b>Lipids:</b>							
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-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							
<b>Amino Acids:</b>							
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	

NDB No. 15232

Fish, roughy, orange, cooked, dry heat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Glutamic acid.....g	3.706		0	A	1	3.150		
Glycine.....g	0.871		0	A	1	0.740		
Proline.....g	0.729		0	A	1	0.620		
Serine.....g	0.936		0	A	1	0.796		
Hydroxyproline.....g								
<b>Others:</b>								
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 28 (2015)



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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	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.....µg	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		
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00		
Tocotrienol, 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		

**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
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									
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-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									
<b>Amino Acids:</b>									
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		

**NDB No. 15073**  
**Fish, roughy, orange, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Glutamic acid.....g	2.673		0	A	1	2.272		
Glycine.....g	0.651		0	A	1	0.554		
Proline.....g	0.545		0	A	1	0.464		
Serine.....g	0.675		0	A	1	0.573		
Hydroxyproline.....g								
<b>Others:</b>								
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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	62.85		0		1		53.42	94.90	
Energy.....kcal	250		0	NC	4		213	378	
Energy.....kJ	1046				4		889	1579	
Protein (N x 6.25).....g	17.19		0		1		14.61	25.96	
Total lipid (fat).....g	19.62		0		1		16.68	29.63	
Ash.....g	1.35		0		1		1.15	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									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	45		0		1		38	68	
Iron, Fe.....mg	1.64		0		1		1.39	2.48	
Magnesium, Mg.....mg	71		0		1		60	107	
Phosphorus, P.....mg	215		0		1		183	325	
Potassium, K.....mg	459		0		1		390	693	
Sodium, Na.....mg	72		0		1		61	109	
Zinc, Zn.....mg	0.41		0		1		0.35	0.62	
Copper, Cu.....mg	0.028		0		1		0.024	0.042	
Manganese, Mn.....mg	0.019		0		1		0.016	0.029	
Selenium, Se.....µg	46.8		0	BFSN	4		39.8	70.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.122		0		1		0.104	0.184	
Riboflavin.....mg	0.115		0		1		0.098	0.174	
Niacin.....mg	5.128		0		1		4.359	7.743	
Pantothenic acid.....mg	0.865		0		1		0.735	1.306	
Vitamin B-6.....mg	0.346		0		1		0.294	0.522	
Folate, total.....µg	17		0		1		14	26	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	17		0		1		14	26	
Folate, DFE.....µg	17		0	NC	4		14	26	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.44		0		1		1.22	2.17	
Vitamin A, RAE.....µg	102		0		1		86	153	
Retinol.....µg	102		0		1		86	153	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	338		0		1		287	510	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	4.099		0		1		3.484	6.189	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.012		0		1		0.010	0.018	
13:0.....g									
14:0.....g	0.921		0		1		0.783	1.391	
15:0.....g									
16:0.....g	2.631		0		1		2.236	3.973	
17:0.....g									
18:0.....g	0.523		0		1		0.445	0.790	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.328		0		1		8.779	15.595	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.567		0		1		1.332	2.366	
17:1.....g									
18:1 undifferentiated.....g	5.219		0		1		4.436	7.881	
20:1.....g	1.820		0		1		1.547	2.748	
22:1 undifferentiated.....g	1.670		0		1		1.420	2.522	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.618		0		1		2.225	3.953	
18:2 undifferentiated.....g	0.211		0		1		0.179	0.319	
18:3 undifferentiated.....g	0.122		0		1		0.104	0.184	
18:4.....g	0.146		0		1		0.124	0.220	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.133		0		1		0.113	0.201	
20:5 n-3 (EPA).....g	0.867		0		1		0.737	1.309	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.216		0		1		0.184	0.326	
22:6 n-3 (DHA).....g	0.920		0		1		0.782	1.389	
Fatty acids, total trans.....g									
Cholesterol.....mg	63		0		1		54	95	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.193		0		1		0.164	0.291	
Threonine.....g	0.754		0		1		0.641	1.139	
Isoleucine.....g	0.792		0		1		0.673	1.196	
Leucine.....g	1.397		0		1		1.187	2.109	
Lysine.....g	1.579		0		1		1.342	2.384	
Methionine.....g	0.509		0		1		0.433	0.769	
Cystine.....g	0.184		0		1		0.156	0.278	
Phenylalanine.....g	0.671		0		1		0.570	1.013	
Tyrosine.....g	0.580		0		1		0.493	0.876	
Valine.....g	0.886		0		1		0.753	1.338	
Arginine.....g	1.029		0		1		0.875	1.554	
Histidine.....g	0.506		0		1		0.430	0.764	
Alanine.....g	1.040		0		1		0.884	1.570	
Aspartic acid.....g	1.760		0		1		1.496	2.658	
Glutamic acid.....g	2.566		0		1		2.181	3.875	
Glycine.....g	0.825		0		1		0.701	1.246	
Proline.....g	0.608		0		1		0.517	0.918	
Serine.....g	0.701		0		1		0.596	1.059	
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.

**NDB No. 15208**

**Fish, sablefish, cooked, dry heat**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 151g: .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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	71.02	0.294	169		1		60.37	137.07	
Energy.....kcal	195		0	NC	4		166	376	
Energy.....kJ	816				4		693	1575	
Protein (N x 6.25).....g	13.41	0.089	169		1		11.40	25.88	
Total lipid (fat).....g	15.30	0.314	178		1		13.01	29.53	
Ash.....g	1.05	0.016	169		1		0.89	2.03	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	35		0		4		30	68	
Iron, Fe.....mg	1.28		0		4		1.09	2.47	
Magnesium, Mg.....mg	55		0		4		47	106	
Phosphorus, P.....mg	168		0		4		143	324	
Potassium, K.....mg	358	2.652	56		1		304	691	
Sodium, Na.....mg	56	1.253	56		1		48	108	
Zinc, Zn.....mg	0.32	0.012	103		1		0.27	0.62	
Copper, Cu.....mg	0.022	0.001	100		1		0.019	0.042	
Manganese, Mn.....mg	0.015		0		1		0.013	0.029	
Selenium, Se.....µg	36.5		0	CAZN	4		31.0	70.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.100		0		4		0.085	0.193	
Riboflavin.....mg	0.090		0		4		0.077	0.174	
Niacin.....mg	4.000		0		4		3.400	7.720	
Pantothenic acid.....mg	0.750		0		4		0.638	1.448	
Vitamin B-6.....mg	0.300		0		4		0.255	0.579	
Folate, total.....µg	15		0		4		13	29	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	15		0		4		13	29	
Folate, DFE.....µg	15		0	NC	4		13	29	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.50		0		4		1.28	2.90	
Vitamin A, RAE.....µg	93		0		4		79	180	
Retinol.....µg	93		0		4		79	180	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	310		0		4		264	598	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									





NDB No. 15074  
Fish, sablefish, raw

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

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Blanks in the 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 = 193g: .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 28 (2015)

**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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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		Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code			
Fatty acids, total saturated.....g	4.213		0		1	1.194	3.581
4:0.....g							
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
21:5.....g							
22:4.....g							
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							
<b>Amino Acids:</b>							
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.

**NDB No. 15075**

**Fish, sablefish, smoked**

**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 28 (2015)



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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.397		0	NC	4		2.038	4.268	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
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	0.005		0	BFZN	4		0.004	0.009	
12:0.....g	0.013		0	BFZN	4		0.011	0.024	
13:0.....g									
14:0.....g	0.571		2		1		0.485	1.016	
15:0.....g									
16:0.....g	1.493		2		1		1.269	2.658	
17:0.....g									
18:0.....g	0.315		2		1		0.268	0.561	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.181		0	NC	4		3.554	7.442	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.767		2		1		0.652	1.365	
17:1.....g									
18:1 undifferentiated.....g	2.046		2		1		1.739	3.642	
20:1.....g	1.368		2		1		1.163	2.435	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.553		0	NC	4		3.870	8.104	
18:2 undifferentiated.....g	0.666		2		1		0.566	1.185	
18:3 undifferentiated.....g	0.113		2		1		0.096	0.201	
18:4.....g	0.184		2		1		0.156	0.328	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	1.273		2		1		1.082	2.266	
20:5 n-3 (EPA).....g	0.690		2		1		0.587	1.228	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.170		0	BFZN	4		0.144	0.303	
22:6 n-3 (DHA).....g	1.457		2		1		1.238	2.593	
Fatty acids, total trans.....g									
Cholesterol.....mg	63		2		1		54	112	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.248		0		1		0.211	0.441	
Threonine.....g	0.969		0		1		0.824	1.725	
Isoleucine.....g	1.018		0		1		0.865	1.812	
Leucine.....g	1.796		0		1		1.527	3.197	
Lysine.....g	2.030		0		1		1.726	3.613	
Methionine.....g	0.654		0		1		0.556	1.164	
Cystine.....g	0.237		0		1		0.201	0.422	
Phenylalanine.....g	0.863		0		1		0.734	1.536	
Tyrosine.....g	0.746		0		1		0.634	1.328	
Valine.....g	1.139		0		1		0.968	2.027	
Arginine.....g	1.322		0		1		1.124	2.353	
Histidine.....g	0.651		0		1		0.553	1.159	
Alanine.....g	1.337		0		1		1.136	2.380	
Aspartic acid.....g	2.263		0		1		1.924	4.028	
Glutamic acid.....g	3.299		0		1		2.804	5.872	
Glycine.....g	1.061		0		1		0.902	1.889	
Proline.....g	0.781		0		1		0.664	1.390	
Serine.....g	0.902		0		1		0.767	1.606	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	

NDB No. 15237

Fish, salmon, Atlantic, farmed, cooked, dry heat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Theobromine.....mg	0		0	BFZN	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 = 178g: .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 28 (2015)

NDB No. 15236

Fish, salmon, Atlantic, farmed, raw

*Salmo salar* L.

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
<b>Proximates:</b>									
Water.....g	64.89	0.677	4	A	1		55.16	128.49	
Energy.....kcal	208		0	NC	4		177	412	
Energy.....kJ	871		0	NC	4		740	1725	
Protein (N x 6.25).....g	20.42	0.360	4	A	1		17.36	40.44	
Total lipid (fat).....g	13.42	1.275	4	A	1		11.40	26.57	
Ash.....g	1.13	0.047	4	A	1		0.96	2.24	
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	BFZN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9	0.718	4	A	1		7	17	
Iron, Fe.....mg	0.34	0.018	4	A	1		0.28	0.66	
Magnesium, Mg.....mg	27	0.402	4	A	1		23	53	
Phosphorus, P.....mg	240	4.230	4	A	1		204	476	
Potassium, K.....mg	363	5.515	4	A	1		308	718	
Sodium, Na.....mg	59	11.244	4	A	1		50	117	
Zinc, Zn.....mg	0.36	0.010	4	A	1		0.31	0.71	
Copper, Cu.....mg	0.045	0.004	4	A	1		0.038	0.089	
Manganese, Mn.....mg	0.011	0.000	4	A	1		0.009	0.022	
Selenium, Se.....µg	24.0	1.252	4	A	1		20.4	47.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.9		2		1		3.3	7.7	
Thiamin.....mg	0.207	0.017	4	A	1		0.176	0.411	
Riboflavin.....mg	0.155	0.009	4	A	1		0.132	0.307	
Niacin.....mg	8.672	0.080	4	A	1		7.372	17.171	
Pantothenic acid.....mg	1.547	0.125	4	A	1		1.315	3.064	
Vitamin B-6.....mg	0.636	0.064	4	A	1		0.541	1.260	
Folate, total.....µg	26		1		1		22	51	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	26		1		1		22	51	
Folate, DFE.....µg	26		0	NC	4		22	51	
Choline, total.....mg	78.5		0	AS	1		66.8	155.5	
Betaine.....mg	3.0		1	A	1		2.6	5.9	
Vitamin B-12.....µg	3.23	0.867	4	A	1		2.75	6.41	
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE.....µg	58		0	NC	4		49	115	
Retinol.....µg	58		0	BFZN	4		49	115	
Carotene, beta.....µg	0		0	BFZN	4		0	0	
Carotene, alpha.....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	193		0	NC	4		164	383	
Lycopene.....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	3.55	0.263	4	A	1		3.02	7.03	
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta.....mg	0.01	0.000	4	A	1		0.01	0.03	
Tocopherol, gamma.....mg	0.30	0.040	4	A	1		0.26	0.60	
Tocopherol, delta.....mg	0.05	0.010	4	A	1		0.04	0.09	
Tocotrienol, alpha.....mg	0.06	0.028	4	A	1		0.05	0.11	
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00	0.004	4	A	1		0.00	0.01	
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	11.0		0	BFZN	4		9.4	21.8	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	441		0	NR	4		375	874	
Vitamin K (phylloquinone).....µg	0.5		2	A	1		0.4	1.0	



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 Deriv Source			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	
Menquinone-4.....µg	0.0		2	A	1		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.050		0	NC	4		2.593	6.040	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
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		0.472	1.100	
15:0.....g	0.046	0.007	4	A	1		0.039	0.090	
16:0.....g	1.877	0.178	4	A	1		1.595	3.716	
17:0.....g	0.043	0.006	4	A	1		0.037	0.086	
18:0.....g	0.495	0.049	4	A	1		0.421	0.981	
20:0.....g	0.022	0.003	4	A	1		0.019	0.044	
22:0.....g	0.011	0.002	4	A	1		0.009	0.022	
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	3.770		0	NC	4		3.205	7.465	
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		0.672	1.566	
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		2.308	5.376	
20:1.....g	0.265	0.039	4	A	1		0.225	0.524	
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		3.303	7.694	
18:2 undifferentiated.....g	0.900	0.029	4	A	1		0.765	1.781	
18:3 undifferentiated.....g	0.167	0.013	4	AS	1		0.142	0.331	
18:3 n-3 c,c,c (ALA).....g	0.148	0.012	4	A	1		0.126	0.292	
18:3 n-6 c,c,c.....g	0.020	0.002	4	A	1		0.017	0.039	
18:3i.....g									
18:4.....g	0.121	0.014	4	A	1		0.103	0.239	
20:2 n-6 c,c.....g	0.062	0.003	4	A	1		0.052	0.122	
20:3 undifferentiated.....g	0.018	0.002	4	A	1		0.015	0.036	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.092	0.008	4	A	1		0.078	0.181	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.862	0.105	4	A	1		0.733	1.707	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.393	0.054	4	A	1		0.334	0.778	
22:6 n-3 (DHA).....g	1.104	0.125	4	A	1		0.939	2.187	
Fatty acids, total trans.....g									
Cholesterol.....mg	55	1.237	4	A	1		46	108	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.209		0	A	1		0.177	0.413	
Threonine.....g	0.860		0	A	1		0.731	1.702	
Isoleucine.....g	0.968		0	A	1		0.822	1.916	
Leucine.....g	1.615		0	A	1		1.372	3.197	
Lysine.....g	1.870		0	A	1		1.590	3.703	
Methionine.....g	0.626		0	A	1		0.532	1.240	
Cystine.....g	0.219		0	A	1		0.186	0.433	
Phenylalanine.....g	0.845		0	A	1		0.718	1.672	
Tyrosine.....g	0.759		0	A	1		0.645	1.502	
Valine.....g	1.107		0	A	1		0.941	2.192	
Arginine.....g	1.221		0	A	1		1.038	2.418	
Histidine.....g	0.549		0	A	1		0.467	1.087	
Alanine.....g	1.271		0	A	1		1.081	2.517	
Aspartic acid.....g	2.025		0	A	1		1.721	4.010	

NDB No. 15236

Fish, salmon, Atlantic, farmed, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Glutamic acid.....g	2.830		0	A	1	2.406	5.604	
Glycine.....g	0.960		0	A	1	0.816	1.901	
Proline.....g	0.721		0	A	1	0.613	1.427	
Serine.....g	0.896		0	A	1	0.761	1.773	
Hydroxyproline.....g	0.042	0.009	3	A	1	0.036	0.083	
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	BFZN	4	0.0	0.0	
Caffeine.....mg	0		0	BFZN	4	0	0	
Theobromine.....mg	0		0	BFZN	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 = 198g: .5 fillet

**Caloric 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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	59.62		0		1		50.68	91.81	
Energy.....kcal	182		0	NC	4		155	280	
Energy.....kJ	761				4		647	1173	
Protein (N x 6.25).....g	25.44		0		1		21.62	39.18	
Total lipid (fat).....g	8.13		0		1		6.91	12.52	
Ash.....g	3.26		0		1		2.77	5.02	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	15		0		1		13	23	
Iron, Fe.....mg	1.03		0		1		0.88	1.59	
Magnesium, Mg.....mg	37		0		1		31	57	
Phosphorus, P.....mg	256		0		1		218	394	
Potassium, K.....mg	628		0		1		534	967	
Sodium, Na.....mg	56		0		1		48	86	
Zinc, Zn.....mg	0.82		0		1		0.70	1.26	
Copper, Cu.....mg	0.321		0		1		0.273	0.494	
Manganese, Mn.....mg	0.021		0		1		0.018	0.032	
Selenium, Se.....µg	46.8		0	BFSN	4		39.8	72.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.275		0		1		0.234	0.424	
Riboflavin.....mg	0.487		0		1		0.414	0.750	
Niacin.....mg	10.077		0		1		8.565	15.519	
Pantothenic acid.....mg	1.920		0		1		1.632	2.957	
Vitamin B-6.....mg	0.944		0		1		0.802	1.454	
Folate, total.....µg	29		0		1		25	45	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	29		0		1		25	45	
Folate, DFE.....µg	29		0	NC	4		25	45	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	3.05		0		1		2.59	4.70	
Vitamin A, RAE.....µg	13		0		1		11	20	
Retinol.....µg	13		0		1		11	20	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	44		0		1		37	68	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.936	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.176		0		1		0.150	0.271	
15:0.....g									
16:0.....g	0.810		0		1		0.689	1.247	
17:0.....g									
18:0.....g	0.272		0		1		0.231	0.419	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.697		0		1		2.292	4.153	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.322		0		1		0.274	0.496	
17:1.....g									
18:1 undifferentiated.....g	1.732		0		1		1.472	2.667	
20:1.....g	0.286		0		1		0.243	0.440	
22:1 undifferentiated.....g	0.358		0		1		0.304	0.551	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.256		0		1		2.768	5.014	
18:2 undifferentiated.....g	0.220		0		1		0.187	0.339	
18:3 undifferentiated.....g	0.378		0		1		0.321	0.582	
18:4.....g	0.106		0		1		0.090	0.163	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.342		0		1		0.291	0.527	
20:5 n-3 (EPA).....g	0.411		0		1		0.349	0.633	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.368		0		1		0.313	0.567	
22:6 n-3 (DHA).....g	1.429		0		1		1.215	2.201	
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		60	109	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.285		0		1		0.242	0.439	
Threonine.....g	1.115		0		1		0.948	1.717	
Isoleucine.....g	1.172		0		1		0.996	1.805	
Leucine.....g	2.067		0		1		1.757	3.183	
Lysine.....g	2.336		0		1		1.986	3.597	
Methionine.....g	0.753		0		1		0.640	1.160	
Cystine.....g	0.273		0		1		0.232	0.420	
Phenylalanine.....g	0.993		0		1		0.844	1.529	
Tyrosine.....g	0.859		0		1		0.730	1.323	
Valine.....g	1.310		0		1		1.114	2.017	
Arginine.....g	1.522		0		1		1.294	2.344	
Histidine.....g	0.749		0		1		0.637	1.153	
Alanine.....g	1.538		0		1		1.307	2.369	
Aspartic acid.....g	2.605		0		1		2.214	4.012	
Glutamic acid.....g	3.797		0		1		3.227	5.847	
Glycine.....g	1.221		0		1		1.038	1.880	
Proline.....g	0.899		0		1		0.764	1.384	
Serine.....g	1.038		0		1		0.882	1.599	
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.

**NDB No. 15209**

**Fish, salmon, Atlantic, wild, cooked, dry heat**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 154g: .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 28 (2015)

NDB No. 15076  
 Fish, salmon, Atlantic, wild, raw  
*Salmo salar* 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
<b>Proximates:</b>									
Water.....g	68.50	1.146	21		1		58.23	135.63	
Energy.....kcal	142		0	NC	4		121	281	
Energy.....kJ	594				4		505	1176	
Protein (N x 6.25).....g	19.84	0.662	9		1		16.86	39.28	
Total lipid (fat).....g	6.34	1.772	7		1		5.39	12.55	
Ash.....g	2.54	0.894	6		1		2.16	5.03	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	12	4.117	3		1		10	24	
Iron, Fe.....mg	0.80		1		1		0.68	1.58	
Magnesium, Mg.....mg	29		1		1		25	57	
Phosphorus, P.....mg	200		1		1		170	396	
Potassium, K.....mg	490	30.234	3		1		417	970	
Sodium, Na.....mg	44		2		1		37	87	
Zinc, Zn.....mg	0.64		1		1		0.54	1.27	
Copper, Cu.....mg	0.250		1		1		0.213	0.495	
Manganese, Mn.....mg	0.016		1		1		0.014	0.032	
Selenium, Se.....µg	36.5		0	CAZN	4		31.0	72.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.226	0.038	11		1		0.192	0.447	
Riboflavin.....mg	0.380	0.147	6		1		0.323	0.752	
Niacin.....mg	7.860	0.618	13		1		6.681	15.563	
Pantothenic acid.....mg	1.664	0.375	5		1		1.414	3.295	
Vitamin B-6.....mg	0.818	0.035	4		1		0.695	1.620	
Folate, total.....µg	25		1		1		21	50	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	25		1		1		21	50	
Folate, DFE.....µg	25		0	NC	4		21	50	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	3.18	0.312	10		1		2.70	6.30	
Vitamin A, RAE.....µg	12		1		1		10	24	
Retinol.....µg	12		1		1		10	24	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	40		1		1		34	79	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.981		0		1	0.834	1.942
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.137		2		1	0.116	0.271
15:0.....g							
16:0.....g	0.632		2		1	0.537	1.251
17:0.....g							
18:0.....g	0.212		2		1	0.180	0.420
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	2.103		0		1	1.788	4.164
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.251		2		1	0.213	0.497
17:1.....g							
18:1 undifferentiated.....g	1.351		2		1	1.148	2.675
20:1.....g	0.223		2		1	0.190	0.442
22:1 undifferentiated.....g	0.279		1		1	0.237	0.552
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	2.539		0		1	2.158	5.027
18:2 undifferentiated.....g	0.172		2		1	0.146	0.341
18:3 undifferentiated.....g	0.295		1		1	0.251	0.584
18:4.....g	0.083		1		1	0.071	0.164
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.267		2		1	0.227	0.529
20:5 n-3 (EPA).....g	0.321		2		1	0.273	0.636
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.287		2		1	0.244	0.568
22:6 n-3 (DHA).....g	1.115		2		1	0.948	2.208
Fatty acids, total trans.....g							
Cholesterol.....mg	55		0		1	47	109
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.222		0		1	0.189	0.440
Threonine.....g	0.870		0		1	0.740	1.723
Isoleucine.....g	0.914		0		1	0.777	1.810
Leucine.....g	1.613		0		1	1.371	3.194
Lysine.....g	1.822		0		1	1.549	3.608
Methionine.....g	0.587		0		1	0.499	1.162
Cystine.....g	0.213		0		1	0.181	0.422
Phenylalanine.....g	0.775		0		1	0.659	1.535
Tyrosine.....g	0.670		0		1	0.570	1.327
Valine.....g	1.022		0		1	0.869	2.024
Arginine.....g	1.187		0		1	1.009	2.350
Histidine.....g	0.584		0		1	0.496	1.156
Alanine.....g	1.200		0		1	1.020	2.376
Aspartic acid.....g	2.032		0		1	1.727	4.023
Glutamic acid.....g	2.962		0		1	2.518	5.865
Glycine.....g	0.952		0		1	0.809	1.885
Proline.....g	0.702		0		1	0.597	1.390
Serine.....g	0.809		0		1	0.688	1.602
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.

**NDB No. 15076**

**Fish, salmon, Atlantic, wild, raw**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 198g: .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 28 (2015)



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
<b>Proximates:</b>									
Water.....g	65.60		0		1		55.76	101.02	
Energy.....kcal	231		0	NC	4		196	356	
Energy.....kJ	967				4		822	1488	
Protein (N x 6.25).....g	25.72		0		1		21.86	39.61	
Total lipid (fat).....g	13.38		0		1		11.37	20.61	
Ash.....g	1.76		0		1		1.50	2.71	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	28		0		1		24	43	
Iron, Fe.....mg	0.91		0		1		0.77	1.40	
Magnesium, Mg.....mg	122		0		1		104	188	
Phosphorus, P.....mg	371		0		1		315	571	
Potassium, K.....mg	505		0		1		429	778	
Sodium, Na.....mg	60		0		1		51	92	
Zinc, Zn.....mg	0.56		0		1		0.48	0.86	
Copper, Cu.....mg	0.053		0		1		0.045	0.082	
Manganese, Mn.....mg	0.019		0		1		0.016	0.029	
Selenium, Se.....µg	46.8		0	BFSN	4		39.8	72.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.1		0		1		3.5	6.3	
Thiamin.....mg	0.044		0		1		0.037	0.068	
Riboflavin.....mg	0.154		0		1		0.131	0.237	
Niacin.....mg	10.045		0		1		8.538	15.469	
Pantothenic acid.....mg	0.865		0		1		0.735	1.332	
Vitamin B-6.....mg	0.462		0		1		0.393	0.711	
Folate, total.....µg	35		0		1		30	54	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	35		0		1		30	54	
Folate, DFE.....µg	35		0	NC	4		30	54	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.87		0		1		2.44	4.42	
Vitamin A, RAE.....µg	149		0		1		127	229	
Retinol.....µg	149		0		1		127	229	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	496		0		1		422	764	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	3.214		0		1		2.732	4.950	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.455		0		1		0.387	0.701	
15:0.....g									
16:0.....g	2.045		0		1		1.738	3.149	
17:0.....g									
18:0.....g	0.714		0		1		0.607	1.100	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.742		0		1		4.881	8.843	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.133		0		1		0.963	1.745	
17:1.....g									
18:1 undifferentiated.....g	3.585		0		1		3.047	5.521	
20:1.....g	0.580		0		1		0.493	0.893	
22:1 undifferentiated.....g	0.444		0		1		0.377	0.684	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.662		0		1		2.263	4.099	
18:2 undifferentiated.....g	0.136		0		1		0.116	0.209	
18:3 undifferentiated.....g	0.110		0		1		0.094	0.169	
18:4.....g	0.185		0		1		0.157	0.285	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.197		0		1		0.167	0.303	
20:5 n-3 (EPA).....g	1.010		0		1		0.859	1.555	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.296		0		1		0.252	0.456	
22:6 n-3 (DHA).....g	0.727		0		1		0.618	1.120	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		72	131	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.288		0		1		0.245	0.444	
Threonine.....g	1.127		0		1		0.958	1.736	
Isoleucine.....g	1.185		0		1		1.007	1.825	
Leucine.....g	2.090		0		1		1.777	3.219	
Lysine.....g	2.362		0		1		2.008	3.637	
Methionine.....g	0.761		0		1		0.647	1.172	
Cystine.....g	0.276		0		1		0.235	0.425	
Phenylalanine.....g	1.004		0		1		0.853	1.546	
Tyrosine.....g	0.868		0		1		0.738	1.337	
Valine.....g	1.325		0		1		1.126	2.041	
Arginine.....g	1.539		0		1		1.308	2.370	
Histidine.....g	0.757		0		1		0.643	1.166	
Alanine.....g	1.555		0		1		1.322	2.395	
Aspartic acid.....g	2.634		0		1		2.239	4.056	
Glutamic acid.....g	3.839		0		1		3.263	5.912	
Glycine.....g	1.234		0		1		1.049	1.900	
Proline.....g	0.909		0		1		0.773	1.400	
Serine.....g	1.049		0		1		0.892	1.615	
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.

**NDB No. 15210**

**Fish, salmon, chinook, cooked, dry heat**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 154g: .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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	71.64	1.018	9	JA	6		60.89	141.84	
Energy.....kcal	179		0	NC	4		152	355	
Energy.....kJ	750		0	NC	4		637	1484	
Protein (N x 6.25).....g	19.93	0.420	9	JO	11		16.94	39.45	
Total lipid (fat).....g	10.43	1.478	12	JA	6		8.87	20.66	
Ash.....g	1.33	0.080	9	JA	6		1.13	2.62	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	26	13.333	3	JA	6		22	51	
Iron, Fe.....mg	0.25		2	A	1		0.21	0.50	
Magnesium, Mg.....mg	95		0		4		81	188	
Phosphorus, P.....mg	289		0		4		246	572	
Potassium, K.....mg	394		77		1		335	780	
Sodium, Na.....mg	47	0.037	79	JA	6		40	94	
Zinc, Zn.....mg	0.44		110		1		0.38	0.88	
Copper, Cu.....mg	0.041		63		1		0.035	0.081	
Manganese, Mn.....mg	0.015		0		1		0.013	0.030	
Selenium, Se.....µg	36.5		0	CAZN	4		31.0	72.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.0		1		1		3.4	7.9	
Thiamin.....mg	0.054	0.004	4		1		0.046	0.107	
Riboflavin.....mg	0.113	0.016	4		1		0.096	0.223	
Niacin.....mg	8.420	0.543	3		1		7.157	16.672	
Pantothenic acid.....mg	0.750		0		4		0.638	1.485	
Vitamin B-6.....mg	0.400		0		4		0.340	0.792	
Folate, total.....µg	30		0		4		26	59	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	30		0	NR	4		26	59	
Folate, DFE.....µg	30		0	NC	4		26	59	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.30		1	A	1		1.11	2.57	
Vitamin A, RAE.....µg	136		0	NC	4		116	269	
Retinol.....µg	136		0	NR	4		116	269	
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		385	898	
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		1.04	2.42	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Fatty acids, total saturated.....g	3.100		0	NC	4		2.635	6.138	
4:0.....g									
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		0.358	0.834	
15:0.....g									
16:0.....g	2.092	0.035	3	A	1		1.778	4.141	
17:0.....g									
18:0.....g	0.577	0.005	3	A	1		0.491	1.143	
20:0.....g	0.010		2	A	1		0.008	0.020	
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.399		0	NC	4		3.739	8.710	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.909	0.092	3	A	1		0.773	1.801	
17:1.....g									
18:1 undifferentiated.....g	2.958	0.437	3	A	1		2.515	5.857	
20:1.....g	0.344	0.000	3	A	1		0.293	0.681	
22:1 undifferentiated.....g	0.187	0.002	3	A	1		0.159	0.370	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.799		0	NC	4		2.380	5.543	
18:2 undifferentiated.....g	0.122	0.021	3	A	1		0.104	0.241	
18:3 undifferentiated.....g	0.089	0.015	3	A	1		0.075	0.175	
18:4.....g	0.188		1	A	1		0.160	0.373	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.147	0.025	3	A	1		0.125	0.291	
20:5 n-3 (EPA).....g	1.008	0.047	3	A	1		0.857	1.996	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.301	0.194	3	A	1		0.256	0.597	
22:6 n-3 (DHA).....g	0.944	0.200	3	A	1		0.803	1.870	
Fatty acids, total trans.....g									
Cholesterol.....mg	50		2	A	1		43	100	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.225		0		1		0.191	0.446	
Threonine.....g	0.879		0		1		0.747	1.740	
Isoleucine.....g	0.924		0		1		0.785	1.830	
Leucine.....g	1.630		0		1		1.386	3.227	
Lysine.....g	1.842		0		1		1.566	3.647	
Methionine.....g	0.594		0		1		0.505	1.176	
Cystine.....g	0.215		0		1		0.183	0.426	
Phenylalanine.....g	0.783		0		1		0.666	1.550	
Tyrosine.....g	0.677		0		1		0.575	1.340	
Valine.....g	1.033		0		1		0.878	2.045	
Arginine.....g	1.200		0		1		1.020	2.376	
Histidine.....g	0.590		0		1		0.502	1.168	
Alanine.....g	1.213		0		1		1.031	2.402	
Aspartic acid.....g	2.054		0		1		1.746	4.067	
Glutamic acid.....g	2.994		0		1		2.545	5.928	
Glycine.....g	0.963		0		1		0.819	1.907	
Proline.....g	0.709		0		1		0.603	1.404	
Serine.....g	0.818		0		1		0.695	1.620	
Hydroxyproline.....g									
<b>Others:</b>									
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	

NDB No. 15078  
Fish, salmon, chinook, raw

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

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Blanks in the 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 = 198g: .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 28 (2015)



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		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.929		0		1	0.263	0.790	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	0.052	0.156	0.031
15:0.....g								
16:0.....g	0.560		2		1	0.159	0.476	0.095
17:0.....g								
18:0.....g	0.186		2		1	0.053	0.158	0.032
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.023		0		1	0.574	1.720	0.344
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.305		2		1	0.086	0.259	0.052
17:1.....g								
18:1 undifferentiated.....g	0.949		2		1	0.269	0.807	0.161
20:1.....g	0.468		2		1	0.133	0.398	0.080
22:1 undifferentiated.....g	0.301		2		1	0.085	0.256	0.051
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.995		0		1	0.282	0.846	0.169
18:2 undifferentiated.....g	0.472		2		1	0.134	0.401	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	0.052	0.156	0.031
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.073		2		1	0.021	0.062	0.012
22:6 n-3 (DHA).....g	0.267		2		1	0.076	0.227	0.045
Fatty acids, total trans.....g								
Cholesterol.....mg	23		2		1	7	20	4
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.205		0		1	0.058	0.174	0.035
Threonine.....g	0.801		0		1	0.227	0.681	0.136
Isoleucine.....g	0.842		0		1	0.239	0.716	0.143
Leucine.....g	1.486		0		1	0.421	1.263	0.253
Lysine.....g	1.679		0		1	0.476	1.427	0.285
Methionine.....g	0.541		0		1	0.153	0.460	0.092
Cystine.....g	0.196		0		1	0.056	0.167	0.033
Phenylalanine.....g	0.714		0		1	0.202	0.607	0.121
Tyrosine.....g	0.617		0		1	0.175	0.524	0.105
Valine.....g	0.942		0		1	0.267	0.801	0.160
Arginine.....g	1.094		0		1	0.310	0.930	0.186
Histidine.....g	0.538		0		1	0.153	0.457	0.091
Alanine.....g	1.106		0		1	0.314	0.940	0.188
Aspartic acid.....g	1.872		0		1	0.531	1.591	0.318
Glutamic acid.....g	2.729		0		1	0.774	2.320	0.464
Glycine.....g	0.878		0		1	0.249	0.746	0.149
Proline.....g	0.646		0		1	0.183	0.549	0.110
Serine.....g	0.746		0		1	0.211	0.634	0.127
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0



**NDB No. 15077**  
**Fish, salmon, chinook, smoked**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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 = 85g: 3 oz
- 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 28 (2015)

NDB No. 15179

Fish, salmon, chinook, smoked, (lox), regular

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	0.929		0		1		0.263	0.790	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15179**

**Fish, salmon, chinook, smoked, (lox), regular**

**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 28 (2015)



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			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	1.486		0		1		1.263	5.483
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		0.410	1.779
15:0.....g								
16:0.....g	0.816		1		1		0.694	3.011
17:0.....g								
18:0.....g	0.188		1		1		0.160	0.694
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.919		0		1		1.631	7.081
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.237		1		1		0.201	0.875
17:1.....g								
18:1 undifferentiated.....g	1.159		1		1		0.985	4.277
20:1.....g	0.278		1		1		0.236	1.026
22:1 undifferentiated.....g	0.245		2		1		0.208	0.904
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.517		0		1		1.289	5.598
18:2 undifferentiated.....g	0.057		1		1		0.048	0.210
18:3 undifferentiated.....g	0.049		2		1		0.042	0.181
18:4.....g	0.073		1		1		0.062	0.269
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.073		1		1		0.062	0.269
20:5 n-3 (EPA).....g	0.473		2		1		0.402	1.745
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.090		2		1		0.077	0.332
22:6 n-3 (DHA).....g	0.702		1		1		0.597	2.590
Fatty acids, total trans.....g								
Cholesterol.....mg	39		1		1		33	144
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.240		0		1		0.204	0.886
Threonine.....g	0.940		0		1		0.799	3.469
Isoleucine.....g	0.988		0		1		0.840	3.646
Leucine.....g	1.742		0		1		1.481	6.428
Lysine.....g	1.968		0		1		1.673	7.262
Methionine.....g	0.634		0		1		0.539	2.339
Cystine.....g	0.230		0		1		0.196	0.849
Phenylalanine.....g	0.837		0		1		0.711	3.089
Tyrosine.....g	0.724		0		1		0.615	2.672
Valine.....g	1.104		0		1		0.938	4.074
Arginine.....g	1.282		0		1		1.090	4.731
Histidine.....g	0.631		0		1		0.536	2.328
Alanine.....g	1.296		0		1		1.102	4.782
Aspartic acid.....g	2.195		0		1		1.866	8.100
Glutamic acid.....g	3.199		0		1		2.719	11.804
Glycine.....g	1.029		0		1		0.875	3.797
Proline.....g	0.758		0		1		0.644	2.797
Serine.....g	0.874		0		1		0.743	3.225
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

NDB No. 15080

Fish, salmon, chum, canned, drained solids with bone

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 369g: 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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	70.77	0.102	6		1		60.15	261.14	
Energy.....kcal	141		0	NC	4		120	520	
Energy.....kJ	590				4		501	2177	
Protein (N x 6.25).....g	21.43	0.105	6		1		18.22	79.08	
Total lipid (fat).....g	5.50	0.202	7		1		4.68	20.30	
Ash.....g	2.47	0.111	6		1		2.10	9.11	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	249	1.174	6		1		212	919	
Iron, Fe.....mg	0.70		0		4		0.60	2.58	
Magnesium, Mg.....mg	30		0		4		26	111	
Phosphorus, P.....mg	354	2.352	6		1		301	1306	
Potassium, K.....mg	300		0		4		255	1107	
Sodium, Na.....mg	75		0		1		64	277	
Zinc, Zn.....mg	1.00		0		4		0.85	3.69	
Copper, Cu.....mg	0.100		0		4		0.085	0.369	
Manganese, Mn.....mg	0.020		0		4		0.017	0.074	
Selenium, Se.....µg	43.3		0	BFSN	4		36.8	159.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.020		0		4		0.017	0.074	
Riboflavin.....mg	0.160		0		4		0.136	0.590	
Niacin.....mg	7.000		0		4		5.950	25.830	
Pantothenic acid.....mg	0.560		0		4		0.476	2.066	
Vitamin B-6.....mg	0.380		0		4		0.323	1.402	
Folate, total.....µg	20		0		4		17	74	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	20		0		4		17	74	
Folate, DFE.....µg	20		0	NC	4		17	74	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	4.40		0		4		3.74	16.24	
Vitamin A, RAE.....µg	18	0.401	6		1		16	68	
Retinol.....µg	18	0.401	6		1		16	68	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	61	1.335	6		1		52	225	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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		1.263	5.483	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.482		1		1		0.410	1.779	
15:0.....g									
16:0.....g	0.816		1		1		0.694	3.011	
17:0.....g									
18:0.....g	0.188		1		1		0.160	0.694	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.919		0		1		1.631	7.081	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.237		1		1		0.201	0.875	
17:1.....g									
18:1 undifferentiated.....g	1.159		1		1		0.985	4.277	
20:1.....g	0.278		1		1		0.236	1.026	
22:1 undifferentiated.....g	0.245		2		1		0.208	0.904	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.517		0		1		1.289	5.598	
18:2 undifferentiated.....g	0.057		1		1		0.048	0.210	
18:3 undifferentiated.....g	0.049		2		1		0.042	0.181	
18:4.....g	0.073		1		1		0.062	0.269	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.073		1		1		0.062	0.269	
20:5 n-3 (EPA).....g	0.473		2		1		0.402	1.745	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.090		2		1		0.077	0.332	
22:6 n-3 (DHA).....g	0.702		1		1		0.597	2.590	
Fatty acids, total trans.....g									
Cholesterol.....mg	39		1		1		33	144	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.240		0		1		0.204	0.886	
Threonine.....g	0.940		0		1		0.799	3.469	
Isoleucine.....g	0.988		0		1		0.840	3.646	
Leucine.....g	1.742		0		1		1.481	6.428	
Lysine.....g	1.968		0		1		1.673	7.262	
Methionine.....g	0.634		0		1		0.539	2.339	
Cystine.....g	0.230		0		1		0.196	0.849	
Phenylalanine.....g	0.837		0		1		0.711	3.089	
Tyrosine.....g	0.724		0		1		0.615	2.672	
Valine.....g	1.104		0		1		0.938	4.074	
Arginine.....g	1.282		0		1		1.090	4.731	
Histidine.....g	0.631		0		1		0.536	2.328	
Alanine.....g	1.296		0		1		1.102	4.782	
Aspartic acid.....g	2.195		0		1		1.866	8.100	
Glutamic acid.....g	3.199		0		1		2.719	11.804	
Glycine.....g	1.029		0		1		0.875	3.797	
Proline.....g	0.758		0		1		0.644	2.797	
Serine.....g	0.874		0		1		0.743	3.225	
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.

