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

Refuse: 0%

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

NDB No. 15137

Crustaceans, crab, alaska king, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.269		0		1		0.360	0.229	
Threonine....g	0.783		0		1		1.049	0.666	
Isoleucine....g	0.938		0		1		1.257	0.797	
Leucine....g	1.536		0		1		2.058	1.306	
Lysine....g	1.684		0		1		2.257	1.431	
Methionine....g	0.545		0		1		0.730	0.463	
Cystine....g	0.217		0		1		0.291	0.184	
Phenylalanine....g	0.817		0		1		1.095	0.694	
Tyrosine....g	0.644		0		1		0.863	0.547	
Valine....g	0.910		0		1		1.219	0.774	
Arginine....g	1.690		0		1		2.265	1.437	
Histidine....g	0.393		0		1		0.527	0.334	
Alanine....g	1.096		0		1		1.469	0.932	
Aspartic acid....g	2.000		0		1		2.680	1.700	
Glutamic acid....g	3.300		0		1		4.422	2.805	
Glycine....g	1.167		0		1		1.564	0.992	
Proline....g	0.638		0		1		0.855	0.542	
Serine....g	0.762		0		1		1.021	0.648	
Hydroxyproline....g									

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

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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	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		
Minerals:									
Calcium, Ca mg	13	4.734	3		1		11		
Iron, Fe mg	0.39	0.052	3		1		0.33		
Magnesium, Mg mg	43		0		4		37		
Phosphorus, P mg	282		0		4		240		
Potassium, K mg	90	2.309	3		1		77		
Sodium, Na mg	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		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		2	A	1		0.0		
Thiamin mg	0.030		2	A	1		0.025		
Riboflavin mg	0.080		2	A	1		0.068		
Niacin mg	0.620		2	A	1		0.527		
Pantothenic acid mg	0.000		2	A	1		0.000		
Vitamin B-6 mg	0.130		2	A	1		0.110		
Folate, total µg	0		2	A	1		0		
Folic acid µg	0		2	A	1		0		
Folate, food µg	0		0	AS	1		0		
Folate, DFE 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		

NDB No. 15138

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.4		2	A	1		0.3		
Dihydrophylloquinone....µg	0.0		2	A	1		0.0		
Menaquinone-4....µg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	0.216		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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.028		2	A	1		0.023		
Fatty acids, total trans....g									
Cholesterol....mg	20	1.386	3		1		17		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.075		0	A	1		0.064		
Threonine....g	0.285		0	A	1		0.242		
Isoleucine....g	0.230		0	A	1		0.196		
Leucine....g	0.607		0	A	1		0.516		
Lysine....g	0.707		0	A	1		0.601		
Methionine....g	0.261		0	A	1		0.222		
Cystine....g	0.080		0	A	1		0.068		
Phenylalanine....g	0.260		0	A	1		0.221		
Tyrosine....g	0.219		0	A	1		0.186		
Valine....g	0.286		0	A	1		0.243		
Arginine....g	0.488		0	A	1		0.415		
Histidine....g	0.156		0	A	1		0.132		
Alanine....g	0.432		0	A	1		0.367		
Aspartic acid....g	0.894		0	A	1		0.760		
Glutamic acid....g	1.438		0	A	1		1.222		
Glycine....g	0.276		0	A	1		0.235		
Proline....g	0.328		0	A	1		0.279		
Serine....g	0.457		0	A	1		0.389		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15136

Crustaceans, crab, alaska king, raw

Paralithodes camtschatica (Tilesius)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.57	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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.090		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									
Amino Acids:									
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 27 (2014)

NDB No. 15141
Crustaceans, crab, blue, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.69		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
Minerals:									
Calcium, Ca mg	91		0	RA	4		123	26	114
Iron, Fe mg	0.50		0	RA	4		0.67	0.14	0.62
Magnesium, Mg mg	36		0	RA	4		49	10	45
Phosphorus, P mg	234		0	RA	4		315	66	292
Potassium, K mg	259		0	RA	4		349	73	323
Sodium, Na mg	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
Vitamins:									
Vitamin C, total ascorbic acid mg	3.3		0	RA	4		4.5	0.9	4.1
Thiamin mg	0.023		0	RA	4		0.031	0.007	0.029
Riboflavin mg	0.093		0	RA	4		0.126	0.026	0.117
Niacin mg	2.747		0	RA	4		3.708	0.779	3.433
Pantothenic acid mg	0.997		0	RA	4		1.346	0.283	1.246
Vitamin B-6 mg	0.156		0	RA	4		0.211	0.044	0.195
Folate, total µg	51		0	RA	4		69	14	64
Folic acid µg	0		0	RA	4		0	0	0
Folate, food µg	51		0	RA	4		69	14	64
Folate, DFE 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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	0.0
Menaquinone-4....µg	0.0		0	RA	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.201		0	RA	4		0.271	0.057	0.251
4:0....g	0.000		0	RA	4		0.000	0.000	0.000
6:0....g	0.000		0	RA	4		0.000	0.000	0.000
8:0....g	0.000		0	RA	4		0.000	0.000	0.000
10:0....g	0.000		0	RA	4		0.000	0.000	0.000
12:0....g	0.002		0	RA	4		0.002	0.000	0.002
13:0....g									
14:0....g	0.008		0	RA	4		0.011	0.002	0.010
15:0....g	0.004		0	RA	4		0.005	0.001	0.005
16:0....g	0.098		0	RA	4		0.132	0.028	0.123
17:0....g	0.010		0	RA	4		0.013	0.003	0.012
18:0....g	0.072		0	RA	4		0.098	0.021	0.090
20:0....g	0.004		0	RA	4		0.006	0.001	0.005
22:0....g	0.002		0	RA	4		0.003	0.001	0.003
24:0....g	0.000		0	RA	4		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.129		0	RA	4		0.174	0.036	0.161
14:1....g	0.001		0	RA	4		0.002	0.000	0.002
15:1....g	0.000		0	RA	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.027		0	RA	4		0.036	0.008	0.034
17:1....g	0.002		0	RA	4		0.003	0.001	0.003
18:1 undifferentiated....g	0.092		0	RA	4		0.124	0.026	0.115
20:1....g	0.006		0	RA	4		0.009	0.002	0.008
22:1 undifferentiated....g	0.000		0	RA	4		0.000	0.000	0.000
24:1 c....g	0.000		0	RA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.258		0	RA	4		0.349	0.073	0.323
18:2 undifferentiated....g	0.020		0	RA	4		0.027	0.006	0.025
18:3 undifferentiated....g	0.009		0	RA	4		0.012	0.003	0.011
18:4....g	0.002		0	RA	4		0.002	0.000	0.002
20:2 n-6 c,c....g	0.005		0	RA	4		0.007	0.001	0.006
20:3 undifferentiated....g	0.005		0	RA	4		0.006	0.001	0.006
20:4 undifferentiated....g	0.037		0	RA	4		0.050	0.010	0.046
20:5 n-3 (EPA)....g	0.101		0	RA	4		0.137	0.029	0.127
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									
Amino Acids:									
Tryptophan....g	0.226		0	RA	4		0.305	0.064	0.283
Threonine....g	0.727		0	RA	4		0.982	0.206	0.909
Isoleucine....g	0.776		0	RA	4		1.048	0.220	0.971
Leucine....g	1.307		0	RA	4		1.765	0.371	1.634
Lysine....g	1.386		0	RA	4		1.871	0.393	1.732
Methionine....g	0.452		0	RA	4		0.610	0.128	0.565
Cystine....g	0.187		0	RA	4		0.252	0.053	0.233
Phenylalanine....g	0.708		0	RA	4		0.955	0.201	0.885
Tyrosine....g	0.658		0	RA	4		0.889	0.187	0.823
Valine....g	0.806		0	RA	4		1.088	0.228	1.007
Arginine....g	1.759		0	RA	4		2.375	0.499	2.199
Histidine....g	0.393		0	RA	4		0.531	0.111	0.491

NDB No. 15141
Crustaceans, crab, blue, canned

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

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

Common Measures:

Measure 1 = 135g: 1 cup

Measure 2 = 28.35g: 1 oz

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

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

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

NDB No. 15140

Crustaceans, crab, blue, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		0	Z	7		0.00	0.00	0.00
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....IU	0	0.067	3	A	1		0	0	0
Vitamin K (phylloquinone)....µg	0.3		1	A	1		0.3	0.3	0.1
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.0		1	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.201		0	NC	4		0.237	0.271	0.057
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		1	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0....g	0.000		0	Z	7		0.000	0.000	0.000
12:0....g	0.002	0.000	3	A	1		0.002	0.002	0.000
13:0....g									
14:0....g	0.008	0.003	3	A	1		0.009	0.011	0.002
15:0....g	0.004	0.001	3	A	1		0.005	0.005	0.001
16:0....g	0.098	0.008	3	A	1		0.116	0.132	0.028
17:0....g	0.010	0.002	3	A	1		0.011	0.013	0.003
18:0....g	0.072	0.015	3	A	1		0.085	0.098	0.021
20:0....g	0.004	0.001	3	A	1		0.005	0.006	0.001
22:0....g	0.002	0.001	3	A	1		0.003	0.003	0.001
24:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.129		0	NC	4		0.152	0.174	0.036
14:1....g	0.001	0.000	3	A	1		0.002	0.002	0.000
15:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.027	0.005	3	AS	1		0.032	0.036	0.008
16:1 c....g	0.024	0.006	3	A	1		0.028	0.032	0.007
16:1 t....g	0.003	0.001	3	A	1		0.004	0.004	0.001
17:1....g	0.002	0.002	3	A	1		0.002	0.003	0.001
18:1 undifferentiated....g	0.092	0.008	3	AS	1		0.109	0.124	0.026
18:1 c....g	0.086	0.008	3	A	1		0.101	0.116	0.024
18:1 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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA) g	0.067	0.007	3	A	1		0.079	0.091	0.019
Fatty acids, total trans g	0.014		0	NC	4		0.016	0.018	0.004
Fatty acids, total trans-monoenoic g	0.010		0	NC	4		0.011	0.013	0.003
Fatty acids, total trans-polyenoic g	0.004		0	NC	4		0.005	0.005	0.001
Cholesterol mg	97	18.385	3	A	1		115	131	28
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.226		0	A	1		0.267	0.305	0.064
Threonine g	0.727		0	A	1		0.858	0.982	0.206
Isoleucine g	0.776		0	A	1		0.916	1.048	0.220
Leucine g	1.307		0	A	1		1.542	1.765	0.371
Lysine g	1.386		0	A	1		1.635	1.871	0.393
Methionine g	0.452		0	A	1		0.533	0.610	0.128
Cystine g	0.187		0	A	1		0.220	0.252	0.053
Phenylalanine g	0.708		0	A	1		0.835	0.955	0.201
Tyrosine g	0.658		0	A	1		0.777	0.889	0.187
Valine g	0.806		0	A	1		0.951	1.088	0.228
Arginine g	1.759		0	A	1		2.076	2.375	0.499
Histidine g	0.393		0	A	1		0.464	0.531	0.111
Alanine g	0.894		0	A	1		1.055	1.207	0.254
Aspartic acid g	1.690		0	A	1		1.995	2.282	0.479
Glutamic acid g	2.634		0	A	1		3.108	3.556	0.747
Glycine g	1.071		0	A	1		1.264	1.446	0.304
Proline g	0.678		0	A	1		0.800	0.915	0.192
Serine g	0.678		0	A	1		0.800	0.915	0.192
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

Common Measures:

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

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

Measure 3 = 28.35g: 1 oz

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

Food Group: 15 Finfish and Shellfish Products

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	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									
Minerals:									
Calcium, Ca mg	105		0		1		63		
Iron, Fe mg	1.08		0		1		0.65		
Magnesium, Mg mg	33		0		1		20		
Phosphorus, P mg	213		0		1		128		
Potassium, K mg	324		0		1		194		
Sodium, Na mg	330		0		1		198		
Zinc, Zn mg	4.09		0		1		2.45		
Copper, Cu mg	0.610		0		1		0.366		
Manganese, Mn mg	0.190		0		4		0.114		
Selenium, Se µg	40.7		0	RA	4		24.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	2.8		0		4		1.7		
Thiamin mg	0.090		0		4		0.054		
Riboflavin mg	0.080		0		4		0.048		
Niacin mg	2.900		0		4		1.740		
Pantothenic acid mg	0.500		0		4		0.300		
Vitamin B-6 mg	0.170		0		4		0.102		
Folate, total µg	53		0	RA	4		32		
Folic acid µg	12		0	NC	4		7		
Folate, food µg	42		0		4		25		
Folate, DFE 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									
Lipids:									

NDB No. 15142

Crustaceans, crab, blue, crab cakes, home recipe

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.483		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									
Amino Acids:									
Tryptophan....g	0.281		0		1		0.169		
Threonine....g	0.828		0		1		0.497		
Isoleucine....g	0.996		0		1		0.598		
Leucine....g	1.617		0		1		0.970		
Lysine....g	1.733		0		1		1.040		
Methionine....g	0.569		0		1		0.341		
Cystine....g	0.239		0		1		0.143		
Phenylalanine....g	0.870		0		1		0.522		
Tyrosine....g	0.682		0		1		0.409		
Valine....g	0.980		0		1		0.588		
Arginine....g	1.730		0		1		1.038		
Histidine....g	0.414		0		1		0.248		
Alanine....g	1.145		0		1		0.687		
Aspartic acid....g	2.083		0		1		1.250		
Glutamic acid....g	3.396		0		1		2.038		
Glycine....g	1.180		0		1		0.708		
Proline....g	0.676		0		1		0.406		
Serine....g	0.841		0		1		0.505		
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15139

Crustaceans, crab, blue, raw

Callinectes sapidus Rathbun

Refuse: 0%

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

NDB No. 15139
Crustaceans, crab, blue, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.222		0		1		0.189	0.047	
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	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.141	0.006	3		1		0.120	0.030	
17:0....g									
18:0....g	0.081	0.016	3		1		0.069	0.017	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.192		0		1		0.163	0.040	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.059	0.006	3		1		0.050	0.012	
17:1....g									
18:1 undifferentiated....g	0.104	0.012	3		1		0.088	0.022	
20:1....g	0.029	0.012	3		1		0.025	0.006	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.387		0		1		0.329	0.081	
18:2 undifferentiated....g	0.012	0.002	3		1		0.010	0.003	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.055	0.023	3		1		0.047	0.012	
20:5 n-3 (EPA)....g	0.170	0.003	3		1		0.145	0.036	
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	0.150	0.016	3		1		0.128	0.032	
Fatty acids, total trans....g									
Cholesterol....mg	78	8.431	6		1		66	16	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.251		0		1		0.213	0.053	
Threonine....g	0.731		0		1		0.621	0.154	
Isoleucine....g	0.875		0		1		0.744	0.184	
Leucine....g	1.433		0		1		1.218	0.301	
Lysine....g	1.572		0		1		1.336	0.330	
Methionine....g	0.508		0		1		0.432	0.107	
Cystine....g	0.202		0		1		0.172	0.042	
Phenylalanine....g	0.763		0		1		0.649	0.160	
Tyrosine....g	0.601		0		1		0.511	0.126	
Valine....g	0.849		0		1		0.722	0.178	
Arginine....g	1.577		0		1		1.340	0.331	
Histidine....g	0.367		0		1		0.312	0.077	
Alanine....g	1.023		0		1		0.870	0.215	
Aspartic acid....g	1.866		0		1		1.586	0.392	
Glutamic acid....g	3.080		0		1		2.618	0.647	
Glycine....g	1.089		0		1		0.926	0.229	
Proline....g	0.595		0		1		0.506	0.125	
Serine....g	0.711		0		1		0.604	0.149	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 15139
Crustaceans, crab, blue, raw

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.31		0		1		62.31	93.10	
Energy kcal	110		0	NC	4		94	140	
Energy kJ	460				4		391	585	
Protein (N x 6.25) g	22.32		0		1		18.97	28.35	
Total lipid (fat) g	1.24		0		1		1.05	1.57	
Ash g	2.18		0		1		1.85	2.77	
Carbohydrate, by difference g	0.95		0	NC	4		0.81	1.21	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	59		0		1		50	75	
Iron, Fe mg	0.43		0		1		0.37	0.55	
Magnesium, Mg mg	58		0		1		49	74	
Phosphorus, P mg	175		0		1		149	222	
Potassium, K mg	408		0		1		347	518	
Sodium, Na mg	378		0		1		321	480	
Zinc, Zn mg	5.47		0		1		4.65	6.95	
Copper, Cu mg	0.734		0		1		0.624	0.932	
Manganese, Mn mg	0.097		0		1		0.082	0.123	
Selenium, Se µg	47.6		0	BFSN	4		40.5	60.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.6		0		1		3.1	4.6	
Thiamin mg	0.057		0		1		0.048	0.072	
Riboflavin mg	0.203		0		1		0.173	0.258	
Niacin mg	3.623		0		1		3.080	4.601	
Pantothenic acid mg	0.404		0		1		0.343	0.513	
Vitamin B-6 mg	0.173		0		1		0.147	0.220	
Folate, total µg	42		0		1		36	53	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	42		0		1		36	53	
Folate, DFE 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									
Lipids:									

NDB No. 15226

Crustaceans, crab, dungeness, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.311		0		1		0.264	0.395	
Threonine....g	0.900		0		1		0.765	1.143	
Isoleucine....g	1.079		0		1		0.917	1.370	
Leucine....g	1.768		0		1		1.503	2.245	
Lysine....g	1.939		0		1		1.648	2.463	
Methionine....g	0.629		0		1		0.535	0.799	
Cystine....g	0.250		0		1		0.213	0.318	
Phenylalanine....g	0.939		0		1		0.798	1.193	
Tyrosine....g	0.743		0		1		0.632	0.944	
Valine....g	1.046		0		1		0.889	1.328	
Arginine....g	1.946		0		1		1.654	2.471	
Histidine....g	0.454		0		1		0.386	0.577	
Alanine....g	1.261		0		1		1.072	1.601	
Aspartic acid....g	2.303		0		1		1.958	2.925	
Glutamic acid....g	3.800		0		1		3.230	4.826	
Glycine....g	1.343		0		1		1.142	1.706	
Proline....g	0.736		0		1		0.626	0.935	
Serine....g	0.875		0		1		0.744	1.111	
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15143

Crustaceans, crab, dungeness, raw

Cancer magister Dana

Refuse: 0%

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

NDB No. 15143
Crustaceans, crab, dungeness, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.132		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									
Amino Acids:									
Tryptophan....g	0.242		0		1		0.206	0.394	
Threonine....g	0.705		0		1		0.599	1.149	
Isoleucine....g	0.844		0		1		0.717	1.376	
Leucine....g	1.381		0		1		1.174	2.251	
Lysine....g	1.515		0		1		1.288	2.469	
Methionine....g	0.490		0		1		0.417	0.799	
Cystine....g	0.195		0		1		0.166	0.318	
Phenylalanine....g	0.735		0		1		0.625	1.198	
Tyrosine....g	0.579		0		1		0.492	0.944	
Valine....g	0.819		0		1		0.696	1.335	
Arginine....g	1.521		0		1		1.293	2.479	
Histidine....g	0.354		0		1		0.301	0.577	
Alanine....g	0.986		0		1		0.838	1.607	
Aspartic acid....g	1.799		0		1		1.529	2.932	
Glutamic acid....g	2.969		0		1		2.524	4.839	
Glycine....g	1.050		0		1		0.893	1.712	
Proline....g	0.574		0		1		0.488	0.936	
Serine....g	0.685		0		1		0.582	1.117	
Hydroxyproline....g									

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

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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.10		0		1		63.84		
Energy kcal	115		0	NC	4		98		
Energy kJ	481				4		409		
Protein (N x 6.25) g	23.72		0		1		20.16		
Total lipid (fat) g	1.51		0		1		1.28		
Ash g	2.56		0		1		2.18		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	33		0		1		28		
Iron, Fe mg	2.88		0		1		2.45		
Magnesium, Mg mg	63		0		1		54		
Phosphorus, P mg	128		0		1		109		
Potassium, K mg	200		0		1		170		
Sodium, Na mg	691		0		1		587		
Zinc, Zn mg	3.59		0		1		3.05		
Copper, Cu mg	0.621		0		1		0.528		
Manganese, Mn mg	0.037		0		1		0.031		
Selenium, Se µg	44.4		0	BFSN	4		37.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	7.2		0		1		6.1		
Thiamin mg	0.097		0		1		0.082		
Riboflavin mg	0.244		0		1		0.207		
Niacin mg	2.885		0		1		2.452		
Pantothenic acid mg	0.404		0		1		0.343		
Vitamin B-6 mg	0.173		0		1		0.147		
Folate, total µg	42		0		1		36		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	42		0		1		36		
Folate, DFE 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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 15227

Crustaceans, crab, queen, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.330		0		1		0.281		
Threonine....g	0.956		0		1		0.813		
Isoleucine....g	1.146		0		1		0.974		
Leucine....g	1.878		0		1		1.596		
Lysine....g	2.061		0		1		1.752		
Methionine....g	0.668		0		1		0.568		
Cystine....g	0.266		0		1		0.226		
Phenylalanine....g	0.998		0		1		0.848		
Tyrosine....g	0.789		0		1		0.671		
Valine....g	1.112		0		1		0.945		
Arginine....g	2.068		0		1		1.758		
Histidine....g	0.482		0		1		0.410		
Alanine....g	1.340		0		1		1.139		
Aspartic acid....g	2.448		0		1		2.081		
Glutamic acid....g	4.038		0		1		3.432		
Glycine....g	1.427		0		1		1.213		
Proline....g	0.782		0		1		0.665		
Serine....g	0.930		0		1		0.791		
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15144

Crustaceans, crab, queen, raw

Chionoectes opilio (O. Fabricius)

Refuse: 0%

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

NDB No. 15144
Crustaceans, crab, queen, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.143		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									
Amino Acids:									
Tryptophan....g	0.258		0		1		0.219		
Threonine....g	0.749		0		1		0.637		
Isoleucine....g	0.897		0		1		0.762		
Leucine....g	1.468		0		1		1.248		
Lysine....g	1.610		0		1		1.369		
Methionine....g	0.521		0		1		0.443		
Cystine....g	0.207		0		1		0.176		
Phenylalanine....g	0.781		0		1		0.664		
Tyrosine....g	0.616		0		1		0.524		
Valine....g	0.870		0		1		0.740		
Arginine....g	1.616		0		1		1.374		
Histidine....g	0.376		0		1		0.320		
Alanine....g	1.048		0		1		0.891		
Aspartic acid....g	1.912		0		1		1.625		
Glutamic acid....g	3.155		0		1		2.682		
Glycine....g	1.116		0		1		0.949		
Proline....g	0.610		0		1		0.519		
Serine....g	0.728		0		1		0.619		
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15243
Crustaceans, crayfish, mixed species, farmed, cooked, moist heat

Refuse: 0%

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

NDB No. 15243

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.244		0		1		0.207		
Threonine....g	0.707		0		1		0.601		
Isoleucine....g	0.847		0		1		0.720		
Leucine....g	1.388		0		1		1.180		
Lysine....g	1.523		0		1		1.295		
Methionine....g	0.494		0		1		0.420		
Cystine....g	0.196		0		1		0.167		
Phenylalanine....g	0.737		0		1		0.626		
Tyrosine....g	0.583		0		1		0.496		
Valine....g	0.822		0		1		0.699		
Arginine....g	1.528		0		1		1.299		
Histidine....g	0.356		0		1		0.303		
Alanine....g	0.990		0		1		0.842		
Aspartic acid....g	1.809		0		1		1.538		
Glutamic acid....g	2.983		0		1		2.536		
Glycine....g	1.054		0		1		0.896		
Proline....g	0.578		0		1		0.491		
Serine....g	0.690		0		1		0.587		
Hydroxyproline....g									

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

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 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	84.05	0.177	4		1		71.44	22.69	
Energy kcal	72		0	NC	4		61	19	
Energy kJ	301				4		256	81	
Protein (N x 6.25) g	14.85	0.050	4		1		12.62	4.01	
Total lipid (fat) g	0.97	0.085	4		1		0.82	0.26	
Ash g	1.00	0.000	4		1		0.85	0.27	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	25	1.728	4		1		21	7	
Iron, Fe mg	0.55	0.040	4		1		0.47	0.15	
Magnesium, Mg mg	30	1.358	4		1		26	8	
Phosphorus, P mg	218	4.041	4		1		185	59	
Potassium, K mg	261	8.365	4		1		222	70	
Sodium, Na mg	62	2.031	4		1		53	17	
Zinc, Zn mg	1.01	0.011	4		1		0.86	0.27	
Copper, Cu mg	0.237	0.042	4		1		0.201	0.064	
Manganese, Mn mg	0.146	0.031	4		1		0.124	0.039	
Selenium, Se µg	28.4		0	BFSN	4		24.1	7.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.5	0.000	4		1		0.4	0.1	
Thiamin mg	0.045	0.003	4		1		0.038	0.012	
Riboflavin mg	0.032	0.003	4		1		0.027	0.009	
Niacin mg	1.867	0.023	4		1		1.587	0.504	
Pantothenic acid mg	0.570	0.046	4		1		0.485	0.154	
Vitamin B-6 mg	0.076	0.003	4		1		0.065	0.021	
Folate, total µg	30	0.013	3		1		26	8	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	30	0.013	3		1		26	8	
Folate, DFE 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									
Lipids:									