**NDB No. 15180**

**Fish, salmon, chum, canned, without salt, drained solids with bone**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 369g: 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 28 (2015)

NDB No. 15211

Fish, salmon, chum, 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
<b>Proximates:</b>									
Water.....g	68.44		0		1		58.17	105.40	
Energy.....kcal	154		0	NC	4		131	237	
Energy.....kJ	644				4		548	992	
Protein (N x 6.25).....g	25.82		0		1		21.95	39.76	
Total lipid (fat).....g	4.83		0		1		4.11	7.44	
Ash.....g	1.51		0		1		1.28	2.33	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	14		0		1		12	22	
Iron, Fe.....mg	0.71		0		1		0.60	1.09	
Magnesium, Mg.....mg	28		0		1		24	43	
Phosphorus, P.....mg	363		0		1		309	559	
Potassium, K.....mg	550		0		1		468	847	
Sodium, Na.....mg	64		0		1		54	99	
Zinc, Zn.....mg	0.60		0		1		0.51	0.92	
Copper, Cu.....mg	0.071		0		1		0.060	0.109	
Manganese, Mn.....mg	0.019		0		1		0.016	0.029	
Selenium, Se.....µg	46.8		0	BFSN	4		39.8	72.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.092		0		1		0.078	0.142	
Riboflavin.....mg	0.219		0		1		0.186	0.337	
Niacin.....mg	8.526		0		1		7.247	13.130	
Pantothenic acid.....mg	0.865		0		1		0.735	1.332	
Vitamin B-6.....mg	0.462		0		1		0.393	0.711	
Folate, total.....µg	5		0		1		4	8	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	5		0		1		4	8	
Folate, DFE.....µg	5		0	NC	4		4	8	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	3.46		0		1		2.94	5.33	
Vitamin A, RAE.....µg	34		0		1		29	53	
Retinol.....µg	34		0		1		29	53	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	114		0		1		97	176	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	1.077		0		1	0.915	1.659
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.192		0		1	0.163	0.296
15:0.....g							
16:0.....g	0.751		0		1	0.638	1.157
17:0.....g							
18:0.....g	0.133		0		1	0.113	0.205
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.976		0		1	1.680	3.043
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.283		0		1	0.241	0.436
17:1.....g							
18:1 undifferentiated.....g	1.046		0		1	0.889	1.611
20:1.....g	0.236		0		1	0.201	0.363
22:1 undifferentiated.....g	0.410		0		1	0.349	0.631
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.152		0		1	0.979	1.774
18:2 undifferentiated.....g	0.077		0		1	0.065	0.119
18:3 undifferentiated.....g	0.044		0		1	0.037	0.068
18:4.....g	0.087		0		1	0.074	0.134
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.038		0		1	0.032	0.059
20:5 n-3 (EPA).....g	0.299		0		1	0.254	0.460
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.101		0		1	0.086	0.156
22:6 n-3 (DHA).....g	0.505		0		1	0.429	0.778
Fatty acids, total trans.....g							
Cholesterol.....mg	95		0		1	81	146
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.289		0		1	0.246	0.445
Threonine.....g	1.132		0		1	0.962	1.743
Isoleucine.....g	1.190		0		1	1.012	1.833
Leucine.....g	2.099		0		1	1.784	3.232
Lysine.....g	2.371		0		1	2.015	3.651
Methionine.....g	0.764		0		1	0.649	1.177
Cystine.....g	0.277		0		1	0.235	0.427
Phenylalanine.....g	1.008		0		1	0.857	1.552
Tyrosine.....g	0.872		0		1	0.741	1.343
Valine.....g	1.330		0		1	1.131	2.048
Arginine.....g	1.545		0		1	1.313	2.379
Histidine.....g	0.760		0		1	0.646	1.170
Alanine.....g	1.562		0		1	1.328	2.405
Aspartic acid.....g	2.644		0		1	2.247	4.072
Glutamic acid.....g	3.854		0		1	3.276	5.935
Glycine.....g	1.239		0		1	1.053	1.908
Proline.....g	0.913		0		1	0.776	1.406
Serine.....g	1.053		0		1	0.895	1.622
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.

**NDB No. 15211**

**Fish, salmon, chum, cooked, dry heat**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 154g: .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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	75.38	1.391	8		1		64.07	149.25	
Energy.....kcal	120		0		4		102	238	
Energy.....kJ	502				4		427	994	
Protein (N x 6.25).....g	20.14	1.222	8		1		17.12	39.88	
Total lipid (fat).....g	3.77	0.650	13		1		3.20	7.46	
Ash.....g	1.18	0.035	7		1		1.00	2.34	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		1		1		9	22	
Iron, Fe.....mg	0.55		0		1		0.47	1.09	
Magnesium, Mg.....mg	22		0		4		19	44	
Phosphorus, P.....mg	283		1		1		241	560	
Potassium, K.....mg	429	5.797	6		1		365	849	
Sodium, Na.....mg	50	1.029	6		1		43	99	
Zinc, Zn.....mg	0.47	0.015	56		1		0.40	0.93	
Copper, Cu.....mg	0.055	0.002	57		1		0.047	0.109	
Manganese, Mn.....mg	0.015		0		1		0.013	0.030	
Selenium, Se.....µg	36.5		0	CAZN	4		31.0	72.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.080		1		1		0.068	0.158	
Riboflavin.....mg	0.180		1		1		0.153	0.356	
Niacin.....mg	7.000		0		4		5.950	13.860	
Pantothenic acid.....mg	0.750		0		4		0.638	1.485	
Vitamin B-6.....mg	0.400		0		4		0.340	0.792	
Folate, total.....µg	4		0		4		3	8	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	4		0		4		3	8	
Folate, DFE.....µg	4		0	NC	4		3	8	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	3.00		0		4		2.55	5.94	
Vitamin A, RAE.....µg	30		1		1		25	59	
Retinol.....µg	30		1		1		25	59	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	99		1		1		84	196	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	1.09		0		4		0.93	2.16	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.840		0		1	0.714	1.663
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.150		2		1	0.128	0.297
15:0.....g							
16:0.....g	0.586		2		1	0.498	1.160
17:0.....g							
18:0.....g	0.104		2		1	0.088	0.206
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.541		0		1	1.310	3.051
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.221		2		1	0.188	0.438
17:1.....g							
18:1 undifferentiated.....g	0.816		2		1	0.694	1.616
20:1.....g	0.184		1		1	0.156	0.364
22:1 undifferentiated.....g	0.320		1		1	0.272	0.634
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.898		0		1	0.763	1.778
18:2 undifferentiated.....g	0.060		2		1	0.051	0.119
18:3 undifferentiated.....g	0.034		1		1	0.029	0.067
18:4.....g	0.068		1		1	0.058	0.135
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.030		1		1	0.026	0.059
20:5 n-3 (EPA).....g	0.233		2		1	0.198	0.461
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.079		1		1	0.067	0.156
22:6 n-3 (DHA).....g	0.394		2		1	0.335	0.780
Fatty acids, total trans.....g							
Cholesterol.....mg	74		2		1	63	147
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.226		0		1	0.192	0.447
Threonine.....g	0.883		0		1	0.751	1.748
Isoleucine.....g	0.928		0		1	0.789	1.837
Leucine.....g	1.637		0		1	1.391	3.241
Lysine.....g	1.849		0		1	1.572	3.661
Methionine.....g	0.596		0		1	0.507	1.180
Cystine.....g	0.216		0		1	0.184	0.428
Phenylalanine.....g	0.786		0		1	0.668	1.556
Tyrosine.....g	0.680		0		1	0.578	1.346
Valine.....g	1.037		0		1	0.881	2.053
Arginine.....g	1.205		0		1	1.024	2.386
Histidine.....g	0.593		0		1	0.504	1.174
Alanine.....g	1.218		0		1	1.035	2.412
Aspartic acid.....g	2.062		0		1	1.753	4.083
Glutamic acid.....g	3.006		0		1	2.555	5.952
Glycine.....g	0.967		0		1	0.822	1.915
Proline.....g	0.712		0		1	0.605	1.410
Serine.....g	0.822		0		1	0.699	1.628
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg							
Theobromine.....mg							

NDB No. 15079  
Fish, salmon, chum, raw

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

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Blanks in the 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 = 198g: .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 28 (2015)



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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	1.944		0		1		2.780	1.652	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15239**

**Fish, salmon, coho, farmed, cooked, dry heat**

**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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	70.47	1.198	3		1		59.90	112.05	
Energy.....kcal	160		0	NC	4		136	254	
Energy.....kJ	669				4		569	1064	
Protein (N x 6.25).....g	21.27	0.874	3		1		18.08	33.82	
Total lipid (fat).....g	7.67	0.696	3		1		6.52	12.20	
Ash.....g	1.30	0.058	3		1		1.11	2.07	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	12		2		1		10	19	
Iron, Fe.....mg	0.34	0.032	3		1		0.29	0.54	
Magnesium, Mg.....mg	31	1.576	3		1		26	49	
Phosphorus, P.....mg	292	20.611	3		1		248	464	
Potassium, K.....mg	450	19.231	3		1		383	716	
Sodium, Na.....mg	47	4.191	3		1		40	75	
Zinc, Zn.....mg	0.43	0.022	3		1		0.37	0.68	
Copper, Cu.....mg	0.048	0.005	3		1		0.041	0.076	
Manganese, Mn.....mg	0.012	0.001	3		1		0.010	0.019	
Selenium, Se.....µg	12.6		0	BFZN	4		10.7	20.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.1	0.376	3		1		0.9	1.7	
Thiamin.....mg	0.090	0.006	3		1		0.077	0.143	
Riboflavin.....mg	0.110	0.020	3		1		0.094	0.175	
Niacin.....mg	6.813	0.706	3		1		5.791	10.833	
Pantothenic acid.....mg	1.140	0.091	3		1		0.969	1.813	
Vitamin B-6.....mg	0.660	0.061	3		1		0.561	1.049	
Folate, total.....µg	13	2.963	3		1		11	21	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	13	2.963	3		1		11	21	
Folate, DFE.....µg	13		0	NC	4		11	21	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.67	0.318	3		1		2.27	4.25	
Vitamin A, RAE.....µg	56	6.734	3		1		48	90	
Retinol.....µg	56	6.734	3		1		48	90	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	188	22.423	3		1		160	299	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food					
	Mean	Std. Error	Number of Data Points		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code						
Fatty acids, total saturated.....g	1.816		0			1		1.544	2.887	
4:0.....g										
6:0.....g										
8:0.....g										
10:0.....g										
12:0.....g										
13:0.....g										
14:0.....g	0.287		3			1		0.244	0.456	
15:0.....g										
16:0.....g	1.090		3			1		0.927	1.733	
17:0.....g										
18:0.....g	0.312		3			1		0.265	0.496	
20:0.....g										
22:0.....g										
24:0.....g										
Fatty acids, total monounsaturated.....g	3.330		0			1		2.831	5.295	
14:1.....g										
15:1.....g										
16:1 undifferentiated.....g	0.446		3			1		0.379	0.709	
17:1.....g										
18:1 undifferentiated.....g	1.724		3			1		1.465	2.741	
20:1.....g	0.507		3			1		0.431	0.806	
22:1 undifferentiated.....g	0.585		3			1		0.497	0.930	
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	1.861		0			1		1.582	2.959	
18:2 undifferentiated.....g	0.349		3			1		0.297	0.555	
18:3 undifferentiated.....g	0.075		3			1		0.064	0.119	
18:4.....g	0.112		3			1		0.095	0.178	
20:2 n-6 c,c.....g										
20:3 undifferentiated.....g										
20:4 undifferentiated.....g	0.095		3			1		0.081	0.151	
20:5 n-3 (EPA).....g	0.385		3			1		0.327	0.612	
21:5.....g										
22:4.....g										
22:5 n-3 (DPA).....g										
22:6 n-3 (DHA).....g	0.821		3			1		0.698	1.305	
Fatty acids, total trans.....g										
Cholesterol.....mg	51	0.536	3			1		43	81	
Phytosterols.....mg										
<b>Amino Acids:</b>										
Tryptophan.....g	0.238		0			1		0.202	0.378	
Threonine.....g	0.932		0			1		0.792	1.482	
Isoleucine.....g	0.980		0			1		0.833	1.558	
Leucine.....g	1.729		0			1		1.470	2.749	
Lysine.....g	1.953		0			1		1.660	3.105	
Methionine.....g	0.629		0			1		0.535	1.000	
Cystine.....g	0.228		0			1		0.194	0.363	
Phenylalanine.....g	0.830		0			1		0.706	1.320	
Tyrosine.....g	0.718		0			1		0.610	1.142	
Valine.....g	1.096		0			1		0.932	1.743	
Arginine.....g	1.273		0			1		1.082	2.024	
Histidine.....g	0.626		0			1		0.532	0.995	
Alanine.....g	1.286		0			1		1.093	2.045	
Aspartic acid.....g	2.178		0			1		1.851	3.463	
Glutamic acid.....g	3.175		0			1		2.699	5.048	
Glycine.....g	1.021		0			1		0.868	1.623	
Proline.....g	0.752		0			1		0.639	1.196	
Serine.....g	0.868		0			1		0.738	1.380	
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.

**NDB No. 15238**

**Fish, salmon, coho, farmed, raw**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 159g: 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 28 (2015)



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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.054		0		1		0.896	1.876	
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		0.128	0.267	
15:0.....g									
16:0.....g	0.683		2		1		0.581	1.216	
17:0.....g									
18:0.....g	0.158		2		1		0.134	0.281	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.581		0		1		1.344	2.814	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.272		2		1		0.231	0.484	
17:1.....g									
18:1 undifferentiated.....g	0.860		2		1		0.731	1.531	
20:1.....g	0.275		2		1		0.234	0.490	
22:1 undifferentiated.....g	0.153		2		1		0.130	0.272	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.273		0		1		1.082	2.266	
18:2 undifferentiated.....g	0.056		2		1		0.048	0.100	
18:3 undifferentiated.....g	0.055		2		1		0.047	0.098	
18:4.....g	0.052		2		1		0.044	0.093	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.022		2		1		0.019	0.039	
20:5 n-3 (EPA).....g	0.401		2		1		0.341	0.714	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.658		2		1		0.559	1.171	
Fatty acids, total trans.....g									
Cholesterol.....mg	55		2		1		47	98	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.263		0		1		0.224	0.468	
Threonine.....g	1.028		0		1		0.874	1.830	
Isoleucine.....g	1.081		0		1		0.919	1.924	
Leucine.....g	1.906		0		1		1.620	3.393	
Lysine.....g	2.154		0		1		1.831	3.834	
Methionine.....g	0.694		0		1		0.590	1.235	
Cystine.....g	0.251		0		1		0.213	0.447	
Phenylalanine.....g	0.915		0		1		0.778	1.629	
Tyrosine.....g	0.792		0		1		0.673	1.410	
Valine.....g	1.208		0		1		1.027	2.150	
Arginine.....g	1.403		0		1		1.193	2.497	
Histidine.....g	0.690		0		1		0.587	1.228	
Alanine.....g	1.418		0		1		1.205	2.524	
Aspartic acid.....g	2.401		0		1		2.041	4.274	
Glutamic acid.....g	3.501		0		1		2.976	6.232	
Glycine.....g	1.126		0		1		0.957	2.004	
Proline.....g	0.829		0		1		0.705	1.476	
Serine.....g	0.957		0		1		0.813	1.703	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	



NDB No. 15247

Fish, salmon, coho, wild, cooked, dry heat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 178g: .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 28 (2015)

NDB No. 15082

Fish, salmon, coho, 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
<b>Proximates:</b>									
Water.....g	65.39		0		1		55.58	101.35	
Energy.....kcal	184		0	NC	4		156	285	
Energy.....kJ	770				4		654	1193	
Protein (N x 6.25).....g	27.36		0		1		23.26	42.41	
Total lipid (fat).....g	7.50		0		1		6.38	11.63	
Ash.....g	1.53		0		1		1.30	2.37	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	46		0		1		39	71	
Iron, Fe.....mg	0.71		0		1		0.60	1.10	
Magnesium, Mg.....mg	35		0		1		30	54	
Phosphorus, P.....mg	298		0		1		253	462	
Potassium, K.....mg	455		0		1		387	705	
Sodium, Na.....mg	53		0		1		45	82	
Zinc, Zn.....mg	0.52		0		1		0.44	0.81	
Copper, Cu.....mg	0.065		0		1		0.055	0.101	
Manganese, Mn.....mg	0.018		0		1		0.015	0.028	
Selenium, Se.....µg	46.2		0	BFSN	4		39.3	71.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0		1		0.9	1.6	
Thiamin.....mg	0.115		0		1		0.098	0.178	
Riboflavin.....mg	0.159		0		1		0.135	0.246	
Niacin.....mg	7.779		0		1		6.612	12.057	
Pantothenic acid.....mg	0.834		0		1		0.709	1.293	
Vitamin B-6.....mg	0.556		0		1		0.473	0.862	
Folate, total.....µg	9		0		1		8	14	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	9		0		1		8	14	
Folate, DFE.....µg	9		0	NC	4		8	14	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	4.48		0		1		3.81	6.94	
Vitamin A, RAE.....µg	32		0		1		28	50	
Retinol.....µg	32		0		1		28	50	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	108		0		1		92	167	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.595		0		1		1.356	2.472	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.334		0		1		0.284	0.518	
15:0.....g									
16:0.....g	0.950		0		1		0.808	1.473	
17:0.....g									
18:0.....g	0.262		0		1		0.223	0.406	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.702		0		1		2.297	4.188	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.640		0		1		0.544	0.992	
17:1.....g									
18:1 undifferentiated.....g	1.524		0		1		1.295	2.362	
20:1.....g	0.316		0		1		0.269	0.490	
22:1 undifferentiated.....g	0.185		0		1		0.157	0.287	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.521		0		1		2.143	3.908	
18:2 undifferentiated.....g	0.260		0		1		0.221	0.403	
18:3 undifferentiated.....g	0.199		0		1		0.169	0.308	
18:4.....g	0.150		0		1		0.128	0.233	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.169		0		1		0.144	0.262	
20:5 n-3 (EPA).....g	0.543		0		1		0.462	0.842	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.294		0		1		0.250	0.456	
22:6 n-3 (DHA).....g	0.831		0		1		0.706	1.288	
Fatty acids, total trans.....g									
Cholesterol.....mg	57		0		1		48	88	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.306		0		1		0.260	0.474	
Threonine.....g	1.200		0		1		1.020	1.860	
Isoleucine.....g	1.261		0		1		1.072	1.955	
Leucine.....g	2.224		0		1		1.890	3.447	
Lysine.....g	2.513		0		1		2.136	3.895	
Methionine.....g	0.810		0		1		0.689	1.256	
Cystine.....g	0.293		0		1		0.249	0.454	
Phenylalanine.....g	1.068		0		1		0.908	1.655	
Tyrosine.....g	0.924		0		1		0.785	1.432	
Valine.....g	1.410		0		1		1.199	2.186	
Arginine.....g	1.637		0		1		1.391	2.537	
Histidine.....g	0.806		0		1		0.685	1.249	
Alanine.....g	1.655		0		1		1.407	2.565	
Aspartic acid.....g	2.802		0		1		2.382	4.343	
Glutamic acid.....g	4.085		0		1		3.472	6.332	
Glycine.....g	1.313		0		1		1.116	2.035	
Proline.....g	0.968		0		1		0.823	1.500	
Serine.....g	1.116		0		1		0.949	1.730	
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.

**NDB No. 15082**

**Fish, salmon, coho, wild, cooked, moist heat**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 155g: .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 28 (2015)



**NDB No. 15081**  
**Fish, salmon, coho, wild, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	1.260		0		1		1.071	2.495
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		0.224	0.523
15:0.....g								
16:0.....g	0.751		6		1		0.638	1.487
17:0.....g								
18:0.....g	0.207		6		1		0.176	0.410
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	2.134		0		1		1.814	4.225
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.506		6		1		0.430	1.002
17:1.....g								
18:1 undifferentiated.....g	1.204		6		1		1.023	2.384
20:1.....g	0.250		6		1		0.213	0.495
22:1 undifferentiated.....g	0.146		6		1		0.124	0.289
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.992		0		1		1.693	3.944
18:2 undifferentiated.....g	0.206		6		1		0.175	0.408
18:3 undifferentiated.....g	0.157		6		1		0.133	0.311
18:4.....g	0.119		6		1		0.101	0.236
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.133		6		1		0.113	0.263
20:5 n-3 (EPA).....g	0.429		6		1		0.365	0.849
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.232	0.000	6		1		0.197	0.459
22:6 n-3 (DHA).....g	0.656		6		1		0.558	1.299
Fatty acids, total trans.....g								
Cholesterol.....mg	45		3.060	3	1		38	89
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.242		0		1		0.206	0.479
Threonine.....g	0.948		0		1		0.806	1.877
Isoleucine.....g	0.996		0		1		0.847	1.972
Leucine.....g	1.757		0		1		1.493	3.479
Lysine.....g	1.985		0		1		1.687	3.930
Methionine.....g	0.640		0		1		0.544	1.267
Cystine.....g	0.232		0		1		0.197	0.459
Phenylalanine.....g	0.844		0		1		0.717	1.671
Tyrosine.....g	0.730		0		1		0.621	1.445
Valine.....g	1.114		0		1		0.947	2.206
Arginine.....g	1.294		0		1		1.100	2.562
Histidine.....g	0.636		0		1		0.541	1.259
Alanine.....g	1.307		0		1		1.111	2.588
Aspartic acid.....g	2.214		0		1		1.882	4.384
Glutamic acid.....g	3.227		0		1		2.743	6.389
Glycine.....g	1.038		0		1		0.882	2.055
Proline.....g	0.764		0		1		0.649	1.513
Serine.....g	0.882		0		1		0.750	1.746
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

NDB No. 15081  
 Fish, salmon, coho, wild, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 198g: .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 28 (2015)

NDB No. 15260

Fish, salmon, pink, canned, 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
<b>Proximates:</b>									
Water.....g	70.71	0.235	17	A	1		60.10	222.74	
Energy.....kcal	138		0	NC	4		117	433	
Energy.....kJ	576		0	NC	4		490	1814	
Protein.....g	23.10	0.090	17	A	1		19.63	72.76	
Total lipid (fat).....g	5.02	0.189	17	A	1		4.27	15.83	
Ash.....g	2.50	0.039	17	A	1		2.12	7.87	
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		0	Z	7		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	283	6.156	17	A	1		240	891	
Iron, Fe.....mg	0.77	0.020	17	A	1		0.66	2.43	
Magnesium, Mg.....mg	32	0.322	17	A	1		27	102	
Phosphorus, P.....mg	379	3.988	17	A	1		322	1193	
Potassium, K.....mg	333	3.258	17	A	1		283	1050	
Sodium, Na.....mg	381	7.997	17	A	1		324	1201	
Zinc, Zn.....mg	0.96	0.015	17	A	1		0.82	3.03	
Copper, Cu.....mg	0.082	0.002	17	A	1		0.069	0.257	
Manganese, Mn.....mg	0.031	0.001	17	A	1		0.026	0.098	
Selenium, Se.....µg	39.5	8.257	15	A	1		33.5	124.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.027	0.001	15	A	1		0.023	0.086	
Riboflavin.....mg	0.202	0.011	15	A	1		0.172	0.637	
Niacin.....mg	7.409	0.170	15	A	1		6.297	23.337	
Pantothenic acid.....mg	0.563	0.023	15	A	1		0.479	1.774	
Vitamin B-6.....mg	0.105	0.003	15	A	1		0.089	0.329	
Folate, total.....µg	4	0.198	13	A	1		3	12	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	4	0.198	13	A	1		3	12	
Folate, DFE.....µg	4		0	NC	4		3	12	
Choline, total.....mg	87.8	2.809	4	AS	1		74.6	276.6	
Betaine.....mg	9.0	1.895	4	A	1		7.7	28.4	
Vitamin B-12.....µg	4.95	0.194	15	A	1		4.20	15.58	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	20		0	AS	1		17	62	
Retinol.....µg	20	5.075	17	A	1		17	62	
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	65		0	AS	1		56	206	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.28	0.042	4	A	1		1.09	4.03	
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	0.12	0.032	4	A	1		0.10	0.37	
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	14.5		6	AS	1		12.3	45.7	
Vitamin D2 (ergocalciferol).....µg	0.0	0.000	3	A	1		0.0	0.0	
Vitamin D3 (cholecalciferol).....µg	14.5	0.828	3	A	1		12.3	45.7	
Vitamin D.....IU	580	33.137	3	A	1		493	1829	
Vitamin K (phylloquinone).....µg	0.1	0.004	4	A	1		0.1	0.5	



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
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1		0.0	0.0	
Menquinone-4.....µg	0.5	0.046	4	A	1		0.4	1.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.895		0	NC	4		0.761	2.820	
4:0.....g	0.004	0.000	17	A	1		0.003	0.012	
6:0.....g	0.000	0.000	17	A	1		0.000	0.000	
8:0.....g	0.001	0.000	17	A	1		0.001	0.002	
10:0.....g	0.008	0.003	17	A	1		0.007	0.027	
12:0.....g	0.003	0.000	17	A	1		0.002	0.008	
13:0.....g									
14:0.....g	0.170	0.008	17	A	1		0.144	0.534	
15:0.....g	0.024	0.002	17	A	1		0.020	0.075	
16:0.....g	0.550	0.019	17	A	1		0.468	1.733	
17:0.....g	0.016	0.001	17	A	1		0.014	0.051	
18:0.....g	0.108	0.003	17	A	1		0.092	0.340	
20:0.....g	0.007	0.000	17	A	1		0.006	0.023	
22:0.....g	0.003	0.000	17	A	1		0.003	0.010	
24:0.....g	0.001	0.000	17	A	1		0.001	0.004	
Fatty acids, total monounsaturated.....g	1.211		0	NC	4		1.029	3.814	
14:1.....g	0.002	0.000	17	A	1		0.002	0.007	
15:1.....g	0.000	0.000	17	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.144	0.006	17	AS	1		0.122	0.453	
16:1 c.....g	0.136	0.006	17	A	1		0.116	0.430	
16:1 t.....g	0.007	0.000	17	A	1		0.006	0.023	
17:1.....g	0.011	0.001	17	A	1		0.009	0.033	
18:1 undifferentiated.....g	0.564	0.021	17	AS	1		0.480	1.778	
18:1 c.....g	0.556	0.020	17	A	1		0.472	1.750	
18:1 t.....g	0.009	0.000	17	A	1		0.007	0.028	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.423	0.023	17	A	1		0.359	1.332	
22:1 undifferentiated.....g	0.055	0.003	17	AS	1		0.047	0.174	
22:1 c.....g	0.054	0.003	17	A	1		0.046	0.170	
22:1 t.....g	0.001	0.000	17	A	1		0.001	0.004	
24:1 c.....g	0.012	0.004	17	A	1		0.010	0.038	
Fatty acids, total polyunsaturated.....g	1.507		0	NC	4		1.281	4.745	
18:2 undifferentiated.....g	0.092	0.005	17	AS	1		0.078	0.289	
18:2 n-6 c,c.....g	0.077	0.004	17	A	1		0.065	0.242	
18:2 CLAs.....g	0.005	0.001	17	A	1		0.005	0.017	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.009	0.001	17	A	1		0.008	0.030	
18:3 undifferentiated.....g	0.052	0.003	17	AS	1		0.044	0.163	
18:3 n-3 c,c,c (ALA).....g	0.048	0.002	17	A	1		0.041	0.153	
18:3 n-6 c,c,c.....g	0.003	0.000	17	A	1		0.003	0.011	
18:3i.....g									
18:4.....g	0.140	0.009	17	A	1		0.119	0.440	
20:2 n-6 c,c.....g	0.015	0.001	17	A	1		0.013	0.048	
20:3 undifferentiated.....g	0.013	0.001	17	AS	1		0.011	0.041	
20:3 n-3.....g	0.007	0.000	17	A	1		0.006	0.023	
20:3 n-6.....g	0.006	0.000	17	A	1		0.005	0.017	
20:4 undifferentiated.....g	0.023	0.001	17	A	1		0.019	0.071	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.334	0.011	17	A	1		0.284	1.052	
21:5.....g									
22:4.....g	0.003	0.000	17	A	1		0.003	0.010	
22:5 n-3 (DPA).....g	0.089	0.002	17	A	1		0.076	0.280	
22:6 n-3 (DHA).....g	0.743	0.016	17	A	1		0.631	2.340	
Fatty acids, total trans.....g	0.027		0	NC	4		0.023	0.084	
Fatty acids, total trans-monoenoic.....g	0.017		0	NC	4		0.015	0.055	
Fatty acids, total trans-polyenoic.....g	0.009		0	NC	4		0.008	0.030	
Cholesterol.....mg	83	1.133	17	A	1		70	261	
Phytosterols.....mg									

**Amino Acids:**

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
Tryptophan.....g	0.249		0	A	1		0.212	0.784	
Threonine.....g	1.200		0	A	1		1.020	3.780	
Isoleucine.....g	1.074		0	A	1		0.913	3.385	
Leucine.....g	1.759		0	A	1		1.495	5.541	
Lysine.....g	1.980		0	A	1		1.683	6.238	
Methionine.....g	0.649		0	A	1		0.552	2.045	
Cystine.....g	0.179		0	A	1		0.152	0.563	
Phenylalanine.....g	0.951		0	A	1		0.808	2.995	
Tyrosine.....g	0.835		0	A	1		0.710	2.631	
Valine.....g	1.238		0	A	1		1.052	3.900	
Arginine.....g	1.449		0	A	1		1.231	4.564	
Histidine.....g	0.611		0	A	1		0.519	1.925	
Alanine.....g	1.472		0	A	1		1.251	4.636	
Aspartic acid.....g	2.899		0	A	1		2.464	9.130	
Glutamic acid.....g	3.268		0	A	1		2.778	10.294	
Glycine.....g	1.421		0	A	1		1.208	4.477	
Proline.....g	0.976		0	A	1		0.829	3.073	
Serine.....g	1.019		0	A	1		0.866	3.210	
Hydroxyproline.....g									
<b>Others:</b>									
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 = 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.862		0	NC	4		0.732	3.541	
4:0.....g	0.004	0.000	17	A	1		0.003	0.015	
6:0.....g	0.000	0.000	17	A	1		0.000	0.000	
8:0.....g	0.001	0.000	17	A	1		0.001	0.003	
10:0.....g	0.008	0.003	17	A	1		0.007	0.035	
12:0.....g	0.003	0.000	17	A	1		0.002	0.011	
13:0.....g									
14:0.....g	0.177	0.010	17	A	1		0.151	0.728	
15:0.....g	0.024	0.001	17	A	1		0.020	0.099	
16:0.....g	0.518	0.028	17	A	1		0.440	2.128	
17:0.....g	0.015	0.001	17	A	1		0.013	0.063	
18:0.....g	0.100	0.005	17	A	1		0.085	0.411	
20:0.....g	0.007	0.000	17	A	1		0.006	0.031	
22:0.....g	0.003	0.000	17	A	1		0.003	0.013	
24:0.....g	0.001	0.000	17	A	1		0.001	0.005	
Fatty acids, total monounsaturated.....g	1.205		0	NC	4		1.024	4.951	
14:1.....g	0.002	0.000	17	A	1		0.002	0.009	
15:1.....g	0.000	0.000	17	A	1		0.000	0.001	
16:1 undifferentiated.....g	0.143	0.009	17	AS	1		0.122	0.589	
16:1 c.....g	0.136	0.009	17	A	1		0.116	0.560	
16:1 t.....g	0.007	0.000	17	A	1		0.006	0.029	
17:1.....g	0.010	0.001	17	A	1		0.008	0.040	
18:1 undifferentiated.....g	0.547	0.031	17	AS	1		0.465	2.248	
18:1 c.....g	0.538	0.031	17	A	1		0.457	2.211	
18:1 t.....g	0.009	0.000	17	A	1		0.007	0.036	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.440	0.024	17	A	1		0.374	1.810	
22:1 undifferentiated.....g	0.053	0.003	17	AS	1		0.045	0.219	
22:1 c.....g	0.052	0.003	17	A	1		0.044	0.215	
22:1 t.....g	0.001	0.000	17	A	1		0.001	0.004	
24:1 c.....g	0.009	0.004	17	A	1		0.007	0.036	
Fatty acids, total polyunsaturated.....g	1.420		0	NC	4		1.207	5.835	
18:2 undifferentiated.....g	0.091	0.005	17	AS	1		0.077	0.374	
18:2 n-6 c,c.....g	0.076	0.004	17	A	1		0.065	0.312	
18:2 CLAs.....g	0.005	0.001	17	A	1		0.005	0.022	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.010	0.001	17	A	1		0.008	0.039	
18:3 undifferentiated.....g	0.052	0.003	17	AS	1		0.044	0.215	
18:3 n-3 c,c,c (ALA).....g	0.048	0.002	17	A	1		0.041	0.199	
18:3 n-6 c,c,c.....g	0.004	0.001	17	A	1		0.003	0.016	
18:3i.....g									
18:4.....g	0.143	0.009	17	A	1		0.121	0.587	
20:2 n-6 c,c.....g	0.015	0.001	17	A	1		0.013	0.062	
20:3 undifferentiated.....g	0.013	0.001	17	AS	1		0.011	0.055	
20:3 n-3.....g	0.008	0.001	17	A	1		0.007	0.032	
20:3 n-6.....g	0.006	0.000	17	A	1		0.005	0.023	
20:4 undifferentiated.....g	0.021	0.001	17	A	1		0.018	0.087	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.323	0.018	17	A	1		0.275	1.329	
21:5.....g									
22:4.....g	0.003	0.000	17	A	1		0.003	0.012	
22:5 n-3 (DPA).....g	0.086	0.004	17	A	1		0.073	0.352	
22:6 n-3 (DHA).....g	0.669	0.025	17	A	1		0.569	2.750	
Fatty acids, total trans.....g	0.026		0	NC	4		0.022	0.108	
Fatty acids, total trans-monoenoic.....g	0.017		0	NC	4		0.014	0.069	
Fatty acids, total trans-polyenoic.....g	0.010		0	NC	4		0.008	0.039	
Cholesterol.....mg	55		0		4		47	226	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.212		0	A	1		0.180	0.873	
Threonine.....g	1.023		0	A	1		0.870	4.206	

NDB No. 15084

Fish, salmon, pink, canned, total can contents

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Isoleucine.....g	0.916		0	A	1	0.779	3.767	
Leucine.....g	1.500		0	A	1	1.275	6.166	
Lysine.....g	1.689		0	A	1	1.436	6.942	
Methionine.....g	0.554		0	A	1	0.471	2.276	
Cystine.....g	0.152		0	A	1	0.130	0.626	
Phenylalanine.....g	0.811		0	A	1	0.689	3.333	
Tyrosine.....g	0.712		0	A	1	0.606	2.928	
Valine.....g	1.056		0	A	1	0.898	4.340	
Arginine.....g	1.236		0	A	1	1.050	5.079	
Histidine.....g	0.521		0	A	1	0.443	2.142	
Alanine.....g	1.255		0	A	1	1.067	5.160	
Aspartic acid.....g	2.472		0	A	1	2.101	10.161	
Glutamic acid.....g	2.787		0	A	1	2.369	11.456	
Glycine.....g	1.212		0	A	1	1.030	4.982	
Proline.....g	0.832		0	A	1	0.707	3.420	
Serine.....g	0.869		0	A	1	0.739	3.572	
Hydroxyproline.....g								
<b>Others:</b>								
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 = 85g: 3 oz

Measure 2 = 411g: 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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	70.03		0		4		59.53	317.94	
Energy.....kcal	139		0	NC	4		118	631	
Energy.....kJ	582				4		494	2640	
Protein (N x 6.25).....g	19.78	0.164	25		1		16.81	89.80	
Total lipid (fat).....g	6.05		26		1		5.14	27.47	
Ash.....g	1.38		0		4		1.17	6.27	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	213	12.474	25		1		181	967	
Iron, Fe.....mg	0.84	0.044	25		1		0.71	3.81	
Magnesium, Mg.....mg	34	0.961	25		1		29	154	
Phosphorus, P.....mg	329	7.235	25		1		280	1494	
Potassium, K.....mg	326	7.284	25		1		277	1480	
Sodium, Na.....mg	75		0		4		64	341	
Zinc, Zn.....mg	0.92	0.028	25		1		0.78	4.18	
Copper, Cu.....mg	0.102	0.004	25		1		0.087	0.463	
Manganese, Mn.....mg	0.020		0		4		0.017	0.091	
Selenium, Se.....µg	33.2	0.367	10	A	1		28.2	150.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	22		1		0.0	0.0	
Thiamin.....mg	0.023	0.000	36		1		0.020	0.104	
Riboflavin.....mg	0.186	0.007	36		1		0.158	0.844	
Niacin.....mg	6.536	0.333	25		1		5.556	29.673	
Pantothenic acid.....mg	0.550		0		4		0.468	2.497	
Vitamin B-6.....mg	0.300		0		4		0.255	1.362	
Folate, total.....µg	15	0.621	3		1		13	70	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	15	0.621	3		1		13	70	
Folate, DFE.....µg	15		0	NC	4		13	70	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	4.40		0		4		3.74	19.98	
Vitamin A, RAE.....µg	17	1.135	14		1		14	75	
Retinol.....µg	17	1.135	14		1		14	75	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	55	3.780	14		1		47	250	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	1.535		0		1	1.305	6.969
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.048		1		1	0.041	0.218
15:0.....g							
16:0.....g	1.350		1		1	1.148	6.129
17:0.....g							
18:0.....g	0.135		1		1	0.115	0.613
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.825		0		1	1.551	8.286
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.466		1		1	0.396	2.116
17:1.....g							
18:1 undifferentiated.....g	1.068		1		1	0.908	4.849
20:1.....g	0.272		1		1	0.231	1.235
22:1 undifferentiated.....g	0.018		2		1	0.015	0.082
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	2.049		0		1	1.742	9.302
18:2 undifferentiated.....g	0.058		1		1	0.049	0.263
18:3 undifferentiated.....g	0.058		2		1	0.049	0.263
18:4.....g	0.135		1		1	0.115	0.613
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.077		1		1	0.065	0.350
20:5 n-3 (EPA).....g	0.845		2		1	0.718	3.836
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.048		2		1	0.041	0.218
22:6 n-3 (DHA).....g	0.806		1		1	0.685	3.659
Fatty acids, total trans.....g							
Cholesterol.....mg	55		0		4	47	250
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.222		0		1	0.189	1.008
Threonine.....g	0.867		0		1	0.737	3.936
Isoleucine.....g	0.912		0		1	0.775	4.140
Leucine.....g	1.608		0		1	1.367	7.300
Lysine.....g	1.817		0		1	1.544	8.249
Methionine.....g	0.586		0		1	0.498	2.660
Cystine.....g	0.212		0		1	0.180	0.962
Phenylalanine.....g	0.772		0		1	0.656	3.505
Tyrosine.....g	0.668		0		1	0.568	3.033
Valine.....g	1.019		0		1	0.866	4.626
Arginine.....g	1.184		0		1	1.006	5.375
Histidine.....g	0.582		0		1	0.495	2.642
Alanine.....g	1.196		0		1	1.017	5.430
Aspartic acid.....g	2.026		0		1	1.722	9.198
Glutamic acid.....g	2.953		0		1	2.510	13.407
Glycine.....g	0.950		0		1	0.808	4.313
Proline.....g	0.699		0		1	0.594	3.173
Serine.....g	0.807		0		1	0.686	3.664
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.