NDB No. 15242

Crustaceans, crayfish, mixed species, farmed, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.163		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									
Amino Acids:									
Tryptophan....g	0.207		0		1		0.176	0.056	
Threonine....g	0.599		0		1		0.509	0.162	
Isoleucine....g	0.718		0		1		0.610	0.194	
Leucine....g	1.176		0		1		1.000	0.318	
Lysine....g	1.290		0		1		1.097	0.348	
Methionine....g	0.418		0		1		0.355	0.113	
Cystine....g	0.166		0		1		0.141	0.045	
Phenylalanine....g	0.625		0		1		0.531	0.169	
Tyrosine....g	0.494		0		1		0.420	0.133	
Valine....g	0.696		0		1		0.592	0.188	
Arginine....g	1.295		0		1		1.101	0.350	
Histidine....g	0.302		0		1		0.257	0.082	
Alanine....g	0.839		0		1		0.713	0.227	
Aspartic acid....g	1.533		0		1		1.303	0.414	
Glutamic acid....g	2.528		0		1		2.149	0.683	
Glycine....g	0.893		0		1		0.759	0.241	
Proline....g	0.489		0		1		0.416	0.132	
Serine....g	0.584		0		1		0.496	0.158	
Hydroxyproline....g									

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

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

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15146
Crustaceans, crayfish, mixed species, wild, cooked, moist heat

Refuse: 0%

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

NDB No. 15146

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.234		0		1		0.199		
Threonine....g	0.676		0		1		0.575		
Isoleucine....g	0.811		0		1		0.689		
Leucine....g	1.329		0		1		1.130		
Lysine....g	1.457		0		1		1.238		
Methionine....g	0.472		0		1		0.401		
Cystine....g	0.188		0		1		0.160		
Phenylalanine....g	0.706		0		1		0.600		
Tyrosine....g	0.558		0		1		0.474		
Valine....g	0.786		0		1		0.668		
Arginine....g	1.463		0		1		1.244		
Histidine....g	0.341		0		1		0.290		
Alanine....g	0.947		0		1		0.805		
Aspartic acid....g	1.731		0		1		1.471		
Glutamic acid....g	2.856		0		1		2.428		
Glycine....g	1.009		0		1		0.858		
Proline....g	0.553		0		1		0.470		
Serine....g	0.660		0		1		0.561		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 15146

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15145

Crustaceans, crayfish, mixed species, wild, raw

Astacus, Orconectes, and Procambarus spp.

Refuse: 0%

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

NDB No. 15145

Crustaceans, crayfish, mixed species, wild, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.222		0		1		0.189	0.060	
Threonine....g	0.644		0		1		0.547	0.174	
Isoleucine....g	0.772		0		1		0.656	0.208	
Leucine....g	1.265		0		1		1.075	0.342	
Lysine....g	1.388		0		1		1.180	0.375	
Methionine....g	0.450		0		1		0.383	0.122	
Cystine....g	0.179		0		1		0.152	0.048	
Phenylalanine....g	0.672		0		1		0.571	0.181	
Tyrosine....g	0.532		0		1		0.452	0.144	
Valine....g	0.749		0		1		0.637	0.202	
Arginine....g	1.393		0		1		1.184	0.376	
Histidine....g	0.325		0		1		0.276	0.088	
Alanine....g	0.902		0		1		0.767	0.244	
Aspartic acid....g	1.648		0		1		1.401	0.445	
Glutamic acid....g	2.719		0		1		2.311	0.734	
Glycine....g	0.961		0		1		0.817	0.259	
Proline....g	0.526		0		1		0.447	0.142	
Serine....g	0.629		0		1		0.535	0.170	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

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

Refuse: 0%

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

NDB No. 15148

Crustaceans, lobster, northern, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.208		0	NC	4		0.302	0.177	
4:0....g	0.000		1	A	1		0.000	0.000	
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.003	0.000	3	A	1		0.004	0.002	
13:0....g									
14:0....g	0.011	0.002	3	A	1		0.016	0.009	
15:0....g	0.005	0.000	3	A	1		0.008	0.005	
16:0....g	0.126	0.012	3	A	1		0.183	0.107	
17:0....g	0.005	0.000	3	A	1		0.007	0.004	
18:0....g	0.052	0.005	3	A	1		0.075	0.044	
20:0....g	0.005	0.001	3	A	1		0.007	0.004	
22:0....g	0.001	0.001	3	A	1		0.001	0.001	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.253		0	NC	4		0.366	0.215	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.034	0.003	3	AS	1		0.049	0.029	
16:1 c....g	0.030	0.002	3	A	1		0.044	0.026	
16:1 t....g	0.004	0.001	3	A	1		0.005	0.003	
17:1....g	0.004	0.001	3	A	1		0.005	0.003	
18:1 undifferentiated....g	0.180	0.008	3	AS	1		0.261	0.153	
18:1 c....g	0.174	0.007	3	A	1		0.252	0.148	
18:1 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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic....g	0.003		0	NC	4		0.004	0.002	
Cholesterol....mg	146	8.185	3	A	1		212	124	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.248		0	A	1		0.359	0.210	
Threonine....g	0.753		0	A	1		1.091	0.640	
Isoleucine....g	0.832		0	A	1		1.206	0.707	
Leucine....g	1.376		0	A	1		1.996	1.170	
Lysine....g	1.426		0	A	1		2.068	1.212	
Methionine....g	0.475		0	A	1		0.689	0.404	
Cystine....g	0.208		0	A	1		0.302	0.177	
Phenylalanine....g	0.782		0	A	1		1.134	0.665	
Tyrosine....g	0.673		0	A	1		0.976	0.572	
Valine....g	0.852		0	A	1		1.235	0.724	
Arginine....g	1.753		0	A	1		2.541	1.490	
Histidine....g	0.475		0	A	1		0.689	0.404	
Alanine....g	1.010		0	A	1		1.465	0.859	
Aspartic acid....g	1.842		0	A	1		2.671	1.566	
Glutamic acid....g	2.802		0	A	1		4.063	2.382	
Glycine....g	1.267		0	A	1		1.838	1.077	
Proline....g	0.852		0	A	1		1.235	0.724	
Serine....g	0.733		0	A	1		1.063	0.623	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 145g: 1 cup

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15147

Crustaceans, lobster, northern, raw

Homarus americanus Milne-Edwards

Refuse: 0%

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

NDB No. 15147
Crustaceans, lobster, northern, raw

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

NDB No. 15147
Crustaceans, lobster, northern, raw

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

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

Common Measures:

Measure 1 = 150g: 1 lobster

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.85		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									
Minerals:									
Calcium, Ca mg	145		1	A	1		186	41	186
Iron, Fe mg	2.13		1	A	1		2.73	0.60	2.73
Magnesium, Mg mg	33		1	A	1		42	9	42
Phosphorus, P mg	195		1	A	1		250	55	250
Potassium, K mg	80		1	A	1		102	23	102
Sodium, Na mg	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
Vitamins:									
Vitamin C, total ascorbic acid mg	4.1		1	A	1		5.2	1.2	5.2
Thiamin mg	0.007		1	A	1		0.009	0.002	0.009
Riboflavin mg	0.015		1	A	1		0.019	0.004	0.019
Niacin mg	0.558		1	A	1		0.714	0.158	0.714
Pantothenic acid mg	0.141		1	A	1		0.180	0.040	0.180
Vitamin B-6 mg	0.010		1	A	1		0.013	0.003	0.013
Folate, total µg	9		1	A	1		11	3	11
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	9		1	A	1		11	3	11
Folate, DFE 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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.186		0	A	1		0.238	0.053	0.238
Threonine....g	0.824		0	A	1		1.055	0.234	1.055
Isoleucine....g	0.974		0	A	1		1.247	0.276	1.247
Leucine....g	1.681		0	A	1		2.152	0.477	2.152
Lysine....g	1.813		0	A	1		2.321	0.514	2.321
Methionine....g	0.557		0	A	1		0.713	0.158	0.713
Cystine....g	0.242		0	A	1		0.310	0.069	0.310
Phenylalanine....g	0.946		0	A	1		1.211	0.268	1.211
Tyrosine....g	0.810		0	A	1		1.037	0.230	1.037
Valine....g	0.935		0	A	1		1.197	0.265	1.197
Arginine....g	1.631		0	A	1		2.088	0.462	2.088
Histidine....g	0.485		0	A	1		0.621	0.137	0.621
Alanine....g	1.135		0	A	1		1.453	0.322	1.453
Aspartic acid....g	2.217		0	A	1		2.838	0.629	2.838

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

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

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

Common Measures:

Measure 1 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz

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

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15150

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.86	0.450	11		1		44.93	15.86	
Energy kcal	242		0	NC	4		206	73	
Energy kJ	1013		0	NC	4		861	304	
Protein (N x 6.22) g	21.39	0.480	11		1		18.18	6.42	
Total lipid (fat) g	12.28	0.240	11		1		10.44	3.68	
Ash g	1.99	0.170	11		1		1.69	0.60	
Carbohydrate, by difference g	11.47		0	NC	4		9.75	3.44	
Fiber, total dietary g	0.4		0	RC	4		0.3	0.1	
Sugars, total g	0.80		0	RA	4		0.68	0.24	
Starch g	6.70		0	RA	4		5.69	2.01	
Minerals:									
Calcium, Ca mg	67		0		1		57	20	
Iron, Fe mg	1.26	0.090	11		1		1.07	0.38	
Magnesium, Mg mg	40		0		1		34	12	
Phosphorus, P mg	218		0		1		185	65	
Potassium, K mg	225	13.800	11		1		191	68	
Sodium, Na mg	344	33.600	11		1		292	103	
Zinc, Zn mg	1.38	0.050	11		1		1.17	0.41	
Copper, Cu mg	0.274		0		1		0.233	0.082	
Manganese, Mn mg	0.100		0		4		0.085	0.030	
Selenium, Se µg	41.7	1.959	40	A	1		35.4	12.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.5		0		4		1.3	0.5	
Thiamin mg	0.129	0.006	11		1		0.110	0.039	
Riboflavin mg	0.136	0.007	11		1		0.116	0.041	
Niacin mg	3.070	0.160	11		1		2.610	0.921	
Pantothenic acid mg	0.350		0		4		0.298	0.105	
Vitamin B-6 mg	0.098		0		1		0.083	0.029	
Folate, total µg	33		0	RA	4		28	10	
Folic acid µg	9		0	RA	4		8	3	
Folate, food µg	23		0	RA	4		20	7	
Folate, DFE 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	

NDB No. 15150

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.299		0		1		0.254	0.090	
Threonine....g	0.860		0		1		0.731	0.258	
Isoleucine....g	1.042		0		1		0.886	0.313	
Leucine....g	1.698		0		1		1.443	0.509	
Lysine....g	1.764		0		1		1.499	0.529	
Methionine....g	0.591		0		1		0.502	0.177	
Cystine....g	0.258		0		1		0.219	0.077	
Phenylalanine....g	0.928		0		1		0.789	0.278	
Tyrosine....g	0.719		0		1		0.611	0.216	
Valine....g	1.025		0		1		0.871	0.308	
Arginine....g	1.784		0		1		1.516	0.535	
Histidine....g	0.437		0		1		0.371	0.131	
Alanine....g	1.183		0		1		1.006	0.355	
Aspartic acid....g	2.132		0		1		1.812	0.640	
Glutamic acid....g	3.878		0		1		3.296	1.163	
Glycine....g	1.238		0		1		1.052	0.371	
Proline....g	0.829		0		1		0.705	0.249	
Serine....g	0.890		0		1		0.757	0.267	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	

NDB No. 15150

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 = 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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.56		0	RA	4		60.83	15.74	
Energy kcal	119		0	NC	4		101	26	
Energy kJ	497		0	NC	4		423	109	
Protein (N x 6.25) g	22.78		0	RA	4		19.36	5.01	
Total lipid (fat) g	1.70		0	RA	4		1.44	0.37	
Ash g	3.11		0	RA	4		2.65	0.68	
Carbohydrate, by difference g	1.52		0	RA	4		1.29	0.34	
Fiber, total dietary g	0.0		0	RA	4		0.0	0.0	
Sugars, total g	0.00		0	RA	4		0.00	0.00	
Sucrose g	0.00		0	RA	4		0.00	0.00	
Glucose (dextrose) g	0.00		0	RA	4		0.00	0.00	
Fructose g	0.00		0	RA	4		0.00	0.00	
Lactose g	0.00		0	RA	4		0.00	0.00	
Maltose g	0.00		0	RA	4		0.00	0.00	
Galactose g	0.00		0	RA	4		0.00	0.00	
Starch g	0.00		0	RA	4		0.00	0.00	
Minerals:									
Calcium, Ca mg	91		0	RA	4		77	20	
Iron, Fe mg	0.32		0	RA	4		0.27	0.07	
Magnesium, Mg mg	37		0	RA	4		32	8	
Phosphorus, P mg	306		0	RA	4		260	67	
Potassium, K mg	170		0	RA	4		144	37	
Sodium, Na (1) mg	947		0	RA	4		805	208	
Zinc, Zn mg	1.63		0	RA	4		1.38	0.36	
Copper, Cu mg	0.258		0	RA	4		0.220	0.057	
Manganese, Mn mg	0.049		0	RA	4		0.041	0.011	
Selenium, Se µg	49.5		0	RA	4		42.1	10.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	RA	4		0.0	0.0	
Thiamin mg	0.032		0	RA	4		0.027	0.007	
Riboflavin mg	0.024		0	RA	4		0.020	0.005	
Niacin mg	2.678		0	RA	4		2.276	0.589	
Pantothenic acid mg	0.519		0	RA	4		0.441	0.114	
Vitamin B-6 mg	0.242		0	RA	4		0.206	0.053	
Folate, total µg	24		0	RA	4		21	5	
Folic acid µg	0		0	RA	4		0	0	
Folate, food µg	24		0	RA	4		21	5	
Folate, DFE 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	

NDB No. 15151

Crustaceans, shrimp, mixed species, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg	0.4		0	RA	4		0.4	0.1	
Lipids:									
Fatty acids, total saturated....g	0.521		0	RA	4		0.443	0.115	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.010		0	RA	4		0.009	0.002	
13:0....g									
14:0....g	0.022		0	RA	4		0.018	0.005	
15:0....g	0.014		0	RA	4		0.012	0.003	
16:0....g	0.284		0	RA	4		0.241	0.062	
17:0....g	0.024		0	RA	4		0.020	0.005	
18:0....g	0.157		0	RA	4		0.133	0.034	
20:0....g	0.003		0	RA	4		0.003	0.001	
22:0....g	0.000		0	RA	4		0.000	0.000	
24:0....g	0.008		0	RA	4		0.007	0.002	
Fatty acids, total monounsaturated....g	0.361		0	RA	4		0.307	0.079	
14:1....g	0.000		0	RA	4		0.000	0.000	
15:1....g	0.000		0	RA	4		0.000	0.000	
16:1 undifferentiated....g	0.040		0	RA	4		0.034	0.009	
17:1....g	0.092		0	RA	4		0.078	0.020	
18:1 undifferentiated....g	0.224		0	RA	4		0.190	0.049	
20:1....g	0.006		0	RA	4		0.005	0.001	
22:1 undifferentiated....g	0.000		0	RA	4		0.000	0.000	
24:1 c....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.590		0	RA	4		0.502	0.130	
18:2 undifferentiated....g	0.191		0	RA	4		0.162	0.042	
18:3 undifferentiated....g	0.012		0	RA	4		0.011	0.003	
18:4....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c....g	0.012		0	RA	4		0.011	0.003	
20:3 undifferentiated....g	0.012		0	RA	4		0.011	0.003	
20:4 undifferentiated....g	0.067		0	RA	4		0.057	0.015	
20:5 n-3 (EPA)....g	0.135		0	RA	4		0.115	0.030	
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									
Amino Acids:									
Tryptophan....g	0.260		0	RA	4		0.221	0.057	
Threonine....g	0.904		0	RA	4		0.768	0.199	
Isoleucine....g	1.050		0	RA	4		0.892	0.231	
Leucine....g	1.950		0	RA	4		1.657	0.429	
Lysine....g	2.172		0	RA	4		1.846	0.478	
Methionine....g	0.665		0	RA	4		0.565	0.146	
Cystine....g	0.272		0	RA	4		0.231	0.060	
Phenylalanine....g	0.992		0	RA	4		0.843	0.218	
Tyrosine....g	0.862		0	RA	4		0.733	0.190	
Valine....g	1.067		0	RA	4		0.907	0.235	
Arginine....g	2.247		0	RA	4		1.910	0.494	
Histidine....g	0.501		0	RA	4		0.426	0.110	

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

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

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 22g: 4 large

Footnotes:

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

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

Food Group: 15 Finfish and Shellfish Products

NDB No. 15153
Crustaceans, shrimp, mixed species, imitation, made from surimi

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.91	0.225	3		1		63.67		
Energy kcal	101		0	NC	4		86		
Energy kJ	423				4		359		
Protein (N x 6.25) g	12.39	0.456	3		1		10.53		
Total lipid (fat) g	1.47	0.191	3		1		1.25		
Ash g	2.11	0.058	3		1		1.79		
Carbohydrate, by difference g	9.13		0	NC	4		7.76		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	19	5.485	3		1		16		
Iron, Fe mg	0.60	0.191	3		1		0.51		
Magnesium, Mg mg	43		0		4		37		
Phosphorus, P mg	282		0		4		240		
Potassium, K mg	89	1.155	3		1		76		
Sodium, Na mg	705	24.827	3		1		599		
Zinc, Zn mg	0.33		0		4		0.28		
Copper, Cu mg	0.032		0		4		0.027		
Manganese, Mn mg	0.011		0		4		0.009		
Selenium, Se µg	22.9		0	BFPN	4		19.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.024	0.006	3		1		0.020		
Riboflavin mg	0.034	0.007	3		1		0.029		
Niacin mg	0.170	0.069	3		1		0.145		
Pantothenic acid mg	0.070		0		4		0.060		
Vitamin B-6 mg	0.030		0		4		0.026		
Folate, total µg	2		0		4		1		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	2		0		4		1		
Folate, DFE 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									
Lipids:									

NDB No. 15153

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.290		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									
Amino Acids:									
Tryptophan....g	0.075		0		1		0.064		
Threonine....g	0.599		0		1		0.509		
Isoleucine....g	0.579		0		1		0.492		
Leucine....g	0.981		0		1		0.834		
Lysine....g	1.132		0		1		0.962		
Methionine....g	0.420		0		1		0.357		
Cystine....g	0.133		0		1		0.113		
Phenylalanine....g	0.486		0		1		0.413		
Tyrosine....g	0.499		0		1		0.424		
Valine....g	0.628		0		1		0.534		
Arginine....g	0.823		0		1		0.700		
Histidine....g	0.285		0		1		0.242		
Alanine....g	0.727		0		1		0.618		
Aspartic acid....g	1.239		0		1		1.053		
Glutamic acid....g	1.956		0		1		1.663		
Glycine....g	0.480		0		1		0.408		
Proline....g	0.462		0		1		0.393		
Serine....g	0.541		0		1		0.460		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15149

Crustaceans, shrimp, mixed species, raw

Penaeidae and Pandalidae

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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....IU	2	1.315	5	A	1		0	0	2
Vitamin K (phylloquinone)....µg	0.3	0.170	4	A	1		0.0	0.0	0.2
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.3	0.250	4	A	1		0.0	0.0	0.2
Lipids:									
Fatty acids, total saturated....g	0.261		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

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

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

Common Measures:

Measure 1 = 6.0g: 1 medium

Measure 2 = 5.0g: 1 small

Measure 3 = 85g: 3 oz

Footnotes:

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

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

Food Group: 15 Finfish and Shellfish Products

NDB No. 15271
Crustaceans, shrimp, untreated, cooked

Refuse: 17% Tail and shell

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.33		3	A	1		63.18		
Energy kcal	99		0	NC	4		84		
Energy kJ	415		0	NC	4		353		
Protein g	23.98		3	A	1		20.38		
Total lipid (fat) g	0.28		3	A	1		0.24		
Ash g	1.22		3	A	1		1.04		
Carbohydrate, by difference g	0.20		0	NC	4		0.17		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	70		3	A	1		59		
Iron, Fe mg	0.51		3	A	1		0.43		
Magnesium, Mg mg	39		3	A	1		33		
Phosphorus, P mg	237		3	A	1		201		
Potassium, K mg	259		3	A	1		220		
Sodium, Na mg	111		3	A	1		95		
Zinc, Zn mg	1.64		3	A	1		1.39		
Copper, Cu mg	0.379		3	A	1		0.322		
Manganese, Mn mg	0.033		3	A	1		0.028		
Selenium, Se µg									
Lipids:									
Fatty acids, total saturated g	0.056		0	NC	4		0.048		
4:0 g	0.000		3	A	1		0.000		
6:0 g	0.000		3	A	1		0.000		
8:0 g	0.000		3	A	1		0.000		
10:0 g	0.000		3	A	1		0.000		
12:0 g	0.000		3	A	1		0.000		
13:0 g									
14:0 g	0.001		3	A	1		0.000		
15:0 g	0.001		3	A	1		0.001		
16:0 g	0.028		3	A	1		0.024		
17:0 g	0.002		3	A	1		0.002		
18:0 g	0.021		3	A	1		0.018		
20:0 g	0.001		3	A	1		0.001		
22:0 g	0.002		3	A	1		0.001		
24:0 g	0.001		3	A	1		0.001		
Fatty acids, total monounsaturated g	0.048		0	NC	4		0.041		
14:1 g	0.000		3	A	1		0.000		
15:1 g	0.000		3	A	1		0.000		
16:1 undifferentiated g	0.002		0	AS	1		0.002		
16:1 c g	0.002		3	A	1		0.001		
16:1 t g	0.001		3	A	1		0.001		
17:1 g	0.000		3	A	1		0.000		
18:1 undifferentiated g	0.021		0	AS	1		0.018		
18:1 c g	0.020		3	A	1		0.017		
18:1 t g	0.001		3	A	1		0.001		
18:1-11 t (18:1t n-7) g									
20:1 g	0.001		3	A	1		0.001		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		3	A	1		0.000		
22:1 t g	0.000		3	A	1		0.000		
24:1 c g	0.000		3	A	1		0.000		
Fatty acids, total polyunsaturated g	0.079		0	NC	4		0.067		
18:2 undifferentiated g	0.018		0	AS	1		0.015		
18:2 n-6 c,c g	0.018		3	A	1		0.015		
18:2 CLAs g	0.000		3	A	1		0.000		
18:2 t,t g									

NDB No. 15271
Crustaceans, shrimp, untreated, cooked

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

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15270
Crustaceans, shrimp, untreated, raw

Refuse: 13% Tail and shell

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.45		3	A	1		66.68		
Energy....kcal	85		0	NC	4		72		
Energy....kJ	356		0	NC	4		303		
Protein....g	20.10		3	A	1		17.09		
Total lipid (fat)....g	0.51		3	A	1		0.44		
Ash....g	1.23		3	A	1		1.05		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	64		3	A	1		54		
Iron, Fe....mg	0.52		3	A	1		0.44		
Magnesium, Mg....mg	35		3	A	1		30		
Phosphorus, P....mg	214		3	A	1		182		
Potassium, K....mg	264		3	A	1		224		
Sodium, Na....mg	119		3	A	1		101		
Zinc, Zn....mg	1.34		3	A	1		1.14		
Copper, Cu....mg	0.391		3	A	1		0.332		
Manganese, Mn....mg	0.033		3	A	1		0.028		
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.101		0	NC	4		0.086		
4:0....g	0.000		3	A	1		0.000		
6:0....g	0.000		3	A	1		0.000		
8:0....g	0.000		3	A	1		0.000		
10:0....g	0.000		3	A	1		0.000		
12:0....g	0.000		3	A	1		0.000		
13:0....g									
14:0....g	0.001		3	A	1		0.001		
15:0....g	0.001		3	A	1		0.001		
16:0....g	0.052		3	A	1		0.044		
17:0....g	0.004		3	A	1		0.003		
18:0....g	0.037		3	A	1		0.031		
20:0....g	0.002		3	A	1		0.002		
22:0....g	0.003		3	A	1		0.002		
24:0....g	0.000		3	A	1		0.000		
Fatty acids, total monounsaturated....g	0.086		0	NC	4		0.073		
14:1....g	0.000		3	A	1		0.000		
15:1....g	0.000		3	A	1		0.000		
16:1 undifferentiated....g	0.003		0	AS	1		0.003		
16:1 c....g	0.002		3	A	1		0.002		
16:1 t....g	0.001		3	A	1		0.001		
17:1....g	0.000		3	A	1		0.000		
18:1 undifferentiated....g	0.038		0	AS	1		0.033		
18:1 c....g	0.036		3	A	1		0.031		
18:1 t....g	0.002		3	A	1		0.002		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.002		3	A	1		0.001		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		3	A	1		0.000		
22:1 t....g	0.000		3	A	1		0.000		
24:1 c....g	0.000		3	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.152		0	NC	4		0.129		
18:2 undifferentiated....g	0.032		0	AS	1		0.027		
18:2 n-6 c,c....g	0.031		3	A	1		0.026		
18:2 CLAs....g	0.000		3	A	1		0.000		
18:2 t,t....g									

NDB No. 15270
Crustaceans, shrimp, untreated, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15228

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

Refuse: 0%

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

NDB No. 15228

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 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 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.07	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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15154