**NDB No. 15181**

**Fish, salmon, pink, canned, without salt, solids with bone and liquid**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 454g: 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 28 (2015)



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
<b>Proximates:</b>									
Water.....g	70.65		0	RA	4		60.05	87.60	
Energy.....kcal	153		0	NC	4		130	189	
Energy.....kJ	638		0	RA	4		543	792	
Protein (N x 6.25).....g	24.58		0	RA	4		20.90	30.49	
Total lipid (fat).....g	5.28		0	RA	4		4.49	6.54	
Ash.....g	1.82		0	RA	4		1.55	2.26	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		0	RA	4		7	10	
Iron, Fe.....mg	0.45		0	RA	4		0.38	0.56	
Magnesium, Mg.....mg	32		0	RA	4		27	40	
Phosphorus, P.....mg	313		0	RA	4		266	388	
Potassium, K.....mg	439		0	RA	4		373	545	
Sodium, Na.....mg	90		0	RA	4		77	112	
Zinc, Zn.....mg	0.46		0	RA	4		0.39	0.58	
Copper, Cu.....mg	0.075		0	RA	4		0.064	0.093	
Manganese, Mn.....mg	0.013		0	RA	4		0.011	0.016	
Selenium, Se.....µg	37.6		0	RA	4		32.0	46.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA	4		0.0	0.0	
Thiamin.....mg	0.091		0	RA	4		0.077	0.113	
Riboflavin.....mg	0.126		0	RA	4		0.107	0.156	
Niacin.....mg	9.588		0	RA	4		8.150	11.889	
Pantothenic acid.....mg	1.235		0	RA	4		1.050	1.532	
Vitamin B-6.....mg	0.696		0	RA	4		0.592	0.863	
Folate, total.....µg	5		0	RA	4		4	6	
Folic acid.....µg	0		0	RA	4		0	0	
Folate, food.....µg	5		0	RA	4		4	6	
Folate, DFE.....µg	5		0	NC	4		4	6	
Choline, total.....mg	113.4		0	RA	4		96.4	140.7	
Betaine.....mg									
Vitamin B-12.....µg	4.73		0	RA	4		4.02	5.86	
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....µg	42		0	RA	4		36	52	
Retinol.....µg	42		0	RA	4		36	52	
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	126		0	RA	4		107	156	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.48		0	RA	4		0.41	0.59	
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	
Tocotrienol, alpha.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, beta.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, gamma.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, delta.....mg	0.00		0	RA	4		0.00	0.00	
Vitamin D (D2 + D3).....µg	13.0		0	RA	4		11.1	16.2	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	13.0		0	RA	4		11.1	16.2	
Vitamin D.....IU	522		0	RA	4		444	647	
Vitamin K (phylloquinone).....µg	0.5		0	RA	4		0.4	0.6	



NDB No. 15212

Fish, salmon, pink, cooked, dry heat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Others:</b>							
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 = 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 28 (2015)

NDB No. 15083

Fish, salmon, pink, raw

*Oncorhynchus gorboscha* (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
<b>Proximates:</b>									
Water.....g	75.52	2.008	3	A	1		64.19	120.08	
Energy.....kcal	127		0	NC	4		108	202	
Energy.....kJ	532		0	NC	4		452	846	
Protein (N x 6.25).....g	20.50	0.702	3	A	1		17.43	32.60	
Total lipid (fat).....g	4.40	2.091	3	A	1		3.74	7.00	
Ash.....g	1.52	0.223	3	A	1		1.29	2.41	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	7	0.610	3	A	1		6	11	
Iron, Fe.....mg	0.38	0.040	3	A	1		0.32	0.60	
Magnesium, Mg.....mg	27	0.346	3	A	1		23	43	
Phosphorus, P.....mg	261	10.392	3	A	1		222	415	
Potassium, K.....mg	366	26.660	3	A	1		311	582	
Sodium, Na.....mg	75	25.243	3	A	1		64	120	
Zinc, Zn.....mg	0.39	0.010	3	A	1		0.33	0.62	
Copper, Cu.....mg	0.063	0.007	3	A	1		0.053	0.100	
Manganese, Mn.....mg	0.011	0.000	3	A	1		0.009	0.017	
Selenium, Se.....µg	31.4	2.717	3	A	1		26.7	49.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.080		2	A	1		0.068	0.127	
Riboflavin.....mg	0.105		2	A	1		0.089	0.167	
Niacin.....mg	7.995		2	A	1		6.796	12.712	
Pantothenic acid.....mg	1.030		2	A	1		0.876	1.638	
Vitamin B-6.....mg	0.611		2	A	1		0.519	0.971	
Folate, total.....µg	4		0		4		3	6	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	4		0		4		3	6	
Folate, DFE.....µg	4		0	NC	4		3	6	
Choline, total.....mg	94.6		0	T	4		80.4	150.4	
Betaine.....mg									
Vitamin B-12.....µg	4.15		2	A	1		3.53	6.60	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	35		0	NC	4		30	56	
Retinol.....µg	35		0	T	4		30	56	
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		99	185	
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		0.34	0.64	
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	
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	10.9	1.889	3	AS	1		9.2	17.3	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	10.9	1.889	3	A	1		9.2	17.3	
Vitamin D.....IU	435	75.491	3	A	1		370	692	
Vitamin K (phylloquinone).....µg	0.4		0	T	4		0.3	0.6	

**NDB No. 15083**  
**Fish, salmon, pink, raw**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.810		0	NC	4		0.689	1.288	
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		0.002	0.004	
13:0.....g									
14:0.....g	0.203	0.123	3	A	1		0.172	0.322	
15:0.....g	0.013	0.004	3	A	1		0.011	0.020	
16:0.....g	0.472	0.207	3	A	1		0.401	0.750	
17:0.....g	0.010	0.002	3	A	1		0.009	0.016	
18:0.....g	0.102	0.032	3	A	1		0.087	0.162	
20:0.....g	0.006	0.003	3	A	1		0.005	0.009	
22:0.....g	0.002	0.001	3	A	1		0.001	0.003	
24:0.....g	0.001	0.000	3	A	1		0.001	0.001	
Fatty acids, total monounsaturated.....g	1.348		0	NC	4		1.146	2.144	
14:1.....g	0.003	0.002	3	A	1		0.003	0.005	
15:1.....g	0.002	0.001	3	A	1		0.002	0.004	
16:1 undifferentiated.....g	0.180	0.118	3	AS	1		0.153	0.286	
16:1 c.....g	0.175	0.117	3	A	1		0.148	0.278	
16:1 t.....g	0.005	0.002	3	A	1		0.004	0.008	
17:1.....g	0.004	0.002	3	A	1		0.003	0.006	
18:1 undifferentiated.....g	0.630	0.349	3	AS	1		0.536	1.002	
18:1 c.....g	0.622	0.346	3	A	1		0.528	0.988	
18:1 t.....g	0.009	0.004	3	A	1		0.007	0.014	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.449	0.284	3	A	1		0.382	0.714	
22:1 undifferentiated.....g	0.047	0.011	3	AS	1		0.040	0.074	
22:1 c.....g	0.045	0.009	3	A	1		0.039	0.072	
22:1 t.....g	0.001	0.001	3	A	1		0.001	0.002	
24:1 c.....g	0.034	0.015	3	A	1		0.029	0.054	
Fatty acids, total polyunsaturated.....g	0.811		0	NC	4		0.690	1.290	
18:2 undifferentiated.....g	0.081	0.027	3	AS	1		0.069	0.129	
18:2 n-6 c,c.....g	0.057	0.028	3	A	1		0.048	0.091	
18:2 CLAs.....g	0.005	0.002	3	A	1		0.004	0.007	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.019	0.005	3	A	1		0.016	0.031	
18:3 undifferentiated.....g	0.047	0.020	3	AS	1		0.040	0.075	
18:3 n-3 c,c,c (ALA).....g	0.045	0.019	3	A	1		0.038	0.072	
18:3 n-6 c,c,c.....g	0.002	0.001	3	A	1		0.002	0.003	
18:3i.....g									
18:4.....g	0.072	0.044	3	A	1		0.061	0.115	
20:2 n-6 c,c.....g	0.018	0.010	3	A	1		0.015	0.028	
20:3 undifferentiated.....g	0.013	0.004	3	AS	1		0.011	0.020	
20:3 n-3.....g	0.008	0.003	3	A	1		0.007	0.013	
20:3 n-6.....g	0.004	0.001	3	A	1		0.004	0.007	
20:4 undifferentiated.....g	0.014	0.004	3	A	1		0.012	0.022	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.182	0.072	3	A	1		0.155	0.289	
21:5.....g									
22:4.....g	0.001	0.000	3	A	1		0.001	0.002	
22:5 n-3 (DPA).....g	0.047	0.014	3	A	1		0.040	0.075	
22:6 n-3 (DHA).....g	0.333	0.036	3	A	1		0.283	0.529	
Fatty acids, total trans.....g	0.034		0	NC	4		0.029	0.055	
Fatty acids, total trans-monoenoic.....g	0.015		0	NC	4		0.013	0.024	
Fatty acids, total trans-polyenoic.....g	0.019		0	NC	4		0.016	0.031	
Cholesterol.....mg	46		2	A	1		39	73	
Phytosterols.....mg									

**Amino Acids:**

**NDB No. 15083**  
**Fish, salmon, pink, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tryptophan.....g	0.221		0	A	1		0.188	0.352	
Threonine.....g	1.066		0	A	1		0.906	1.695	
Isoleucine.....g	0.954		0	A	1		0.811	1.518	
Leucine.....g	1.562		0	A	1		1.328	2.484	
Lysine.....g	1.759		0	A	1		1.495	2.797	
Methionine.....g	0.577		0	A	1		0.490	0.917	
Cystine.....g	0.159		0	A	1		0.135	0.252	
Phenylalanine.....g	0.845		0	A	1		0.718	1.343	
Tyrosine.....g	0.742		0	A	1		0.631	1.180	
Valine.....g	1.100		0	A	1		0.935	1.749	
Arginine.....g	1.287		0	A	1		1.094	2.046	
Histidine.....g	0.543		0	A	1		0.461	0.863	
Alanine.....g	1.308		0	A	1		1.111	2.079	
Aspartic acid.....g	2.575		0	A	1		2.189	4.094	
Glutamic acid.....g	2.903		0	A	1		2.468	4.616	
Glycine.....g	1.263		0	A	1		1.073	2.007	
Proline.....g	0.867		0	A	1		0.737	1.378	
Serine.....g	0.905		0	A	1		0.769	1.439	
Hydroxyproline.....g									
<b>Others:</b>									
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 = 85g: 3 oz  
 Measure 2 = 159g: .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 28 (2015)

NDB No. 15087

Fish, salmon, sockeye, canned, 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
<b>Proximates:</b>									
Water.....g	68.07	0.261	12	A	1		57.86	229.38	
Energy.....kcal	167		0	NC	4		142	564	
Energy.....kJ	701		0	NC	4		596	2362	
Protein (N x 6.25).....g	23.59	0.091	12	A	1		20.05	79.51	
Total lipid (fat).....g	7.39	0.237	12	A	1		6.28	24.92	
Ash.....g	2.47	0.050	12	A	1		2.10	8.32	
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	0.00		0	Z	7		0.00	0.00	
Starch.....g	0.00		1	A	1		0.00	0.00	
<b>Minerals:</b>									
Calcium, Ca.....mg	232	5.995	12	A	1		197	781	
Iron, Fe.....mg	0.65	0.017	12	A	1		0.56	2.21	
Magnesium, Mg.....mg	31	0.722	12	A	1		26	103	
Phosphorus, P.....mg	338	3.262	12	A	1		288	1140	
Potassium, K.....mg	314	5.007	12	A	1		266	1056	
Sodium, Na.....mg	408	18.443	12	A	1		347	1376	
Zinc, Zn.....mg	0.84	0.019	12	A	1		0.71	2.83	
Copper, Cu.....mg	0.072	0.002	12	A	1		0.062	0.244	
Manganese, Mn.....mg	0.029	0.004	12	A	1		0.025	0.099	
Selenium, Se.....µg	34.3	0.486	12	A	1		29.2	115.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.032	0.002	12	A	1		0.027	0.109	
Riboflavin.....mg	0.212	0.014	12	A	1		0.180	0.714	
Niacin.....mg	7.621	0.266	12	A	1		6.478	25.682	
Pantothenic acid.....mg	0.535	0.024	12	A	1		0.455	1.804	
Vitamin B-6.....mg	0.119	0.004	12	A	1		0.101	0.400	
Folate, total.....µg	4	0.230	4	A	1		3	13	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	4	0.230	4	A	1		3	13	
Folate, DFE.....µg	4		0	NC	4		3	13	
Choline, total.....mg	82.6	3.335	3	AS	1		70.2	278.3	
Betaine.....mg	3.7	0.741	3	A	1		3.1	12.4	
Vitamin B-12.....µg	5.50	0.174	12	A	1		4.67	18.52	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	55		0	AS	1		47	186	
Retinol.....µg	55	3.376	12	A	1		47	186	
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		157	621	
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		1.76	6.99	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01	0.007	3	A	1		0.01	0.02	
Tocopherol, gamma.....mg	0.04	0.006	3	A	1		0.03	0.13	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	21.0		6	AS	1		17.9	70.8	
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		17.9	70.8	
Vitamin D.....IU	841	71.401	3	A	1		714	2833	
Vitamin K (phylloquinone).....µg	0.1		2	A	1		0.1	0.3	

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		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.440		0	NC	4		1.224	4.854	
4:0.....g	0.004	0.000	12	A	1		0.004	0.014	
6:0.....g	0.000	0.000	12	A	1		0.000	0.000	
8:0.....g	0.001	0.000	12	A	1		0.001	0.004	
10:0.....g	0.008	0.003	12	A	1		0.006	0.025	
12:0.....g	0.003	0.000	12	A	1		0.003	0.012	
13:0.....g									
14:0.....g	0.231	0.009	12	A	1		0.196	0.778	
15:0.....g	0.027	0.001	12	A	1		0.023	0.092	
16:0.....g	0.971	0.031	12	A	1		0.826	3.273	
17:0.....g	0.016	0.001	12	A	1		0.014	0.055	
18:0.....g	0.164	0.004	12	A	1		0.139	0.553	
20:0.....g	0.010	0.000	12	A	1		0.009	0.034	
22:0.....g	0.003	0.000	12	A	1		0.003	0.011	
24:0.....g	0.001	0.000	12	A	1		0.001	0.003	
Fatty acids, total monounsaturated.....g	2.494		0	NC	4		2.120	8.404	
14:1.....g	0.004	0.000	12	A	1		0.004	0.014	
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		0.274	1.087	
16:1 c.....g									
16:1 t.....g	0.011	0.000	12	A	1		0.009	0.036	
17:1.....g	0.017	0.001	12	A	1		0.014	0.056	
18:1 undifferentiated.....g	1.335	0.061	12	AS	1		1.135	4.499	
18:1 c.....g	1.321	0.061	12	A	1		1.123	4.452	
18:1 t.....g	0.014	0.001	12	A	1		0.012	0.046	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.737	0.038	12	A	1		0.627	2.484	
22:1 undifferentiated.....g	0.072	0.004	12	AS	1		0.061	0.243	
22:1 c.....g	0.070	0.004	12	A	1		0.059	0.234	
22:1 t.....g	0.002	0.000	12	A	1		0.002	0.008	
24:1 c.....g	0.006	0.002	12	A	1		0.005	0.022	
Fatty acids, total polyunsaturated.....g	1.783		0	NC	4		1.515	6.008	
18:2 undifferentiated.....g	0.134	0.004	12	AS	1		0.114	0.450	
18:2 n-6 c,c.....g	0.117	0.003	12	A	1		0.099	0.393	
18:2 CLAs.....g	0.004	0.001	12	A	1		0.003	0.014	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.013	0.001	12	A	1		0.011	0.044	
18:3 undifferentiated.....g	0.059	0.001	12	AS	1		0.050	0.197	
18:3 n-3 c,c,c (ALA).....g	0.054	0.001	12	A	1		0.046	0.183	
18:3 n-6 c,c,c.....g	0.004	0.001	12	A	1		0.004	0.014	
18:3i.....g									
18:4.....g	0.112	0.005	12	A	1		0.095	0.378	
20:2 n-6 c,c.....g	0.020	0.001	12	A	1		0.017	0.066	
20:3 undifferentiated.....g	0.017	0.000	12	AS	1		0.014	0.057	
20:3 n-3.....g	0.009	0.000	12	A	1		0.008	0.030	
20:3 n-6.....g	0.008	0.000	12	A	1		0.007	0.027	
20:4 undifferentiated.....g	0.027	0.001	12	A	1		0.023	0.093	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.518	0.017	12	A	1		0.440	1.746	
21:5.....g									
22:4.....g	0.003	0.000	12	A	1		0.003	0.012	
22:5 n-3 (DPA).....g	0.139	0.005	12	A	1		0.118	0.468	
22:6 n-3 (DHA).....g	0.749	0.016	12	A	1		0.637	2.525	
Fatty acids, total trans.....g	0.040		0	NC	4		0.034	0.135	
Cholesterol.....mg	79	1.188	12	A	1		67	265	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.283		0	A	1		0.241	0.954	
Threonine.....g	1.269		0	A	1		1.079	4.277	



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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Isoleucine.....g	1.130		0	A	1	0.960	3.807	
Leucine.....g	1.832		0	A	1	1.558	6.175	
Lysine.....g	2.059		0	A	1	1.750	6.938	
Methionine.....g	0.696		0	A	1	0.592	2.346	
Cystine.....g	0.180		0	A	1	0.153	0.606	
Phenylalanine.....g	1.003		0	A	1	0.852	3.380	
Tyrosine.....g	0.866		0	A	1	0.736	2.919	
Valine.....g	1.306		0	A	1	1.110	4.402	
Arginine.....g	1.483		0	A	1	1.260	4.996	
Histidine.....g	0.640		0	A	1	0.544	2.156	
Alanine.....g	1.519		0	A	1	1.291	5.120	
Aspartic acid.....g	2.745		0	A	1	2.333	9.251	
Glutamic acid.....g	3.319		0	A	1	2.821	11.185	
Glycine.....g	1.443		0	A	1	1.227	4.863	
Proline.....g	0.966		0	A	1	0.822	3.257	
Serine.....g	1.059		0	A	1	0.900	3.570	
Hydroxyproline.....g								
<b>Others:</b>								
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 = 85g: 3 oz

Measure 2 = 337g: 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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	68.72	0.213	44		1		58.41	253.58	
Energy.....kcal	153		0	NC	4		130	565	
Energy.....kJ	640				4		544	2362	
Protein (N x 6.25).....g	20.47	0.086	45		1		17.40	75.53	
Total lipid (fat).....g	7.31	0.145	1689		1		6.21	26.97	
Ash.....g	2.70	0.062	42		1		2.30	9.96	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	239	6.835	26		1		203	882	
Iron, Fe.....mg	1.06		20		1		0.90	3.91	
Magnesium, Mg.....mg	29		20		1		25	107	
Phosphorus, P.....mg	326	4.988	43		1		277	1203	
Potassium, K.....mg	377		23		1		320	1391	
Sodium, Na.....mg	75		0		1		64	277	
Zinc, Zn.....mg	1.02		20		1		0.87	3.76	
Copper, Cu.....mg	0.084		20		1		0.071	0.310	
Manganese, Mn.....mg	0.030		0		4		0.026	0.111	
Selenium, Se.....µg	35.4		0	BFSN	4		30.1	130.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	11		1		0.0	0.0	
Thiamin.....mg	0.016	0.001	19		1		0.014	0.059	
Riboflavin.....mg	0.193	0.008	19		1		0.164	0.712	
Niacin.....mg	5.480	0.189	20		1		4.658	20.221	
Pantothenic acid.....mg	0.550		0		4		0.468	2.030	
Vitamin B-6.....mg	0.300		0		4		0.255	1.107	
Folate, total.....µg	10	1.062	3		1		8	36	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	10	1.062	3		1		8	36	
Folate, DFE.....µg	10		0	NC	4		8	36	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.30		0		4		0.26	1.11	
Vitamin A, RAE.....µg	53	3.130	32		1		45	195	
Retinol.....µg	53	3.130	32		1		45	195	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	176	10.422	32		1		150	649	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	1.644		0		1		1.397	6.066	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.359		2		1		0.305	1.325	
15:0.....g									
16:0.....g	1.079		2		1		0.917	3.982	
17:0.....g									
18:0.....g	0.205		2		1		0.174	0.756	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.776		0		1		2.360	10.243	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.406		2		1		0.345	1.498	
17:1.....g									
18:1 undifferentiated.....g	1.451		2		1		1.233	5.354	
20:1.....g	0.918		2		1		0.780	3.387	
22:1 undifferentiated.....g	0.387		2		1		0.329	1.428	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.277		0		1		1.935	8.402	
18:2 undifferentiated.....g	0.085		2		1		0.072	0.314	
18:3 undifferentiated.....g	0.090		2		1		0.077	0.332	
18:4.....g	0.106		1		1		0.090	0.391	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.374		2		1		0.318	1.380	
20:5 n-3 (EPA).....g	0.492		2		1		0.418	1.815	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.077		2		1		0.065	0.284	
22:6 n-3 (DHA).....g	0.664		2		1		0.564	2.450	
Fatty acids, total trans.....g									
Cholesterol.....mg	44	11.721	3		1		37	162	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.229		0		1		0.195	0.845	
Threonine.....g	0.897		0		1		0.762	3.310	
Isoleucine.....g	0.943		0		1		0.802	3.480	
Leucine.....g	1.664		0		1		1.414	6.140	
Lysine.....g	1.880		0		1		1.598	6.937	
Methionine.....g	0.606		0		1		0.515	2.236	
Cystine.....g	0.219		0		1		0.186	0.808	
Phenylalanine.....g	0.799		0		1		0.679	2.948	
Tyrosine.....g	0.691		0		1		0.587	2.550	
Valine.....g	1.055		0		1		0.897	3.893	
Arginine.....g	1.225		0		1		1.041	4.520	
Histidine.....g	0.603		0		1		0.513	2.225	
Alanine.....g	1.238		0		1		1.052	4.568	
Aspartic acid.....g	2.096		0		1		1.782	7.734	
Glutamic acid.....g	3.056		0		1		2.598	11.277	
Glycine.....g	0.983		0		1		0.836	3.627	
Proline.....g	0.724		0		1		0.615	2.672	
Serine.....g	0.835		0		1		0.710	3.081	
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.

**NDB No. 15182**

**Fish, salmon, sockeye, canned, without salt, drained solids with bone**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 369g: 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 28 (2015)

NDB No. 15086

Fish, salmon, sockeye, cooked, dry heat

Refuse:0% No 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
<b>Proximates:</b>									
Water.....g	67.33		0	RA	4		57.23	104.36	
Energy.....kcal	156		0	NC	4		133	242	
Energy.....kJ	653		0	NC	4		555	1012	
Protein.....g	26.48		0	RA	4		22.51	41.04	
Total lipid (fat).....g	5.57		0	RA	4		4.74	8.64	
Ash.....g	1.50		0	RA	4		1.28	2.33	
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	
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	
<b>Minerals:</b>									
Calcium, Ca.....mg	11		0	RA	4		9	16	
Iron, Fe.....mg	0.52		0	RA	4		0.44	0.80	
Magnesium, Mg.....mg	36		0	RA	4		31	56	
Phosphorus, P.....mg	305		0	RA	4		259	473	
Potassium, K.....mg	436		0	RA	4		371	676	
Sodium, Na.....mg	92		0	RA	4		78	143	
Zinc, Zn.....mg	0.55		0	RA	4		0.47	0.85	
Copper, Cu.....mg	0.076		0	RA	4		0.065	0.118	
Manganese, Mn.....mg	0.013		0	RA	4		0.011	0.021	
Selenium, Se.....µg	35.5		0	RA	4		30.2	55.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA	4		0.0	0.0	
Thiamin.....mg	0.157		0	RA	4		0.134	0.244	
Riboflavin.....mg	0.246		0	RA	4		0.209	0.382	
Niacin.....mg	10.123		0	RA	4		8.604	15.691	
Pantothenic acid.....mg	1.274		0	RA	4		1.083	1.974	
Vitamin B-6.....mg	0.827		0	RA	4		0.703	1.281	
Folate, total.....µg	7		0	RA	4		6	11	
Folic acid.....µg	0		0	RA	4		0	0	
Folate, food.....µg	7		0	RA	4		6	11	
Folate, DFE.....µg	7		0	NC	4		6	11	
Choline, total.....mg	112.6		0	RA	4		95.7	174.5	
Betaine.....mg									
Vitamin B-12.....µg	4.47		0	RA	4		3.80	6.92	
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....µg	58		0	RA	4		49	90	
Retinol.....µg	58		0	RA	4		49	90	
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	193		0	NC	4		164	299	
Lycopene.....µg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.99		0	RA	4		0.84	1.53	
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		0.16	0.30	
Tocopherol, delta.....mg	0.22		0	RA	4		0.19	0.35	
Tocotrienol, alpha.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, beta.....mg	0.00		0	RA	4		0.00	0.00	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, delta.....mg	0.00		0	RA	4		0.00	0.00	
Vitamin D (D2 + D3).....µg	16.7		0	RA	4		14.2	26.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	16.7		0	RA	4		14.2	26.0	
Vitamin D.....IU	670		0	RA	4		569	1038	
Vitamin K (phylloquinone).....µg	0.1		0	RA	4		0.1	0.2	
Dihydrophyloquinone.....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4.....µg	0.4		0	RA	4		0.3	0.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.969		0	RA	4		0.824	1.502	
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	0.001		0	RA	4		0.001	0.002	
12:0.....g	0.003		0	RA	4		0.002	0.004	
13:0.....g									
14:0.....g	0.150		0	RA	4		0.128	0.233	
15:0.....g	0.018		0	RA	4		0.015	0.027	
16:0.....g	0.653		0	RA	4		0.555	1.013	
17:0.....g	0.013		0	RA	4		0.011	0.020	
18:0.....g	0.124		0	RA	4		0.105	0.192	
20:0.....g	0.006		0	RA	4		0.005	0.010	
22:0.....g	0.001		0	RA	4		0.001	0.001	
24:0.....g	0.000		0	RA	4		0.000	0.001	
Fatty acids, total monounsaturated.....g	1.864		0	RA	4		1.584	2.889	
14:1.....g	0.004		0	RA	4		0.003	0.006	
15:1.....g	0.000		0	RA	4		0.000	0.000	
16:1 undifferentiated.....g	0.164		0	RA	4		0.139	0.253	
17:1.....g	0.015		0	RA	4		0.013	0.024	
18:1 undifferentiated.....g	0.843		0	RA	4		0.717	1.307	
20:1.....g	0.447		0	RA	4		0.380	0.693	
22:1 undifferentiated.....g	0.374		0	RA	4		0.318	0.580	
24:1 c.....g	0.017		0	RA	4		0.014	0.026	
Fatty acids, total polyunsaturated.....g	1.327		0	RA	4		1.128	2.057	
18:2 undifferentiated.....g	0.190		0	RA	4		0.162	0.295	
18:3 undifferentiated.....g	0.058		0	RA	4		0.049	0.089	
18:4.....g	0.064		0	RA	4		0.055	0.100	
20:2 n-6 c,c.....g	0.019		0	RA	4		0.017	0.030	
20:3 undifferentiated.....g	0.017		0	RA	4		0.014	0.026	
20:4 undifferentiated.....g	0.020		0	RA	4		0.017	0.031	
20:5 n-3 (EPA).....g	0.299		0	RA	4		0.254	0.463	
21:5.....g									
22:4.....g	0.003		0	RA	4		0.003	0.005	
22:5 n-3 (DPA).....g	0.093		0	RA	4		0.079	0.145	
22:6 n-3 (DHA).....g	0.560		0	RA	4		0.476	0.869	
Fatty acids, total trans.....g	0.023		0	RA	4		0.019	0.035	
Cholesterol.....mg	61		0	RA	4		52	94	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.335		0	RA	4		0.285	0.520	
Threonine.....g	1.247		0	RA	4		1.060	1.933	
Isoleucine.....g	1.274		0	RA	4		1.083	1.974	
Leucine.....g	2.185		0	RA	4		1.858	3.387	
Lysine.....g	2.574		0	RA	4		2.188	3.990	
Methionine.....g	0.858		0	RA	4		0.729	1.330	
Cystine.....g	0.295		0	RA	4		0.251	0.457	
Phenylalanine.....g	1.086		0	RA	4		0.923	1.683	
Tyrosine.....g	1.207		0	RA	4		1.026	1.870	
Valine.....g	1.461		0	RA	4		1.242	2.265	
Arginine.....g	1.716		0	RA	4		1.459	2.660	
Histidine.....g	0.711		0	RA	4		0.604	1.101	

NDB No. 15086

Fish, salmon, sockeye, cooked, dry heat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine.....g	1.649		0	RA	4		1.402	2.556	
Aspartic acid.....g	2.708		0	RA	4		2.302	4.198	
Glutamic acid.....g	3.902		0	RA	4		3.316	6.047	
Glycine.....g	1.274		0	RA	4		1.083	1.974	
Proline.....g	0.979		0	RA	4		0.832	1.517	
Serine.....g	1.059		0	RA	4		0.900	1.642	
Hydroxyproline.....g									
<b>Others:</b>									
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 = 155g: .5 fillet

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 15 Finfish and Shellfish Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 15085**  
**Fish, salmon, sockeye, raw**

Refuse:0% No Refuse

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	72.54		22	A	1		20.57	143.63	61.66
Energy.....kcal	131		0	NC	4		37	260	112
Energy.....kJ	549		0	NC	4		156	1087	467
Protein.....g	22.25		22	A	1		6.31	44.06	18.92
Total lipid (fat).....g	4.69		22	A	1		1.33	9.28	3.98
Ash.....g	1.26		22	A	1		0.36	2.50	1.07
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
<b>Minerals:</b>									
Calcium, Ca.....mg	9		22	A	1		3	17	8
Iron, Fe.....mg	0.43		22	A	1		0.12	0.86	0.37
Magnesium, Mg.....mg	30		22	A	1		9	60	26
Phosphorus, P.....mg	257		22	A	1		73	508	218
Potassium, K.....mg	367		22	A	1		104	726	312
Sodium, Na.....mg	78		22	A	1		22	154	66
Zinc, Zn.....mg	0.46		22	A	1		0.13	0.91	0.39
Copper, Cu.....mg	0.064		22	A	1		0.018	0.127	0.055
Manganese, Mn.....mg	0.011		22	A	1		0.003	0.022	0.009
Selenium, Se.....µg	29.8		19	A	1		8.5	59.0	25.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin.....mg	0.132		19	A	1		0.038	0.262	0.112
Riboflavin.....mg	0.207		19	A	1		0.059	0.410	0.176
Niacin.....mg	8.507		19	A	1		2.412	16.845	7.231
Pantothenic acid.....mg	1.070		17	A	1		0.303	2.119	0.910
Vitamin B-6.....mg	0.731		19	A	1		0.207	1.448	0.622
Folate, total.....µg	6		19	A	1		2	12	5
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	6		19	A	1		2	12	5
Folate, DFE.....µg	6		0	NC	4		2	12	5
Choline, total.....mg	94.6		0	BFZN	4		26.8	187.3	80.4
Betaine.....mg									
Vitamin B-12.....µg	4.69		19	A	1		1.33	9.29	3.99
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	49		0	AS	1		14	96	41
Retinol.....µg	49	2.577	15	A	1		14	96	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	162		0	AS	1		46	321	138
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.83		19	A	1		0.24	1.64	0.70
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
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00



**NDB No. 15085**  
**Fish, salmon, sockeye, raw**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number			measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1	0.00	0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	4	A	1	0.00	0.00	0.00	
Vitamin D (D2 + D3).....µg	14.1		0	AS	1	4.0	27.9	12.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	14.1		27	A	1	4.0	27.9	12.0	
Vitamin D.....µg	563		0	NR	4	160	1115	478	
Vitamin K (phylloquinone).....µg	0.1	0.063	4	A	1	0.0	0.2	0.1	
Dihydrophyloquinone.....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	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.814		0	NC	4	0.231	1.613	0.692	
4:0.....g	0.000		18	A	1	0.000	0.000	0.000	
6:0.....g	0.000		22	A	1	0.000	0.000	0.000	
8:0.....g	0.000		22	A	1	0.000	0.000	0.000	
10:0.....g	0.001		22	A	1	0.000	0.002	0.001	
12:0.....g	0.002		22	A	1	0.001	0.005	0.002	
13:0.....g									
14:0.....g	0.126		22	A	1	0.036	0.250	0.107	
15:0.....g	0.015		22	A	1	0.004	0.029	0.013	
16:0.....g	0.549		22	A	1	0.156	1.087	0.467	
17:0.....g	0.011		22	A	1	0.003	0.021	0.009	
18:0.....g	0.104		22	A	1	0.030	0.206	0.088	
20:0.....g	0.005		22	A	1	0.002	0.010	0.005	
22:0.....g	0.001		21	A	1	0.000	0.001	0.001	
24:0.....g	0.000		22	A	1	0.000	0.001	0.000	
Fatty acids, total monounsaturated.....g	1.371		0	NC	4	0.389	2.714	1.165	
14:1.....g	0.003		20	A	1	0.001	0.006	0.003	
15:1.....g	0.000		22	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.137		0	AS	1	0.039	0.272	0.117	
16:1 c.....g	0.132		22	A	1	0.037	0.260	0.112	
16:1 t.....g	0.006		22	A	1	0.002	0.012	0.005	
17:1.....g	0.013		22	A	1	0.004	0.026	0.011	
18:1 undifferentiated.....g	0.709		0	AS	1	0.201	1.403	0.602	
18:1 c.....g	0.701		22	A	1	0.199	1.388	0.596	
18:1 t.....g	0.008		22	A	1	0.002	0.015	0.006	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.376		22	A	1	0.106	0.744	0.319	
22:1 undifferentiated.....g	0.314		0	AS	1	0.089	0.623	0.267	
22:1 c.....g	0.314	0.025	15	A	1	0.089	0.622	0.267	
22:1 t.....g	0.001		22	A	1	0.000	0.001	0.000	
24:1 c.....g	0.014		22	A	1	0.004	0.028	0.012	
Fatty acids, total polyunsaturated.....g	1.115		0	NC	4	0.316	2.209	0.948	
18:2 undifferentiated.....g	0.160		0	AS	1	0.045	0.316	0.136	
18:2 n-6 c,c.....g	0.151		22	A	1	0.043	0.298	0.128	
18:2 CLAs.....g	0.004		22	A	1	0.001	0.008	0.003	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.005		22	A	1	0.001	0.010	0.004	
18:3 undifferentiated.....g	0.048		0	AS	1	0.014	0.096	0.041	
18:3 n-3 c,c,c (ALA).....g	0.047		22	A	1	0.013	0.093	0.040	
18:3 n-6 c,c,c.....g	0.002		22	A	1	0.001	0.003	0.002	
18:3i.....g	0.000	0.000	15	A	1	0.000	0.000	0.000	
18:4.....g	0.054		22	A	1	0.015	0.107	0.046	
20:2 n-6 c,c.....g	0.016		22	A	1	0.005	0.032	0.014	
20:3 undifferentiated.....g	0.014		0	AS	1	0.004	0.028	0.012	
20:3 n-3.....g	0.009		22	A	1	0.002	0.017	0.007	
20:3 n-6.....g	0.006		22	A	1	0.002	0.011	0.005	
20:4 undifferentiated.....g	0.017		22	A	1	0.005	0.033	0.014	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.251		22	A	1	0.071	0.497	0.213	
21:5.....g									
22:4.....g	0.003		22	A	1	0.001	0.005	0.002	
22:5 n-3 (DPA).....g	0.079		22	A	1	0.022	0.156	0.067	

**NDB No. 15085**  
**Fish, salmon, sockeye, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.471		22	A	1		0.134	0.932	0.400
Fatty acids, total trans.....g	0.019		0	NC	4		0.005	0.038	0.016
Fatty acids, total trans-monoenoic.....g	0.014		0	NC	4		0.004	0.028	0.012
Fatty acids, total trans-polyenoic.....g	0.005		0	NC	4		0.001	0.010	0.004
Cholesterol.....mg	51		22	A	1		15	101	44
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.282		0	A	1		0.080	0.558	0.239
Threonine.....g	1.048		0	A	1		0.297	2.075	0.891
Isoleucine.....g	1.070		0	A	1		0.303	2.119	0.910
Leucine.....g	1.837		0	A	1		0.521	3.637	1.561
Lysine.....g	2.163		0	A	1		0.613	4.284	1.839
Methionine.....g	0.721		0	A	1		0.204	1.428	0.613
Cystine.....g	0.248		0	A	1		0.070	0.491	0.211
Phenylalanine.....g	0.913		0	A	1		0.259	1.807	0.776
Tyrosine.....g	1.014		0	A	1		0.287	2.008	0.862
Valine.....g	1.228		0	A	1		0.348	2.432	1.044
Arginine.....g	1.442		0	A	1		0.409	2.856	1.226
Histidine.....g	0.597		0	A	1		0.169	1.182	0.508
Alanine.....g	1.386		0	A	1		0.393	2.744	1.178
Aspartic acid.....g	2.276		0	A	1		0.645	4.507	1.935
Glutamic acid.....g	3.279		0	A	1		0.930	6.492	2.787
Glycine.....g	1.070		0	A	1		0.303	2.119	0.910
Proline.....g	0.823		0	A	1		0.233	1.629	0.699
Serine.....g	0.890		0	A	1		0.252	1.762	0.757
Hydroxyproline.....g									
<b><u>Others:</u></b>									
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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 15 Finfish and Shellfish Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



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				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
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
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 15088

Fish, sardine, Atlantic, canned in oil, drained solids with bone

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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 = 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 28 (2015)



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
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....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	
Dihydrophyloquinone.....µg	0.0		0	RA	4	0.0	0.0	0.0	
Menaquinone-4.....µg									
<b>Lipids:</b>									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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	

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
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									
<b>Others:</b>									
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

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**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**

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**NDB No. 15213**  
**Fish, scup, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 15213**  
**Fish, scup, cooked, dry heat**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0		1		34		57
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
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**

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.640		0		4		0.544	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		0.476	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		0.876	0.292	0.659
18:2 undifferentiated.....g	0.039		0	BFFN	4		0.033	0.011	0.025
18:3 undifferentiated.....g	0.008		0	BFFN	4		0.007	0.002	0.005
18:4.....g	0.018		0	BFFN	4		0.016	0.005	0.012
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0	BFFN	4		0.085	0.028	0.064
20:5 n-3 (EPA).....g	0.104		0	BFFN	4		0.088	0.029	0.066
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.132		0	BFFN	4		0.113	0.038	0.085
22:6 n-3 (DHA).....g	0.530		0	BFFN	4		0.450	0.150	0.339
Fatty acids, total trans.....g									
Cholesterol.....mg	52		0		4		44	15	33
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.211		0		1		0.179	0.060	0.135
Threonine.....g	0.827		0		1		0.703	0.234	0.529
Isoleucine.....g	0.870		0		1		0.740	0.247	0.557
Leucine.....g	1.534		0		1		1.304	0.435	0.982
Lysine.....g	1.733		0		1		1.473	0.491	1.109
Methionine.....g	0.559		0		1		0.475	0.158	0.358
Cystine.....g	0.202		0		1		0.172	0.057	0.129
Phenylalanine.....g	0.737		0		1		0.626	0.209	0.472
Tyrosine.....g	0.637		0		1		0.541	0.181	0.408
Valine.....g	0.972		0		1		0.826	0.276	0.622
Arginine.....g	1.129		0		1		0.960	0.320	0.723
Histidine.....g	0.556		0		1		0.473	0.158	0.356
Alanine.....g	1.142		0		1		0.971	0.324	0.731
Aspartic acid.....g	1.933		0		1		1.643	0.548	1.237
Glutamic acid.....g	2.818		0		1		2.395	0.799	1.804
Glycine.....g	0.906		0		1		0.770	0.257	0.580
Proline.....g	0.667		0		1		0.567	0.189	0.427
Serine.....g	0.770		0		1		0.655	0.218	0.493
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 15090

Fish, scup, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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 = 85g: 3 oz

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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	0.655		0		1		0.662	0.557	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15092**

**Fish, sea bass, mixed species, cooked, dry heat**

**Common Measures:**

Measure 1 = 101g: 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 28 (2015)





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			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
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
21:5.....g								
22:4.....g								
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								
<b>Amino Acids:</b>								
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								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

NDB No. 15091

Fish, sea bass, mixed species, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	Z	7	0	0

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**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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	71.91		0		1		61.12	133.75	
Energy.....kcal	133		0	NC	4		113	247	
Energy.....kJ	556				4		473	1035	
Protein (N x 6.25).....g	21.46		0		1		18.24	39.92	
Total lipid (fat).....g	4.63		0		1		3.94	8.61	
Ash.....g	1.62		0		1		1.38	3.01	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	22		0		1		19	41	
Iron, Fe.....mg	0.35		0		1		0.30	0.65	
Magnesium, Mg.....mg	40		0		1		34	74	
Phosphorus, P.....mg	321		0		1		273	597	
Potassium, K.....mg	437		0		1		371	813	
Sodium, Na.....mg	74		0		1		63	138	
Zinc, Zn.....mg	0.58		0		1		0.49	1.08	
Copper, Cu.....mg	0.038		0		1		0.032	0.071	
Manganese, Mn.....mg	0.019		0		1		0.016	0.035	
Selenium, Se.....µg	46.8		0	BFSN	4		39.8	87.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.069		0		1		0.059	0.128	
Riboflavin.....mg	0.207		0		1		0.176	0.385	
Niacin.....mg	2.923		0		1		2.485	5.437	
Pantothenic acid.....mg	0.865		0		1		0.735	1.609	
Vitamin B-6.....mg	0.462		0		1		0.393	0.859	
Folate, total.....µg	6		0		1		5	11	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	6		0		1		5	11	
Folate, DFE.....µg	6		0	NC	4		5	11	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	3.46		0		1		2.94	6.44	
Vitamin A, RAE.....µg	35		0		1		29	64	
Retinol.....µg	35		0		1		29	64	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	115		0		1		98	214	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.293		0		1		1.099	2.405	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.095		0		1		0.081	0.177	
15:0.....g									
16:0.....g	0.820		0		1		0.697	1.525	
17:0.....g									
18:0.....g	0.214		0		1		0.182	0.398	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.133		0		1		0.963	2.107	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.464		0		1		0.394	0.863	
17:1.....g									
18:1 undifferentiated.....g	0.602		0		1		0.512	1.120	
20:1.....g	0.064		0		1		0.054	0.119	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.929		0		1		0.790	1.728	
18:2 undifferentiated.....g	0.088		0		1		0.075	0.164	
18:3 undifferentiated.....g	0.005		0		1		0.004	0.009	
18:4.....g	0.010		0		1		0.009	0.019	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.247		0		1		0.210	0.459	
20:5 n-3 (EPA).....g	0.211		0		1		0.179	0.392	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.097		0		1		0.082	0.180	
22:6 n-3 (DHA).....g	0.265		0		1		0.225	0.493	
Fatty acids, total trans.....g									
Cholesterol.....mg	106		0		1		90	197	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.240		0		1		0.204	0.446	
Threonine.....g	0.941		0		1		0.800	1.750	
Isoleucine.....g	0.989		0		1		0.841	1.840	
Leucine.....g	1.744		0		1		1.482	3.244	
Lysine.....g	1.971		0		1		1.675	3.666	
Methionine.....g	0.635		0		1		0.540	1.181	
Cystine.....g	0.230		0		1		0.196	0.428	
Phenylalanine.....g	0.838		0		1		0.712	1.559	
Tyrosine.....g	0.725		0		1		0.616	1.349	
Valine.....g	1.106		0		1		0.940	2.057	
Arginine.....g	1.284		0		1		1.091	2.388	
Histidine.....g	0.632		0		1		0.537	1.176	
Alanine.....g	1.298		0		1		1.103	2.414	
Aspartic acid.....g	2.198		0		1		1.868	4.088	
Glutamic acid.....g	3.204		0		1		2.723	5.959	
Glycine.....g	1.030		0		1		0.876	1.916	
Proline.....g	0.759		0		1		0.645	1.412	
Serine.....g	0.876		0		1		0.745	1.629	
Hydroxyproline.....g									

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**NDB No. 15214**

**Fish, seatrout, mixed species, cooked, dry heat**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 186g: 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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	78.09	0.426	14		1		66.38	185.85	
Energy.....kcal	104		0	NC	4		88	248	
Energy.....kJ	435				4		370	1036	
Protein (N x 6.25).....g	16.74	0.412	14		1		14.23	39.84	
Total lipid (fat).....g	3.61	0.595	14		1		3.07	8.59	
Ash.....g	1.26	0.058	15		1		1.07	3.00	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	17	3.238	6		1		14	40	
Iron, Fe.....mg	0.27	0.036	6		1		0.23	0.64	
Magnesium, Mg.....mg	31	0.849	6		1		26	74	
Phosphorus, P.....mg	250	14.089	6		1		213	595	
Potassium, K.....mg	341		8		1		290	812	
Sodium, Na.....mg	58		8		1		49	138	
Zinc, Zn.....mg	0.45	0.012	172		1		0.38	1.07	
Copper, Cu.....mg	0.030	0.001	172		1		0.026	0.071	
Manganese, Mn.....mg	0.015	0.006	3		1		0.013	0.036	
Selenium, Se.....µg	36.5		0	CAZN	4		31.0	86.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.060		0		4		0.051	0.143	
Riboflavin.....mg	0.170		0		4		0.145	0.405	
Niacin.....mg	2.400		0		4		2.040	5.712	
Pantothenic acid.....mg	0.750		0		4		0.638	1.785	
Vitamin B-6.....mg	0.400		0		4		0.340	0.952	
Folate, total.....µg	5		0		4		4	12	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	5		0		4		4	12	
Folate, DFE.....µg	5		0	NC	4		4	12	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	3.00		0		4		2.55	7.14	
Vitamin A, RAE.....µg	30		0		4		26	71	
Retinol.....µg	30		0		4		26	71	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	100		0		4		85	238	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									





NDB No. 15093

Fish, seatrout, mixed species, raw

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

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**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 238g: 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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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 saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	96		0		1		138	82	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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 28 (2015)



NDB No. 15094  
Fish, shad, american, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.126		0		4		2.657	5.752	
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		0.007	0.015	
12:0.....g	0.018		0		4		0.015	0.033	
13:0.....g									
14:0.....g	0.849		0		4		0.722	1.562	
15:0.....g									
16:0.....g	2.073		0		4		1.762	3.814	
17:0.....g									
18:0.....g	0.167		0		4		0.142	0.307	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.724		0		4		4.865	10.532	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.953		0		4		0.810	1.754	
17:1.....g									
18:1 undifferentiated.....g	2.323		0		4		1.975	4.274	
20:1.....g	1.105		0		4		0.939	2.033	
22:1 undifferentiated.....g	1.287		0		4		1.094	2.368	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.268		0		4		2.778	6.013	
18:2 undifferentiated.....g	0.199		0		4		0.169	0.366	
18:3 undifferentiated.....g	0.158		0		4		0.134	0.291	
18:4.....g	0.328		0		4		0.279	0.604	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.092		0		4		0.078	0.169	
20:5 n-3 (EPA).....g	1.086		0		4		0.923	1.998	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.084		0		4		0.071	0.155	
22:6 n-3 (DHA).....g	1.321		0		4		1.123	2.431	
Fatty acids, total trans.....g									
Cholesterol.....mg	75		0		4		64	138	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.190		0		1		0.162	0.350	
Threonine.....g	0.742		0		1		0.631	1.365	
Isoleucine.....g	0.780		0		1		0.663	1.435	
Leucine.....g	1.376		0		1		1.170	2.532	
Lysine.....g	1.555		0		1		1.322	2.861	
Methionine.....g	0.501		0		1		0.426	0.922	
Cystine.....g	0.182		0		1		0.155	0.335	
Phenylalanine.....g	0.661		0		1		0.562	1.216	
Tyrosine.....g	0.572		0		1		0.486	1.052	
Valine.....g	0.872		0		1		0.741	1.604	
Arginine.....g	1.013		0		1		0.861	1.864	
Histidine.....g	0.498		0		1		0.423	0.916	
Alanine.....g	1.024		0		1		0.870	1.884	
Aspartic acid.....g	1.734		0		1		1.474	3.191	
Glutamic acid.....g	2.527		0		1		2.148	4.650	
Glycine.....g	0.813		0		1		0.691	1.496	
Proline.....g	0.599		0		1		0.509	1.102	
Serine.....g	0.691		0		1		0.587	1.271	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 15094  
 Fish, shad, american, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 184g: 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 28 (2015)

NDB No. 15096

Fish, shark, mixed species, cooked, batter-dipped 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	22		0	NC	4		19		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.21		0		1		1.03		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	3.205		0		1		2.724		
4:0.....g									
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.



**NDB No. 15096**

**Fish, shark, mixed species, cooked, batter-dipped and fried**

**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 28 (2015)



**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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.925		0		1		0.786		
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	0.080		4		1		0.068		
15:0.....g									
16:0.....g	0.726		4		1		0.617		
17:0.....g									
18:0.....g	0.117		4		1		0.099		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.808		0		4		1.537		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.253		4		1		0.215		
17:1.....g									
18:1 undifferentiated.....g	0.979		4		1		0.832		
20:1.....g	0.266		2		1		0.226		
22:1 undifferentiated.....g	0.310		2		1		0.264		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.195		0		4		1.016		
18:2 undifferentiated.....g	0.076		4		1		0.065		
18:3 undifferentiated.....g	0.028		2		1		0.024		
18:4.....g	0.031		2		1		0.026		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.108		1		1		0.092		
20:5 n-3 (EPA).....g	0.316		4		1		0.269		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.109		4		1		0.093		
22:6 n-3 (DHA).....g	0.527		4		1		0.448		
Fatty acids, total trans.....g									
Cholesterol.....mg	51		5		1		43		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.235		0		1		0.200		
Threonine.....g	0.920		0		1		0.782		
Isoleucine.....g	0.967		0		1		0.822		
Leucine.....g	1.705		0		1		1.449		
Lysine.....g	1.926		0		1		1.637		
Methionine.....g	0.621		0		1		0.528		
Cystine.....g	0.225		0		1		0.191		
Phenylalanine.....g	0.819		0		1		0.696		
Tyrosine.....g	0.708		0		1		0.602		
Valine.....g	1.081		0		1		0.919		
Arginine.....g	1.255		0		1		1.067		
Histidine.....g	0.618		0		1		0.525		
Alanine.....g	1.269		0		1		1.079		
Aspartic acid.....g	2.148		0		1		1.826		
Glutamic acid.....g	3.131		0		1		2.661		
Glycine.....g	1.007		0		1		0.856		
Proline.....g	0.742		0		1		0.631		
Serine.....g	0.856		0		1		0.728		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 15095  
 Fish, shark, mixed species, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	69.04		1		1		58.68	128.41	
Energy.....kcal	126		0	NC	4		107	234	
Energy.....kJ	527				4		448	981	
Protein (N x 6.25).....g	26.02		1		1		22.12	48.40	
Total lipid (fat).....g	1.63		1		1		1.39	3.03	
Ash.....g	1.44		1		1		1.22	2.68	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	37		1		1		31	69	
Iron, Fe.....mg	0.67		1		1		0.57	1.25	
Magnesium, Mg.....mg	35		1		1		30	65	
Phosphorus, P.....mg	350		1		1		298	651	
Potassium, K.....mg	512		1		1		435	952	
Sodium, Na.....mg	73		1		1		62	136	
Zinc, Zn.....mg	0.63		1		1		0.54	1.17	
Copper, Cu.....mg	0.122		1		1		0.104	0.227	
Manganese, Mn.....mg	0.021		1		1		0.018	0.039	
Selenium, Se.....µg	51.3		0	BFSN	4		43.6	95.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.010		0		4		0.009	0.019	
Riboflavin.....mg	0.050		0		4		0.043	0.093	
Niacin.....mg	1.800		0		4		1.530	3.348	
Pantothenic acid.....mg	0.870		0		4		0.740	1.618	
Vitamin B-6.....mg	0.350		0		4		0.298	0.651	
Folate, total.....µg	17		0		4		15	32	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	17		0		4		15	32	
Folate, DFE.....µg	17		0	NC	4		15	32	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.30		0		4		1.96	4.28	
Vitamin A, RAE.....µg	35		0		4		29	64	
Retinol.....µg	35		0		4		29	64	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	115		0		4		98	214	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	0.360		0		1		0.306	0.670	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.044		1		1		0.037	0.082	
15:0.....g									
16:0.....g	0.227		1		1		0.193	0.422	
17:0.....g									
18:0.....g	0.089		1		1		0.076	0.166	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.350		0		1		0.298	0.651	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.107		1		1		0.091	0.199	
17:1.....g									
18:1 undifferentiated.....g	0.243		1		1		0.207	0.452	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.382		0		1		0.325	0.711	
18:2 undifferentiated.....g	0.042		1		1		0.036	0.078	
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		0.094	0.205	
20:5 n-3 (EPA).....g	0.083		1		1		0.071	0.154	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.040		1		1		0.034	0.074	
22:6 n-3 (DHA).....g	0.107		1		1		0.091	0.199	
Fatty acids, total trans.....g									
Cholesterol.....mg	64		0		4		54	119	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.291		0		1		0.247	0.541	
Threonine.....g	1.141		0		1		0.970	2.122	
Isoleucine.....g	1.199		0		1		1.019	2.230	
Leucine.....g	2.115		0		1		1.798	3.934	
Lysine.....g	2.390		0		1		2.032	4.445	
Methionine.....g	0.770		0		1		0.655	1.432	
Cystine.....g	0.279		0		1		0.237	0.519	
Phenylalanine.....g	1.016		0		1		0.864	1.890	
Tyrosine.....g	0.878		0		1		0.746	1.633	
Valine.....g	1.340		0		1		1.139	2.492	
Arginine.....g	1.557		0		1		1.323	2.896	
Histidine.....g	0.766		0		1		0.651	1.425	
Alanine.....g	1.574		0		1		1.338	2.928	
Aspartic acid.....g	2.664		0		1		2.264	4.955	
Glutamic acid.....g	3.884		0		1		3.301	7.224	
Glycine.....g	1.249		0		1		1.062	2.323	
Proline.....g	0.920		0		1		0.782	1.711	
Serine.....g	1.062		0		1		0.903	1.975	
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.

**NDB No. 15098**

**Fish, sheepshead, cooked, dry heat**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 186g: 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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	77.97	0.731	5		1		66.27	185.57	
Energy.....kcal	108		0	NC	4		92	257	
Energy.....kJ	452				4		384	1075	
Protein (N x 6.25).....g	20.21	2.337	5		1		17.18	48.10	
Total lipid (fat).....g	2.41	0.404	5		1		2.05	5.74	
Ash.....g	1.09	0.073	5		1		0.93	2.59	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	21	7.900	3		1		18	50	
Iron, Fe.....mg	0.46	0.090	3		1		0.39	1.09	
Magnesium, Mg.....mg	32	1.840	3		1		27	76	
Phosphorus, P.....mg	313	25.350	3		1		266	745	
Potassium, K.....mg	404	63.321	4		1		343	962	
Sodium, Na.....mg	71	11.174	4		1		60	169	
Zinc, Zn.....mg	0.39	0.013	62		1		0.33	0.93	
Copper, Cu.....mg	0.031	0.002	63		1		0.026	0.074	
Manganese, Mn.....mg	0.013	0.003	3		1		0.011	0.031	
Selenium, Se.....µg	36.5		0	CAZN	4		31.0	86.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.010		0		4		0.009	0.024	
Riboflavin.....mg	0.040		0		4		0.034	0.095	
Niacin.....mg	1.500		0		4		1.275	3.570	
Pantothenic acid.....mg	0.750		0		4		0.638	1.785	
Vitamin B-6.....mg	0.300		0		4		0.255	0.714	
Folate, total.....µg	15		0		4		13	36	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	15		0		4		13	36	
Folate, DFE.....µg	15		0	NC	4		13	36	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.00		0		4		1.70	4.76	
Vitamin A, RAE.....µg	30		0		4		26	71	
Retinol.....µg	30		0		4		26	71	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	100		0		4		85	238	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



**NDB No. 15097**  
**Fish, sheepshead, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		<u>measures of food</u>				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.609		0		1		0.518	1.449	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.076		2		1		0.065	0.181	
15:0.....g									
16:0.....g	0.406		2		1		0.345	0.966	
17:0.....g									
18:0.....g	0.114		2		1		0.097	0.271	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.728		0		1		0.619	1.733	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.201		2		1		0.171	0.478	
17:1.....g									
18:1 undifferentiated.....g	0.458		2		1		0.389	1.090	
20:1.....g	0.069		1		1		0.059	0.164	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.518		0		1		0.440	1.233	
18:2 undifferentiated.....g	0.044		2		1		0.037	0.105	
18:3 undifferentiated.....g	0.006		1		1		0.005	0.014	
18:4.....g	0.027		1		1		0.023	0.064	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.106		2		1		0.090	0.252	
20:5 n-3 (EPA).....g	0.138		2		1		0.117	0.328	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.074		2		1		0.063	0.176	
22:6 n-3 (DHA).....g	0.123		2		1		0.105	0.293	
Fatty acids, total trans.....g									
Cholesterol.....mg	50		0		4		43	119	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.226		0		1		0.192	0.538	
Threonine.....g	0.886		0		1		0.753	2.109	
Isoleucine.....g	0.931		0		1		0.791	2.216	
Leucine.....g	1.643		0		1		1.397	3.910	
Lysine.....g	1.856		0		1		1.578	4.417	
Methionine.....g	0.598		0		1		0.508	1.423	
Cystine.....g	0.217		0		1		0.184	0.516	
Phenylalanine.....g	0.789		0		1		0.671	1.878	
Tyrosine.....g	0.682		0		1		0.580	1.623	
Valine.....g	1.041		0		1		0.885	2.478	
Arginine.....g	1.210		0		1		1.029	2.880	
Histidine.....g	0.595		0		1		0.506	1.416	
Alanine.....g	1.222		0		1		1.039	2.908	
Aspartic acid.....g	2.070		0		1		1.760	4.927	
Glutamic acid.....g	3.017		0		1		2.564	7.180	
Glycine.....g	0.970		0		1		0.825	2.309	
Proline.....g	0.715		0		1		0.608	1.702	
Serine.....g	0.825		0		1		0.701	1.964	
Hydroxyproline.....g									

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**NDB No. 15097**

**Fish, sheepshead, raw**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 238g: 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 28 (2015)

NDB No. 15100

Fish, smelt, rainbow, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	5		0	NC	4		4		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	3.97		0		1		3.37		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	0.579		0		1		0.492		
4:0.....g									
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15100**

**Fish, smelt, rainbow, cooked, dry heat**

**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 28 (2015)



**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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code					
<b>Lipids:</b>									
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 15099  
 Fish, smelt, rainbow, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 28 (2015)



NDB No. 15102

Fish, snapper, 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
<b>Proximates:</b>									
Water.....g	70.35		0		1		59.80	119.60	
Energy.....kcal	128		0	NC	4		109	218	
Energy.....kJ	536				4		455	910	
Protein (N x 6.25).....g	26.30		0		1		22.36	44.71	
Total lipid (fat).....g	1.72		0		1		1.46	2.92	
Ash.....g	1.41		2		1		1.20	2.40	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	40		0		1		34	68	
Iron, Fe.....mg	0.24		2		1		0.20	0.41	
Magnesium, Mg.....mg	37		2		1		31	63	
Phosphorus, P.....mg	201		2		1		171	342	
Potassium, K.....mg	522		2		1		444	887	
Sodium, Na.....mg	57		2		1		48	97	
Zinc, Zn.....mg	0.44		2		1		0.37	0.75	
Copper, Cu.....mg	0.046		2		1		0.039	0.078	
Manganese, Mn.....mg	0.017		2		1		0.014	0.029	
Selenium, Se.....µg	49.0		0	BFSN	4		41.7	83.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.6		0		4		1.4	2.7	
Thiamin.....mg	0.053		0		1		0.045	0.090	
Riboflavin.....mg	0.004		0		1		0.003	0.007	
Niacin.....mg	0.346		0		1		0.294	0.588	
Pantothenic acid.....mg	0.870		0		4		0.740	1.479	
Vitamin B-6.....mg	0.460		0		4		0.391	0.782	
Folate, total.....µg	6		0		4		5	10	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	6		0		4		5	10	
Folate, DFE.....µg	6		0	NC	4		5	10	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	3.50		0		4		2.98	5.95	
Vitamin A, RAE.....µg	35		0		4		29	59	
Retinol.....µg	35		0		4		29	59	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	115		0		4		98	196	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.365		0		1		0.310	0.621	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.053		2		1		0.045	0.090	
15:0.....g									
16:0.....g	0.190		2		1		0.162	0.323	
17:0.....g									
18:0.....g	0.070		2		1		0.060	0.119	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.322		0		1		0.274	0.547	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.048		2		1		0.041	0.082	
17:1.....g									
18:1 undifferentiated.....g	0.123		2		1		0.105	0.209	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.588		0		1		0.500	1.000	
18:2 undifferentiated.....g	0.025		2		1		0.021	0.043	
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		0.037	0.075	
20:5 n-3 (EPA).....g	0.048		2		1		0.041	0.082	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.022		2		1		0.019	0.037	
22:6 n-3 (DHA).....g	0.273		2		1		0.232	0.464	
Fatty acids, total trans.....g									
Cholesterol.....mg	47		0		4		40	80	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.294		0		1		0.250	0.500	
Threonine.....g	1.153		0		1		0.980	1.960	
Isoleucine.....g	1.212		0		1		1.030	2.060	
Leucine.....g	2.137		0		1		1.816	3.633	
Lysine.....g	2.415		0		1		2.053	4.106	
Methionine.....g	0.778		0		1		0.661	1.323	
Cystine.....g	0.282		0		1		0.240	0.479	
Phenylalanine.....g	1.027		0		1		0.873	1.746	
Tyrosine.....g	0.888		0		1		0.755	1.510	
Valine.....g	1.355		0		1		1.152	2.304	
Arginine.....g	1.573		0		1		1.337	2.674	
Histidine.....g	0.774		0		1		0.658	1.316	
Alanine.....g	1.590		0		1		1.352	2.703	
Aspartic acid.....g	2.692		0		1		2.288	4.576	
Glutamic acid.....g	3.925		0		1		3.336	6.673	
Glycine.....g	1.262		0		1		1.073	2.145	
Proline.....g	0.930		0		1		0.791	1.581	
Serine.....g	1.073		0		1		0.912	1.824	
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.

**NDB No. 15102**

**Fish, snapper, mixed species, cooked, dry heat**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 170g: 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 28 (2015)



NDB No. 15101

Fish, snapper, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.285		0		1		0.242	0.621
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		0.031	0.078
15:0.....g								
16:0.....g	0.162		16		1		0.138	0.353
17:0.....g								
18:0.....g	0.081		16		1		0.069	0.177
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.251		0		1		0.213	0.547
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.060		16		1		0.051	0.131
17:1.....g								
18:1 undifferentiated.....g	0.165		16		1		0.140	0.360
20:1.....g	0.021		14		1		0.018	0.046
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		0.390	1.001
18:2 undifferentiated.....g	0.019		16		1		0.016	0.041
18:3 undifferentiated.....g	0.004		14		1		0.003	0.009
18:4.....g	0.009		14		1		0.008	0.020
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.049		16		1		0.042	0.107
20:5 n-3 (EPA).....g	0.051		16		1		0.043	0.111
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.065		16		1		0.055	0.142
22:6 n-3 (DHA).....g	0.260		16		1		0.221	0.567
Fatty acids, total trans.....g								
Cholesterol.....mg	37		0		4		31	81
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.230		0		1		0.196	0.501
Threonine.....g	0.899		0		1		0.764	1.960
Isoleucine.....g	0.945		0		1		0.803	2.060
Leucine.....g	1.667		0		1		1.417	3.634
Lysine.....g	1.883		0		1		1.601	4.105
Methionine.....g	0.607		0		1		0.516	1.323
Cystine.....g	0.220		0		1		0.187	0.480
Phenylalanine.....g	0.801		0		1		0.681	1.746
Tyrosine.....g	0.692		0		1		0.588	1.509
Valine.....g	1.056		0		1		0.898	2.302
Arginine.....g	1.227		0		1		1.043	2.675
Histidine.....g	0.604		0		1		0.513	1.317
Alanine.....g	1.240		0		1		1.054	2.703
Aspartic acid.....g	2.100		0		1		1.785	4.578
Glutamic acid.....g	3.061		0		1		2.602	6.673
Glycine.....g	0.984		0		1		0.836	2.145
Proline.....g	0.725		0		1		0.616	1.581
Serine.....g	0.837		0		1		0.711	1.825
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

NDB No. 15101

Fish, snapper, mixed species, raw

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Theobromine.....mg	0		0	Z	7		0		0

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Blanks in the 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 = 218g: 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 28 (2015)

**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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 15216**  
**Fish, spot, cooked, dry heat**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.859		0		1		0.930	1.580	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.



**NDB No. 15216**

**Fish, spot, cooked, dry heat**

**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 28 (2015)

NDB No. 15103

Fish, spot, raw

*Leiostomus xanthurus* 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 15103

Fish, spot, raw

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

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Blanks in the 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 = 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 28 (2015)



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				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.173		0		1		0.997	1.595	1.701
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		0.167	0.268	0.286
15:0.....g									
16:0.....g	0.878		0		1		0.746	1.194	1.273
17:0.....g									
18:0.....g	0.097		0		1		0.082	0.132	0.141
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.486		0		1		2.113	3.381	3.605
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.523		0		1		0.445	0.711	0.758
17:1.....g									
18:1 undifferentiated.....g	1.837		0		1		1.561	2.498	2.664
20:1.....g	0.069		0		1		0.059	0.094	0.100
22:1 undifferentiated.....g	0.029		0		1		0.025	0.039	0.042
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.885		0		1		0.752	1.204	1.283
18:2 undifferentiated.....g	0.087		0		1		0.074	0.118	0.126
18:3 undifferentiated.....g	0.128		0		1		0.109	0.174	0.186
18:4.....g	0.164		0		1		0.139	0.223	0.238
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.079		0		1		0.067	0.107	0.115
20:5 n-3 (EPA).....g	0.249		0		1		0.212	0.339	0.361
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.058		0		1		0.049	0.079	0.084
22:6 n-3 (DHA).....g	0.119		0		1		0.101	0.162	0.173
Fatty acids, total trans.....g									
Cholesterol.....mg	77		0		4		65	105	112
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.232		0		1		0.197	0.316	0.336
Threonine.....g	0.907		0		1		0.771	1.234	1.315
Isoleucine.....g	0.954		0		1		0.811	1.297	1.383
Leucine.....g	1.682		0		1		1.430	2.288	2.439
Lysine.....g	1.901		0		1		1.616	2.585	2.756
Methionine.....g	0.613		0		1		0.521	0.834	0.889
Cystine.....g	0.222		0		1		0.189	0.302	0.322
Phenylalanine.....g	0.808		0		1		0.687	1.099	1.172
Tyrosine.....g	0.699		0		1		0.594	0.951	1.014
Valine.....g	1.066		0		1		0.906	1.450	1.546
Arginine.....g	1.238		0		1		1.052	1.684	1.795
Histidine.....g	0.609		0		1		0.518	0.828	0.883
Alanine.....g	1.252		0		1		1.064	1.703	1.815
Aspartic acid.....g	2.119		0		1		1.801	2.882	3.073
Glutamic acid.....g	3.089		0		1		2.626	4.201	4.479
Glycine.....g	0.993		0		1		0.844	1.350	1.440
Proline.....g	0.732		0		1		0.622	0.996	1.061
Serine.....g	0.844		0		1		0.717	1.148	1.224
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 15105

Fish, sturgeon, mixed species, cooked, dry heat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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 = 85g: 3 oz

Measure 2 = 136g: 1 cup, cooked

Measure 3 = 145g: 1 piece (4-1/2" x 2-1/8" x 7/8")

**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 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
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
21:5.....g							
22:4.....g							
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							
<b>Amino Acids:</b>							
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							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7		0.0
Caffeine.....mg	0		0	Z	7		0

NDB No. 15104

Fish, sturgeon, mixed species, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 28 (2015)



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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
<b>Lipids:</b>								
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
21:5.....g								
22:4.....g								
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								
<b>Amino Acids:</b>								
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								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

NDB No. 15106

Fish, sturgeon, mixed species, smoked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.579		0		1	0.718	0.492
4:0.....g							
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
21:5.....g							
22:4.....g							
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							
<b>Amino Acids:</b>							
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.

**NDB No. 15217**

**Fish, sucker, white, cooked, dry heat**

**Common Measures:**

Measure 1 = 124g: 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 28 (2015)



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
<b>Proximates:</b>									
Water.....g	79.71	0.147	148		1		67.75	126.74	
Energy.....kcal	92		0	NC	4		78	146	
Energy.....kJ	385				4		327	612	
Protein (N x 6.25).....g	16.76	0.270	18		1		14.25	26.65	
Total lipid (fat).....g	2.32	0.069	157		1		1.97	3.69	
Ash.....g	1.46	0.179	16		1		1.24	2.32	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	70		1		1		60	111	
Iron, Fe.....mg	1.30		1		1		1.11	2.07	
Magnesium, Mg.....mg	30		1		1		26	48	
Phosphorus, P.....mg	210		1		1		179	334	
Potassium, K.....mg	380		1		1		323	604	
Sodium, Na.....mg	40		1		1		34	64	
Zinc, Zn.....mg	0.75	0.258	3		1		0.64	1.19	
Copper, Cu.....mg	0.195		2		1		0.166	0.310	
Manganese, Mn.....mg	0.600		1		1		0.510	0.954	
Selenium, Se.....µg	12.6		0	BFZN	4		10.7	20.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.010		0		4		0.009	0.016	
Riboflavin.....mg	0.070		0		4		0.060	0.111	
Niacin.....mg	1.200		0		4		1.020	1.908	
Pantothenic acid.....mg	0.750		0		4		0.638	1.193	
Vitamin B-6.....mg	0.200		0		4		0.170	0.318	
Folate, total.....µg	15		0		4		13	24	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	15		0		4		13	24	
Folate, DFE.....µg	15		0	NC	4		13	24	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.00		0		4		1.70	3.18	
Vitamin A, RAE.....µg	51		0		4		43	81	
Retinol.....µg	51		0		4		43	81	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	170		0		4		145	270	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 15107**  
**Fish, sucker, white, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.452		0		1	0.384	0.719
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.048	0.002	18		1	0.041	0.076
15:0.....g							
16:0.....g	0.333	0.007	18		1	0.283	0.529
17:0.....g							
18:0.....g	0.066	0.004	18		1	0.056	0.105
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.706		0		1	0.600	1.123
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.382	0.012	18		1	0.325	0.607
17:1.....g							
18:1 undifferentiated.....g	0.303	0.008	18		1	0.258	0.482
20:1.....g	0.014	0.002	18		1	0.012	0.022
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.807		0		1	0.686	1.283
18:2 undifferentiated.....g	0.068	0.004	18		1	0.058	0.108
18:3 undifferentiated.....g	0.052	0.003	18		1	0.044	0.083
18:4.....g	0.032	0.002	17		1	0.027	0.051
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.103	0.004	18		1	0.088	0.164
20:5 n-3 (EPA).....g	0.190	0.010	18		1	0.162	0.302
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.073	0.008	18		1	0.062	0.116
22:6 n-3 (DHA).....g	0.289	0.009	18		1	0.246	0.460
Fatty acids, total trans.....g							
Cholesterol.....mg	41	5.877	5		1	35	65
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.188		0		1	0.160	0.299
Threonine.....g	0.735		0		1	0.625	1.169
Isoleucine.....g	0.772		0		1	0.656	1.227
Leucine.....g	1.362		0		1	1.158	2.166
Lysine.....g	1.539		0		1	1.308	2.447
Methionine.....g	0.496		0		1	0.422	0.789
Cystine.....g	0.180		0		1	0.153	0.286
Phenylalanine.....g	0.654		0		1	0.556	1.040
Tyrosine.....g	0.566		0		1	0.481	0.900
Valine.....g	0.863		0		1	0.734	1.372
Arginine.....g	1.003		0		1	0.853	1.595
Histidine.....g	0.493		0		1	0.419	0.784
Alanine.....g	1.013		0		1	0.861	1.611
Aspartic acid.....g	1.716		0		1	1.459	2.728
Glutamic acid.....g	2.501		0		1	2.126	3.977
Glycine.....g	0.804		0		1	0.683	1.278
Proline.....g	0.593		0		1	0.504	0.943
Serine.....g	0.684		0		1	0.581	1.088
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.

**NDB No. 15107**

**Fish, sucker, white, raw**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 159g: 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 28 (2015)

NDB No. 15218

Fish, sunfish, pumpkin seed, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.178		0		1		0.066	0.151	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15218**

**Fish, sunfish, pumpkin seed, cooked, dry heat**

**Common Measures:**

Measure 1 = 37g: 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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points	Code					
Fatty acids, total saturated.....g	0.139		0			1		0.067	0.118	
4:0.....g										
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	
21:5.....g										
22:4.....g										
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										
<b>Amino Acids:</b>										
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.