Crustaceans, spiny lobster, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.237		0		1		0.201	0.495	
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	0.006		1		1		0.005	0.013	
15:0....g									
16:0....g	0.149		1		1		0.127	0.311	
17:0....g									
18:0....g	0.080		1		1		0.068	0.167	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.275		0		1		0.234	0.575	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.039		1		1		0.033	0.082	
17:1....g									
18:1 undifferentiated....g	0.208		1		1		0.177	0.435	
20:1....g	0.027		1		1		0.023	0.056	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.590		0		1		0.502	1.233	
18:2 undifferentiated....g	0.013		1		1		0.011	0.027	
18:3 undifferentiated....g	0.008		1		1		0.007	0.017	
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	0.154		1		1		0.131	0.322	
20:5 n-3 (EPA)....g	0.265		1		1		0.225	0.554	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.034		1		1		0.029	0.071	
22:6 n-3 (DHA)....g	0.108		1		1		0.092	0.226	
Fatty acids, total trans....g									
Cholesterol....mg	70		1		1		60	146	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.287		0		1		0.244	0.600	
Threonine....g	0.834		0		1		0.709	1.743	
Isoleucine....g	0.998		0		1		0.848	2.086	
Leucine....g	1.634		0		1		1.389	3.415	
Lysine....g	1.792		0		1		1.523	3.745	
Methionine....g	0.580		0		1		0.493	1.212	
Cystine....g	0.231		0		1		0.196	0.483	
Phenylalanine....g	0.870		0		1		0.740	1.818	
Tyrosine....g	0.685		0		1		0.582	1.432	
Valine....g	0.969		0		1		0.824	2.025	
Arginine....g	1.799		0		1		1.529	3.760	
Histidine....g	0.418		0		1		0.355	0.874	
Alanine....g	1.166		0		1		0.991	2.437	
Aspartic acid....g	2.129		0		1		1.810	4.450	
Glutamic acid....g	3.512		0		1		2.985	7.340	
Glycine....g	1.242		0		1		1.056	2.596	
Proline....g	0.679		0		1		0.577	1.419	
Serine....g	0.811		0		1		0.689	1.695	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

NDB No. 15265
Fish, Salmon, pink, canned, drained solids, without skin and bones

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.63	0.195	17	A	1		60.03	170.92	
Energy kcal	136		0	NC	4		116	330	
Energy kJ	570		0	NC	4		485	1379	
Protein g	24.62	0.128	17	A	1		20.93	59.58	
Total lipid (fat) g	4.21	0.138	17	A	1		3.57	10.18	
Ash g	1.90	0.021	17	A	1		1.61	4.59	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	BFSN	4		0.0	0.0	
Sugars, total g	0.00		0	BFSN	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	60	3.485	17	A	1		51	145	
Iron, Fe mg	0.57	0.019	17	A	1		0.48	1.38	
Magnesium, Mg mg	24	0.439	17	A	1		21	58	
Phosphorus, P mg	253	3.949	17	A	1		215	611	
Potassium, K mg	326	4.067	17	A	1		278	790	
Sodium, Na mg	378	7.085	17	A	1		321	915	
Zinc, Zn mg	0.65	0.009	17	A	1		0.55	1.57	
Copper, Cu mg	0.077	0.002	17	A	1		0.066	0.187	
Manganese, Mn mg	0.011	0.000	17	A	1		0.009	0.027	
Selenium, Se µg	39.6		0	BFSN	4		33.6	95.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	BFSN	4		0.0	0.0	
Thiamin mg	0.027		0	BFSN	4		0.023	0.066	
Riboflavin mg	0.203		0	BFSN	4		0.172	0.491	
Niacin mg	7.430		0	BFSN	4		6.315	17.980	
Pantothenic acid mg									
Vitamin B-6 mg	0.105		0	BFSN	4		0.089	0.254	
Folate, total µg	4		0	BFSN	4		3	9	
Folic acid µg	0		0	BFSN	4		0	0	
Folate, food µg	4		0	BFSN	4		3	9	
Folate, DFE µg	4		0	NC	4		3	9	
Choline, total mg	88.0		0	BFSN	4		74.8	213.1	
Betaine mg									
Vitamin B-12 µg	4.96		0	BFSN	4		4.22	12.00	
Vitamin B-12, added µg	0.00		0	BFSN	4		0.00	0.00	
Vitamin A, RAE µg	20		0	BFSN	4		17	48	
Retinol µg	20		0	BFSN	4		17	48	
Carotene, beta µg	0		0	BFSN	4		0	0	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	66		0	NC	4		56	159	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol) mg	1.28		0	BFSN	4		1.09	3.11	
Vitamin E, added mg	0.00		0	BFSN	4		0.00	0.00	
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	14.1		6	AS	1		12.0	34.0	
Vitamin D IU	563	28.774	3	A	1		478	1361	
Vitamin K (phylloquinone) µg	0.1		0	BFSN	4		0.1	0.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15265

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Others:									
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 27 (2014)

NDB No. 15002
Fish, anchovy, european, canned in oil, drained solids

Refuse: 0%

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

NDB No. 15002

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.324		0		1		0.092	0.013	0.146
Threonine....g	1.266		0		1		0.359	0.051	0.570
Isoleucine....g	1.331		0		1		0.377	0.053	0.599
Leucine....g	2.348		0		1		0.666	0.094	1.057
Lysine....g	2.653		0		1		0.752	0.106	1.194
Methionine....g	0.855		0		1		0.242	0.034	0.385
Cystine....g	0.310		0		1		0.088	0.012	0.140
Phenylalanine....g	1.128		0		1		0.320	0.045	0.508
Tyrosine....g	0.975		0		1		0.276	0.039	0.439
Valine....g	1.488		0		1		0.422	0.060	0.670
Arginine....g	1.729		0		1		0.490	0.069	0.778
Histidine....g	0.850		0		1		0.241	0.034	0.383
Alanine....g	1.747		0		1		0.495	0.070	0.786
Aspartic acid....g	2.958		0		1		0.839	0.118	1.331
Glutamic acid....g	4.312		0		1		1.222	0.172	1.940
Glycine....g	1.387		0		1		0.393	0.055	0.624
Proline....g	1.021		0		1		0.289	0.041	0.459
Serine....g	1.179		0		1		0.334	0.047	0.531
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 15002

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

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

Refuse: 0%

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

NDB No. 15001
Fish, anchovy, european, raw

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

NDB No. 15001
Fish, anchovy, european, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15003

Fish, bass, fresh water, mixed species, raw

Percichthyidae and Centrarchidae

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.780		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									
Amino Acids:									
Tryptophan....g	0.211		0		1		0.167	0.179	
Threonine....g	0.827		0		1		0.653	0.703	
Isoleucine....g	0.869		0		1		0.687	0.739	
Leucine....g	1.533		0		1		1.211	1.303	
Lysine....g	1.732		0		1		1.368	1.472	
Methionine....g	0.558		0		1		0.441	0.474	
Cystine....g	0.202		0		1		0.160	0.172	
Phenylalanine....g	0.736		0		1		0.581	0.626	
Tyrosine....g	0.637		0		1		0.503	0.541	
Valine....g	0.971		0		1		0.767	0.825	
Arginine....g	1.128		0		1		0.891	0.959	
Histidine....g	0.555		0		1		0.438	0.472	
Alanine....g	1.140		0		1		0.901	0.969	
Aspartic acid....g	1.931		0		1		1.525	1.641	
Glutamic acid....g	2.815		0		1		2.224	2.393	
Glycine....g	0.905		0		1		0.715	0.769	
Proline....g	0.667		0		1		0.527	0.567	
Serine....g	0.769		0		1		0.608	0.654	
Hydroxyproline....g									

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

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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.79		0		1		42.65	58.47	
Energy kcal	146		0	NC	4		91	124	
Energy kJ	611				4		379	519	
Protein (N x 6.25) g	24.18		0		1		14.99	20.55	
Total lipid (fat) g	4.73		0		1		2.93	4.02	
Ash g	1.95		0		1		1.21	1.66	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	103		0		1		64	88	
Iron, Fe mg	1.91		0		1		1.18	1.62	
Magnesium, Mg mg	38		0		1		24	32	
Phosphorus, P mg	256		0		1		159	218	
Potassium, K mg	456		0		1		283	388	
Sodium, Na mg	90		0		1		56	77	
Zinc, Zn mg	0.83		0		1		0.51	0.71	
Copper, Cu mg	0.119		0		1		0.074	0.101	
Manganese, Mn mg	1.140		0		1		0.707	0.969	
Selenium, Se µg	16.2		0	BFSN	4		10.0	13.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.1		0		1		1.3	1.8	
Thiamin mg	0.087		0		1		0.054	0.074	
Riboflavin mg	0.090		0		1		0.056	0.077	
Niacin mg	1.522		0		1		0.944	1.294	
Pantothenic acid mg	0.865		0		1		0.536	0.735	
Vitamin B-6 mg	0.138		0		1		0.086	0.117	
Folate, total µg	17		0		1		11	14	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	17		0		1		11	14	
Folate, DFE 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									
Lipids:									

NDB No. 15187

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.271		0		1		0.168	0.230	
Threonine....g	1.060		0		1		0.657	0.901	
Isoleucine....g	1.114		0		1		0.691	0.947	
Leucine....g	1.965		0		1		1.218	1.670	
Lysine....g	2.221		0		1		1.377	1.888	
Methionine....g	0.716		0		1		0.444	0.609	
Cystine....g	0.259		0		1		0.161	0.220	
Phenylalanine....g	0.944		0		1		0.585	0.802	
Tyrosine....g	0.816		0		1		0.506	0.694	
Valine....g	1.246		0		1		0.773	1.059	
Arginine....g	1.447		0		1		0.897	1.230	
Histidine....g	0.712		0		1		0.441	0.605	
Alanine....g	1.462		0		1		0.906	1.243	
Aspartic acid....g	2.476		0		1		1.535	2.105	
Glutamic acid....g	3.610		0		1		2.238	3.069	
Glycine....g	1.161		0		1		0.720	0.987	
Proline....g	0.855		0		1		0.530	0.727	
Serine....g	0.987		0		1		0.612	0.839	
Hydroxyproline....g									

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

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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.36		0		1		90.97	62.36	
Energy kcal	124		0	NC	4		154	105	
Energy kJ	519				4		643	441	
Protein (N x 6.25) g	22.73		0		1		28.19	19.32	
Total lipid (fat) g	2.99		0		1		3.71	2.54	
Ash g	1.33		0		1		1.65	1.13	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	19		0		1		24	16	
Iron, Fe mg	1.08		0		1		1.34	0.92	
Magnesium, Mg mg	51		0		1		63	43	
Phosphorus, P mg	254		0		1		315	216	
Potassium, K mg	328		0		1		407	279	
Sodium, Na mg	88		0		1		109	75	
Zinc, Zn mg	0.51		0		1		0.63	0.43	
Copper, Cu mg	0.040		0		1		0.050	0.034	
Manganese, Mn mg	0.019		0		1		0.024	0.016	
Selenium, Se µg	46.8		0	BFSN	4		58.0	39.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.115		0		1		0.143	0.098	
Riboflavin mg	0.037		0		1		0.046	0.031	
Niacin mg	2.558		0		1		3.172	2.174	
Pantothenic acid mg	0.865		0		1		1.073	0.735	
Vitamin B-6 mg	0.346		0		1		0.429	0.294	
Folate, total µg	10		0		1		12	9	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0		1		12	9	
Folate, DFE 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									
Lipids:									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.255		0		1		0.316	0.217	
Threonine....g	0.997		0		1		1.236	0.847	
Isoleucine....g	1.047		0		1		1.298	0.890	
Leucine....g	1.848		0		1		2.292	1.571	
Lysine....g	2.088		0		1		2.589	1.775	
Methionine....g	0.673		0		1		0.835	0.572	
Cystine....g	0.244		0		1		0.303	0.207	
Phenylalanine....g	0.887		0		1		1.100	0.754	
Tyrosine....g	0.767		0		1		0.951	0.652	
Valine....g	1.171		0		1		1.452	0.995	
Arginine....g	1.360		0		1		1.686	1.156	
Histidine....g	0.669		0		1		0.830	0.569	
Alanine....g	1.375		0		1		1.705	1.169	
Aspartic acid....g	2.328		0		1		2.887	1.979	
Glutamic acid....g	3.393		0		1		4.207	2.884	
Glycine....g	1.091		0		1		1.353	0.927	
Proline....g	0.804		0		1		0.997	0.683	
Serine....g	0.927		0		1		1.149	0.788	
Hydroxyproline....g									

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

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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.22	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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15004
Fish, bass, striped, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.507		0		1		0.431	0.806	
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	0.042		2		1		0.036	0.067	
15:0....g									
16:0....g	0.379		2		1		0.322	0.603	
17:0....g									
18:0....g	0.086		2		1		0.073	0.137	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.660		0		1		0.561	1.049	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.151		2		1		0.128	0.240	
17:1....g									
18:1 undifferentiated....g	0.448		2		1		0.381	0.712	
20:1....g	0.057		2		1		0.048	0.091	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.784		0		1		0.666	1.247	
18:2 undifferentiated....g	0.015		2		1		0.013	0.024	
18:3 undifferentiated....g	0.015		1		1		0.013	0.024	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.169		2		1		0.144	0.269	
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	0.585		2		1		0.497	0.930	
Fatty acids, total trans....g									
Cholesterol....mg	80		1		1		68	127	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.199		0		1		0.169	0.316	
Threonine....g	0.777		0		1		0.660	1.235	
Isoleucine....g	0.817		0		1		0.694	1.299	
Leucine....g	1.441		0		1		1.225	2.291	
Lysine....g	1.628		0		1		1.384	2.589	
Methionine....g	0.525		0		1		0.446	0.835	
Cystine....g	0.190		0		1		0.162	0.302	
Phenylalanine....g	0.692		0		1		0.588	1.100	
Tyrosine....g	0.599		0		1		0.509	0.952	
Valine....g	0.914		0		1		0.777	1.453	
Arginine....g	1.061		0		1		0.902	1.687	
Histidine....g	0.522		0		1		0.444	0.830	
Alanine....g	1.072		0		1		0.911	1.704	
Aspartic acid....g	1.816		0		1		1.544	2.887	
Glutamic acid....g	2.647		0		1		2.250	4.209	
Glycine....g	0.851		0		1		0.723	1.353	
Proline....g	0.627		0		1		0.533	0.997	
Serine....g	0.723		0		1		0.615	1.150	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 15004
Fish, bass, striped, raw