**NDB No. 15108**

**Fish, sunfish, pumpkin seed, raw**

**Common Measures:**

Measure 1 = 48g: 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 28 (2015)

NDB No. 15109

Fish, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.1		0	NR	4		0.0	0.1	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.191		0	NC	4		0.054	0.163	
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		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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	

NDB No. 15109

Fish, surimi

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

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Blanks in the 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

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 28 (2015)

NDB No. 15111

Fish, swordfish, 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
<b>Proximates:</b>									
Water.....g	68.26		0	RA	4		58.02	72.36	
Energy.....kcal	172		0	NC	4		146	182	
Energy.....kJ	718		0	RA	4		611	761	
Protein (N x 6.25).....g	23.45		0	RA	4		19.93	24.86	
Total lipid (fat).....g	7.93		0	RA	4		6.74	8.41	
Ash.....g	1.71		0	RA	4		1.46	1.81	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	6		0	RA	4		5	6	
Iron, Fe.....mg	0.45		0	RA	4		0.38	0.47	
Magnesium, Mg.....mg	35		0	RA	4		30	37	
Phosphorus, P.....mg	304		0	RA	4		258	322	
Potassium, K.....mg	499		0	RA	4		424	529	
Sodium, Na.....mg	97		0	RA	4		82	103	
Zinc, Zn.....mg	0.78		0	RA	4		0.67	0.83	
Copper, Cu.....mg	0.046		0	RA	4		0.039	0.049	
Manganese, Mn.....mg	0.013		0	RA	4		0.011	0.014	
Selenium, Se.....µg	68.5		0	RA	4		58.2	72.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA	4		0.0	0.0	
Thiamin.....mg	0.089		0	RA	4		0.076	0.095	
Riboflavin.....mg	0.063		0	RA	4		0.053	0.066	
Niacin.....mg	9.254		0	RA	4		7.866	9.809	
Pantothenic acid.....mg	0.417		0	RA	4		0.355	0.442	
Vitamin B-6.....mg	0.615		0	RA	4		0.523	0.652	
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.....µg	2		0	NC	4		2	2	
Choline, total.....mg	77.5		0	RA	4		65.9	82.2	
Betaine.....mg									
Vitamin B-12.....µg	1.62		0	RA	4		1.38	1.72	
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....µg	43		0	RA	4		36	46	
Retinol.....µg	43		0	RA	4		36	46	
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		109	137	
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		2.05	2.55	
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	
Tocotrienol, alpha.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, beta.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, gamma.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, delta.....mg	0.00		0	RA	4		0.00	0.00	
Vitamin D (D2 + D3).....µg	16.6		0	RA	4		14.1	17.6	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	16.6		0	RA	4		14.1	17.6	
Vitamin D.....IU	666		0	RA	4		566	705	
Vitamin K (phylloquinone).....µg	0.1		0	RA	4		0.1	0.1	



NDB No. 15111

Fish, swordfish, cooked, dry heat

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<hr/>									
<b>Others:</b>									
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	

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Blanks in the 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 = 106g: 1 piece

**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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	73.38	1.053	11	A	1		62.38	99.80	
Energy.....kcal	144		0	NC	4		122	196	
Energy.....kJ	602		0	NC	4		512	819	
Protein (N x 6.25).....g	19.66	0.281	11	A	1		16.72	26.74	
Total lipid (fat).....g	6.65	0.961	11	A	1		5.65	9.05	
Ash.....g	1.44	0.023	11	A	1		1.22	1.95	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	5	0.506	11	A	1		4	7	
Iron, Fe.....mg	0.38	0.028	11	A	1		0.32	0.51	
Magnesium, Mg.....mg	29	1.277	11	A	1		25	40	
Phosphorus, P.....mg	255	4.060	11	A	1		217	347	
Potassium, K.....mg	418	14.237	11	A	1		355	569	
Sodium, Na.....mg	81	14.565	11	A	1		69	110	
Zinc, Zn.....mg	0.66	0.063	11	A	1		0.56	0.89	
Copper, Cu.....mg	0.039	0.003	11	A	1		0.033	0.053	
Manganese, Mn.....mg	0.011	0.000	11	A	1		0.009	0.015	
Selenium, Se.....µg	57.4	3.107	11	A	1		48.8	78.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.075	0.019	4	A	1		0.064	0.102	
Riboflavin.....mg	0.053	0.006	4	A	1		0.045	0.071	
Niacin.....mg	7.760	0.334	4	A	1		6.596	10.554	
Pantothenic acid.....mg	0.350	0.024	4	A	1		0.298	0.476	
Vitamin B-6.....mg	0.543	0.034	4	A	1		0.462	0.739	
Folate, total.....µg	2		0		4		2	3	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	2		0		4		2	3	
Folate, DFE.....µg	2		0	NC	4		2	3	
Choline, total.....mg	65.0		0	T	4		55.3	88.4	
Betaine.....mg									
Vitamin B-12.....µg	1.70	0.372	4	A	1		1.45	2.31	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	36		0	NC	4		31	49	
Retinol.....µg	36		0	T	4		31	49	
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		102	163	
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		1.72	2.75	
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		0.01	0.02	
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, 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		11.9	19.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	13.9	4.036	11	A	1		11.9	19.0	
Vitamin D.....IU	558	161.449	11	A	1		474	759	
Vitamin K (phylloquinone).....µg	0.1		0	T	4		0.1	0.1	



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
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.602		0	NC	4		1.362	2.179	
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	0.006	0.009		
13:0.....g									
14:0.....g	0.149	0.028	11	A	1	0.126	0.202		
15:0.....g	0.028	0.004	11	A	1	0.024	0.038		
16:0.....g	1.013	0.158	11	A	1	0.861	1.378		
17:0.....g	0.034	0.005	11	A	1	0.029	0.047		
18:0.....g	0.340	0.056	11	A	1	0.289	0.462		
20:0.....g	0.016	0.003	11	A	1	0.014	0.022		
22:0.....g	0.009	0.002	11	A	1	0.008	0.013		
24:0.....g	0.006	0.001	11	A	1	0.005	0.008		
Fatty acids, total monounsaturated.....g	2.971		0	NC	4	2.526	4.041		
14:1.....g	0.004	0.001	11	A	1	0.004	0.006		
15:1.....g	0.001	0.000	11	A	1	0.000	0.001		
16:1 undifferentiated.....g	0.236	0.035	11	AS	1	0.200	0.321		
16:1 c.....g	0.223	0.034	11	A	1	0.190	0.304		
16:1 t.....g	0.012	0.002	11	A	1	0.010	0.017		
17:1.....g	0.003	0.001	11	A	1	0.003	0.004		
18:1 undifferentiated.....g	2.228	0.338	11	AS	1	1.894	3.030		
18:1 c.....g	2.208	0.336	11	A	1	1.877	3.003		
18:1 t.....g	0.020	0.002	11	A	1	0.017	0.027		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.377	0.067	11	A	1	0.320	0.512		
22:1 undifferentiated.....g	0.048	0.007	11	AS	1	0.041	0.065		
22:1 c.....g	0.048	0.007	11	A	1	0.040	0.065		
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	0.064	0.102		
Fatty acids, total polyunsaturated.....g	1.147		0	NC	4	0.975	1.560		
18:2 undifferentiated.....g	0.074	0.011	11	AS	1	0.063	0.101		
18:2 n-6 c,c.....g	0.046	0.007	11	A	1	0.039	0.063		
18:2 CLAs.....g	0.013	0.005	11	A	1	0.011	0.018		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.014	0.002	11	A	1	0.012	0.020		
18:3 undifferentiated.....g	0.029	0.006	11	AS	1	0.024	0.039		
18:3 n-3 c,c,c (ALA).....g	0.028	0.006	11	A	1	0.024	0.038		
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	0.005	0.008		
20:2 n-6 c,c.....g	0.018	0.004	11	A	1	0.016	0.025		
20:3 undifferentiated.....g	0.023	0.004	11	AS	1	0.020	0.031		
20:3 n-3.....g	0.017	0.003	11	A	1	0.015	0.024		
20:3 n-6.....g	0.006	0.001	11	A	1	0.005	0.008		
20:4 undifferentiated.....g	0.070	0.009	11	A	1	0.059	0.095		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.107	0.029	11	A	1	0.091	0.145		
21:5.....g									
22:4.....g	0.029	0.006	11	A	1	0.024	0.039		
22:5 n-3 (DPA).....g	0.141	0.032	11	A	1	0.120	0.191		
22:6 n-3 (DHA).....g	0.647	0.135	11	A	1	0.550	0.880		
Fatty acids, total trans.....g	0.047		0	NC	4	0.040	0.063		
Fatty acids, total trans-monoenoic.....g	0.032		0	NC	4	0.027	0.044		
Fatty acids, total trans-polyenoic.....g	0.014		0	NC	4	0.012	0.020		
Cholesterol.....mg	66	2.784	4	A	1	56	89		
Phytosterols.....mg									

**Amino Acids:**

**NDB No. 15110**  
**Fish, swordfish, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Tryptophan.....g	0.222		0	A	1	0.189	0.302	
Threonine.....g	0.868		0	A	1	0.738	1.180	
Isoleucine.....g	0.912		0	A	1	0.775	1.240	
Leucine.....g	1.609		0	A	1	1.368	2.188	
Lysine.....g	1.818		0	A	1	1.545	2.472	
Methionine.....g	0.586		0	A	1	0.498	0.797	
Cystine.....g	0.212		0	A	1	0.180	0.288	
Phenylalanine.....g	0.773		0	A	1	0.657	1.051	
Tyrosine.....g	0.668		0	A	1	0.568	0.908	
Valine.....g	1.020		0	A	1	0.867	1.387	
Arginine.....g	1.185		0	A	1	1.007	1.612	
Histidine.....g	0.583		0	A	1	0.496	0.793	
Alanine.....g	1.198		0	A	1	1.018	1.629	
Aspartic acid.....g	2.028		0	A	1	1.724	2.758	
Glutamic acid.....g	2.956		0	A	1	2.513	4.020	
Glycine.....g	0.950		0	A	1	0.808	1.292	
Proline.....g	0.700		0	A	1	0.595	0.952	
Serine.....g	0.808		0	A	1	0.687	1.099	
Hydroxyproline.....g								
<b>Others:</b>								
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 = 85g: 3 oz

Measure 2 = 136g: 1 piece (4-1/2" x 2-1/8" x 7/8")

**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 28 (2015)

**NDB No. 15262**  
**Fish, tilapia, 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
<b>Proximates:</b>									
Water.....g	71.59		2	A	1		62.28		
Energy.....kcal	128		0	NC	4		112		
Energy.....kJ	538		0	NC	4		468		
Protein.....g	26.15		2	A	1		22.75		
Total lipid (fat).....g	2.65		2	A	1		2.31		
Ash.....g	1.14		2	A	1		0.99		
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	14		2	A	1		12		
Iron, Fe.....mg	0.69		2	A	1		0.60		
Magnesium, Mg.....mg	34		1	A	1		29		
Phosphorus, P.....mg	204		2	A	1		177		
Potassium, K.....mg	380		2	A	1		330		
Sodium, Na.....mg	56		2	A	1		49		
Zinc, Zn.....mg	0.41		2	A	1		0.36		
Copper, Cu.....mg	0.075		2	A	1		0.065		
Manganese, Mn.....mg	0.037		2	A	1		0.032		
Selenium, Se.....µg	54.4		2	A	1		47.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.093		1	A	1		0.081		
Riboflavin.....mg	0.073		2	A	1		0.064		
Niacin.....mg	4.745		2	A	1		4.128		
Pantothenic acid.....mg	0.664		2	A	1		0.578		
Vitamin B-6.....mg	0.123		2	A	1		0.107		
Folate, total.....µg	6		2	A	1		5		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	6		2	A	1		5		
Folate, DFE.....µg	6		0	NC	4		5		
Choline, total.....mg	51.3		0	RA	4		44.6		
Betaine.....mg	26.3		0	RA	4		22.8		
Vitamin B-12.....µg	1.86		2	A	1		1.61		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	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	0.79		1	A	1		0.69		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.06		1	A	1		0.05		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3).....µg	3.7		0	RA	4		3.3		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	3.7		0	RA	4		3.3		
Vitamin D.....IU	150		0	RA	4		130		
Vitamin K (phylloquinone).....µg	0.9		2	A	1		0.7		

**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			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.940		0	NC	4		0.818		
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	0.085		2	A	1		0.074		
15:0.....g	0.005		2	A	1		0.004		
16:0.....g	0.660		2	A	1		0.574		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	0.190		2	A	1		0.165		
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	0.955		0	NC	4		0.831		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.145		2	A	1		0.126		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	0.765		2	A	1		0.665		
20:1.....g	0.045		2	A	1		0.039		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.600		0	NC	4		0.522		
18:2 undifferentiated.....g	0.285		2	A	1		0.248		
18:3 undifferentiated.....g	0.045		0	AS	1		0.039		
18:3 n-3 c,c,c (ALA).....g	0.045		2	A	1		0.039		
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.015		2	A	1		0.013		
20:3 undifferentiated.....g	0.025		2	A	1		0.022		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.035		2	A	1		0.030		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.005		2	A	1		0.004		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.060		2	A	1		0.052		
22:6 n-3 (DHA).....g	0.130		2	A	1		0.113		
Fatty acids, total trans.....g									
Cholesterol.....mg	57		2	A	1		49		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.265		0	A	1		0.230		
Threonine.....g	1.156		0	A	1		1.006		
Isoleucine.....g	1.220		0	A	1		1.061		
Leucine.....g	2.040		0	A	1		1.775		
Lysine.....g	2.315		0	A	1		2.014		
Methionine.....g	0.766		0	A	1		0.666		
Cystine.....g	0.265		0	A	1		0.231		
Phenylalanine.....g	1.050		0	A	1		0.913		
Tyrosine.....g	0.870		0	A	1		0.757		
Valine.....g	1.280		0	A	1		1.114		
Arginine.....g	1.590		0	A	1		1.384		
Histidine.....g	0.585		0	A	1		0.509		
Alanine.....g	1.491		0	A	1		1.297		
Aspartic acid.....g	2.810		0	A	1		2.444		

NDB No. 15262

Fish, tilapia, cooked, dry heat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Glutamic acid.....g	3.920		0	A	1	3.411		
Glycine.....g	1.220		0	A	1	1.061		
Proline.....g	0.953		0	A	1	0.829		
Serine.....g	0.961		0	A	1	0.836		
Hydroxyproline.....g								
<b>Others:</b>								
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 = 87g: 1 fillet

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 15261

Fish, tilapia, 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
<b>Proximates:</b>									
Water.....g	78.08	0.143	3	A	1		90.58		
Energy.....kcal	96		0	NC	4		111		
Energy.....kJ	400		0	NC	4		464		
Protein.....g	20.08	0.134	3	A	1		23.30		
Total lipid (fat).....g	1.70	0.115	3	A	1		1.97		
Ash.....g	0.93	0.025	3	A	1		1.08		
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	10	0.574	3	A	1		11		
Iron, Fe.....mg	0.56	0.035	3	A	1		0.65		
Magnesium, Mg.....mg	27	0.361	3	A	1		31		
Phosphorus, P.....mg	170	2.646	3	A	1		197		
Potassium, K.....mg	302	7.839	3	A	1		350		
Sodium, Na.....mg	52	2.775	3	A	1		60		
Zinc, Zn.....mg	0.33	0.011	3	A	1		0.38		
Copper, Cu.....mg	0.075	0.000	3	A	1		0.086		
Manganese, Mn.....mg	0.037	0.000	3	A	1		0.043		
Selenium, Se.....µg	41.8	6.277	3	A	1		48.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.041	0.012	3	A	1		0.048		
Riboflavin.....mg	0.063	0.005	3	A	1		0.073		
Niacin.....mg	3.903	0.073	3	A	1		4.528		
Pantothenic acid.....mg	0.487	0.014	3	A	1		0.564		
Vitamin B-6.....mg	0.162	0.030	3	A	1		0.188		
Folate, total.....µg	24		2	A	1		28		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	24		2	A	1		28		
Folate, DFE.....µg	24		0	NC	4		28		
Choline, total.....mg	42.5	12.349	3	AS	1		49.3		
Betaine.....mg	21.7	5.738	3	A	1		25.2		
Vitamin B-12.....µg	1.58	0.188	3	A	1		1.84		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	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	0.40		1	A	1		0.46		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.10		1	A	1		0.12		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3).....µg	3.1		0	AS	1		3.6		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	3.1		0	BFSN	4		3.6		
Vitamin D.....IU	124		0	BFSN	4		144		
Vitamin K (phylloquinone).....µg	1.4	0.676	3	A	1		1.6		

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
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.585		0	NC	4		0.678		
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	0.000	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	0.053	0.015	3	A	1		0.062		
15:0.....g	0.000	0.000	3	A	1		0.000		
16:0.....g	0.424	0.092	3	A	1		0.492		
17:0.....g	0.000	0.000	3	A	1		0.000		
18:0.....g	0.107	0.015	3	A	1		0.124		
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	0.498		0	NC	4		0.578		
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	0.099	0.026	3	A	1		0.115		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	0.379	0.075	3	A	1		0.439		
20:1.....g	0.020	0.003	3	A	1		0.024		
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.363		0	NC	4		0.421		
18:2 undifferentiated.....g	0.158	0.032	3	A	1		0.183		
18:3 undifferentiated.....g	0.033		0	AS	1		0.038		
18:3 n-3 c,c,c (ALA).....g	0.033	0.009	3	A	1		0.038		
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.003	0.003	3	A	1		0.003		
20:2 n-6 c,c.....g	0.003	0.003	3	A	1		0.003		
20:3 undifferentiated.....g	0.010	0.003	3	A	1		0.012		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.023	0.006	3	A	1		0.026		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.005	0.007	3	A	1		0.006		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.043	0.012	3	A	1		0.050		
22:6 n-3 (DHA).....g	0.086	0.023	3	A	1		0.100		
Fatty acids, total trans.....g									
Cholesterol.....mg	50	1.943	3	A	1		59		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.210		0	A	1		0.244		
Threonine.....g	0.950		0	A	1		1.102		
Isoleucine.....g	0.930		0	A	1		1.079		
Leucine.....g	1.603		0	A	1		1.860		
Lysine.....g	1.810		0	A	1		2.100		
Methionine.....g	0.593		0	A	1		0.688		
Cystine.....g	0.220		0	A	1		0.255		
Phenylalanine.....g	0.810		0	A	1		0.940		
Tyrosine.....g	0.680		0	A	1		0.789		
Valine.....g	0.970		0	A	1		1.125		
Arginine.....g	1.277		0	A	1		1.481		
Histidine.....g	0.470		0	A	1		0.545		
Alanine.....g	1.220		0	A	1		1.415		
Aspartic acid.....g	2.297		0	A	1		2.664		

NDB No. 15261

Fish, tilapia, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Glutamic acid.....g	3.213		0	A	1	3.727		
Glycine.....g	1.043		0	A	1	1.210		
Proline.....g	0.757		0	A	1	0.878		
Serine.....g	0.813		0	A	1	0.943		
Hydroxyproline.....g								
<b>Others:</b>								
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 = 116g: 1 fillet

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 15113

Fish, tilefish, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.868		0		1		1.302	0.738	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									

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**NDB No. 15113**

**Fish, tilefish, cooked, dry heat**

**Common Measures:**

Measure 1 = 150g: .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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	78.90		2		1		67.07	152.28	
Energy.....kcal	96		0	NC	4		82	185	
Energy.....kJ	402				4		341	775	
Protein (N x 6.25).....g	17.50		2		1		14.88	33.78	
Total lipid (fat).....g	2.31		2		1		1.96	4.46	
Ash.....g	1.14		2		1		0.97	2.20	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	26		2		1		22	50	
Iron, Fe.....mg	0.25		2		1		0.21	0.48	
Magnesium, Mg.....mg	28		2		1		24	54	
Phosphorus, P.....mg	187		2		1		159	361	
Potassium, K.....mg	433		2		1		368	836	
Sodium, Na.....mg	53		2		1		45	102	
Zinc, Zn.....mg	0.37		2		1		0.31	0.71	
Copper, Cu.....mg	0.041		2		1		0.035	0.079	
Manganese, Mn.....mg	0.010		2		1		0.009	0.019	
Selenium, Se.....µg	36.5		0	CAZN	4		31.0	70.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.120		0		4		0.102	0.232	
Riboflavin.....mg	0.160		0		4		0.136	0.309	
Niacin.....mg	2.900		0		4		2.465	5.597	
Pantothenic acid.....mg	0.750		0		4		0.638	1.448	
Vitamin B-6.....mg	0.260		0		4		0.221	0.502	
Folate, total.....µg	15		0		4		13	29	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	15		0		4		13	29	
Folate, DFE.....µg	15		0	NC	4		13	29	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.20		0		4		1.87	4.25	
Vitamin A, RAE.....µg	18		0		4		15	35	
Retinol.....µg	18		0		4		15	35	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	60		0		4		51	116	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 15112  
Fish, tilefish, raw

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

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**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 193g: .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 28 (2015)

NDB No. 15274

Fish, trout, brook, raw, New York State

Refuse:53% skin, head, viscera, 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
<b>Proximates:</b>									
Water.....g	75.67	0.564	3	A	1		112.74	251.21	
Energy.....kcal	110		0	NC	4		163	364	
Energy.....kJ	458		0	NC	4		682	1521	
Protein.....g	21.23	0.815	3	A	1		31.63	70.48	
Total lipid (fat).....g	2.73	0.546	3	A	1		4.07	9.07	
Ash.....g	1.32	0.038	3	A	1		1.96	4.37	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	25	7.030	3	A	1		38	85	
Iron, Fe.....mg	0.38	0.019	3	A	1		0.57	1.28	
Magnesium, Mg.....mg	28	0.926	3	A	1		42	93	
Phosphorus, P.....mg	246	6.028	3	A	1		367	817	
Potassium, K.....mg	417	9.504	3	A	1		621	1384	
Sodium, Na.....mg	45	1.550	3	A	1		67	150	
Zinc, Zn.....mg	0.55	0.012	3	A	1		0.82	1.83	
Copper, Cu.....mg	0.045	0.003	3	A	1		0.067	0.149	
Manganese, Mn.....mg	0.018	0.004	3	A	1		0.027	0.061	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.137	0.015	3	A	1		0.204	0.454	
Riboflavin.....mg	0.101	0.010	3	A	1		0.151	0.336	
Niacin.....mg	5.293	0.638	3	A	1		7.887	17.574	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.273	0.041	3	A	1		0.407	0.907	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.77	0.318	3	A	1		4.12	9.19	
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.595		0	NC	4		0.886	1.974	
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	0.005	0.000	3	A	1		0.008	0.017	
12:0.....g	0.006	0.002	3	A	1		0.009	0.020	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0.....g									
14:0.....g	0.049	0.010	3	A	1	0.073	0.164		
15:0.....g	0.008	0.000	3	A	1	0.011	0.025		
16:0.....g	0.397	0.020	3	A	1	0.592	1.319		
17:0.....g	0.009	0.001	3	A	1	0.014	0.031		
18:0.....g	0.113	0.012	3	A	1	0.168	0.374		
20:0.....g	0.004	0.001	3	A	1	0.006	0.013		
22:0.....g	0.001	0.001	3	A	1	0.002	0.004		
24:0.....g	0.002	0.001	3	A	1	0.003	0.007		
Fatty acids, total monounsaturated.....g	0.815		0	NC	4	1.214	2.704		
14:1.....g	0.006	0.002	3	A	1	0.008	0.019		
15:1.....g	0.000	0.000	3	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.200	0.012	3	AS	1	0.297	0.662		
16:1 c.....g	0.194	0.014	3	A	1	0.288	0.643		
16:1 t.....g	0.006	0.002	3	A	1	0.009	0.020		
17:1.....g	0.009	0.002	3	A	1	0.013	0.030		
18:1 undifferentiated.....g	0.559	0.092	3	AS	1	0.833	1.856		
18:1 c.....g	0.554	0.092	3	A	1	0.825	1.838		
18:1 t.....g	0.005	0.001	3	A	1	0.008	0.018		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.032	0.007	3	A	1	0.047	0.105		
22:1 undifferentiated.....g	0.003	0.000	3	AS	1	0.004	0.009		
22:1 c.....g	0.003	0.000	3	A	1	0.004	0.009		
22:1 t.....g	0.000	0.000	3	A	1	0.000	0.000		
24:1 c.....g	0.007	0.001	3	A	1	0.011	0.024		
Fatty acids, total polyunsaturated.....g	0.772		0	NC	4	1.151	2.565		
18:2 undifferentiated.....g	0.214	0.080	3	AS	1	0.318	0.709		
18:2 n-6 c,c.....g	0.205	0.077	3	A	1	0.305	0.680		
18:2 CLAs.....g	0.003	0.002	3	A	1	0.004	0.010		
18:2 t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.006	0.001	3	A	1	0.008	0.019		
18:3 undifferentiated.....g	0.052	0.007	3	AS	1	0.077	0.171		
18:3 n-3 c,c,c (ALA).....g	0.049	0.008	3	A	1	0.073	0.164		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1	0.000	0.000		
18:3i.....g	0.002	0.001	3	A	1	0.003	0.008		
18:4.....g	0.013	0.003	3	A	1	0.020	0.044		
20:2 n-6 c,c.....g	0.013	0.003	3	A	1	0.019	0.043		
20:3 undifferentiated.....g	0.024	0.001	3	AS	1	0.036	0.080		
20:3 n-3.....g	0.005	0.001	3	A	1	0.007	0.016		
20:3 n-6.....g	0.019	0.001	3	A	1	0.029	0.064		
20:4 undifferentiated.....g	0.090	0.025	3	A	1	0.134	0.298		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.069	0.007	3	A	1	0.102	0.228		
21:5.....g									
22:4.....g	0.013	0.004	3	A	1	0.019	0.043		
22:5 n-3 (DPA).....g	0.033	0.001	3	A	1	0.049	0.108		
22:6 n-3 (DHA).....g	0.252	0.041	3	A	1	0.376	0.837		
Fatty acids, total trans.....g	0.019		0	NC	4	0.029	0.064		
Fatty acids, total trans-monoenoic.....g	0.011		0	NC	4	0.017	0.037		
Fatty acids, total trans-polyenoic.....g	0.008		0	NC	4	0.012	0.026		
Cholesterol.....mg	60	1.988	3	A	1	89	199		
Phytosterols.....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:**

Measure 1 = 149g: 1 filet

Measure 2 = 332g: 1 fish



**NDB No. 15274**

**Fish, trout, brook, raw, New York State**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	1.474		0		1		0.914	1.253	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15219**

**Fish, trout, mixed species, cooked, dry heat**

**Common Measures:**

Measure 1 = 62g: 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 28 (2015)



NDB No. 15114  
 Fish, trout, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv Code	Source Code	measures of food		
			of Data Points			Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
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
21:5.....g								
22:4.....g								
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								
<b>Amino Acids:</b>								
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								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

NDB No. 15114  
 Fish, trout, mixed species, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 28 (2015)

NDB No. 15241

Fish, trout, rainbow, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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	
Tocotrienol, alpha.....mg	0.01		0	RA	4		0.01	0.01	
Tocotrienol, beta.....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, gamma.....mg	0.01		0	RA	4		0.00	0.01	
Tocotrienol, 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	





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
<b>Others:</b>									
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 = 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 28 (2015)

NDB No. 15240

Fish, trout, rainbow, farmed, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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	
Tocotrienol, alpha.....mg	0.01	0.005	3	A	1		0.01	0.01	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.01	0.005	3	A	1		0.00	0.00	
Tocotrienol, 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	

NDB No. 15240

Fish, trout, rainbow, farmed, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
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 t.....g	0.021	0.003	8	A	1		0.017	0.018	
18:1-11 t (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 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-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									

**Amino Acids:**

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
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0				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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	1.619		0		1		2.315	1.376	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15116**

**Fish, trout, rainbow, wild, cooked, dry heat**

**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 28 (2015)



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
<b>Proximates:</b>									
Water.....g	71.87	0.823	30		1		61.09	114.27	
Energy.....kcal	119		0	NC	4		101	189	
Energy.....kJ	498				4		423	792	
Protein (N x 6.25).....g	20.48	0.309	28		1		17.41	32.56	
Total lipid (fat).....g	3.46	0.226	50		1		2.94	5.50	
Ash.....g	1.31	0.019	27		1		1.11	2.08	
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									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	67		2		1		57	107	
Iron, Fe.....mg	0.70	0.311	5		1		0.60	1.11	
Magnesium, Mg.....mg	31	0.416	22		1		26	49	
Phosphorus, P.....mg	271	8.117	5		1		230	431	
Potassium, K.....mg	481	7.777	22		1		409	765	
Sodium, Na.....mg	31	2.185	22		1		26	49	
Zinc, Zn.....mg	1.08	0.044	172		1		0.92	1.72	
Copper, Cu.....mg	0.109	0.025	169		1		0.093	0.173	
Manganese, Mn.....mg	0.158	0.136	5		1		0.134	0.251	
Selenium, Se.....µg	12.6		0	BFZN	4		10.7	20.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.4	0.534	6		1		2.0	3.8	
Thiamin.....mg	0.123	0.013	5		1		0.105	0.196	
Riboflavin.....mg	0.105	0.021	5		1		0.089	0.167	
Niacin.....mg	5.384	0.281	5		1		4.576	8.561	
Pantothenic acid.....mg	0.928	0.114	5		1		0.789	1.476	
Vitamin B-6.....mg	0.406	0.017	5		1		0.345	0.646	
Folate, total.....µg	12	2.147	3		1		10	19	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	12	2.147	3		1		10	19	
Folate, DFE.....µg	12		0	NC	4		10	19	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	4.45	0.561	5		1		3.78	7.08	
Vitamin A, RAE.....µg	19	2.175	22		1		16	30	
Retinol.....µg	19	2.175	22		1		16	30	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	62	7.244	22		1		53	99	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 15115

Fish, trout, rainbow, wild, raw

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

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Blanks in the 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 = 159g: 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 28 (2015)

NDB No. 15128

Fish, tuna salad

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
<b>Proximates:</b>									
Water.....g	63.16		0		1		53.69	129.48	
Energy.....kcal	187		0	NC	4		159	383	
Energy.....kJ	782				4		665	1604	
Protein (N x 6.25).....g	16.04		0		1		13.63	32.88	
Total lipid (fat).....g	9.26		0		1		7.87	18.98	
Ash.....g	2.14		0		1		1.82	4.39	
Carbohydrate, by difference.....g	9.41		0	NC	4		8.00	19.29	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	17		0		1		14	35	
Iron, Fe.....mg	1.00		0		4		0.85	2.05	
Magnesium, Mg.....mg	19		0		4		16	39	
Phosphorus, P.....mg	178		0		1		151	365	
Potassium, K.....mg	178		0		4		151	365	
Sodium, Na.....mg	402		0		4		342	824	
Zinc, Zn.....mg	0.56		0		4		0.48	1.15	
Copper, Cu.....mg	0.145		0		1		0.123	0.297	
Manganese, Mn.....mg	0.040		0		4		0.034	0.082	
Selenium, Se.....µg	41.2		0	RA	4		35.0	84.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.2		0		1		1.9	4.5	
Thiamin.....mg	0.031		0		1		0.026	0.064	
Riboflavin.....mg	0.070		0		4		0.060	0.144	
Niacin.....mg	6.700		0		4		5.695	13.735	
Pantothenic acid.....mg	0.260		0		4		0.221	0.533	
Vitamin B-6.....mg	0.081		0		1		0.069	0.166	
Folate, total.....µg	8		0	RA	4		7	16	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	8		0	RA	4		7	16	
Folate, DFE.....µg	8		0	NC	4		7	16	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.20		0		4		1.02	2.46	
Vitamin A, RAE.....µg	24		0	NC	4		20	48	
Retinol.....µg	22		0	NC	4		19	45	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	97		0		1		82	199	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.544		0		1		1.312	3.165	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.014		0		1		0.012	0.029	
15:0.....g									
16:0.....g	1.280		0		1		1.088	2.624	
17:0.....g									
18:0.....g	0.249		0		1		0.212	0.510	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.887		0		1		2.454	5.918	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.045		0		1		0.038	0.092	
17:1.....g									
18:1 undifferentiated.....g	2.828		0		1		2.404	5.797	
20:1.....g	0.014		0		1		0.012	0.029	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.122		0		1		3.504	8.450	
18:2 undifferentiated.....g	3.722		0		1		3.164	7.630	
18:3 undifferentiated.....g	0.332		0		1		0.282	0.681	
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		0.012	0.029	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.055		0		1		0.047	0.113	
Fatty acids, total trans.....g									
Cholesterol.....mg	13		0		1		11	27	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.180		0		1		0.153	0.369	
Threonine.....g	0.701		0		1		0.596	1.437	
Isoleucine.....g	0.739		0		1		0.628	1.515	
Leucine.....g	1.293		0		1		1.099	2.651	
Lysine.....g	1.457		0		1		1.238	2.987	
Methionine.....g	0.470		0		1		0.400	0.964	
Cystine.....g	0.172		0		1		0.146	0.353	
Phenylalanine.....g	0.626		0		1		0.532	1.283	
Tyrosine.....g	0.539		0		1		0.458	1.105	
Valine.....g	0.824		0		1		0.700	1.689	
Arginine.....g	0.967		0		1		0.822	1.982	
Histidine.....g	0.467		0		1		0.397	0.957	
Alanine.....g	0.962		0		1		0.818	1.972	
Aspartic acid.....g	1.632		0		1		1.387	3.346	
Glutamic acid.....g	2.402		0		1		2.042	4.924	
Glycine.....g	0.767		0		1		0.652	1.572	
Proline.....g	0.565		0		1		0.480	1.158	
Serine.....g	0.657		0		1		0.558	1.347	
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.

**NDB No. 15128**

**Fish, tuna salad**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 205g: 1 cup

**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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	2		0	NC	4		2		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	10.88		0		1		9.25		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	1.612		0		1		1.370		
4:0.....g									
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.



**NDB No. 15118**

**Fish, tuna, fresh, bluefin, cooked, dry heat**

**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 28 (2015)



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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
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
21:5.....g							
22:4.....g							
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							
<b>Amino Acids:</b>							
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							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7		0.0
Caffeine.....mg	0		0	Z	7		0

NDB No. 15117  
 Fish, tuna, fresh, bluefin, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 28 (2015)

**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
<b>Proximates:</b>									
Water.....g	70.58	0.429	15		1		59.99	139.75	
Energy.....kcal	103		0	NC	4		88	204	
Energy.....kJ	431				4		366	853	
Protein (N x 6.25).....g	22.00	1.245	9		1		18.70	43.56	
Total lipid (fat).....g	1.01	0.060	5		1		0.86	2.00	
Ash.....g	1.30		1		1		1.11	2.57	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	29	5.534	3		1		25	57	
Iron, Fe.....mg	1.25	0.024	24		1		1.06	2.48	
Magnesium, Mg.....mg	34	4.241	3		1		29	67	
Phosphorus, P.....mg	222	6.657	8		1		189	440	
Potassium, K.....mg	407		1		1		346	806	
Sodium, Na.....mg	37	5.234	4		1		31	73	
Zinc, Zn.....mg	0.82	0.064	70		1		0.70	1.62	
Copper, Cu.....mg	0.086	0.004	93		1		0.073	0.170	
Manganese, Mn.....mg	0.015		0		1		0.013	0.030	
Selenium, Se.....µg	36.5		0	CAZN	4		31.0	72.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0		4		0.9	2.0	
Thiamin.....mg	0.033		1		1		0.028	0.065	
Riboflavin.....mg	0.100		0		4		0.085	0.198	
Niacin.....mg	15.400		0		4		13.090	30.492	
Pantothenic acid.....mg	0.420		0		4		0.357	0.832	
Vitamin B-6.....mg	0.850		2		1		0.723	1.683	
Folate, total.....µg	9		0		4		8	18	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	9		0		4		8	18	
Folate, DFE.....µg	9		0	NC	4		8	18	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.90		0		4		1.62	3.76	
Vitamin A, RAE.....µg	16	6.822	3		1		13	31	
Retinol.....µg	16	6.822	3		1		13	31	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	52	22.716	3		1		44	103	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	0.328		0				0.279	0.649	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.040		2		1		0.034	0.079	
15:0.....g									
16:0.....g	0.233		2		1		0.198	0.461	
17:0.....g									
18:0.....g	0.055		2		1		0.047	0.109	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.190		0		1		0.162	0.376	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.036		2		1		0.031	0.071	
17:1.....g									
18:1 undifferentiated.....g	0.131		2		1		0.111	0.259	
20:1.....g	0.017		1		1		0.014	0.034	
22:1 undifferentiated.....g	0.006		1		1		0.005	0.012	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.315		0		1		0.268	0.624	
18:2 undifferentiated.....g	0.016		2		1		0.014	0.032	
18:3 undifferentiated.....g									
18:4.....g	0.004		1		1		0.003	0.008	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026		1		1		0.022	0.051	
20:5 n-3 (EPA).....g	0.071	0.043	3		1		0.060	0.141	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.013		2		1		0.011	0.026	
22:6 n-3 (DHA).....g	0.185		2		1		0.157	0.366	
Fatty acids, total trans.....g									
Cholesterol.....mg	47		2		1		40	93	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.246		0		1		0.209	0.487	
Threonine.....g	0.964		0		1		0.819	1.909	
Isoleucine.....g	1.014		0		1		0.862	2.008	
Leucine.....g	1.788		0		1		1.520	3.540	
Lysine.....g	2.020		0		1		1.717	4.000	
Methionine.....g	0.651		0		1		0.553	1.289	
Cystine.....g	0.236		0		1		0.201	0.467	
Phenylalanine.....g	0.859		0		1		0.730	1.701	
Tyrosine.....g	0.743		0		1		0.632	1.471	
Valine.....g	1.133		0		1		0.963	2.243	
Arginine.....g	1.316		0		1		1.119	2.606	
Histidine.....g	0.648		0		1		0.551	1.283	
Alanine.....g	1.331		0		1		1.131	2.635	
Aspartic acid.....g	2.253		0		1		1.915	4.461	
Glutamic acid.....g	3.284		0		1		2.791	6.502	
Glycine.....g	1.056		0		1		0.898	2.091	
Proline.....g	0.778		0		1		0.661	1.540	
Serine.....g	0.898		0		1		0.763	1.778	
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.