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.64		0		1		73.29	53.24	
Energy kcal	159		0	NC	4		186	135	
Energy kJ	665				4		778	565	
Protein (N x 6.25) g	25.69		0		1		30.06	21.84	
Total lipid (fat) g	5.44		0		1		6.36	4.62	
Ash g	1.33		0		1		1.56	1.13	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	9		0		1		11	8	
Iron, Fe mg	0.62		0		1		0.73	0.53	
Magnesium, Mg mg	42		0		1		49	36	
Phosphorus, P mg	291		0		1		340	247	
Potassium, K mg	477		0		1		558	405	
Sodium, Na mg	77		0		1		90	65	
Zinc, Zn mg	1.04		0		1		1.22	0.88	
Copper, Cu mg	0.068		0		1		0.080	0.058	
Manganese, Mn mg	0.027		0		1		0.032	0.023	
Selenium, Se µg	46.8		0	BFSN	4		54.8	39.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.067		0		1		0.078	0.057	
Riboflavin mg	0.097		0		1		0.113	0.082	
Niacin mg	7.247		0		1		8.479	6.160	
Pantothenic acid mg	0.955		0		1		1.117	0.812	
Vitamin B-6 mg	0.464		0		1		0.543	0.394	
Folate, total µg	2		0		1		2	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	2		0		1		2	2	
Folate, DFE 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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.288		0		1		0.337	0.245	
Threonine....g	1.126		0		1		1.317	0.957	
Isoleucine....g	1.184		0		1		1.385	1.006	
Leucine....g	2.088		0		1		2.443	1.775	
Lysine....g	2.360		0		1		2.761	2.006	
Methionine....g	0.760		0		1		0.889	0.646	
Cystine....g	0.275		0		1		0.322	0.234	
Phenylalanine....g	1.003		0		1		1.174	0.853	
Tyrosine....g	0.867		0		1		1.014	0.737	
Valine....g	1.324		0		1		1.549	1.125	
Arginine....g	1.537		0		1		1.798	1.306	
Histidine....g	0.756		0		1		0.885	0.643	
Alanine....g	1.554		0		1		1.818	1.321	
Aspartic acid....g	2.631		0		1		3.078	2.236	
Glutamic acid....g	3.835		0		1		4.487	3.260	
Glycine....g	1.233		0		1		1.443	1.048	
Proline....g	0.908		0		1		1.062	0.772	
Serine....g	1.048		0		1		1.226	0.891	
Hydroxyproline....g									

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

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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.86		3		1		106.29	60.23	
Energy kcal	124		0	NC	4		186	105	
Energy kJ	519				4		778	441	
Protein (N x 6.25) g	20.04		3		1		30.06	17.03	
Total lipid (fat) g	4.24		3		1		6.36	3.60	
Ash g	1.04		3		1		1.56	0.88	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	7		3		1		11	6	
Iron, Fe mg	0.48	0.008	6		1		0.72	0.41	
Magnesium, Mg mg	33		3		1		50	28	
Phosphorus, P mg	227		3		1		341	193	
Potassium, K mg	372		3		1		558	316	
Sodium, Na mg	60		3		1		90	51	
Zinc, Zn mg	0.81	0.036	107		1		1.22	0.69	
Copper, Cu mg	0.053	0.002	108		1		0.080	0.045	
Manganese, Mn mg	0.021		3		1		0.032	0.018	
Selenium, Se µg	36.5		0	CAZN	4		54.8	31.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.058		3		1		0.087	0.049	
Riboflavin mg	0.080		3		1		0.120	0.068	
Niacin mg	5.950		3		1		8.925	5.058	
Pantothenic acid mg	0.828		3		1		1.242	0.704	
Vitamin B-6 mg	0.402		3		1		0.603	0.342	
Folate, total µg	2		2		1		2	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	2		2		1		2	1	
Folate, DFE 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									
Lipids:									

NDB No. 15005
Fish, bluefish, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.915		0		1		1.373	0.778	
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	0.179		2		1		0.269	0.152	
15:0....g									
16:0....g	0.576		2		1		0.864	0.490	
17:0....g									
18:0....g	0.160		2		1		0.240	0.136	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.793		0		1		2.690	1.524	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.277		2		1		0.416	0.235	
17:1....g									
18:1 undifferentiated....g	0.684		2		1		1.026	0.581	
20:1....g	0.340		2		1		0.510	0.289	
22:1 undifferentiated....g	0.492		2		1		0.738	0.418	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.060		0		1		1.590	0.901	
18:2 undifferentiated....g	0.060		2		1		0.090	0.051	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.167		2		1		0.251	0.142	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.252		2		1		0.378	0.214	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.062		2		1		0.093	0.053	
22:6 n-3 (DHA)....g	0.519		2		1		0.779	0.441	
Fatty acids, total trans....g									
Cholesterol....mg	59		0		1		89	50	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.224		0		1		0.336	0.190	
Threonine....g	0.878		0		1		1.317	0.746	
Isoleucine....g	0.923		0		1		1.385	0.785	
Leucine....g	1.629		0		1		2.444	1.385	
Lysine....g	1.840		0		1		2.760	1.564	
Methionine....g	0.593		0		1		0.890	0.504	
Cystine....g	0.215		0		1		0.323	0.183	
Phenylalanine....g	0.782		0		1		1.173	0.665	
Tyrosine....g	0.676		0		1		1.014	0.575	
Valine....g	1.032		0		1		1.548	0.877	
Arginine....g	1.199		0		1		1.799	1.019	
Histidine....g	0.590		0		1		0.885	0.502	
Alanine....g	1.212		0		1		1.818	1.030	
Aspartic acid....g	2.052		0		1		3.078	1.744	
Glutamic acid....g	2.991		0		1		4.487	2.542	
Glycine....g	0.962		0		1		1.443	0.818	
Proline....g	0.709		0		1		1.064	0.603	
Serine....g	0.818		0		1		1.227	0.695	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 15005
Fish, bluefish, raw

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.41		0		1		66.07	62.40	
Energy kcal	115		0	NC	4		104	98	
Energy kJ	481				4		433	409	
Protein (N x 6.25) g	24.76		0		1		22.28	21.05	
Total lipid (fat) g	1.04		0		1		0.94	0.88	
Ash g	1.49		0		1		1.34	1.27	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	64		0		1		58	54	
Iron, Fe mg	1.15		0		1		1.04	0.98	
Magnesium, Mg mg	41		0		1		37	35	
Phosphorus, P mg	256		0		1		230	218	
Potassium, K mg	518		0		1		466	440	
Sodium, Na mg	124		0		1		112	105	
Zinc, Zn mg	0.97		0		1		0.87	0.82	
Copper, Cu mg	0.256		0		1		0.230	0.218	
Manganese, Mn mg	0.897		0		1		0.807	0.762	
Selenium, Se µg	16.2		0	BFSN	4		14.6	13.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.429		0		1		0.386	0.365	
Riboflavin mg	0.172		0		1		0.155	0.146	
Niacin mg	1.973		0		1		1.776	1.677	
Pantothenic acid mg	0.173		0		1		0.156	0.147	
Vitamin B-6 mg	0.346		0		1		0.311	0.294	
Folate, total µg	1		0		1		1	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	1		0		1		1	1	
Folate, DFE 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									
Lipids:									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.277		0		1		0.249	0.235	
Threonine....g	1.085		0		1		0.977	0.922	
Isoleucine....g	1.141		0		1		1.027	0.970	
Leucine....g	2.012		0		1		1.811	1.710	
Lysine....g	2.274		0		1		2.047	1.933	
Methionine....g	0.733		0		1		0.660	0.623	
Cystine....g	0.265		0		1		0.239	0.225	
Phenylalanine....g	0.966		0		1		0.869	0.821	
Tyrosine....g	0.836		0		1		0.752	0.711	
Valine....g	1.275		0		1		1.148	1.084	
Arginine....g	1.481		0		1		1.333	1.259	
Histidine....g	0.729		0		1		0.656	0.620	
Alanine....g	1.497		0		1		1.347	1.272	
Aspartic acid....g	2.535		0		1		2.282	2.155	
Glutamic acid....g	3.696		0		1		3.326	3.142	
Glycine....g	1.188		0		1		1.069	1.010	
Proline....g	0.875		0		1		0.788	0.744	
Serine....g	1.010		0		1		0.909	0.859	
Hydroxyproline....g									

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

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 27 (2014)

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

Refuse: 0%

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

NDB No. 15006
Fish, burbot, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.163		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									
Amino Acids:									
Tryptophan....g	0.216		0		1		0.251	0.184	
Threonine....g	0.847		0		1		0.983	0.720	
Isoleucine....g	0.890		0		1		1.032	0.757	
Leucine....g	1.570		0		1		1.821	1.335	
Lysine....g	1.774		0		1		2.058	1.508	
Methionine....g	0.572		0		1		0.664	0.486	
Cystine....g	0.207		0		1		0.240	0.176	
Phenylalanine....g	0.754		0		1		0.875	0.641	
Tyrosine....g	0.652		0		1		0.756	0.554	
Valine....g	0.995		0		1		1.154	0.846	
Arginine....g	1.156		0		1		1.341	0.983	
Histidine....g	0.569		0		1		0.660	0.484	
Alanine....g	1.168		0		1		1.355	0.993	
Aspartic acid....g	1.978		0		1		2.294	1.681	
Glutamic acid....g	2.883		0		1		3.344	2.451	
Glycine....g	0.927		0		1		1.075	0.788	
Proline....g	0.683		0		1		0.792	0.581	
Serine....g	0.788		0		1		0.914	0.670	
Hydroxyproline....g									

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

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 27 (2014)

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

Refuse: 0%

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

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

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

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

Common Measures:

Measure 1 = 25g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.13	0.681	42		1		23.72	63.01	
Energy kcal	146		0	NC	4		47	124	
Energy kJ	611				4		195	519	
Protein (N x 6.25) g	17.28	0.125	42		1		5.53	14.69	
Total lipid (fat) g	8.02	0.729	43		1		2.57	6.82	
Ash g	1.20	0.027	42		1		0.38	1.02	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	22		0		4		7	19	
Iron, Fe mg	0.50		0		4		0.16	0.43	
Magnesium, Mg mg	25		0		4		8	21	
Phosphorus, P mg	240		0		4		77	204	
Potassium, K mg	375	9.200	24		1		120	319	
Sodium, Na mg	89	3.209	24		1		28	76	
Zinc, Zn mg	0.77	0.027	73		1		0.25	0.65	
Copper, Cu mg	0.054	0.002	72		1		0.017	0.046	
Manganese, Mn mg	0.015		0		1		0.005	0.013	
Selenium, Se µg	36.5		0	CAZN	4		11.7	31.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.120		0		4		0.038	0.102	
Riboflavin mg	0.150		0		4		0.048	0.128	
Niacin mg	4.500		0		4		1.440	3.825	
Pantothenic acid mg	0.750		0		4		0.240	0.638	
Vitamin B-6 mg	0.300		0		4		0.096	0.255	
Folate, total µg	15		0		4		5	13	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	15		0		4		5	13	
Folate, DFE 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									
Lipids:									

NDB No. 15007
Fish, butterfish, raw

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

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

Common Measures:

Measure 1 = 32g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.63		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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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 27 (2014)

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

Refuse: 0%

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

NDB No. 15008
Fish, carp, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
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									
Others:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

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

Refuse: 0%

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

NDB No. 15011

Fish, catfish, channel, cooked, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.200		0		1		0.174	0.170	
Threonine....g	0.790		0		1		0.687	0.672	
Isoleucine....g	0.836		0		1		0.727	0.711	
Leucine....g	1.508		0		1		1.312	1.282	
Lysine....g	1.597		0		1		1.389	1.357	
Methionine....g	0.527		0		1		0.458	0.448	
Cystine....g	0.205		0		1		0.178	0.174	
Phenylalanine....g	0.726		0		1		0.632	0.617	
Tyrosine....g	0.622		0		1		0.541	0.529	
Valine....g	0.943		0		1		0.820	0.802	
Arginine....g	1.077		0		1		0.937	0.915	
Histidine....g	0.530		0		1		0.461	0.451	
Alanine....g	1.103		0		1		0.960	0.938	
Aspartic acid....g	1.817		0		1		1.581	1.544	
Glutamic acid....g	2.720		0		1		2.366	2.312	
Glycine....g	0.851		0		1		0.740	0.723	
Proline....g	0.686		0		1		0.597	0.583	
Serine....g	0.764		0		1		0.665	0.649	
Hydroxyproline....g									

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

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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.65		0	RA	4		106.75	63.45	
Energy kcal	144		0	NC	4		205	122	
Energy kJ	601		0	RA	4		859	511	
Protein (N x 6.25) g	18.44		0	RA	4		26.37	15.68	
Total lipid (fat) g	7.19		0	RA	4		10.28	6.11	
Ash g	1.28		0	RA	4		1.82	1.08	
Carbohydrate, by difference g	0.00		0	RA	4		0.00	0.00	
Fiber, total dietary g	0.0		0	RA	4		0.0	0.0	
Sugars, total g	0.00		0	RA	4		0.00	0.00	
Sucrose g									
Glucose (dextrose) g	0.00		0	RA	4		0.00	0.00	
Fructose g	0.00		0	RA	4		0.00	0.00	
Lactose g	0.00		0	RA	4		0.00	0.00	
Maltose g	0.00		0	RA	4		0.00	0.00	
Galactose g	0.00		0	RA	4		0.00	0.00	
Starch g	0.00		0	RA	4		0.00	0.00	
Minerals:									
Calcium, Ca mg	9		0	RA	4		14	8	
Iron, Fe mg	0.28		0	RA	4		0.40	0.24	
Magnesium, Mg mg	23		0	RA	4		33	19	
Phosphorus, P mg	247		0	RA	4		354	210	
Potassium, K mg	366		0	RA	4		523	311	
Sodium, Na mg	119		0	RA	4		170	101	
Zinc, Zn mg	0.58		0	RA	4		0.83	0.49	
Copper, Cu mg	0.039		0	RA	4		0.056	0.033	
Manganese, Mn mg	0.018		0	RA	4		0.025	0.015	
Selenium, Se µg	9.9		0	RA	4		14.1	8.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	RA	4		0.0	0.0	
Thiamin mg	0.024		0	RA	4		0.035	0.021	
Riboflavin mg	0.100		0	RA	4		0.143	0.085	
Niacin mg	2.548		0	RA	4		3.644	2.166	
Pantothenic acid mg	0.811		0	RA	4		1.160	0.689	
Vitamin B-6 mg	0.177		0	RA	4		0.253	0.151	
Folate, total µg	12		0	RA	4		16	10	
Folic acid µg	0		0	RA	4		0	0	
Folate, food µg	12		0	RA	4		16	10	
Folate, DFE 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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg	0.7		0	RA	4		1.0	0.6	
Lipids:									
Fatty acids, total saturated....g	1.586		0	RA	4		2.268	1.348	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.003		0	RA	4		0.004	0.002	
13:0....g									
14:0....g	0.067		0	RA	4		0.097	0.057	
15:0....g	0.008		0	RA	4		0.011	0.007	
16:0....g	1.137		0	RA	4		1.626	0.966	
17:0....g	0.010		0	RA	4		0.015	0.009	
18:0....g	0.343		0	RA	4		0.491	0.292	
20:0....g	0.010		0	RA	4		0.014	0.008	
22:0....g	0.004		0	RA	4		0.006	0.004	
24:0....g	0.003		0	RA	4		0.005	0.003	
Fatty acids, total monounsaturated....g	3.115		0	RA	4		4.454	2.648	
14:1....g	0.001		0	RA	4		0.001	0.001	
15:1....g	0.003		0	RA	4		0.005	0.003	
16:1 undifferentiated....g	0.165		0	RA	4		0.236	0.140	
17:1....g	0.030		0	RA	4		0.043	0.025	
18:1 undifferentiated....g	2.820		0	RA	4		4.033	2.397	
20:1....g	0.088		0	RA	4		0.126	0.075	
22:1 undifferentiated....g	0.004		0	RA	4		0.006	0.004	
24:1 c....g	0.003		0	RA	4		0.005	0.003	
Fatty acids, total polyunsaturated....g	1.354		0	RA	4		1.936	1.151	
18:2 undifferentiated....g	0.969		0	RA	4		1.385	0.823	
18:3 undifferentiated....g	0.087		0	RA	4		0.124	0.074	
18:4....g	0.002		0	RA	4		0.003	0.002	
20:2 n-6 c,c....g	0.049		0	RA	4		0.071	0.042	
20:3 undifferentiated....g	0.073		0	RA	4		0.104	0.062	
20:4 undifferentiated....g	0.053		0	RA	4		0.076	0.045	
20:5 n-3 (EPA)....g	0.020		0	RA	4		0.029	0.017	
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									
Amino Acids:									
Tryptophan....g	0.220		0	RA	4		0.315	0.187	
Threonine....g	0.833		0	RA	4		1.191	0.708	
Isoleucine....g	0.820		0	RA	4		1.173	0.697	
Leucine....g	1.396		0	RA	4		1.996	1.186	
Lysine....g	1.677		0	RA	4		2.399	1.426	
Methionine....g	0.539		0	RA	4		0.770	0.458	
Cystine....g	0.196		0	RA	4		0.280	0.167	
Phenylalanine....g	0.735		0	RA	4		1.050	0.624	
Tyrosine....g	0.612		0	RA	4		0.875	0.520	
Valine....g	0.894		0	RA	4		1.278	0.760	
Arginine....g	1.151		0	RA	4		1.646	0.978	
Histidine....g	0.404		0	RA	4		0.578	0.343	

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

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

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

Common Measures:

Measure 1 = 143g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15234
Fish, catfish, channel, farmed, raw
Ictalurus punctatus (Rafinesque)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.06	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	
Minerals:									
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	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1		0.0	0.0	
Thiamin mg	0.020	0.000	4	A	1		0.017	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	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	0.6		1	A	1		0.5	0.9	
Lipids:									
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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 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 27 (2014)

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.207		0		1		0.296	0.176	
Threonine....g	0.810		0		1		1.158	0.689	
Isoleucine....g	0.851		0		1		1.217	0.723	
Leucine....g	1.502		0		1		2.148	1.277	
Lysine....g	1.697		0		1		2.427	1.442	
Methionine....g	0.547		0		1		0.782	0.465	
Cystine....g	0.198		0		1		0.283	0.168	
Phenylalanine....g	0.721		0		1		1.031	0.613	
Tyrosine....g	0.624		0		1		0.892	0.530	
Valine....g	0.952		0		1		1.361	0.809	
Arginine....g	1.106		0		1		1.582	0.940	
Histidine....g	0.544		0		1		0.778	0.462	
Alanine....g	1.117		0		1		1.597	0.949	
Aspartic acid....g	1.892		0		1		2.706	1.608	
Glutamic acid....g	2.758		0		1		3.944	2.344	
Glycine....g	0.887		0		1		1.268	0.754	
Proline....g	0.653		0		1		0.934	0.555	
Serine....g	0.754		0		1		1.078	0.641	
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15010
Fish, catfish, channel, wild, raw
Ictalurus punctatus (Rafinesque)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	80.36	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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.722		0		1		0.614	1.148	
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	0.064		10		1		0.054	0.102	
15:0....g									
16:0....g	0.442		10		1		0.376	0.703	
17:0....g									
18:0....g	0.150		10		1		0.128	0.239	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.844		0		1		0.717	1.342	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.176		10		1		0.150	0.280	
17:1....g									
18:1 undifferentiated....g	0.594		10		1		0.505	0.944	
20:1....g	0.021		10		1		0.018	0.033	
22:1 undifferentiated....g	0.008		10		1		0.007	0.013	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.865		0		1		0.735	1.375	
18:2 undifferentiated....g	0.101		10		1		0.086	0.161	
18:3 undifferentiated....g	0.071		10		1		0.060	0.113	
18:4....g	0.013		10		1		0.011	0.021	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.149		10		1		0.127	0.237	
20:5 n-3 (EPA)....g	0.130		10		1		0.111	0.207	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.100	0.000	10		1		0.085	0.159	
22:6 n-3 (DHA)....g	0.234		10		1		0.199	0.372	
Fatty acids, total trans....g									
Cholesterol....mg	58	3.530	4		1		49	92	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.183		0		1		0.156	0.291	
Threonine....g	0.718		0		1		0.610	1.142	
Isoleucine....g	0.755		0		1		0.642	1.200	
Leucine....g	1.331		0		1		1.131	2.116	
Lysine....g	1.504		0		1		1.278	2.391	
Methionine....g	0.485		0		1		0.412	0.771	
Cystine....g	0.176		0		1		0.150	0.280	
Phenylalanine....g	0.639		0		1		0.543	1.016	
Tyrosine....g	0.553		0		1		0.470	0.879	
Valine....g	0.844		0		1		0.717	1.342	
Arginine....g	0.980		0		1		0.833	1.558	
Histidine....g	0.482		0		1		0.410	0.766	
Alanine....g	0.991		0		1		0.842	1.576	
Aspartic acid....g	1.677		0		1		1.425	2.666	
Glutamic acid....g	2.445		0		1		2.078	3.888	
Glycine....g	0.786		0		1		0.668	1.250	
Proline....g	0.579		0		1		0.492	0.921	
Serine....g	0.668		0		1		0.568	1.062	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.323		0		1		0.052	0.092	
Threonine....g	1.263		6		1		0.202	0.358	
Isoleucine....g	1.035		6		1		0.166	0.293	
Leucine....g	2.133		6		1		0.341	0.605	
Lysine....g	1.834		6		1		0.293	0.520	
Methionine....g	0.646		6		1		0.103	0.183	
Cystine....g	0.449		6		1		0.072	0.127	
Phenylalanine....g	1.071		6		1		0.171	0.304	
Tyrosine....g	0.968		6		1		0.155	0.274	
Valine....g	1.263		6		1		0.202	0.358	
Arginine....g	1.590		6		1		0.254	0.451	
Histidine....g	0.649		6		1		0.104	0.184	
Alanine....g	1.653		6		1		0.264	0.469	
Aspartic acid....g	2.385		6		1		0.382	0.676	
Glutamic acid....g	3.633		6		1		0.581	1.030	
Glycine....g	0.740		6		1		0.118	0.210	
Proline....g	1.200		6		1		0.192	0.340	
Serine....g	1.897		6		1		0.304	0.538	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 = 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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.93	0.310	68		1		62.35	67.09	
Energy kcal	98		0	NC	4		77	83	
Energy kJ	410				4		324	349	
Protein (N x 6.25) g	18.99	0.225	68		1		15.00	16.14	
Total lipid (fat) g	1.91	0.149	69		1		1.51	1.62	
Ash g	1.20	0.032	70		1		0.95	1.02	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	12		0		4		9	10	
Iron, Fe mg	0.40		0		4		0.32	0.34	
Magnesium, Mg mg	17		0		4		13	14	
Phosphorus, P mg	152		0		4		120	129	
Potassium, K mg	354	8.519	18		1		280	301	
Sodium, Na mg	55	1.653	18		1		43	47	
Zinc, Zn mg	0.37		1		1		0.29	0.31	
Copper, Cu mg	0.072		0		4		0.057	0.061	
Manganese, Mn mg	0.067		0		4		0.053	0.057	
Selenium, Se µg	12.6		0	BFZN	4		10.0	10.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.088		0		4		0.070	0.075	
Riboflavin mg	0.100		0		4		0.079	0.085	
Niacin mg	2.510		0		4		1.983	2.134	
Pantothenic acid mg	0.750		0		4		0.593	0.638	
Vitamin B-6 mg	0.300		0		4		0.237	0.255	
Folate, total µg	15		0		4		12	13	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	15		0		4		12	13	
Folate, DFE 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									
Lipids:									