**NDB No. 15123**

**Fish, tuna, fresh, skipjack, raw**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 198g: .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 28 (2015)

NDB No. 15127

Fish, tuna, fresh, yellow fin, 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			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
<b>Proximates:</b>								
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								
<b>Minerals:</b>								
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
<b>Vitamins:</b>								
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.....µg	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.....µg	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
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1	0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	4	A	1	0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1	0.00	0.00	0.00
Tocotrienol, 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



NDB No. 15127  
 Fish, tuna, fresh, yellow fin, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
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	0.000
6:0.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	0.000
8:0.....g	0.000	0.000	11	A	1	0.000	0.000	0.000	0.000
10:0.....g	0.000		0		1	0.000	0.000	0.000	0.000
12:0.....g	0.001	0.000	11	A	1	0.000	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	0.007
15:0.....g	0.003	0.001	11	A	1	0.001	0.000	0.003	0.003
16:0.....g	0.106	0.023	11	A	1	0.030	0.017	0.090	0.090
17:0.....g	0.004	0.001	11	A	1	0.001	0.001	0.003	0.003
18:0.....g	0.045	0.007	11	A	1	0.013	0.007	0.038	0.038
20:0.....g	0.002	0.000	11	A	1	0.000	0.000	0.001	0.001
22:0.....g	0.001	0.000	11	A	1	0.000	0.000	0.001	0.001
24:0.....g	0.001	0.000	11	A	1	0.000	0.000	0.001	0.001
Fatty acids, total monounsaturated.....g	0.116		0	NC	4	0.033	0.019	0.099	0.099
14:1.....g	0.001	0.000	11	A	1	0.000	0.000	0.001	0.001
15:1.....g	0.001	0.000	11	A	1	0.000	0.000	0.001	0.001
16:1 undifferentiated.....g	0.011	0.004	11	AS	1	0.003	0.002	0.010	0.010
16:1 c.....g	0.011	0.003	11	A	1	0.003	0.002	0.009	0.009
16:1 t.....g	0.001	0.000	11	A	1	0.000	0.000	0.001	0.001
17:1.....g	0.002	0.000	11	A	1	0.001	0.000	0.002	0.002
18:1 undifferentiated.....g	0.083	0.020	11	AS	1	0.023	0.013	0.070	0.070
18:1 c.....g	0.080	0.020	11	A	1	0.023	0.013	0.068	0.068
18:1 t.....g	0.003	0.000	11	A	1	0.001	0.000	0.002	0.002
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.008	0.002	11	A	1	0.002	0.001	0.006	0.006
22:1 undifferentiated.....g	0.001	0.000	11	AS	1	0.000	0.000	0.001	0.001
22:1 c.....g	0.001	0.000	11	A	1	0.000	0.000	0.001	0.001
22:1 t.....g	0.000	0.000	11	A	1	0.000	0.000	0.000	0.000
24:1 c.....g	0.008	0.001	11	A	1	0.002	0.001	0.007	0.007
Fatty acids, total polyunsaturated.....g	0.147		0	NC	4	0.042	0.023	0.125	0.125
18:2 undifferentiated.....g	0.019	0.002	11	AS	1	0.006	0.003	0.017	0.017
18:2 n-6 c,c.....g	0.006	0.001	11	A	1	0.002	0.001	0.005	0.005
18:2 CLAs.....g	0.000	0.000	11	A	1	0.000	0.000	0.000	0.000
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	0.011
18:3 undifferentiated.....g	0.002	0.000	11	AS	1	0.000	0.000	0.001	0.001
18:3 n-3 c,c,c (ALA).....g	0.002	0.000	11	A	1	0.000	0.000	0.001	0.001
18:3 n-6 c,c,c.....g	0.000	0.000	11	A	1	0.000	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	0.000
20:2 n-6 c,c.....g	0.001	0.000	11	A	1	0.000	0.000	0.001	0.001
20:3 undifferentiated.....g	0.003	0.001	11	AS	1	0.001	0.000	0.002	0.002
20:3 n-3.....g	0.001	0.000	11	A	1	0.000	0.000	0.001	0.001
20:3 n-6.....g	0.001	0.000	11	A	1	0.000	0.000	0.001	0.001
20:4 undifferentiated.....g	0.015	0.002	11	A	1	0.004	0.002	0.013	0.013
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.012	0.004	11	A	1	0.004	0.002	0.011	0.011
21:5.....g									
22:4.....g	0.002	0.000	11	A	1	0.000	0.000	0.001	0.001
22:5 n-3 (DPA).....g	0.004	0.001	11	A	1	0.001	0.001	0.003	0.003
22:6 n-3 (DHA).....g	0.088	0.022	11	A	1	0.025	0.014	0.075	0.075
Fatty acids, total trans.....g	0.016		0	NC	4	0.005	0.003	0.014	0.014
Fatty acids, total trans-monoenoic.....g	0.003		0	NC	4	0.001	0.001	0.003	0.003
Fatty acids, total trans-polyenoic.....g	0.013		0	NC	4	0.004	0.002	0.011	0.011
Cholesterol.....mg	39	0.392	4	A	1	11	6	34	34
Phytosterols.....mg									

**Amino Acids:**

**NDB No. 15127**  
**Fish, tuna, fresh, yellow fin, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			measures of food		
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2
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								
<b>Others:</b>								
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 28 (2015)

NDB No. 15119

Fish, tuna, light, 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
<b>Proximates:</b>									
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		1212	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									
<b>Minerals:</b>									
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	416		0	O	4		607	118	711
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
<b>Vitamins:</b>									
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.....µg	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.....µg	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
Tocotrienol, alpha.....mg	0.05		1		1		0.07	0.01	0.09
Tocotrienol, beta.....mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, delta.....mg									
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



NDB No. 15119

Fish, tuna, light, canned in oil, drained solids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Others:</b>									
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 = 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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	59.83	0.557	9		1		50.86	102.31	
Energy.....kcal	198		0	NC	4		169	339	
Energy.....kJ	830		0	NC	4		705	1419	
Protein (N x 6.25).....g	29.13	0.365	6		1		24.76	49.81	
Total lipid (fat).....g	8.21	0.139	7		1		6.98	14.04	
Ash.....g	2.76	0.295	9		1		2.35	4.72	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	13	2.415	9		1		11	22	
Iron, Fe.....mg	1.39	0.081	8		1		1.18	2.38	
Magnesium, Mg.....mg	31	1.591	8		1		26	53	
Phosphorus, P.....mg	311	18.785	9		1		264	532	
Potassium, K.....mg	207		0		1		176	354	
Sodium, Na.....mg	50		0		1		43	86	
Zinc, Zn.....mg	0.90	0.106	8		1		0.77	1.54	
Copper, Cu.....mg	0.071		0		1		0.060	0.121	
Manganese, Mn.....mg	0.015	0.002	8		1		0.013	0.026	
Selenium, Se.....µg	76.0	0.820	44	A	1		64.6	130.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.038		1		1		0.032	0.065	
Riboflavin.....mg	0.120		0		4		0.102	0.205	
Niacin.....mg	12.400		0		4		10.540	21.204	
Pantothenic acid.....mg	0.370		0		4		0.315	0.633	
Vitamin B-6.....mg	0.110		1		1		0.094	0.188	
Folate, total.....µg	5	1.445	3		1		5	9	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	5	1.445	3		1		5	9	
Folate, DFE.....µg	5		0	NC	4		5	9	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.20		0		4		1.87	3.76	
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	78	1.352	6		1		66	133	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	1.534		0		1		1.304	2.623	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.027		1		1		0.023	0.046	
15:0.....g									
16:0.....g	1.415		1		1		1.203	2.420	
17:0.....g									
18:0.....g	0.092		1		1		0.078	0.157	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.949		0		1		2.507	5.043	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.083		1		1		0.071	0.142	
17:1.....g									
18:1 undifferentiated.....g	2.839		1		1		2.413	4.855	
20:1.....g	0.027		1		1		0.023	0.046	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.885		0		1		2.452	4.933	
18:2 undifferentiated.....g	2.683		1		1		2.281	4.588	
18:3 undifferentiated.....g	0.074		1		1		0.063	0.127	
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		0.023	0.046	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.101		1		1		0.086	0.173	
Fatty acids, total trans.....g									
Cholesterol.....mg	18		1		1		15	31	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.326		0		1		0.277	0.557	
Threonine.....g	1.277		0		1		1.085	2.184	
Isoleucine.....g	1.342		0		1		1.141	2.295	
Leucine.....g	2.368		0		1		2.013	4.049	
Lysine.....g	2.675		0		1		2.274	4.574	
Methionine.....g	0.862		0		1		0.733	1.474	
Cystine.....g	0.312		0		1		0.265	0.534	
Phenylalanine.....g	1.137		0		1		0.966	1.944	
Tyrosine.....g	0.983		0		1		0.836	1.681	
Valine.....g	1.501		0		1		1.276	2.567	
Arginine.....g	1.743		0		1		1.482	2.981	
Histidine.....g	0.858		0		1		0.729	1.467	
Alanine.....g	1.762		0		1		1.498	3.013	
Aspartic acid.....g	2.983		0		1		2.536	5.101	
Glutamic acid.....g	4.349		0		1		3.697	7.437	
Glycine.....g	1.398		0		1		1.188	2.391	
Proline.....g	1.030		0		1		0.876	1.761	
Serine.....g	1.189		0		1		1.011	2.033	
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.

**NDB No. 15183**

**Fish, tuna, light, canned in oil, without salt, drained solids**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 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 28 (2015)



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
<b>Proximates:</b>									
Water.....g	78.14	0.198	24	A	1		22.15	66.42	128.92
Energy.....kcal	86		0	NC	4		24	73	143
Energy.....kJ	361		0	NC	4		102	307	596
Protein.....g	19.44	0.167	24	A	1		5.51	16.53	32.08
Total lipid (fat).....g	0.96	0.022	24	A	1		0.27	0.81	1.58
Ash.....g	0.95	0.020	24	A	1		0.27	0.81	1.57
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	17	0.567	24	A	1		5	15	29
Iron, Fe.....mg	1.63	0.069	24	A	1		0.46	1.38	2.69
Magnesium, Mg.....mg	23	0.318	24	A	1		6	19	37
Phosphorus, P.....mg	139	0.940	24	A	1		39	118	229
Potassium, K.....mg	179	1.761	24	A	1		51	153	296
Sodium, Na.....mg	247	10.616	24	A	1		70	210	407
Zinc, Zn.....mg	0.69	0.036	24	A	1		0.20	0.59	1.14
Copper, Cu.....mg	0.050	0.001	24	A	1		0.014	0.043	0.083
Manganese, Mn.....mg	0.019	0.001	24	A	1		0.005	0.016	0.031
Selenium, Se.....µg	70.6		4	A	1		20.0	60.0	116.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	5		1		0.0	0.0	0.0
Thiamin.....mg	0.030		4	A	1		0.008	0.025	0.049
Riboflavin.....mg	0.084		4	A	1		0.024	0.071	0.138
Niacin.....mg	10.136		4	A	1		2.873	8.615	16.724
Pantothenic acid.....mg	0.148		4	A	1		0.042	0.125	0.243
Vitamin B-6.....mg	0.319		4	A	1		0.090	0.271	0.526
Folate, total.....µg	4	0.610	7		1		1	3	7
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	4	0.610	7		1		1	3	7
Folate, DFE.....µg	4		0	NC	4		1	3	7
Choline, total.....mg	29.3		0	AS	1		8.3	24.9	48.4
Betaine.....mg	2.7		1	A	1		0.8	2.3	4.5
Vitamin B-12.....µg	2.55		4	A	1		0.72	2.17	4.20
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	17		0	NC	4		5	14	28
Retinol.....µg	17		0	T	4		5	14	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		16	48	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		0.09	0.28	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
Tocotrienol, alpha.....mg	0.05	0.000	3	A	1		0.01	0.04	0.08
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	1.2		4	AS	1		0.3	1.0	1.9
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	1.2		4	A	1		0.3	1.0	1.9
Vitamin D.....IU	47		4	A	1		13	40	78
Vitamin K (phylloquinone).....µg	0.2		2	A	1		0.0	0.1	0.3

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
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.211		0	NC	4		0.060	0.179	0.348
4:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.001
6:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
10:0.....g	0.005	0.000	12	A	1		0.001	0.004	0.007
12:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.001
13:0.....g									
14:0.....g	0.010	0.001	12	A	1		0.003	0.009	0.017
15:0.....g	0.005	0.000	12	A	1		0.002	0.005	0.009
16:0.....g	0.127	0.005	12	A	1		0.036	0.108	0.210
17:0.....g	0.006	0.000	12	A	1		0.002	0.005	0.011
18:0.....g	0.052	0.001	12	A	1		0.015	0.044	0.085
20:0.....g	0.002	0.000	12	A	1		0.001	0.002	0.003
22:0.....g	0.001	0.000	12	A	1		0.000	0.001	0.002
24:0.....g	0.001	0.000	12	A	1		0.000	0.001	0.002
Fatty acids, total monounsaturated.....g	0.107		0	NC	4		0.030	0.091	0.176
14:1.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.015	0.001	12	AS	1		0.004	0.012	0.024
16:1 c.....g	0.014	0.001	12	A	1		0.004	0.012	0.022
16:1 t.....g	0.001	0.000	12	A	1		0.000	0.001	0.002
17:1.....g	0.003	0.000	12	A	1		0.001	0.003	0.006
18:1 undifferentiated.....g	0.084	0.003	12	AS	1		0.024	0.071	0.138
18:1 c.....g	0.083	0.003	12	A	1		0.024	0.071	0.138
18:1 t.....g	0.000	0.000	12	A	1		0.000	0.000	0.001
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.004	0.001	12	A	1		0.001	0.003	0.006
22:1 undifferentiated.....g	0.000	0.000	12	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
24:1 c.....g	0.001	0.000	12	A	1		0.000	0.001	0.002
Fatty acids, total polyunsaturated.....g	0.277		0	NC	4		0.079	0.236	0.457
18:2 undifferentiated.....g	0.014	0.003	12	AS	1		0.004	0.012	0.023
18:2 n-6 c,c.....g	0.014	0.002	12	A	1		0.004	0.012	0.023
18:2 CLAs.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000	0.000	12	A	1		0.000	0.000	0.001
18:3 undifferentiated.....g	0.002	0.000	12	AS	1		0.001	0.002	0.004
18:3 n-3 c,c,c (ALA).....g	0.002	0.000	12	A	1		0.001	0.002	0.004
18:3 n-6 c,c,c.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.002	0.000	12	A	1		0.001	0.002	0.004
20:2 n-6 c,c.....g	0.002	0.000	12	A	1		0.001	0.002	0.004
20:3 undifferentiated.....g	0.001	0.000	12	AS	1		0.000	0.000	0.001
20:3 n-3.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	12	A	1		0.000	0.000	0.001
20:4 undifferentiated.....g	0.025	0.001	12	A	1		0.007	0.021	0.041
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.028	0.002	12	A	1		0.008	0.024	0.047
21:5.....g									
22:4.....g	0.002	0.000	12	A	1		0.001	0.002	0.003
22:5 n-3 (DPA).....g	0.004	0.000	12	A	1		0.001	0.004	0.007
22:6 n-3 (DHA).....g	0.196	0.008	12	A	1		0.056	0.167	0.324
Fatty acids, total trans.....g	0.002		0	NC	4		0.001	0.002	0.003
Fatty acids, total trans-monoenoic.....g	0.001		0	NC	4		0.000	0.001	0.002
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.001
Cholesterol.....mg	36		4	A	1		10	31	59
Phytosterols.....mg									

**Amino Acids:**

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
Tryptophan.....g	0.209		0	A	1		0.059	0.177	0.344
Threonine.....g	0.817		0	A	1		0.232	0.694	1.348
Isoleucine.....g	0.858		0	A	1		0.243	0.729	1.416
Leucine.....g	1.514		0	A	1		0.429	1.287	2.498
Lysine.....g	1.711		0	A	1		0.485	1.454	2.823
Methionine.....g	0.551		0	A	1		0.156	0.469	0.910
Cystine.....g	0.200		0	A	1		0.057	0.170	0.330
Phenylalanine.....g	0.727		0	A	1		0.206	0.618	1.200
Tyrosine.....g	0.629		0	A	1		0.178	0.534	1.037
Valine.....g	0.959		0	A	1		0.272	0.815	1.583
Arginine.....g	1.115		0	A	1		0.316	0.947	1.839
Histidine.....g	0.548		0	A	1		0.155	0.466	0.904
Alanine.....g	1.127		0	A	1		0.319	0.958	1.859
Aspartic acid.....g	1.907		0	A	1		0.541	1.621	3.147
Glutamic acid.....g	2.780		0	A	1		0.788	2.363	4.587
Glycine.....g	0.894		0	A	1		0.253	0.760	1.475
Proline.....g	0.659		0	A	1		0.187	0.560	1.087
Serine.....g	0.760		0	A	1		0.215	0.646	1.254
Hydroxyproline.....g									
<b>Others:</b>									
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
- Measure 2 = 85g: 3 oz
- Measure 3 = 165g: 1 can

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
<b>Proximates:</b>									
Water.....g	75.21		0	BFAN	4		63.93	124.10	
Energy.....kcal	116		0	NC	4		99	192	
Energy.....kJ	487		0	NC	4		414	803	
Protein (N x 6.25).....g	25.51		0	A	1		21.68	42.09	
Total lipid (fat).....g	0.82		0	A	1		0.70	1.35	
Ash.....g	0.78		0	BFAN	4		0.66	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									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		0	A	1		9	18	
Iron, Fe.....mg	1.53		0	A	1		1.30	2.52	
Magnesium, Mg.....mg	27		0	A	1		23	45	
Phosphorus, P.....mg	163		0	A	1		139	269	
Potassium, K.....mg	237		0	A	1		201	391	
Sodium, Na.....mg	50		0	CAZN	4		43	83	
Zinc, Zn.....mg	0.77		0	A	1		0.65	1.27	
Copper, Cu.....mg	0.051		0	A	1		0.043	0.084	
Manganese, Mn.....mg	0.011		0	A	1		0.009	0.018	
Selenium, Se.....µg	80.4	0.754	45	A	1		68.3	132.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	A	1		0.0	0.0	
Thiamin.....mg	0.032		0	A	1		0.027	0.053	
Riboflavin.....mg	0.074		0	A	1		0.063	0.122	
Niacin.....mg	13.280		0	A	1		11.288	21.912	
Pantothenic acid.....mg	0.214		0	A	1		0.182	0.353	
Vitamin B-6.....mg	0.350		0	A	1		0.298	0.578	
Folate, total.....µg	4		0	A	1		3	7	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	4		0	A	1		3	7	
Folate, DFE.....µg	4		0	NC	4		3	7	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.99		0	A	1		2.54	4.93	
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	56		0	A	1		48	92	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points			Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code					
Fatty acids, total saturated.....g	0.234		0	A	1		0.199	0.386	
4:0.....g	0.000		0	A	1		0.000	0.000	
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		0.015	0.030	
15:0.....g									
16:0.....g	0.156		0	A	1		0.133	0.257	
17:0.....g									
18:0.....g	0.060		0	A	1		0.051	0.099	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.159		0	A	1		0.135	0.262	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		0	A	1		0.022	0.043	
17:1.....g									
18:1 undifferentiated.....g	0.093		0	A	1		0.079	0.153	
20:1.....g	0.011		0	A	1		0.009	0.018	
22:1 undifferentiated.....g	0.029		0	A	1		0.025	0.048	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.337		0	A	1		0.286	0.556	
18:2 undifferentiated.....g	0.009		0	A	1		0.008	0.015	
18:3 undifferentiated.....g	0.000		0	A	1		0.000	0.000	
18:4.....g	0.013		0	A	1		0.011	0.021	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.034		0	A	1		0.029	0.056	
20:5 n-3 (EPA).....g	0.047		0	A	1		0.040	0.078	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.009		0	A	1		0.008	0.015	
22:6 n-3 (DHA).....g	0.223		0	A	1		0.190	0.368	
Fatty acids, total trans.....g									
Cholesterol.....mg	30		0	A	1		26	50	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.286		0	A	1		0.243	0.472	
Threonine.....g	1.118		0	A	1		0.950	1.845	
Isoleucine.....g	1.175		0	A	1		0.999	1.939	
Leucine.....g	2.073		0	A	1		1.762	3.420	
Lysine.....g	2.343		0	A	1		1.992	3.866	
Methionine.....g	0.755		0	A	1		0.642	1.246	
Cystine.....g	0.273		0	A	1		0.232	0.450	
Phenylalanine.....g	0.996		0	A	1		0.847	1.643	
Tyrosine.....g	0.861		0	A	1		0.732	1.421	
Valine.....g	1.314		0	A	1		1.117	2.168	
Arginine.....g	1.527		0	A	1		1.298	2.520	
Histidine.....g	0.751		0	A	1		0.638	1.239	
Alanine.....g	1.543		0	A	1		1.312	2.546	
Aspartic acid.....g	2.612		0	A	1		2.220	4.310	
Glutamic acid.....g	3.808		0	A	1		3.237	6.283	
Glycine.....g	1.224		0	A	1		1.040	2.020	
Proline.....g	0.902		0	A	1		0.767	1.488	
Serine.....g	1.041		0	A	1		0.885	1.718	
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.

**NDB No. 15184**

**Fish, tuna, light, canned in water, without salt, drained solids**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	62.28		0		1		52.94	95.91	
Energy.....kcal	132		0	NC	4		112	203	
Energy.....kJ	552				4		469	851	
Protein (N x 6.25).....g	28.21		0		1		23.98	43.44	
Total lipid (fat).....g	1.29		0		1		1.10	1.99	
Ash.....g	1.67		0		1		1.42	2.57	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	37		0		1		31	57	
Iron, Fe.....mg	1.60		0		1		1.36	2.46	
Magnesium, Mg.....mg	44		0		1		37	68	
Phosphorus, P.....mg	285		0		1		242	439	
Potassium, K.....mg	522		0		1		444	804	
Sodium, Na.....mg	47		0		1		40	72	
Zinc, Zn.....mg	1.05		0		1		0.89	1.62	
Copper, Cu.....mg	0.110		0		1		0.094	0.169	
Manganese, Mn.....mg	0.019		0		1		0.016	0.029	
Selenium, Se.....µg	46.8		0	BFSN	4		39.8	72.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0		1		0.9	1.5	
Thiamin.....mg	0.038		0		1		0.032	0.059	
Riboflavin.....mg	0.122		0		1		0.104	0.188	
Niacin.....mg	18.756		0		1		15.943	28.884	
Pantothenic acid.....mg	0.485		0		1		0.412	0.747	
Vitamin B-6.....mg	0.981		0		1		0.834	1.511	
Folate, total.....µg	10		0		1		9	15	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	10		0		1		9	15	
Folate, DFE.....µg	10		0	NC	4		9	15	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.19		0		1		1.86	3.37	
Vitamin A, RAE.....µg	18		0		1		15	28	
Retinol.....µg	18		0		1		15	28	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	60		0		1		51	92	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	0.420		0		1		0.357	0.647	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.051		0		1		0.043	0.079	
15:0.....g									
16:0.....g	0.298		0		1		0.253	0.459	
17:0.....g									
18:0.....g	0.070		0		1		0.060	0.108	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.243		0		1		0.207	0.374	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.046		0		1		0.039	0.071	
17:1.....g									
18:1 undifferentiated.....g	0.168		0		1		0.143	0.259	
20:1.....g	0.022		0		1		0.019	0.034	
22:1 undifferentiated.....g	0.008		0		1		0.007	0.012	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.403		0		1		0.343	0.621	
18:2 undifferentiated.....g	0.020		0		1		0.017	0.031	
18:3 undifferentiated.....g									
18:4.....g	0.005		0		1		0.004	0.008	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		0		1		0.028	0.051	
20:5 n-3 (EPA).....g	0.091		0		1		0.077	0.140	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.017		0		1		0.014	0.026	
22:6 n-3 (DHA).....g	0.237		0		1		0.201	0.365	
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0		1		51	92	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.316		0		1		0.269	0.487	
Threonine.....g	1.237		0		1		1.051	1.905	
Isoleucine.....g	1.300		0		1		1.105	2.002	
Leucine.....g	2.293		0		1		1.949	3.531	
Lysine.....g	2.590		0		1		2.202	3.989	
Methionine.....g	0.835		0		1		0.710	1.286	
Cystine.....g	0.302		0		1		0.257	0.465	
Phenylalanine.....g	1.101		0		1		0.936	1.696	
Tyrosine.....g	0.952		0		1		0.809	1.466	
Valine.....g	1.453		0		1		1.235	2.238	
Arginine.....g	1.688		0		1		1.435	2.600	
Histidine.....g	0.830		0		1		0.706	1.278	
Alanine.....g	1.706		0		1		1.450	2.627	
Aspartic acid.....g	2.888		0		1		2.455	4.448	
Glutamic acid.....g	4.210		0		1		3.579	6.483	
Glycine.....g	1.354		0		1		1.151	2.085	
Proline.....g	0.997		0		1		0.847	1.535	
Serine.....g	1.151		0		1		0.978	1.773	
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.



**NDB No. 15220**

**Fish, tuna, skipjack, fresh, cooked, dry heat**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 154g: .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 28 (2015)



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			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	1.280		0	NC	4		1.088	2.279
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	0.030		0	RA	4		0.026	0.054
15:0.....g								
16:0.....g	0.862		0	RA	4		0.733	1.535
17:0.....g								
18:0.....g	0.388		0	RA	4		0.330	0.690
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	3.262		0	NC	4		2.773	5.807
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.069		0	RA	4		0.059	0.123
17:1.....g								
18:1 undifferentiated.....g	3.159		0	RA	4		2.685	5.622
20:1.....g	0.022		0	RA	4		0.019	0.039
22:1 undifferentiated.....g	0.012		0	RA	4		0.011	0.022
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.972		0	NC	4		2.526	5.289
18:2 undifferentiated.....g	2.489		0	RA	4		2.116	4.430
18:3 undifferentiated.....g	0.204		0	RA	4		0.174	0.364
18:4.....g	0.014		0	RA	4		0.012	0.026
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.014		0	RA	4		0.012	0.026
20:5 n-3 (EPA).....g	0.066		0	RA	4		0.056	0.118
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.005		0	RA	4		0.004	0.009
22:6 n-3 (DHA).....g	0.178		0	RA	4		0.152	0.317
Fatty acids, total trans.....g								
Cholesterol.....mg	31				1		26	55
Phytosterols.....mg		3.493	6					
<b>Amino Acids:</b>								
Tryptophan.....g	0.297		0		1		0.252	0.529
Threonine.....g	1.163		0		1		0.989	2.070
Isoleucine.....g	1.223		0		1		1.040	2.177
Leucine.....g	2.156		0		1		1.833	3.838
Lysine.....g	2.437		0		1		2.071	4.338
Methionine.....g	0.785		0		1		0.667	1.397
Cystine.....g	0.284		0		1		0.241	0.506
Phenylalanine.....g	1.036		0		1		0.881	1.844
Tyrosine.....g	0.896		0		1		0.762	1.595
Valine.....g	1.367		0		1		1.162	2.433
Arginine.....g	1.588		0		1		1.350	2.827
Histidine.....g	0.781		0		1		0.664	1.390
Alanine.....g	1.605		0		1		1.364	2.857
Aspartic acid.....g	2.717		0		1		2.309	4.836
Glutamic acid.....g	3.961		0		1		3.367	7.051
Glycine.....g	1.274		0		1		1.083	2.268
Proline.....g	0.938		0		1		0.797	1.670
Serine.....g	1.082		0		1		0.920	1.926
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

NDB No. 15124

Fish, tuna, white, canned in oil, drained solids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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 = 178g: 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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	64.02		1		1		54.42	113.96	
Energy.....kcal	186		0	NC	4		158	331	
Energy.....kJ	778		0	NC	4		662	1385	
Protein (N x 6.25).....g	26.53		1		1		22.55	47.22	
Total lipid (fat).....g	8.08		1		1		6.87	14.38	
Ash.....g	2.18		1		1		1.85	3.88	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	4		0		1		3	7	
Iron, Fe.....mg	0.65		0		1		0.55	1.16	
Magnesium, Mg.....mg	34		0		1		29	61	
Phosphorus, P.....mg	267		0		1		227	475	
Potassium, K.....mg	333		0		1		283	593	
Sodium, Na.....mg	50		0		1		43	89	
Zinc, Zn.....mg	0.47		0		1		0.40	0.84	
Copper, Cu.....mg	0.130		0		1		0.111	0.231	
Manganese, Mn.....mg	0.016		0		4		0.014	0.028	
Selenium, Se.....µg	60.1	6.743	7	A	1		51.1	107.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.017		0		1		0.014	0.030	
Riboflavin.....mg	0.079		0		1		0.067	0.141	
Niacin.....mg	11.698		0		1		9.943	20.822	
Pantothenic acid.....mg	0.370		0		4		0.315	0.659	
Vitamin B-6.....mg	0.430		0		4		0.366	0.765	
Folate, total.....µg	5	0.670	3		1		4	8	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	5	0.670	3		1		4	8	
Folate, DFE.....µg	5		0	NC	4		4	8	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.20		0		4		1.87	3.92	
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	80		0		4		68	142	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	1.650		0		4	1.403	2.937
Fatty acids, total monounsaturated.....g	2.480		0		4	2.108	4.414
Fatty acids, total polyunsaturated.....g	3.380		0		4	2.873	6.016
Fatty acids, total trans.....g							
Cholesterol.....mg	31	3.493	6		1	26	55
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.297		0		1	0.252	0.529
Threonine.....g	1.163		0		1	0.989	2.070
Isoleucine.....g	1.223		0		1	1.040	2.177
Leucine.....g	2.156		0		1	1.833	3.838
Lysine.....g	2.437		0		1	2.071	4.338
Methionine.....g	0.785		0		1	0.667	1.397
Cystine.....g	0.284		0		1	0.241	0.506
Phenylalanine.....g	1.036		0		1	0.881	1.844
Tyrosine.....g	0.896		0		1	0.762	1.595
Valine.....g	1.367		0		1	1.162	2.433
Arginine.....g	1.588		0		1	1.350	2.827
Histidine.....g	0.781		0		1	0.664	1.390
Alanine.....g	1.605		0		1	1.364	2.857
Aspartic acid.....g	2.717		0		1	2.309	4.836
Glutamic acid.....g	3.961		0		1	3.367	7.051
Glycine.....g	1.274		0		1	1.083	2.268
Proline.....g	0.938		0		1	0.797	1.670
Serine.....g	1.082		0		1	0.920	1.926
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

Measure 2 = 178g: 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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	73.19	1.109	5		1		62.21	125.89	
Energy.....kcal	128		0	NC	4		109	220	
Energy.....kJ	536		0		4		455	921	
Protein (N x 6.25).....g	23.62	1.534	3		1		20.08	40.63	
Total lipid (fat).....g	2.97	0.419	4		1		2.52	5.11	
Ash.....g	1.46	0.074	3		1		1.24	2.51	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	14		2		1		12	24	
Iron, Fe.....mg	0.97	0.033	5		1		0.82	1.67	
Magnesium, Mg.....mg	33	1.779	5		1		28	57	
Phosphorus, P.....mg	217		2		1		184	373	
Potassium, K.....mg	237	35.011	6		1		201	408	
Sodium, Na.....mg	377	40.239	7		1		320	648	
Zinc, Zn.....mg	0.48	0.016	5		1		0.41	0.83	
Copper, Cu.....mg	0.039	0.003	5		1		0.033	0.067	
Manganese, Mn.....mg	0.019	0.003	5		1		0.016	0.033	
Selenium, Se.....µg	65.7		2	A	1		55.8	113.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.008		2		1		0.007	0.014	
Riboflavin.....mg	0.044		2		1		0.037	0.076	
Niacin.....mg	5.799		0		1		4.929	9.974	
Pantothenic acid.....mg	0.124		2		1		0.105	0.213	
Vitamin B-6.....mg	0.217		2		1		0.184	0.373	
Folate, total.....µg	2	0.033	3		1		2	3	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	2	0.033	3		1		2	3	
Folate, DFE.....µg	2		0	NC	4		2	3	
Choline, total.....mg	29.3		0	T	4		24.9	50.4	
Betaine.....mg									
Vitamin B-12.....µg	1.17	0.121	4		1		0.99	2.01	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	6		0	NC	4		5	10	
Retinol.....µg	6		0	T	4		5	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	20		0	NC	4		17	34	
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		0.72	1.46	
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		0.03	0.05	
Tocopherol, delta.....mg	0.02		1		1		0.02	0.03	
Tocotrienol, alpha.....mg	0.08		1		1		0.07	0.14	
Tocotrienol, beta.....mg	0.00		1		1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00		1		1		0.00	0.00	
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	2.0		0	AS	1		1.7	3.4	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	2.0		0	T	4		1.7	3.4	
Vitamin D.....IU	80		0	NR	4		68	138	
Vitamin K (phylloquinone).....µg	2.5		1		1		2.1	4.3	





NDB No. 15126

Fish, tuna, white, canned in water, drained solids

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<hr/>									
<b>Others:</b>									
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	

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Blanks in the 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 = 172g: 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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	74.02		0	BFAN	4		62.92	127.31	
Energy.....kcal	128		0		4		109	220	
Energy.....kJ	536				4		455	921	
Protein (N x 6.25).....g	23.62	1.534	3		1		20.08	40.63	
Total lipid (fat).....g	2.97	0.419	4		1		2.52	5.11	
Ash.....g	0.63		0	BFAN	4		0.54	1.08	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	14		2		1		12	24	
Iron, Fe.....mg	0.97	0.033	5		1		0.82	1.67	
Magnesium, Mg.....mg	33	1.779	5		1		28	57	
Phosphorus, P.....mg	217		2		1		184	373	
Potassium, K.....mg	237	35.011	6		1		201	408	
Sodium, Na.....mg	50		0		4		43	86	
Zinc, Zn.....mg	0.48	0.016	5		1		0.41	0.83	
Copper, Cu.....mg	0.039	0.003	5		1		0.033	0.067	
Manganese, Mn.....mg	0.019	0.003	5		1		0.016	0.033	
Selenium, Se.....µg	65.7		2	A	1		55.8	113.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.008		2		1		0.007	0.014	
Riboflavin.....mg	0.044		2		1		0.037	0.076	
Niacin.....mg	5.799		0		1		4.929	9.974	
Pantothenic acid.....mg	0.124		2		1		0.105	0.213	
Vitamin B-6.....mg	0.217		2		1		0.184	0.373	
Folate, total.....µg	2	0.033	3		1		2	3	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	2	0.033	3		1		2	3	
Folate, DFE.....µg	2		0	NC	4		2	3	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.17	0.121	4		1		0.99	2.01	
Vitamin A, RAE.....µg	6		2		1		5	10	
Retinol.....µg	6		2		1		5	10	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	19		2		1		16	33	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 15186

Fish, tuna, white, canned in water, without salt, drained solids

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

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Blanks in the 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 = 172g: 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 28 (2015)

NDB No. 15221

Fish, tuna, yellow fin, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	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.....µg	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		
Tocotrienol, alpha.....mg	0.00		0	RA	4		0.00		
Tocotrienol, beta.....mg	0.00		0	RA	4		0.00		
Tocotrienol, gamma.....mg	0.00		0	RA	4		0.00		
Tocotrienol, 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		



NDB No. 15221

Fish, tuna, yellowfin, fresh, cooked, dry heat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
<b>Others:</b>									
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. Number of Data Points of zero 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 28 (2015)

NDB No. 15222

Fish, turbot, european, 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
<b>Proximates:</b>									
Water.....g	70.45		0		1		59.88	112.02	
Energy.....kcal	122		0	NC	4		104	194	
Energy.....kJ	510				4		434	812	
Protein (N x 6.25).....g	20.58		0		1		17.49	32.72	
Total lipid (fat).....g	3.78		0		1		3.21	6.01	
Ash.....g	2.69		0		1		2.29	4.28	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	23		0		1		20	37	
Iron, Fe.....mg	0.46		0		1		0.39	0.73	
Magnesium, Mg.....mg	65		0		1		55	103	
Phosphorus, P.....mg	165		0		1		140	262	
Potassium, K.....mg	305		0		1		259	485	
Sodium, Na.....mg	192		0		1		163	305	
Zinc, Zn.....mg	0.28		0		1		0.24	0.45	
Copper, Cu.....mg	0.047		0		1		0.040	0.075	
Manganese, Mn.....mg	0.022		0		1		0.019	0.035	
Selenium, Se.....µg	46.8		0	BFSN	4		39.8	74.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.7		0		1		1.4	2.7	
Thiamin.....mg	0.076		0		1		0.065	0.121	
Riboflavin.....mg	0.097		0		1		0.082	0.154	
Niacin.....mg	2.679		0		1		2.277	4.260	
Pantothenic acid.....mg	0.658		0		1		0.559	1.046	
Vitamin B-6.....mg	0.242		0		1		0.206	0.385	
Folate, total.....µg	9		0		1		8	14	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	9		0		1		8	14	
Folate, DFE.....µg	9		0	NC	4		8	14	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.54		0		1		2.16	4.04	
Vitamin A, RAE.....µg	12		0		1		10	19	
Retinol.....µg	12		0		1		10	19	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	40		0		1		34	64	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



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 saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	62		0		1		53	99	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.230		0		1		0.196	0.366	
Threonine.....g	0.902		0		1		0.767	1.434	
Isoleucine.....g	0.948		0		1		0.806	1.507	
Leucine.....g	1.672		0		1		1.421	2.658	
Lysine.....g	1.890		0		1		1.607	3.005	
Methionine.....g	0.609		0		1		0.518	0.968	
Cystine.....g	0.221		0		1		0.188	0.351	
Phenylalanine.....g	0.803		0		1		0.683	1.277	
Tyrosine.....g	0.695		0		1		0.591	1.105	
Valine.....g	1.060		0		1		0.901	1.685	
Arginine.....g	1.231		0		1		1.046	1.957	
Histidine.....g	0.606		0		1		0.515	0.964	
Alanine.....g	1.244		0		1		1.057	1.978	
Aspartic acid.....g	2.107		0		1		1.791	3.350	
Glutamic acid.....g	3.072		0		1		2.611	4.884	
Glycine.....g	0.988		0		1		0.840	1.571	
Proline.....g	0.728		0		1		0.619	1.158	
Serine.....g	0.840		0		1		0.714	1.336	
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

Measure 2 = 159g: .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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	76.95		2		1		65.41	156.98	
Energy.....kcal	95		0	NC	4		81	194	
Energy.....kJ	397				4		338	811	
Protein (N x 6.25).....g	16.05		2		1		13.64	32.74	
Total lipid (fat).....g	2.95		2		1		2.51	6.02	
Ash.....g	2.10		2		1		1.79	4.28	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		1		1		15	37	
Iron, Fe.....mg	0.36		0		4		0.31	0.73	
Magnesium, Mg.....mg	51		1		1		43	104	
Phosphorus, P.....mg	129		1		1		110	263	
Potassium, K.....mg	238		2		1		202	486	
Sodium, Na.....mg	150		1		1		128	306	
Zinc, Zn.....mg	0.22		2		1		0.19	0.45	
Copper, Cu.....mg	0.037		2		1		0.031	0.075	
Manganese, Mn.....mg	0.017		0		4		0.014	0.035	
Selenium, Se.....µg	36.5		0	CAZN	4		31.0	74.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.7		0		4		1.4	3.5	
Thiamin.....mg	0.066		1		1		0.056	0.135	
Riboflavin.....mg	0.080		1		1		0.068	0.163	
Niacin.....mg	2.200		1		1		1.870	4.488	
Pantothenic acid.....mg	0.570		1		1		0.485	1.163	
Vitamin B-6.....mg	0.210		0		4		0.179	0.428	
Folate, total.....µg	8		0		4		7	16	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	8		0		4		7	16	
Folate, DFE.....µg	8		0	NC	4		7	16	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.20		1		1		1.87	4.49	
Vitamin A, RAE.....µg	11		2		1		9	21	
Retinol.....µg	11		2		1		9	21	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	35		2		1		30	71	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.750		0		4	0.638	1.530
Fatty acids, total monounsaturated.....g	0.610		0		4	0.519	1.244
Fatty acids, total polyunsaturated.....g	0.880		0		4	0.748	1.795
Fatty acids, total trans.....g							
Cholesterol.....mg	48		0		4	41	98
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.180		0		1	0.153	0.367
Threonine.....g	0.704		0		1	0.598	1.436
Isoleucine.....g	0.740		0		1	0.629	1.510
Leucine.....g	1.305		0		1	1.109	2.662
Lysine.....g	1.474		0		1	1.253	3.007
Methionine.....g	0.475		0		1	0.404	0.969
Cystine.....g	0.172		0		1	0.146	0.351
Phenylalanine.....g	0.627		0		1	0.533	1.279
Tyrosine.....g	0.542		0		1	0.461	1.106
Valine.....g	0.827		0		1	0.703	1.687
Arginine.....g	0.960		0		1	0.816	1.958
Histidine.....g	0.473		0		1	0.402	0.965
Alanine.....g	0.971		0		1	0.825	1.981
Aspartic acid.....g	1.644		0		1	1.397	3.354
Glutamic acid.....g	2.396		0		1	2.037	4.888
Glycine.....g	0.770		0		1	0.655	1.571
Proline.....g	0.568		0		1	0.483	1.159
Serine.....g	0.655		0		1	0.557	1.336
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  
 Measure 2 = 204g: .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 28 (2015)

NDB No. 15223

Fish, whitefish, 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
<b>Proximates:</b>									
Water.....g	65.09		0		1		55.33	100.24	
Energy.....kcal	172		0	NC	4		146	265	
Energy.....kJ	720				4		612	1108	
Protein (N x 6.25).....g	24.47		0		1		20.80	37.68	
Total lipid (fat).....g	7.51		0		1		6.38	11.57	
Ash.....g	1.44		0		1		1.22	2.22	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	33		0		1		28	51	
Iron, Fe.....mg	0.47		0		1		0.40	0.72	
Magnesium, Mg.....mg	42		0		1		36	65	
Phosphorus, P.....mg	346		0		1		294	533	
Potassium, K.....mg	406		0		1		345	625	
Sodium, Na.....mg	65		0		1		55	100	
Zinc, Zn.....mg	1.27		0		1		1.08	1.96	
Copper, Cu.....mg	0.092		0		1		0.078	0.142	
Manganese, Mn.....mg	0.086		0		1		0.073	0.132	
Selenium, Se.....µg	16.2		0	BFSN	4		13.8	24.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.171		0		1		0.145	0.263	
Riboflavin.....mg	0.154		0		1		0.131	0.237	
Niacin.....mg	3.846		0		1		3.269	5.923	
Pantothenic acid.....mg	0.865		0		1		0.735	1.332	
Vitamin B-6.....mg	0.346		0		1		0.294	0.533	
Folate, total.....µg	17		0		1		14	26	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	17		0		1		14	26	
Folate, DFE.....µg	17		0	NC	4		14	26	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.96		0		1		0.82	1.48	
Vitamin A, RAE.....µg	39		0		1		33	61	
Retinol.....µg	39		0		1		33	61	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	131		0		1		111	202	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	1.162		0		1		0.988	1.789	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.140		0		1		0.119	0.216	
15:0.....g									
16:0.....g	0.768		0		1		0.653	1.183	
17:0.....g									
18:0.....g	0.254		0		1		0.216	0.391	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.559		0		1		2.175	3.941	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.667		0		1		0.567	1.027	
17:1.....g									
18:1 undifferentiated.....g	1.727		0		1		1.468	2.660	
20:1.....g	0.133		0		1		0.113	0.205	
22:1 undifferentiated.....g	0.032		0		1		0.027	0.049	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.755		0		1		2.342	4.243	
18:2 undifferentiated.....g	0.349		0		1		0.297	0.537	
18:3 undifferentiated.....g	0.235		0		1		0.200	0.362	
18:4.....g	0.064		0		1		0.054	0.099	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.286		0		1		0.243	0.440	
20:5 n-3 (EPA).....g	0.406		0		1		0.345	0.625	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.209		0		1		0.178	0.322	
22:6 n-3 (DHA).....g	1.206		0		1		1.025	1.857	
Fatty acids, total trans.....g									
Cholesterol.....mg	77		0		1		65	119	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.274		0		1		0.233	0.422	
Threonine.....g	1.073		0		1		0.912	1.652	
Isoleucine.....g	1.128		0		1		0.959	1.737	
Leucine.....g	1.989		0		1		1.691	3.063	
Lysine.....g	2.248		0		1		1.911	3.462	
Methionine.....g	0.724		0		1		0.615	1.115	
Cystine.....g	0.262		0		1		0.223	0.403	
Phenylalanine.....g	0.955		0		1		0.812	1.471	
Tyrosine.....g	0.826		0		1		0.702	1.272	
Valine.....g	1.261		0		1		1.072	1.942	
Arginine.....g	1.465		0		1		1.245	2.256	
Histidine.....g	0.721		0		1		0.613	1.110	
Alanine.....g	1.480		0		1		1.258	2.279	
Aspartic acid.....g	2.506		0		1		2.130	3.859	
Glutamic acid.....g	3.654		0		1		3.106	5.627	
Glycine.....g	1.175		0		1		0.999	1.810	
Proline.....g	0.865		0		1		0.735	1.332	
Serine.....g	0.999		0		1		0.849	1.538	
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.

**NDB No. 15223**

**Fish, whitefish, mixed species, cooked, dry heat**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 154g: 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 28 (2015)



NDB No. 15130

Fish, whitefish, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.906		0		1		0.770	1.794
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		0.093	0.216
15:0.....g								
16:0.....g	0.599		1		1		0.509	1.186
17:0.....g								
18:0.....g	0.198		1		1		0.168	0.392
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.996		0		1		1.697	3.952
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.520		1		1		0.442	1.030
17:1.....g								
18:1 undifferentiated.....g	1.347		1		1		1.145	2.667
20:1.....g	0.104		1		1		0.088	0.206
22:1 undifferentiated.....g	0.025		1		1		0.021	0.050
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.149		0		1		1.827	4.255
18:2 undifferentiated.....g	0.272		1		1		0.231	0.539
18:3 undifferentiated.....g	0.183		1		1		0.156	0.362
18:4.....g	0.050		1		1		0.043	0.099
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.223		1		1		0.190	0.442
20:5 n-3 (EPA).....g	0.317		1		1		0.269	0.628
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.163		1		1		0.139	0.323
22:6 n-3 (DHA).....g	0.941		1		1		0.800	1.863
Fatty acids, total trans.....g								
Cholesterol.....mg	60	1.186	24		1		51	119
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.214		0		1		0.182	0.424
Threonine.....g	0.837		0		1		0.711	1.657
Isoleucine.....g	0.880		0		1		0.748	1.742
Leucine.....g	1.551		0		1		1.318	3.071
Lysine.....g	1.753		0		1		1.490	3.471
Methionine.....g	0.565		0		1		0.480	1.119
Cystine.....g	0.205		0		1		0.174	0.406
Phenylalanine.....g	0.745		0		1		0.633	1.475
Tyrosine.....g	0.644		0		1		0.547	1.275
Valine.....g	0.983		0		1		0.836	1.946
Arginine.....g	1.142		0		1		0.971	2.261
Histidine.....g	0.562		0		1		0.478	1.113
Alanine.....g	1.154		0		1		0.981	2.285
Aspartic acid.....g	1.955		0		1		1.662	3.871
Glutamic acid.....g	2.849		0		1		2.422	5.641
Glycine.....g	0.916		0		1		0.779	1.814
Proline.....g	0.675		0		1		0.574	1.337
Serine.....g	0.779		0		1		0.662	1.542
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0



NDB No. 15130

Fish, whitefish, mixed species, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 198g: 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 28 (2015)



NDB No. 15131

Fish, whitefish, mixed species, smoked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>								
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
21:5.....g								
22:4.....g								
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								
<b>Amino Acids:</b>								
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								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z 7		0	0	0

NDB No. 15131

Fish, whitefish, mixed species, smoked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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 = 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 28 (2015)



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			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
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
21:5.....g								
22:4.....g								
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								
<b>Amino Acids:</b>								
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								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

NDB No. 15133

Fish, whiting, mixed species, cooked, dry heat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)





NDB No. 15132

Fish, whiting, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
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
21:5.....g								
22:4.....g								
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								
<b>Amino Acids:</b>								
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								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

NDB No. 15132

Fish, whiting, mixed species, raw

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7	0		0	

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Blanks in the 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 = 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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.468		0		1		0.557	0.398	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15224**

**Fish, wolffish, Atlantic, cooked, dry heat**

**Common Measures:**

Measure 1 = 119g: .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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	79.90	0.764	9		1		67.92	122.25	
Energy.....kcal	96		0	NC	4		82	147	
Energy.....kJ	402				4		341	615	
Protein (N x 6.25).....g	17.50		2		1		14.88	26.78	
Total lipid (fat).....g	2.39	0.542	4		1		2.03	3.66	
Ash.....g	1.16		1		1		0.99	1.77	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	6		0		4		5	9	
Iron, Fe.....mg	0.09		0		4		0.08	0.14	
Magnesium, Mg.....mg	30		0		4		26	46	
Phosphorus, P.....mg	200		0		4		170	306	
Potassium, K.....mg	300		0		4		255	459	
Sodium, Na.....mg	85		0		4		72	130	
Zinc, Zn.....mg	0.78	0.033	60		1		0.66	1.19	
Copper, Cu.....mg	0.029	0.003	58		1		0.025	0.044	
Manganese, Mn.....mg	0.015		0		1		0.013	0.023	
Selenium, Se.....µg	36.5		0	CAZN	4		31.0	55.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.180	0.021	3		1		0.153	0.275	
Riboflavin.....mg	0.080	0.006	3		1		0.068	0.122	
Niacin.....mg	2.133	0.203	3		1		1.813	3.263	
Pantothenic acid.....mg	0.570	0.040	3		1		0.485	0.872	
Vitamin B-6.....mg	0.400		0		4		0.340	0.612	
Folate, total.....µg	5		0		4		4	8	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	5		0		4		4	8	
Folate, DFE.....µg	5		0	NC	4		4	8	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.03	0.145	3		1		1.73	3.11	
Vitamin A, RAE.....µg	113		2		1		96	172	
Retinol.....µg	113		2		1		96	172	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	375		2		1		319	574	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 15134**  
**Fish, wolffish, Atlantic, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.365		0		1	0.310	0.558
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.066		1		1	0.056	0.101
15:0.....g							
16:0.....g	0.253		1		1	0.215	0.387
17:0.....g							
18:0.....g	0.046		1		1	0.039	0.070
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.837		0		1	0.711	1.281
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.189		1		1	0.161	0.289
17:1.....g							
18:1 undifferentiated.....g	0.516		1		1	0.439	0.789
20:1.....g	0.114		1		1	0.097	0.174
22:1 undifferentiated.....g	0.018		1		1	0.015	0.028
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.845		0		1	0.718	1.293
18:2 undifferentiated.....g	0.020		1		1	0.017	0.031
18:3 undifferentiated.....g	0.009		1		1	0.008	0.014
18:4.....g	0.061		1		1	0.052	0.093
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.089		1		1	0.076	0.136
20:5 n-3 (EPA).....g	0.307		1		1	0.261	0.470
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.043		1		1	0.037	0.066
22:6 n-3 (DHA).....g	0.316		1		1	0.269	0.483
Fatty acids, total trans.....g							
Cholesterol.....mg	46		0		4	39	70
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.196		0		1	0.167	0.300
Threonine.....g	0.767		0		1	0.652	1.174
Isoleucine.....g	0.806		0		1	0.685	1.233
Leucine.....g	1.422		0		1	1.209	2.176
Lysine.....g	1.607		0		1	1.366	2.459
Methionine.....g	0.518		0		1	0.440	0.793
Cystine.....g	0.188		0		1	0.160	0.288
Phenylalanine.....g	0.683		0		1	0.581	1.045
Tyrosine.....g	0.591		0		1	0.502	0.904
Valine.....g	0.902		0		1	0.767	1.380
Arginine.....g	1.047		0		1	0.890	1.602
Histidine.....g	0.515		0		1	0.438	0.788
Alanine.....g	1.058		0		1	0.899	1.619
Aspartic acid.....g	1.792		0		1	1.523	2.742
Glutamic acid.....g	2.612		0		1	2.220	3.996
Glycine.....g	0.840		0		1	0.714	1.285
Proline.....g	0.619		0		1	0.526	0.947
Serine.....g	0.714		0		1	0.607	1.092
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.

**NDB No. 15134**

**Fish, wolffish, Atlantic, raw**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 153g: .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 28 (2015)



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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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 saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		104	60	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	74.52		32		1		63.34	139.35	
Energy.....kcal	146		0	NC	4		124	273	
Energy.....kJ	611				4		519	1142	
Protein (N x 6.25).....g	23.14	0.217	29		1		19.67	43.27	
Total lipid (fat).....g	5.24	0.295	39		1		4.45	9.80	
Ash.....g	1.09		1		1		0.93	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									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	23		0		4		20	43	
Iron, Fe.....mg	0.49		1		1		0.42	0.92	
Magnesium, Mg.....mg	30		0		4		26	56	
Phosphorus, P.....mg	157		1		1		133	294	
Potassium, K.....mg	420		0		4		357	785	
Sodium, Na.....mg	39		1		1		33	73	
Zinc, Zn.....mg	0.52	0.068	26		1		0.44	0.97	
Copper, Cu.....mg	0.045		26		1		0.038	0.084	
Manganese, Mn.....mg	0.015		0		1		0.013	0.028	
Selenium, Se.....µg	36.5		0	CAZN	4		31.0	68.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.8		1		1		2.4	5.2	
Thiamin.....mg	0.144		1		1		0.122	0.269	
Riboflavin.....mg	0.040		1		1		0.034	0.075	
Niacin.....mg	6.800		1		1		5.780	12.716	
Pantothenic acid.....mg	0.590	0.102	3		1		0.502	1.103	
Vitamin B-6.....mg	0.160		2		1		0.136	0.299	
Folate, total.....µg	4	1.292	3		1		3	7	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	4	1.292	3		1		3	7	
Folate, DFE.....µg	4		0	NC	4		3	7	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.30		1		1		1.11	2.43	
Vitamin A, RAE.....µg	29		1		1		24	53	
Retinol.....µg	29		1		1		24	53	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	95		1		1		81	178	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.1		0	T	4		0.1	0.2	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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 saturated.....g	1.280		0		4		1.088	2.394	
Fatty acids, total monounsaturated.....g	1.990		0		4		1.692	3.721	
Fatty acids, total polyunsaturated.....g	1.420		0		4		1.207	2.655	
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0		4		47	103	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.259		0		1		0.220	0.484	
Threonine.....g	1.015		0		1		0.863	1.898	
Isoleucine.....g	1.066		0		1		0.906	1.993	
Leucine.....g	1.881		0		1		1.599	3.517	
Lysine.....g	2.126		0		1		1.807	3.976	
Methionine.....g	0.685		0		1		0.582	1.281	
Cystine.....g	0.248		0		1		0.211	0.464	
Phenylalanine.....g	0.904		0		1		0.768	1.690	
Tyrosine.....g	0.781		0		1		0.664	1.460	
Valine.....g	1.192		0		1		1.013	2.229	
Arginine.....g	1.385		0		1		1.177	2.590	
Histidine.....g	0.681		0		1		0.579	1.273	
Alanine.....g	1.400		0		1		1.190	2.618	
Aspartic acid.....g	2.370		0		1		2.015	4.432	
Glutamic acid.....g	3.455		0		1		2.937	6.461	
Glycine.....g	1.111		0		1		0.944	2.078	
Proline.....g	0.818		0		1		0.695	1.530	
Serine.....g	0.944		0		1		0.802	1.765	
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

Measure 2 = 187g: .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 28 (2015)



NDB No. 80200

Frog legs, 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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.076		0		4		0.034	
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	0.001		0		4		0.000	
15:0.....g								
16:0.....g	0.054		0		4		0.024	
17:0.....g								
18:0.....g	0.021		0		4		0.009	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.053		0		4		0.024	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.009		0		4		0.004	
17:1.....g								
18:1 undifferentiated.....g	0.044		0		4		0.020	
20:1.....g	0.000		0		4		0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.102		0		4		0.046	
18:2 undifferentiated.....g	0.020		0		4		0.009	
18:3 undifferentiated.....g	0.010		0		4		0.005	
18:4.....g	0.000		0		4		0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.031		0		4		0.014	
20:5 n-3 (EPA).....g	0.014		0		4		0.006	
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.007		0		4		0.003	
22:6 n-3 (DHA).....g	0.020		0		4		0.009	
Fatty acids, total trans.....g								
Cholesterol.....mg	50		0		1		23	
Phytosterols.....mg								
<b>Others:</b>								
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 = 45g: 1 leg

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 15 Finfish and Shellfish Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
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	
21:5.....g							
22:4.....g							
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							
<b>Others:</b>							
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 28 (2015)



NDB No. 15156

Mollusks, abalone, mixed species, cooked, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	20		0	NC	4		17		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.69		0		4		0.59		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 15156

Mollusks, abalone, 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
Fatty acids, total saturated.....g	1.646		0		1		1.399		
4:0.....g									
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No.** 15156

**Mollusks, abalone, mixed species, cooked, fried**

**Common Measures:**

Measure 1 = 85g: 3 oz

**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 28 (2015)



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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.149		0				0.127		
4:0.....g	0.000		0				0.000		
6:0.....g	0.000		0				0.000		
8:0.....g	0.000		0				0.000		
10:0.....g	0.000		0				0.000		
12:0.....g	0.000		0				0.000		
13:0.....g									
14:0.....g	0.023		2				0.020		
15:0.....g									
16:0.....g	0.103		2				0.088		
17:0.....g									
18:0.....g	0.021		2				0.018		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.107		0				0.091		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		2				0.017		
17:1.....g									
18:1 undifferentiated.....g	0.087		2				0.074		
20:1.....g	0.000		0				0.000		
22:1 undifferentiated.....g	0.000		0				0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.104		0				0.088		
18:2 undifferentiated.....g	0.007		2				0.006		
18:3 undifferentiated.....g	0.000		0				0.000		
18:4.....g	0.006		1				0.005		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0				0.000		
20:5 n-3 (EPA).....g	0.049		2				0.042		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.041		2				0.035		
22:6 n-3 (DHA).....g	0.000		0				0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	85		1				72		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.192		43				0.163		
Threonine.....g	0.736		54				0.626		
Isoleucine.....g	0.744		54				0.632		
Leucine.....g	1.204		54				1.023		
Lysine.....g	1.278		66				1.086		
Methionine.....g	0.386		54				0.328		
Cystine.....g	0.224		49				0.190		
Phenylalanine.....g	0.613		54				0.521		
Tyrosine.....g	0.547		54				0.465		
Valine.....g	0.747		54				0.635		
Arginine.....g	1.248		54				1.061		
Histidine.....g	0.328		54				0.279		
Alanine.....g	1.034		54				0.879		
Aspartic acid.....g	1.650		54				1.403		
Glutamic acid.....g	2.326		54				1.977		
Glycine.....g	1.070		54				0.910		
Proline.....g	0.698		54				0.593		
Serine.....g	0.766		54				0.651		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0				0.0		
Caffeine.....mg	0		0	Z			0		

NDB No. 15155

Mollusks, abalone, mixed species, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 4.11**

**Food Group:** 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 15160

Mollusks, clam, mixed species, canned, 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
<b>Proximates:</b>									
Water.....g	65.26		0	RA	4		55.47	104.41	
Energy.....kcal	142		0	NC	4		121	227	
Energy.....kJ	595		0	RA	4		506	952	
Protein (N x 6.25).....g	24.25		0	RA	4		20.61	38.79	
Total lipid (fat).....g	1.59		0	RA	4		1.35	2.55	
Ash.....g	3.00		0	RA	4		2.55	4.81	
Carbohydrate, by difference.....g	5.90		0	RA	4		5.01	9.44	
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		1.97	3.70	
<b>Minerals:</b>									
Calcium, Ca.....mg	65		0	RA	4		55	103	
Iron, Fe.....mg	2.68		0	RA	4		2.28	4.29	
Magnesium, Mg.....mg	32		0	RA	4		27	51	
Phosphorus, P.....mg	327		0	RA	4		278	524	
Potassium, K.....mg	628		0		1		534	1005	
Sodium, Na.....mg	112		0		1		95	179	
Zinc, Zn.....mg	0.84		0	RA	4		0.71	1.34	
Copper, Cu.....mg	0.087		0	RA	4		0.074	0.139	
Manganese, Mn.....mg	0.140		0	RA	4		0.119	0.223	
Selenium, Se.....µg	50.5		0	RA	4		42.9	80.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA	4		0.0	0.0	
Thiamin.....mg	0.024		0	RA	4		0.021	0.039	
Riboflavin.....mg	0.066		0	RA	4		0.056	0.106	
Niacin.....mg	0.578		0	RA	4		0.492	0.925	
Pantothenic acid.....mg	0.245		0	RA	4		0.208	0.391	
Vitamin B-6.....mg	0.016		0	RA	4		0.013	0.025	
Folate, total.....µg	7		0	RA	4		6	12	
Folic acid.....µg	0		0	RA	4		0	0	
Folate, food.....µg	7		0	RA	4		6	12	
Folate, DFE.....µg	7		0	NC	4		6	12	
Choline, total.....mg	107.4		0	RA	4		91.3	171.9	
Betaine.....mg									
Vitamin B-12.....µg	18.63		0	RA	4		15.84	29.81	
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....µg	149		0	RA	4		126	238	
Retinol.....µg	149		0	RA	4		126	238	
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		421	793	
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		0.95	1.78	
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta.....mg	0.03		0	RA	4		0.03	0.05	
Tocopherol, gamma.....mg	1.47		0	RA	4		1.25	2.36	
Tocopherol, delta.....mg	0.63		0	RA	4		0.54	1.01	
Tocotrienol, alpha.....mg	0.05		0	RA	4		0.04	0.07	
Tocotrienol, beta.....mg	0.00		0	RA	4		0.00	0.00	

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				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.01		0	RA	4		0.01	0.01	
Tocotrienol, delta.....mg	0.00		0	RA	4		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.1		0	RA	4		0.0	0.1	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.1		0	RA	4		0.0	0.1	
Vitamin D.....IU	2		0	RA	4		2	4	
Vitamin K (phylloquinone).....µg	0.3		0	RA	4		0.3	0.5	
Dihydrophyloquinone.....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4.....µg	0.1		0	RA	4		0.1	0.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.309		0	RA	4		0.262	0.494	
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		0.006	0.011	
13:0.....g									
14:0.....g	0.012		0	RA	4		0.011	0.020	
15:0.....g	0.004		0	RA	4		0.003	0.006	
16:0.....g	0.181		0	RA	4		0.154	0.290	
17:0.....g									
18:0.....g	0.083		0	RA	4		0.071	0.133	
20:0.....g	0.007		0	RA	4		0.006	0.011	
22:0.....g	0.000		0	RA	4		0.000	0.000	
24:0.....g	0.002		0	RA	4		0.002	0.003	
Fatty acids, total monounsaturated.....g	0.198		0	RA	4		0.168	0.317	
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		0.027	0.052	
17:1.....g	0.056		0	RA	4		0.048	0.090	
18:1 undifferentiated.....g	0.098		0	RA	4		0.084	0.157	
20:1.....g	0.011		0	RA	4		0.009	0.018	
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		0.270	0.508	
18:2 undifferentiated.....g	0.070		0	RA	4		0.059	0.112	
18:3 undifferentiated.....g	0.025		0	RA	4		0.021	0.040	
18:4.....g	0.002		0	RA	4		0.002	0.003	
20:2 n-6 c,c.....g	0.007		0	RA	4		0.006	0.011	
20:3 undifferentiated.....g	0.001		0	RA	4		0.001	0.001	
20:4 undifferentiated.....g	0.017		0	RA	4		0.015	0.028	
20:5 n-3 (EPA).....g	0.070		0	RA	4		0.060	0.112	
21:5.....g									
22:4.....g	0.008		0	RA	4		0.007	0.013	
22:5 n-3 (DPA).....g	0.012		0	RA	4		0.010	0.019	
22:6 n-3 (DHA).....g	0.106		0	RA	4		0.090	0.169	
Fatty acids, total trans.....g	0.024		0	RA	4		0.021	0.039	
Cholesterol.....mg	50		0	RA	4		43	80	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.339		0	RA	4		0.288	0.542	
Threonine.....g	1.157		0	RA	4		0.983	1.851	
Isoleucine.....g	1.144		0	RA	4		0.973	1.831	
Leucine.....g	1.983		0	RA	4		1.686	3.173	
Lysine.....g	1.855		0	RA	4		1.577	2.968	
Methionine.....g	0.698		0	RA	4		0.594	1.117	
Cystine.....g	0.289		0	RA	4		0.246	0.463	
Phenylalanine.....g	0.925		0	RA	4		0.787	1.481	
Tyrosine.....g	0.987		0	RA	4		0.839	1.580	
Valine.....g	1.227		0	RA	4		1.043	1.963	
Arginine.....g	2.000		0	RA	4		1.700	3.199	
Histidine.....g	0.496		0	RA	4		0.421	0.793	
Alanine.....g	1.463		0	RA	4				



NDB No. 15160

Mollusks, clam, mixed species, canned, drained solids

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine.....g	1.463			RA	4		1.243	2.340	
Aspartic acid.....g	2.657		0	RA	4		2.258	4.251	
Glutamic acid.....g	3.714		0	RA	4		3.157	5.943	
Glycine.....g	1.058		0	RA	4		0.899	1.692	
Proline.....g	0.826		0	RA	4		0.702	1.322	
Serine.....g	1.140		0	RA	4		0.969	1.824	
Hydroxyproline.....g									
<b>Others:</b>									
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 = 160g: 1 cup

**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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	97.70		1		1		83.05	234.48	
Energy.....kcal	2		0	NC	4		2	5	
Energy.....kJ	8		0		4		7	20	
Protein (N x 6.25).....g	0.40		1		1		0.34	0.96	
Total lipid (fat).....g	0.02		1		1		0.02	0.05	
Ash.....g	1.80		1		1		1.53	4.32	
Carbohydrate, by difference.....g	0.10		0	NC	4		0.09	0.24	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	13		1		1		11	31	
Iron, Fe.....mg	0.30		0		4		0.26	0.72	
Magnesium, Mg.....mg	11		1		1		9	26	
Phosphorus, P.....mg	114		0		4		97	274	
Potassium, K.....mg	149		0		4		127	358	
Sodium, Na.....mg	215		1		1		183	516	
Zinc, Zn.....mg	0.10		0		1		0.09	0.24	
Copper, Cu.....mg	0.389		1		1		0.331	0.934	
Manganese, Mn.....mg	0.074		1		1		0.063	0.178	
Selenium, Se.....µg	4.1		0	BFSN	4		3.5	9.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0		4		0.9	2.4	
Thiamin.....mg	0.010		0		4		0.009	0.024	
Riboflavin.....mg	0.020		0		4		0.017	0.048	
Niacin.....mg	0.180		0		4		0.153	0.432	
Pantothenic acid.....mg	0.040		0		4		0.034	0.096	
Vitamin B-6.....mg	0.010		0		4		0.009	0.024	
Folate, total.....µg	2		0		4		2	5	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	2		0		4		2	5	
Folate, DFE.....µg	2		0	NC	4		2	5	
Choline, total.....mg	13.0		0	T	4		11.1	31.2	
Betaine.....mg									
Vitamin B-12.....µg	5.00		0		4		4.25	12.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	9		0	NC	4		8	22	
Retinol.....µg	9		0	T	4		8	22	
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		26	72	
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		0.26	0.74	
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		0.01	0.02	
Tocotrienol, alpha.....mg	0.00		1		1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1		1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00		1		1		0.00	0.00	
Tocotrienol, 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	T	4		0.2	0.5	

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Dihydrophyloquinone.....µg							
Menaquinone-4.....µg							
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.002		0	4	0.002	0.005	
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	0.001	0.002	
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	0.002	0.005	
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	0.001	0.002	
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	0.005	0.014	
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	0.001	0.002	
20:5 n-3 (EPA).....g	0.001		0	4	0.001	0.002	
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.001		0	4	0.001	0.002	
22:6 n-3 (DHA).....g	0.002		0	4	0.002	0.005	
Fatty acids, total trans.....g							
Cholesterol.....mg	3		0	4	3	7	
Phytosterols.....mg							
<b>Amino Acids:</b>							
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	0.001	0.002	
Histidine.....g	0.000		1	1	0.000	0.000	
Alanine.....g	0.005		1	1	0.004	0.012	
Aspartic acid.....g	0.001		1	1	0.001	0.002	
Glutamic acid.....g	0.019		1	1	0.016	0.046	
Glycine.....g	0.001		1	1	0.001	0.002	
Proline.....g							
Serine.....g	0.001		1	1	0.001	0.002	
Hydroxyproline.....g							

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
<b>Others:</b>									
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 = 85g: 3 oz

Measure 2 = 240g: 1 cup

**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 28 (2015)

NDB No. 15158

Mollusks, clam, mixed species, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	2.683		0		1		2.281	5.044	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15158**

**Mollusks, clam, mixed species, cooked, breaded and fried**

**Common Measures:**

Measure 1 = 85g: 3 oz

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 28 (2015)

NDB No. 15159

Mollusks, clam, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	92		0		1		78	175	
Iron, Fe.....mg	2.81		0	BFSN	4		2.39	5.33	
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	171		0	NR	4		145	325	
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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**



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
Fatty acids, total saturated.....g	0.188		0		1		0.160	0.357	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15159**

**Mollusks, clam, mixed species, cooked, moist heat**

**Common Measures:**

Measure 1 = 85g: 3 oz

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 28 (2015)

NDB No. 15157

Mollusks, clam, mixed species, raw

Lamellibranchia

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
<b>Proximates:</b>									
Water.....g	78.98	0.165	4	A	1		67.13	15.80	53.70
Energy.....kcal	86		0	NC	4		73	17	58
Energy.....kJ	360		0	NC	4		306	72	245
Protein (N x 6.25).....g	14.67	0.086	4	A	1		12.47	2.93	9.98
Total lipid (fat).....g	0.96	0.051	4	A	1		0.82	0.19	0.66
Ash.....g	1.82	0.019	4	A	1		1.54	0.36	1.24
Carbohydrate, by difference.....g	3.57		0	NC	4		3.03	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		1.19	0.28	0.95
<b>Minerals:</b>									
Calcium, Ca.....mg	39	1.396	4	A	1		33	8	27
Iron, Fe.....mg	1.62	0.025	4	A	1		1.38	0.32	1.10
Magnesium, Mg.....mg	19	1.459	4	A	1		17	4	13
Phosphorus, P.....mg	198	8.317	4	A	1		168	40	135
Potassium, K.....mg	46	3.590	4	A	1		39	9	31
Sodium, Na (1).....mg	601	2.720	4	A	1		511	120	409
Zinc, Zn.....mg	0.51	0.007	4	A	1		0.43	0.10	0.34
Copper, Cu.....mg	0.053	0.004	4	A	1		0.045	0.011	0.036
Manganese, Mn.....mg	0.085	0.032	4	A	1		0.072	0.017	0.057
Selenium, Se.....µg	30.6	1.531	4	A	1		26.0	6.1	20.8
<b>Vitamins:</b>									
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		0.013	0.003	0.010
Riboflavin.....mg	0.040	0.004	4	A	1		0.034	0.008	0.027
Niacin.....mg	0.350	0.036	4	A	1		0.298	0.070	0.238
Pantothenic acid.....mg	0.148		2	A	1		0.126	0.030	0.101
Vitamin B-6.....mg	0.010	0.002	4	A	1		0.008	0.002	0.007
Folate, total.....µg	5	1.500	4	A	1		4	1	3
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	5	1.500	4	AS	1		4	1	3
Folate, DFE.....µg	5		0	NC	4		4	1	3
Choline, total.....mg	65.0		0	T	4		55.3	13.0	44.2
Betaine.....mg									
Vitamin B-12.....µg	11.28	1.650	4	A	1		9.58	2.26	7.67
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	90		0	NC	4		77	18	61
Retinol.....µg	90		0	T	4		77	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		255	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		0.57	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		0.02	0.00	0.01
Tocopherol, gamma.....mg	0.89	0.893	4	A	1		0.76	0.18	0.61
Tocopherol, delta.....mg	0.38	0.363	4	A	1		0.33	0.08	0.26
Tocotrienol, alpha.....mg	0.03	0.028	4	A	1		0.02	0.01	0.02
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00

Mollusks, clam, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.01	0.005	4	A	1				
Tocotrienol, delta.....mg	0.00	0.000	4	A	1	0.00	0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0	0.021	4	AS	1	0.0	0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.0	0.021	4	A	1	0.0	0.0	0.0	
Vitamin D.....µg	1	0.887	4	A	1	1	0	1	
Vitamin K (phylloquinone).....µg	0.2	0.168	4	A	1	0.2	0.0	0.1	
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1	0.0	0.0	0.0	
Menaquinone-4.....µg	0.0	0.038	4	A	1	0.0	0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.187		0	NC	4	0.159	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	0.004	0.001	0.003	
13:0.....g									
14:0.....g	0.008	0.001	4	A	1	0.006	0.002	0.005	
15:0.....g	0.002	0.000	4	A	1	0.002	0.000	0.002	
16:0.....g	0.110	0.011	4	A	1	0.093	0.022	0.075	
17:0.....g	0.008	0.001	4	A	1	0.006	0.002	0.005	
18:0.....g	0.050	0.005	4	A	1	0.043	0.010	0.034	
20:0.....g	0.004	0.001	4	A	1	0.003	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	0.001	0.000	0.001	
Fatty acids, total monounsaturated.....g	0.120		0	NC	4	0.102	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	0.017	0.004	0.013	
16:1 c.....g	0.012	0.001	4	A	1	0.010	0.002	0.008	
16:1 t.....g	0.008	0.000	4	A	1	0.007	0.002	0.005	
17:1.....g	0.034	0.008	4	A	1	0.029	0.007	0.023	
18:1 undifferentiated.....g	0.060	0.013	4	AS	1	0.051	0.012	0.040	
18:1 c.....g	0.054	0.014	4	A	1	0.046	0.011	0.037	
18:1 t.....g	0.006	0.000	4	A	1	0.005	0.001	0.004	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.007	0.000	4	A	1	0.006	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	0.163	0.038	0.131	
18:2 undifferentiated.....g	0.042	0.007	4	AS	1	0.036	0.008	0.029	
18:2 n-6 c,c.....g	0.027	0.008	4	A	1	0.023	0.005	0.019	
18:2 CLAs.....g	0.014	0.001	4	A	1	0.012	0.003	0.010	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.001	0.001	4	A	1	0.001	0.000	0.001	
18:3 undifferentiated.....g	0.015	0.001	4	AS	1	0.013	0.003	0.010	
18:3 n-3 c,c,c (ALA).....g	0.015	0.001	4	A	1	0.013	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	0.001	0.000	0.001	
20:2 n-6 c,c.....g	0.004	0.001	4	A	1	0.004	0.001	0.003	
20:3 undifferentiated.....g	0.001	0.001	4	AS	1	0.000	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	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.011	0.004	4	A	1	0.009	0.002	0.007	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.043	0.001	4	A	1	0.036	0.009	0.029	
21:5.....g									
22:4.....g	0.005	0.001	4	A	1	0.004	0.001	0.003	
22:5 n-3 (DPA).....g	0.007	0.000	4	A	1	0.006	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		
	Mean	Std. Error	Number			measures of food			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
22:6 n-3 (DHA).....g	0.064	0.003	4	A	1		0.054	0.013	0.044
Fatty acids, total trans.....g	0.015		0	NC	4		0.013	0.003	0.010
Fatty acids, total trans-monoenoic.....g	0.014		0	NC	4		0.012	0.003	0.009
Fatty acids, total trans-polyenoic.....g	0.001		0	NC	4		0.001	0.000	0.001
Cholesterol.....mg	30	1.721	4	A	1		26	6	21
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.205		0	A	1		0.174	0.041	0.139
Threonine.....g	0.700		0	A	1		0.595	0.140	0.476
Isoleucine.....g	0.693		0	A	1		0.589	0.139	0.471
Leucine.....g	1.200		0	A	1		1.020	0.240	0.816
Lysine.....g	1.123		0	A	1		0.954	0.225	0.763
Methionine.....g	0.423		0	A	1		0.359	0.085	0.287
Cystine.....g	0.175		0	A	1		0.149	0.035	0.119
Phenylalanine.....g	0.560		0	A	1		0.476	0.112	0.381
Tyrosine.....g	0.597		0	A	1		0.508	0.119	0.406
Valine.....g	0.743		0	A	1		0.631	0.149	0.505
Arginine.....g	1.210		0	A	1		1.029	0.242	0.823
Histidine.....g	0.300		0	A	1		0.255	0.060	0.204
Alanine.....g	0.885		0	A	1		0.752	0.177	0.602
Aspartic acid.....g	1.608		0	A	1		1.366	0.322	1.093
Glutamic acid.....g	2.248		0	A	1		1.910	0.450	1.528
Glycine.....g	0.640		0	A	1		0.544	0.128	0.435
Proline.....g	0.500		0	A	1		0.425	0.100	0.340
Serine.....g	0.690		0	A	1		0.586	0.138	0.469
Hydroxyproline.....g									
<b>Others:</b>									
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 = 85g: 3 oz

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 28 (2015)



**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
<b>Lipids:</b>									
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	
21:5.....g									
22:4.....g									
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									
<b>Others:</b>									
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 28 (2015)

NDB No. 15229

Mollusks, cuttlefish, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	24		0	NC	4		20		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	5.40		0		1		4.59		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



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
Fatty acids, total saturated.....g	0.236		0		1		0.201		
4:0.....g									
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15229**

**Mollusks, cuttlefish, mixed species, cooked, moist heat**

**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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	16		0	NC	4		14		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	3.00		1		1		2.55		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.118		0		1		0.100
4:0.....g							
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
21:5.....g							
22:4.....g							
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							
<b>Amino Acids:</b>							
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.

**NDB No.** 15163

**Mollusks, cuttlefish, mixed species, raw**

**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 28 (2015)

NDB No. 15165

Mollusks, mussel, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	76		0	NC	4		64		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	24.00		0		4		20.40		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	0.850		0		1		0.723		
4:0.....g									
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15165**

**Mollusks, mussel, blue, cooked, moist heat**

**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 28 (2015)



NDB No. 15164

Mollusks, mussel, blue, raw

*Mytilus edulis* 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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
<b>Vitamins:</b>									
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.....µg	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.....µg	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
Tocotrienol, alpha.....mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, delta.....mg									
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



NDB No. 15164  
 Mollusks, mussel, blue, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Confidence Code
<b>Others:</b>								
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 = 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 28 (2015)



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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
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
21:5.....g							
22:4.....g							
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							
<b>Amino Acids:</b>							
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							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7		0.0
Caffeine.....mg	0		0	Z	7		0

NDB No. 15230

Mollusks, octopus, common, cooked, moist heat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 4.11**

**Food Group:** 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Lipids:</b>									
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		



NDB No. 15166  
 Mollusks, octopus, common, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 4.11**

**Food Group:** 15 Finfish and Shellfish Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.1		0	BFZN	4		0.0	0.1	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
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	
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	

NDB No. 15231

Mollusks, oyster, Pacific, cooked, moist heat

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

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Blanks in the 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 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 28 (2015)

**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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 15171  
Mollusks, oyster, Pacific, raw

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

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Blanks in the 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 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 28 (2015)





**NDB No. 15170**  
**Mollusks, oyster, eastern, canned**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.631		0	1		0.536	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		0.093	0.270	0.025
15:0.....g								
16:0.....g	0.435		0	1		0.370	1.079	0.100
17:0.....g								
18:0.....g	0.060		0	1		0.051	0.149	0.014
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.250		0	1		0.213	0.620	0.058
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.074		0	1		0.063	0.184	0.017
17:1.....g								
18:1 undifferentiated.....g	0.097		0	1		0.082	0.241	0.022
20:1.....g	0.060		0	1		0.051	0.149	0.014
22:1 undifferentiated.....g	0.009		0	1		0.008	0.022	0.002
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.739		0	1		0.628	1.833	0.170
18:2 undifferentiated.....g	0.049		0	1		0.042	0.122	0.011
18:3 undifferentiated.....g	0.037		0	1		0.031	0.092	0.009
18:4.....g	0.096		0	1		0.082	0.238	0.022
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.068		0	1		0.058	0.169	0.016
20:5 n-3 (EPA).....g	0.211		0	1		0.179	0.523	0.049
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.050		0	1		0.043	0.124	0.012
22:6 n-3 (DHA).....g	0.228		0	1		0.194	0.565	0.052
Fatty acids, total trans.....g								
Cholesterol.....mg	55		0	1		47	136	13
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.079		0	1		0.067	0.196	0.018
Threonine.....g	0.304		0	1		0.258	0.754	0.070
Isoleucine.....g	0.307		0	1		0.261	0.761	0.071
Leucine.....g	0.497		0	1		0.422	1.233	0.114
Lysine.....g	0.528		0	1		0.449	1.309	0.121
Methionine.....g	0.159		0	1		0.135	0.394	0.037
Cystine.....g	0.093		0	1		0.079	0.231	0.021
Phenylalanine.....g	0.253		0	1		0.215	0.627	0.058
Tyrosine.....g	0.226		0	1		0.192	0.560	0.052
Valine.....g	0.308		0	1		0.262	0.764	0.071
Arginine.....g	0.515		0	1		0.438	1.277	0.118
Histidine.....g	0.136		0	1		0.116	0.337	0.031
Alanine.....g	0.427		0	1		0.363	1.059	0.098
Aspartic acid.....g	0.681		0	1		0.579	1.689	0.157
Glutamic acid.....g	0.961		0	1		0.817	2.383	0.221
Glycine.....g	0.442		0	1		0.376	1.096	0.102
Proline.....g	0.288		0	1		0.245	0.714	0.066
Serine.....g	0.316		0	1		0.269	0.784	0.073
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z 7		0	0	0

**NDB No. 15170**  
**Mollusks, oyster, eastern, canned**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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 = 85g: 3 oz
- 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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	3.197		0		1		2.717	2.813	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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	0	4		60	62	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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.

**NDB No. 15168**

**Mollusks, oyster, eastern, cooked, breaded and fried**

**Common Measures:**

Measure 1 = 85g: 3 oz

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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.683		0		1		0.581	0.403	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15246**

**Mollusks, oyster, eastern, farmed, cooked, dry heat**

**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**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.443		0		1		0.377	0.372	
4:0.....g									
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15245**

**Mollusks, oyster, eastern, farmed, raw**

**Common Measures:**

Measure 1 = 85g: 3 oz

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 28 (2015)



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
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....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	
Dihydrophyloquinone.....µg	0.0		0	RA	4		0.0	0.0	
Menquinone-4.....µg	3.9		0	RA	4		3.3	2.3	
<b>Lipids:</b>									
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	
21:5.....g									
22:4.....g	0.004		0	RA	4		0.003	0.002	
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									
<b>Amino Acids:</b>									
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	

NDB No. 15244

Mollusks, oyster, eastern, wild, cooked, dry heat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
Hydroxyproline.....g									
<b>Others:</b>									
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

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



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
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0	0.015	3	AS	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	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menquinone-4.....µg	5.0		1	A	1		4.3	2.1	
<b>Lipids:</b>									
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 t.....g	0.041	0.005	3	A	1		0.035	0.017	
18:1-11 t (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 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-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	
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	



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
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									
<b><u>Amino Acids:</u></b>									
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									
<b><u>Others:</u></b>									
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 28 (2015)



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
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	RA	4		0.0	0.1	
Vitamin D.....IU	1		0	RA	4		1	2	
Vitamin K (phylloquinone).....µg	1.0		0	RA	4		0.8	2.4	
Dihydrophyloquinone.....µg	0.0		0	RA	4		0.0	0.0	
Menquinone-4.....µg	2.5		0	RA	4		2.1	6.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.474		0	RA	4		0.398	1.175	
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		0.001	0.003	
13:0.....g									
14:0.....g	0.050		0	RA	4		0.042	0.124	
15:0.....g	0.011		0	RA	4		0.009	0.026	
16:0.....g	0.319		0	RA	4		0.268	0.792	
17:0.....g	0.024		0	RA	4		0.020	0.058	
18:0.....g	0.066		0	RA	4		0.055	0.163	
20:0.....g	0.002		0	RA	4		0.001	0.004	
22:0.....g	0.001		0	RA	4		0.001	0.002	
24:0.....g	0.002		0	RA	4		0.001	0.004	
Fatty acids, total monounsaturated.....g	0.253		0	RA	4		0.213	0.628	
14:1.....g	0.002		0	RA	4		0.002	0.005	
15:1.....g	0.000		0	RA	4		0.000	0.000	
16:1 undifferentiated.....g	0.052		0	RA	4		0.043	0.128	
17:1.....g	0.003		0	RA	4		0.003	0.007	
18:1 undifferentiated.....g	0.168		0	RA	4		0.141	0.417	
20:1.....g	0.028		0	RA	4		0.023	0.068	
22:1 undifferentiated.....g	0.001		0	RA	4		0.000	0.001	
24:1 c.....g	0.000		0	RA	4		0.000	0.001	
Fatty acids, total polyunsaturated.....g	0.528		0	RA	4		0.444	1.309	
18:2 undifferentiated.....g	0.041		0	RA	4		0.034	0.102	
18:3 undifferentiated.....g	0.084		0	RA	4		0.070	0.208	
18:4.....g	0.048		0	RA	4		0.040	0.119	
20:2 n-6 c,c.....g	0.003		0	RA	4		0.003	0.008	
20:3 undifferentiated.....g	0.006		0	RA	4		0.005	0.014	
20:4 undifferentiated.....g	0.022		0	RA	4		0.018	0.054	
20:5 n-3 (EPA).....g	0.177		0	RA	4		0.148	0.438	
21:5.....g									
22:4.....g	0.002		0	RA	4		0.002	0.006	
22:5 n-3 (DPA).....g	0.010		0	RA	4		0.008	0.025	
22:6 n-3 (DHA).....g	0.136		0	RA	4		0.114	0.336	
Fatty acids, total trans.....g	0.034		0	RA	4		0.029	0.085	
Cholesterol.....mg	40		0	RA	4		33	98	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.069		0	RA	4		0.058	0.171	
Threonine.....g	0.023		0	RA	4		0.019	0.057	
Isoleucine.....g	0.229		0	RA	4		0.193	0.569	
Leucine.....g	0.358		0	RA	4		0.301	0.888	
Lysine.....g	0.381		0	RA	4		0.320	0.945	
Methionine.....g	0.129		0	RA	4		0.108	0.319	
Cystine.....g	0.055		0	RA	4		0.046	0.137	
Phenylalanine.....g	0.207		0	RA	4		0.173	0.512	
Tyrosine.....g	0.202		0	RA	4		0.170	0.501	
Valine.....g	0.262		0	RA	4		0.220	0.649	
Arginine.....g	0.372		0	RA	4		0.312	0.922	
Histidine.....g	0.110		0	RA	4		0.093	0.273	
Alanine.....g	0.271		0	RA	4		0.227	0.672	
Aspartic acid.....g	0.491		0	RA	4		0.413	1.218	
Glutamic acid.....g	0.675		0	RA	4		0.567	1.673	

NDB No. 15167

Mollusks, oyster, eastern, wild, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.275		0	RA	4		0.231	0.683	
Proline.....g	0.225		0	RA	4		0.189	0.558	
Serine.....g	0.225		0	RA	4		0.189	0.558	
Hydroxyproline.....g									
<b>Others:</b>									
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 = 84g: 6 medium

Measure 2 = 248g: 1 cup

**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 28 (2015)

NDB No. 90240

Mollusks, scallop, (bay and sea), cooked, steamed

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
<b>Proximates:</b>									
Water.....g	70.25		0	RA	4		59.71		
Energy.....kcal	111		0	NC	4		95		
Energy.....kJ	466		0	NC	4		396		
Protein.....g	20.54		0	RA	4		17.46		
Total lipid (fat).....g	0.84		0	RA	4		0.72		
Ash.....g	2.97		0	RA	4		2.52		
Carbohydrate, by difference.....g	5.41		0	RA	4		4.59		
Fiber, total dietary.....g	0.0		0	RA	4		0.0		
Sugars, total.....g	0.00		0	RA	4		0.00		
Sucrose.....g	0.00		0	RA	4		0.00		
Glucose (dextrose).....g	0.00		0	RA	4		0.00		
Fructose.....g	0.00		0	RA	4		0.00		
Lactose.....g	0.00		0	RA	4		0.00		
Maltose.....g	0.00		0	RA	4		0.00		
Galactose.....g	0.00		0	RA	4		0.00		
Starch.....g	3.69		0	RA	4		3.14		
<b>Minerals:</b>									
Calcium, Ca.....mg	10		0	RA	4		8		
Iron, Fe.....mg	0.58		0	RA	4		0.50		
Magnesium, Mg.....mg	37		0	RA	4		32		
Phosphorus, P.....mg	426		0	RA	4		363		
Potassium, K.....mg	314		0	RA	4		267		
Sodium, Na (1).....mg	667		0	RA	4		567		
Zinc, Zn.....mg	1.55		0	RA	4		1.32		
Copper, Cu.....mg	0.033		0	RA	4		0.028		
Manganese, Mn.....mg	0.029		0	RA	4		0.025		
Selenium, Se.....µg	21.7		0	RA	4		18.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA	4		0.0		
Thiamin.....mg	0.012		0	RA	4		0.010		
Riboflavin.....mg	0.024		0	RA	4		0.021		
Niacin.....mg	1.076		0	RA	4		0.915		
Pantothenic acid.....mg	0.366		0	RA	4		0.311		
Vitamin B-6.....mg	0.112		0	RA	4		0.095		
Folate, total.....µg	20		0	RA	4		17		
Folic acid.....µg	0		0	RA	4		0		
Folate, food.....µg	20		0	RA	4		17		
Folate, DFE.....µg	20		0	NC	4		17		
Choline, total.....mg	110.7		0	RA	4		94.1		
Betaine.....mg									
Vitamin B-12.....µg	2.15		0	RA	4		1.83		
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00		
Vitamin A, RAE.....µg	2		0	RA	4		1		
Retinol.....µg	2		0	RA	4		1		
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	5		0	RA	4		4		
Lycopene.....µg	0		0	RA	4		0		
Lutein + zeaxanthin.....µg	0		0	RA	4		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	RA	4		0.00		
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		
Tocotrienol, alpha.....mg	0.00		0	RA	4		0.00		
Tocotrienol, beta.....mg	0.00		0	RA	4		0.00		

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
Tocotrienol, gamma.....mg	0.00		0	RA	4		0.00		
Tocotrienol, delta.....mg	0.00		0	RA	4		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	RA	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.0		0	RA	4		0.0		
Vitamin D.....IU	2		0	RA	4		1		
Vitamin K (phylloquinone).....µg	0.0		0	RA	4		0.0		
Dihydrophyloquinone.....µg	0.0		0	RA	4		0.0		
Menaquinone-4.....µg	0.0		0	RA	4		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.218		0	RA	4		0.185		
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		0.002		
13:0.....g									
14:0.....g	0.013		0	RA	4		0.011		
15:0.....g	0.005		0	RA	4		0.004		
16:0.....g	0.138		0	RA	4		0.118		
17:0.....g	0.008		0	RA	4		0.006		
18:0.....g	0.049		0	RA	4		0.042		
20:0.....g	0.001		0	RA	4		0.001		
22:0.....g	0.001		0	RA	4		0.001		
24:0.....g	0.000		0	RA	4		0.000		
Fatty acids, total monounsaturated.....g	0.082		0	RA	4		0.069		
14:1.....g	0.001		0	RA	4		0.001		
15:1.....g	0.000		0	RA	4		0.000		
16:1 undifferentiated.....g	0.015		0	RA	4		0.013		
17:1.....g	0.001		0	RA	4		0.001		
18:1 undifferentiated.....g	0.053		0	RA	4		0.045		
20:1.....g	0.009		0	RA	4		0.007		
22:1 undifferentiated.....g	0.001		0	RA	4		0.001		
24:1 c.....g	0.001		0	RA	4		0.001		
Fatty acids, total polyunsaturated.....g	0.222		0	RA	4		0.189		
18:2 undifferentiated.....g	0.014		0	RA	4		0.012		
18:3 undifferentiated.....g	0.006		0	RA	4		0.005		
18:4.....g	0.006		0	RA	4		0.005		
20:2 n-6 c,c.....g	0.002		0	RA	4		0.002		
20:3 undifferentiated.....g	0.003		0	RA	4		0.003		
20:4 undifferentiated.....g	0.009		0	RA	4		0.008		
20:5 n-3 (EPA).....g	0.072		0	RA	4		0.061		
21:5.....g									
22:4.....g	0.001		0	RA	4		0.001		
22:5 n-3 (DPA).....g	0.005		0	RA	4		0.004		
22:6 n-3 (DHA).....g	0.104		0	RA	4		0.089		
Fatty acids, total trans.....g	0.009		0	RA	4		0.007		
Cholesterol.....mg	41		0	RA	4		35		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.173		0	RA	4		0.147		
Threonine.....g	0.629		0	RA	4		0.535		
Isoleucine.....g	0.692		0	RA	4		0.588		
Leucine.....g	1.226		0	RA	4		1.042		
Lysine.....g	1.258		0	RA	4		1.069		
Methionine.....g	0.487		0	RA	4		0.414		
Cystine.....g	0.204		0	RA	4		0.174		
Phenylalanine.....g	0.597		0	RA	4		0.508		
Tyrosine.....g	0.503		0	RA	4		0.428		
Valine.....g	0.645		0	RA	4		0.548		
Arginine.....g	1.101		0	RA	4		0.935		
Histidine.....g	0.314		0	RA	4		0.267		

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
Alanine.....g	0.912		0	RA	4		0.775		
Aspartic acid.....g	1.572		0	RA	4		1.336		
Glutamic acid.....g	2.390		0	RA	4		2.031		
Glycine.....g	1.761		0	RA	4		1.497		
Proline.....g	0.487		0	RA	4		0.414		
Serine.....g	0.613		0	RA	4		0.521		
Hydroxyproline.....g									
<b>Others:</b>									
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. Number of Data Points of zero 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

**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 28 (2015)

NDB No. 15173

Mollusks, scallop, mixed species, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	50		0	NC	4		16		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.32		0		1		0.41		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



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
Fatty acids, total saturated.....g	2.669		0		1		0.827		
4:0.....g									
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15173**

**Mollusks, scallop, mixed species, cooked, breaded and fried**

**Common Measures:**

Measure 1 = 31g: 2 large

**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 28 (2015)

NDB No. 15174

Mollusks, scallop, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	2		0	NC	4		1		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.60		0		4		1.36		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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 saturated.....g	0.080		0		4		0.068		
Fatty acids, total monounsaturated.....g	0.060		0		4		0.051		
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									
<b>Amino Acids:</b>									
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 28 (2015)

NDB No. 15172

Mollusks, scallop, mixed species, raw

Pectinidae

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
<b>Proximates:</b>									
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	
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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	Z	4		5	14	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	16		0	Z	4		5	14	
Folate, DFE.....µg	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.....µg	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	
Tocotrienol, alpha.....mg	0.00		0	Z	7		0.00	0.00	
Tocotrienol, beta.....mg	0.00		0	Z	7		0.00	0.00	

Mollusks, scallop, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		0	Z	7				
Tocotrienol, 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									
Vitamin D3 (cholecalciferol).....µg	0.0	0.012	4	A	1	0.0	0.0		
Vitamin D.....µg	1	0.559	4	A	1	0	1		
Vitamin K (phylloquinone).....µg	0.0		1	A	1	0.0	0.0		
Dihydrophyloquinone.....µg	0.0		1	A	1	0.0	0.0		
Menaquinone-4.....µg	0.0		1	A	1	0.0	0.0		
<b>Lipids:</b>									
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 t.....g	0.001	0.000	12	A	1	0.000	0.001		
18:1-11 t (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 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-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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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 28 (2015)





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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.361		0		4	0.307		
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	0.056		0		4	0.048		
15:0.....g								
16:0.....g	0.249		0		4	0.212		
17:0.....g								
18:0.....g	0.051		0		4	0.043		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.259		0		4	0.220		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.048		0		4	0.041		
17:1.....g								
18:1 undifferentiated.....g	0.211		0		4	0.179		
20:1.....g	0.000		0		4	0.000		
22:1 undifferentiated.....g	0.000		0		4	0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.252		0		4	0.214		
18:2 undifferentiated.....g	0.017		0		4	0.014		
18:3 undifferentiated.....g	0.000		0		4	0.000		
18:4.....g	0.015		0		4	0.013		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		4	0.000		
20:5 n-3 (EPA).....g	0.119		0		4	0.101		
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.099		0		4	0.084		
22:6 n-3 (DHA).....g	0.000		0		4	0.000		
Fatty acids, total trans.....g								
Cholesterol.....mg	50		0		1	43		
Phytosterols.....mg								
<b>Others:</b>								
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 = 85g: 3 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 15176

Mollusks, squid, mixed species, cooked, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	20		0	NC	4		17		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.23		0		1		1.04		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	1.878		0		1		1.596
4:0.....g							
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
21:5.....g							
22:4.....g							
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							
<b>Amino Acids:</b>							
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.

**NDB No. 15176**

**Mollusks, squid, mixed species, cooked, fried**

**Common Measures:**

Measure 1 = 85g: 3 oz

**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 28 (2015)



NDB No. 15175

Mollusks, squid, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
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
21:5.....g								
22:4.....g								
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								
<b>Amino Acids:</b>								
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								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

NDB No. 15175

Mollusks, squid, mixed species, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)

NDB No. 15178

Mollusks, whelk, unspecified, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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		
<b>Vitamins:</b>									
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.....µg	11		0	NC	4		10		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	18.14		0		1		15.42		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



Mollusks, whelk, unspecified, 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	0.062		0		1		0.053		
4:0.....g									
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 15178**

**Mollusks, whelk, unspecified, cooked, moist heat**

**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 28 (2015)



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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Lipids:</b>									
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 15177  
 Mollusks, whelk, unspecified, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 4.11**

**Food Group:** 15 Finfish and Shellfish Products  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)



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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.211		0	NC	4		1.029	2.990	
4:0.....g	0.004	0.000	12	A	1		0.004	0.011	
6:0.....g	0.000	0.000	12	A	1		0.000	0.000	
8:0.....g	0.001	0.000	12	A	1		0.001	0.002	
10:0.....g	0.009	0.003	12	A	1		0.008	0.022	
12:0.....g	0.003	0.000	12	A	1		0.003	0.008	
13:0.....g									
14:0.....g	0.179	0.007	12	A	1		0.152	0.441	
15:0.....g	0.022	0.001	12	A	1		0.019	0.054	
16:0.....g	0.831	0.028	12	A	1		0.706	2.052	
17:0.....g	0.012	0.001	12	A	1		0.011	0.031	
18:0.....g	0.139	0.004	12	A	1		0.118	0.343	
20:0.....g	0.008	0.000	12	A	1		0.007	0.019	
22:0.....g	0.002	0.000	12	A	1		0.002	0.005	
24:0.....g	0.001	0.000	12	A	1		0.001	0.002	
Fatty acids, total monounsaturated.....g	1.925		0	NC	4		1.637	4.756	
14:1.....g	0.003	0.000	12	A	1		0.003	0.008	
15:1.....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.247	0.013	12	AS	1		0.210	0.611	
16:1 c.....g	0.239	0.012	12	A	1		0.203	0.590	
16:1 t.....g	0.009	0.000	12	A	1		0.007	0.021	
17:1.....g	0.012	0.001	12	A	1		0.011	0.031	
18:1 undifferentiated.....g	1.040	0.047	12	AS	1		0.884	2.568	
18:1 c.....g	1.029	0.046	12	A	1		0.875	2.541	
18:1 t.....g	0.011	0.000	12	A	1		0.009	0.027	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.562	0.023	12	A	1		0.478	1.388	
22:1 undifferentiated.....g	0.056	0.002	12	AS	1		0.047	0.138	
22:1 c.....g	0.054	0.002	12	A	1		0.046	0.133	
22:1 t.....g	0.002	0.000	12	A	1		0.002	0.005	
24:1 c.....g	0.005	0.002	12	A	1		0.004	0.012	
Fatty acids, total polyunsaturated.....g	1.551		0	NC	4		1.318	3.830	
18:2 undifferentiated.....g	0.109	0.004	12	AS	1		0.093	0.269	
18:2 n-6 c,c.....g	0.093	0.003	12	A	1		0.079	0.230	
18:2 CLAs.....g	0.005	0.002	12	A	1		0.004	0.013	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.011	0.000	12	A	1		0.009	0.027	
18:3 undifferentiated.....g	0.046	0.002	12	AS	1		0.039	0.114	
18:3 n-3 c,c,c (ALA).....g	0.043	0.001	12	A	1		0.036	0.105	
18:3 n-6 c,c,c.....g	0.004	0.001	12	A	1		0.003	0.009	
18:3i.....g									
18:4.....g	0.078	0.008	12	A	1		0.067	0.194	
20:2 n-6 c,c.....g	0.021	0.005	12	A	1		0.018	0.053	
20:3 undifferentiated.....g	0.013	0.000	12	AS	1		0.011	0.032	
20:3 n-3.....g	0.007	0.000	12	A	1		0.006	0.017	
20:3 n-6.....g	0.006	0.000	12	A	1		0.005	0.015	
20:4 undifferentiated.....g	0.023	0.001	12	A	1		0.019	0.056	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.437	0.010	12	A	1		0.371	1.079	
21:5.....g									
22:4.....g	0.003	0.000	12	A	1		0.003	0.007	
22:5 n-3 (DPA).....g	0.113	0.004	12	A	1		0.096	0.279	
22:6 n-3 (DHA).....g	0.699	0.013	12	A	1		0.594	1.725	
Fatty acids, total trans.....g	0.032		0	NC	4		0.027	0.080	
Fatty acids, total trans-monoenoic.....g	0.021		0	NC	4		0.018	0.053	
Fatty acids, total trans-polyenoic.....g	0.011		0	NC	4		0.009	0.027	
Cholesterol.....mg	66	0.855	12	A	1		56	163	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.316		0	A	1		0.269	0.781	
Threonine.....g	1.417		0	A	1		1.204	3.499	

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Isoleucine.....g	1.261		0	A	1		1.072	3.114	
Leucine.....g	2.045		0	A	1		1.738	5.052	
Lysine.....g	2.298		0	A	1		1.953	5.676	
Methionine.....g	0.777		0	A	1		0.660	1.919	
Cystine.....g	0.201		0	A	1		0.171	0.496	
Phenylalanine.....g	1.119		0	A	1		0.951	2.765	
Tyrosine.....g	0.967		0	A	1		0.822	2.388	
Valine.....g	1.458		0	A	1		1.239	3.601	
Arginine.....g	1.655		0	A	1		1.407	4.087	
Histidine.....g	0.714		0	A	1		0.607	1.763	
Alanine.....g	1.696		0	A	1		1.441	4.189	
Aspartic acid.....g	3.064		0	A	1		2.604	7.568	
Glutamic acid.....g	3.704		0	A	1		3.149	9.150	
Glycine.....g	1.611		0	A	1		1.369	3.978	
Proline.....g	1.079		0	A	1		0.917	2.664	
Serine.....g	1.182		0	A	1		1.005	2.920	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0	0.0	
Caffeine.....mg	0		0	BFSN	4		0	0	
Theobromine.....mg	0		0	BFSN	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 = 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 28 (2015)





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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.460		0	NC	4		1.241	6.089	
4:0.....g	0.005	0.000	12	A	1		0.004	0.022	
6:0.....g	0.000	0.000	12	A	1		0.000	0.000	
8:0.....g	0.001	0.000	12	A	1		0.001	0.005	
10:0.....g	0.020	0.004	12	A	1		0.017	0.082	
12:0.....g	0.004	0.000	12	A	1		0.003	0.015	
13:0.....g									
14:0.....g	0.238	0.012	12	A	1		0.202	0.992	
15:0.....g	0.028	0.001	12	A	1		0.024	0.116	
16:0.....g	0.978	0.050	12	A	1		0.831	4.076	
17:0.....g	0.016	0.001	12	A	1		0.014	0.067	
18:0.....g	0.157	0.007	12	A	1		0.134	0.656	
20:0.....g	0.010	0.000	12	A	1		0.009	0.043	
22:0.....g	0.003	0.000	12	A	1		0.002	0.012	
24:0.....g	0.001	0.000	12	A	1		0.001	0.003	
Fatty acids, total monounsaturated.....g	2.471		0	NC	4		2.101	10.305	
14:1.....g	0.004	0.000	12	A	1		0.004	0.018	
15:1.....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.323	0.020	12	AS	1		0.275	1.347	
16:1 c.....g	0.312	0.020	12	A	1		0.265	1.302	
16:1 t.....g	0.011	0.000	12	A	1		0.009	0.045	
17:1.....g	0.017	0.001	12	A	1		0.014	0.070	
18:1 undifferentiated.....g	1.333	0.072	12	AS	1		1.133	5.559	
18:1 c.....g	1.320	0.071	12	A	1		1.122	5.502	
18:1 t.....g	0.014	0.001	12	A	1		0.012	0.057	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.712	0.036	12	A	1		0.605	2.970	
22:1 undifferentiated.....g	0.072	0.004	12	AS	1		0.061	0.299	
22:1 c.....g	0.069	0.003	12	A	1		0.059	0.287	
22:1 t.....g	0.003	0.000	12	A	1		0.002	0.012	
24:1 c.....g	0.010	0.002	12	A	1		0.009	0.043	
Fatty acids, total polyunsaturated.....g	1.744		0	NC	4		1.483	7.273	
18:2 undifferentiated.....g	0.135	0.007	12	AS	1		0.114	0.561	
18:2 n-6 c,c.....g	0.118	0.006	12	A	1		0.101	0.493	
18:2 CLAs.....g	0.003	0.001	12	A	1		0.002	0.011	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.014	0.001	12	A	1		0.012	0.058	
18:3 undifferentiated.....g	0.061	0.003	12	AS	1		0.052	0.255	
18:3 n-3 c,c,c (ALA).....g	0.056	0.003	12	A	1		0.048	0.234	
18:3 n-6 c,c,c.....g	0.005	0.001	12	A	1		0.004	0.021	
18:3i.....g									
18:4.....g	0.116	0.007	12	A	1		0.099	0.485	
20:2 n-6 c,c.....g	0.020	0.001	12	A	1		0.017	0.082	
20:3 undifferentiated.....g	0.017	0.001	12	AS	1		0.014	0.069	
20:3 n-3.....g	0.009	0.001	12	A	1		0.008	0.037	
20:3 n-6.....g	0.008	0.000	12	A	1		0.007	0.032	
20:4 undifferentiated.....g	0.026	0.001	12	A	1		0.022	0.109	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.532	0.027	12	A	1		0.452	2.218	
21:5.....g									
22:4.....g	0.004	0.000	12	A	1		0.003	0.015	
22:5 n-3 (DPA).....g	0.134	0.005	12	A	1		0.114	0.560	
22:6 n-3 (DHA).....g	0.695	0.021	12	A	1		0.591	2.900	
Fatty acids, total trans.....g	0.041		0	NC	4		0.035	0.171	
Fatty acids, total trans-monoenoic.....g	0.027		0	NC	4		0.023	0.113	
Fatty acids, total trans-polyenoic.....g	0.014		0	NC	4		0.012	0.058	
Cholesterol.....mg	67	0.834	12	A	1		57	278	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.248		0	A	1		0.211	1.033	
Threonine.....g	1.110		0	A	1		0.944	4.629	

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Isoleucine.....g	0.988		0	A	1	0.840	4.120
Leucine.....g	1.603		0	A	1	1.362	6.683
Lysine.....g	1.801		0	A	1	1.531	7.509
Methionine.....g	0.609		0	A	1	0.517	2.539
Cystine.....g	0.157		0	A	1	0.134	0.656
Phenylalanine.....g	0.877		0	A	1	0.746	3.658
Tyrosine.....g	0.758		0	A	1	0.644	3.159
Valine.....g	1.142		0	A	1	0.971	4.764
Arginine.....g	1.297		0	A	1	1.102	5.407
Histidine.....g	0.559		0	A	1	0.476	2.333
Alanine.....g	1.329		0	A	1	1.130	5.541
Aspartic acid.....g	2.401		0	A	1	2.041	10.012
Glutamic acid.....g	2.903		0	A	1	2.467	12.105
Glycine.....g	1.262		0	A	1	1.073	5.263
Proline.....g	0.845		0	A	1	0.718	3.525
Serine.....g	0.926		0	A	1	0.788	3.863
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		4	0.0	0.0
Caffeine.....mg	0		0	BFSN	4	0	0
Theobromine.....mg	0		0	BFSN	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 = 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 28 (2015)



NDB No. 93600  
Turtle, green, 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		Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.127		0		4		0.108
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	0.002		0		4		0.002
15:0.....g							
16:0.....g	0.090		0		4		0.077
17:0.....g							
18:0.....g	0.035		0		4		0.030
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.088		0		4		0.075
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.015		0		4		0.013
17:1.....g							
18:1 undifferentiated.....g	0.073		0		4		0.062
20:1.....g	0.000		0		4		0.000
22:1 undifferentiated.....g	0.000		0		4		0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.170		0		4		0.145
18:2 undifferentiated.....g	0.033		0		4		0.028
18:3 undifferentiated.....g	0.017		0		4		0.014
18:4.....g	0.000		0		4		0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.052		0		4		0.044
20:5 n-3 (EPA).....g	0.023		0		4		0.020
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.012		0		4		0.010
22:6 n-3 (DHA).....g	0.033		0		4		0.028
Fatty acids, total trans.....g							
Cholesterol.....mg	50		0		1		43
Phytosterols.....mg							
<b>Others:</b>							
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 = 85g: 3 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 15251

USDA Commodity, salmon nuggets, breaded, frozen, heated

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
<b>Proximates:</b>									
Water.....g	60.38		1	A	1		17.12		
Energy.....kcal	212		0	NC	4		60		
Energy.....kJ	887		0		4		251		
Protein (N x 6.25).....g	12.69		1	A	1		3.60		
Total lipid (fat).....g	11.72		1	A	1		3.32		
Ash.....g	1.25		1	A	1		0.35		
Carbohydrate, by difference.....g	13.96		0	NC	4		3.96		
Fiber, total dietary.....g	0.0		1	A	1		0.0		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		1	A	1		2		
Iron, Fe.....mg	1.24		1	A	1		0.35		
Magnesium, Mg.....mg	20		1	A	1		6		
Phosphorus, P.....mg	176		1	A	1		50		
Potassium, K.....mg	165		1	A	1		47		
Sodium, Na.....mg	173		1	A	1		49		
Zinc, Zn.....mg	0.52		1	A	1		0.15		
Copper, Cu.....mg	0.077		0	FLA	4		0.022		
Manganese, Mn.....mg	0.118		0	FLA	4		0.033		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.207		1	A	1		0.059		
Riboflavin.....mg	0.156		1	A	1		0.044		
Niacin.....mg	4.527		1	A	1		1.283		
Pantothenic acid.....mg	0.523		1	A	1		0.148		
Vitamin B-6.....mg	0.222		1	A	1		0.063		
Folate, total.....µg	9		0	RA	4		3		
Folic acid.....µg	3		0	NC	4		1		
Folate, food.....µg	6		0		4		2		
Folate, DFE.....µg	11		0	NC	4		3		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.07		1	A	1		0.59		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	1.570		1	A	1	0.445		
4:0.....g	0.000		1	A	1	0.000		
6:0.....g	0.000		1	A	1	0.000		
8:0.....g	0.009		1	A	1	0.003		
10:0.....g	0.000		1	A	1	0.000		
12:0.....g	0.000		1	A	1	0.000		
13:0.....g								
14:0.....g	0.066		1	A	1	0.019		
15:0.....g								
16:0.....g	0.964		1	A	1	0.273		
17:0.....g								
18:0.....g	0.357		1	A	1	0.101		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	4.625		1	A	1	1.311		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.074		1	A	1	0.021		
17:1.....g								
18:1 undifferentiated.....g	4.318		1	A	1	1.224		
20:1.....g	0.209		1	A	1	0.059		
22:1 undifferentiated.....g	0.012		1	A	1	0.003		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.028		1	A	1	0.858		
18:2 undifferentiated.....g	2.372		1	A	1	0.672		
18:3 undifferentiated.....g	0.129		1	A	1	0.037		
18:4.....g	0.000		1	A	1	0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.014		1	A	1	0.004		
20:5 n-3 (EPA).....g	0.055		1	A	1	0.016		
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		1	A	1	0.000		
22:6 n-3 (DHA).....g	0.441		1	A	1	0.125		
Fatty acids, total trans.....g								
Cholesterol.....mg	26		1	A	1	7		
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7	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.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 15 Finfish and Shellfish Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 15252

USDA Commodity, salmon nuggets, cooked as purchased, unheated

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
<b>Proximates:</b>									
Water.....g	64.57		1	A	1		18.31		
Energy.....kcal	189		0	NC	4		54		
Energy.....kJ	791		0		4		224		
Protein (N x 6.25).....g	11.97		1	A	1		3.39		
Total lipid (fat).....g	10.43		1	A	1		2.96		
Ash.....g	1.19		1	A	1		0.34		
Carbohydrate, by difference.....g	11.85		0	NC	4		3.36		
Fiber, total dietary.....g	0.0		1	A	1		0.0		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9		1	A	1		3		
Iron, Fe.....mg	1.46		1	A	1		0.41		
Magnesium, Mg.....mg	20		1	A	1		6		
Phosphorus, P.....mg	173		1	A	1		49		
Potassium, K.....mg	161		1	A	1		46		
Sodium, Na.....mg	167		1	A	1		47		
Zinc, Zn.....mg	0.46		1	A	1		0.13		
Copper, Cu.....mg	0.069		0	BFSN	4		0.020		
Manganese, Mn.....mg	0.106		0	BFSN	4		0.030		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.195		0	FLA	4		0.055		
Riboflavin.....mg	0.140		0	FLA	4		0.040		
Niacin.....mg	5.948		1	A	1		1.686		
Pantothenic acid.....mg	0.520		0	FLA	4		0.147		
Vitamin B-6.....mg	0.220		0	FLA	4		0.062		
Folate, total.....µg	9		0	RA	4		3		
Folic acid.....µg	3		0	NC	4		1		
Folate, food.....µg	6		0		4		2		
Folate, DFE.....µg	11		0	NC	4		3		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.18		0	FLA	4		0.62		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.497		1	A	1		0.424		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.011		1	A	1		0.003		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.002		1	A	1		0.001		
13:0.....g									
14:0.....g	0.060		1	A	1		0.017		
15:0.....g									
16:0.....g	0.921		1	A	1		0.261		
17:0.....g									
18:0.....g	0.339		1	A	1		0.096		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.330		1	A	1		1.228		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.068		1	A	1		0.019		
17:1.....g									
18:1 undifferentiated.....g	4.044		1	A	1		1.146		
20:1.....g	0.191		1	A	1		0.054		
22:1 undifferentiated.....g	0.012		1	A	1		0.003		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.863		1	A	1		0.812		
18:2 undifferentiated.....g	2.237		1	A	1		0.634		
18:3 undifferentiated.....g	0.122		1	A	1		0.035		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.012		1	A	1		0.003		
20:5 n-3 (EPA).....g	0.050		1	A	1		0.014		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.413		1	A	1		0.117		
Fatty acids, total trans.....g									
Cholesterol.....mg	27		1	A	1		8		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		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.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 15 Finfish and Shellfish Products**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)