NDB No. 15013
Fish, cisco, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.421		0		1		0.333	0.358	
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	0.088		1		1		0.070	0.075	
15:0....g									
16:0....g	0.285		1		1		0.225	0.242	
17:0....g									
18:0....g	0.048		1		1		0.038	0.041	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.469		0		1		0.371	0.399	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.114		1		1		0.090	0.097	
17:1....g									
18:1 undifferentiated....g	0.291		1		1		0.230	0.247	
20:1....g	0.019		1		1		0.015	0.016	
22:1 undifferentiated....g	0.045		1		1		0.036	0.038	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.613		0		1		0.484	0.521	
18:2 undifferentiated....g	0.069		1		1		0.055	0.059	
18:3 undifferentiated....g	0.055		1		1		0.043	0.047	
18:4....g	0.029		1		1		0.023	0.025	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.055		1		1		0.043	0.047	
20:5 n-3 (EPA)....g	0.095		1		1		0.075	0.081	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.053		1		1		0.042	0.045	
22:6 n-3 (DHA)....g	0.257		1		1		0.203	0.218	
Fatty acids, total trans....g									
Cholesterol....mg	50		0		4		40	43	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.213		0		1		0.168	0.181	
Threonine....g	0.832		0		1		0.657	0.707	
Isoleucine....g	0.875		0		1		0.691	0.744	
Leucine....g	1.543		0		1		1.219	1.312	
Lysine....g	1.744		0		1		1.378	1.482	
Methionine....g	0.562		0		1		0.444	0.478	
Cystine....g	0.204		0		1		0.161	0.173	
Phenylalanine....g	0.741		0		1		0.585	0.630	
Tyrosine....g	0.641		0		1		0.506	0.545	
Valine....g	0.978		0		1		0.773	0.831	
Arginine....g	1.136		0		1		0.897	0.966	
Histidine....g	0.559		0		1		0.442	0.475	
Alanine....g	1.148		0		1		0.907	0.976	
Aspartic acid....g	1.944		0		1		1.536	1.652	
Glutamic acid....g	2.834		0		1		2.239	2.409	
Glycine....g	0.911		0		1		0.720	0.774	
Proline....g	0.671		0		1		0.530	0.570	
Serine....g	0.775		0		1		0.612	0.659	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 15013
Fish, cisco, raw

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

NDB No. 15014
Fish, cisco, smoked

Refuse: 0%

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

NDB No. 15014
Fish, cisco, smoked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.183		0		1		0.052	0.156	
Threonine....g	0.717		0		1		0.203	0.609	
Isoleucine....g	0.754		0		1		0.214	0.641	
Leucine....g	1.330		0		1		0.377	1.131	
Lysine....g	1.503		0		1		0.426	1.278	
Methionine....g	0.484		0		1		0.137	0.411	
Cystine....g	0.175		0		1		0.050	0.149	
Phenylalanine....g	0.639		0		1		0.181	0.543	
Tyrosine....g	0.552		0		1		0.156	0.469	
Valine....g	0.843		0		1		0.239	0.717	
Arginine....g	0.979		0		1		0.278	0.832	
Histidine....g	0.482		0		1		0.137	0.410	
Alanine....g	0.990		0		1		0.281	0.842	
Aspartic acid....g	1.676		0		1		0.475	1.425	
Glutamic acid....g	2.443		0		1		0.693	2.077	
Glycine....g	0.785		0		1		0.223	0.667	
Proline....g	0.579		0		1		0.164	0.492	
Serine....g	0.668		0		1		0.189	0.568	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 15014
Fish, cisco, smoked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

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

Refuse: 0%

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

NDB No. 15017

Fish, cod, Atlantic, canned, solids and liquid

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 = 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 27 (2014)

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

Refuse: 0%

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

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

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 = 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 27 (2014)

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.704		0		1		0.200	0.563	0.598
Threonine....g	2.754		0		1		0.781	2.203	2.341
Isoleucine....g	2.895		0		1		0.821	2.316	2.461
Leucine....g	5.106		0		1		1.448	4.085	4.340
Lysine....g	5.769		0		1		1.636	4.615	4.904
Methionine....g	1.859		0		1		0.527	1.487	1.580
Cystine....g	0.673		0		1		0.191	0.538	0.572
Phenylalanine....g	2.452		0		1		0.695	1.962	2.084
Tyrosine....g	2.121		0		1		0.601	1.697	1.803
Valine....g	3.236		0		1		0.917	2.589	2.751
Arginine....g	3.759		0		1		1.066	3.007	3.195
Histidine....g	1.849		0		1		0.524	1.479	1.572
Alanine....g	3.799		0		1		1.077	3.039	3.229
Aspartic acid....g	6.433		0		1		1.824	5.146	5.468
Glutamic acid....g	9.378		0		1		2.659	7.502	7.971
Glycine....g	3.015		0		1		0.855	2.412	2.563
Proline....g	2.221		0		1		0.630	1.777	1.888
Serine....g	2.563		0		1		0.727	2.050	2.179
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.22	0.040	537		1		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									
Minerals:									
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	
Vitamins:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.131		0		1		0.111	0.303	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.009		25		1		0.008	0.021	
15:0....g									
16:0....g	0.091		26		1		0.077	0.210	
17:0....g									
18:0....g	0.030		26		1		0.026	0.069	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.094		0		1		0.080	0.217	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.016		26		1		0.014	0.037	
17:1....g									
18:1 undifferentiated....g	0.061		26		1		0.052	0.141	
20:1....g	0.015		23		1		0.013	0.035	
22:1 undifferentiated....g	0.003		19		1		0.003	0.007	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.231		0		1		0.196	0.534	
18:2 undifferentiated....g	0.005		25		1		0.004	0.012	
18:3 undifferentiated....g	0.001		19		1		0.001	0.002	
18:4....g	0.001		22		1		0.001	0.002	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		23		1		0.019	0.051	
20:5 n-3 (EPA)....g	0.064		26		1		0.054	0.148	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		22		1		0.009	0.023	
22:6 n-3 (DHA)....g	0.120		26		1		0.102	0.277	
Fatty acids, total trans....g									
Cholesterol....mg	43	0.969	37		1		37	99	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.199		0		1		0.169	0.460	
Threonine....g	0.781		0		1		0.664	1.804	
Isoleucine....g	0.821		0		1		0.698	1.897	
Leucine....g	1.447		0		1		1.230	3.343	
Lysine....g	1.635		0		1		1.390	3.777	
Methionine....g	0.527		0		1		0.448	1.217	
Cystine....g	0.191		0		1		0.162	0.441	
Phenylalanine....g	0.695		0		1		0.591	1.605	
Tyrosine....g	0.601		0		1		0.511	1.388	
Valine....g	0.917		0		1		0.779	2.118	
Arginine....g	1.066		0		1		0.906	2.462	
Histidine....g	0.524		0		1		0.445	1.210	
Alanine....g	1.077		0		1		0.915	2.488	
Aspartic acid....g	1.823		0		1		1.550	4.211	
Glutamic acid....g	2.658		0		1		2.259	6.140	
Glycine....g	0.855		0		1		0.727	1.975	
Proline....g	0.630		0		1		0.536	1.455	
Serine....g	0.726		0		1		0.617	1.677	
Hydroxyproline....g									

NDB No. 15015
Fish, cod, Atlantic, raw

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

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

Common Measures:

Measure 1 = 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 27 (2014)

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

Refuse: 0%

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg	0.0		0	RA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.105		0	RA	4		0.094	0.089	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.002		0	RA	4		0.001	0.001	
13:0....g									
14:0....g	0.004		0	RA	4		0.004	0.003	
15:0....g	0.001		0	RA	4		0.001	0.001	
16:0....g	0.070		0	RA	4		0.063	0.060	
17:0....g	0.001		0	RA	4		0.001	0.001	
18:0....g	0.026		0	RA	4		0.023	0.022	
20:0....g	0.000		0	RA	4		0.000	0.000	
22:0....g	0.000		0	RA	4		0.000	0.000	
24:0....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total monounsaturated....g	0.089		0	RA	4		0.080	0.076	
14:1....g	0.001		0	RA	4		0.001	0.001	
15:1....g	0.002		0	RA	4		0.002	0.002	
16:1 undifferentiated....g	0.005		0	RA	4		0.005	0.004	
17:1....g	0.017		0	RA	4		0.015	0.015	
18:1 undifferentiated....g	0.051		0	RA	4		0.046	0.043	
20:1....g	0.007		0	RA	4		0.006	0.006	
22:1 undifferentiated....g	0.001		0	RA	4		0.001	0.001	
24:1 c....g	0.005		0	RA	4		0.004	0.004	
Fatty acids, total polyunsaturated....g	0.201		0	RA	4		0.181	0.171	
18:2 undifferentiated....g	0.021		0	RA	4		0.019	0.018	
18:3 undifferentiated....g	0.001		0	RA	4		0.001	0.001	
18:4....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c....g	0.001		0	RA	4		0.001	0.001	
20:3 undifferentiated....g	0.002		0	RA	4		0.002	0.002	
20:4 undifferentiated....g	0.010		0	RA	4		0.009	0.008	
20:5 n-3 (EPA)....g	0.042		0	RA	4		0.038	0.036	
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									
Amino Acids:									
Tryptophan....g	0.231		0	RA	4		0.207	0.196	
Threonine....g	0.807		0	RA	4		0.726	0.686	
Isoleucine....g	0.833		0	RA	4		0.749	0.708	
Leucine....g	1.486		0	RA	4		1.337	1.263	
Lysine....g	1.716		0	RA	4		1.545	1.459	
Methionine....g	0.512		0	RA	4		0.461	0.435	
Cystine....g	0.167		0	RA	4		0.150	0.142	
Phenylalanine....g	0.730		0	RA	4		0.657	0.621	
Tyrosine....g	0.679		0	RA	4		0.611	0.577	
Valine....g	0.897		0	RA	4		0.807	0.762	
Arginine....g	1.204		0	RA	4		1.084	1.023	
Histidine....g	0.397		0	RA	4		0.357	0.338	

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

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

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

Common Measures:

Measure 1 = 90g: 1 fillet

Measure 2 = 85g: 3 oz

Footnotes:

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

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.085		0	NC	4		0.099	0.073	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000	0.000	9	A	1		0.000	0.000	
8:0....g	0.000	0.000	11	A	1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.001	0.000	11	A	1		0.001	0.001	
13:0....g									
14:0....g	0.003	0.000	11	A	1		0.004	0.003	
15:0....g	0.001	0.000	11	A	1		0.001	0.001	
16:0....g	0.057	0.005	11	A	1		0.066	0.049	
17:0....g	0.001	0.000	11	A	1		0.001	0.001	
18:0....g	0.021	0.001	11	A	1		0.024	0.018	
20:0....g	0.000	0.000	11	A	1		0.000	0.000	
22:0....g	0.000	0.000	11	A	1		0.000	0.000	
24:0....g	0.000	0.000	11	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.073		0	NC	4		0.084	0.062	
14:1....g	0.001	0.000	11	A	1		0.001	0.001	
15:1....g	0.002	0.001	11	A	1		0.002	0.002	
16:1 undifferentiated....g	0.004	0.000	11	AS	1		0.005	0.004	
16:1 c....g	0.004	0.000	11	A	1		0.004	0.003	
16:1 t....g	0.001	0.000	11	A	1		0.001	0.001	
17:1....g	0.014	0.006	11	A	1		0.016	0.012	
18:1 undifferentiated....g	0.042	0.004	11	AS	1		0.048	0.035	
18:1 c....g	0.039	0.004	11	A	1		0.045	0.033	
18:1 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

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

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

Common Measures:

Measure 1 = 116g: 1 fillet

Measure 2 = 85g: 3 oz

Footnotes:

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

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

Food Group: 15 Finfish and Shellfish Products

NDB No. 15269
Fish, cod, Pacific, untreated, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.37		3	A	1		66.61		
Energy kcal	84		0	NC	4		71		
Energy kJ	351		0	NC	4		298		
Protein g	20.42		3	A	1		17.35		
Total lipid (fat) g	0.25		3	A	1		0.21		
Ash g	1.33		3	A	1		1.13		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	17		3	A	1		15		
Iron, Fe mg	0.16		3	A	1		0.13		
Magnesium, Mg mg	35		3	A	1		29		
Phosphorus, P mg	205		3	A	1		174		
Potassium, K mg	372		3	A	1		316		
Sodium, Na mg	134		3	A	1		114		
Zinc, Zn mg	0.43		3	A	1		0.37		
Copper, Cu mg	0.019		3	A	1		0.016		
Manganese, Mn mg	0.012		3	A	1		0.010		
Selenium, Se µg									
Lipids:									
Fatty acids, total saturated g	0.048		0	NC	4		0.041		
4:0 g	0.000		3	A	1		0.000		
6:0 g	0.000		3	A	1		0.000		
8:0 g	0.000		3	A	1		0.000		
10:0 g	0.000		3	A	1		0.000		
12:0 g	0.000		3	A	1		0.000		
13:0 g									
14:0 g	0.001		3	A	1		0.001		
15:0 g	0.000		3	A	1		0.000		
16:0 g	0.036		3	A	1		0.031		
17:0 g	0.000		3	A	1		0.000		
18:0 g	0.010		3	A	1		0.009		
20:0 g	0.000		3	A	1		0.000		
22:0 g	0.000		3	A	1		0.000		
24:0 g	0.000		3	A	1		0.000		
Fatty acids, total monounsaturated g	0.055		0	NC	4		0.047		
14:1 g	0.000		3	A	1		0.000		
15:1 g	0.000		3	A	1		0.000		
16:1 undifferentiated g	0.002		0	AS	1		0.001		
16:1 c g	0.002		3	A	1		0.001		
16:1 t g	0.000		3	A	1		0.000		
17:1 g	0.000		3	A	1		0.000		
18:1 undifferentiated g	0.024		0	AS	1		0.021		
18:1 c g	0.023		3	A	1		0.020		
18:1 t g	0.001		3	A	1		0.001		
18:1-11 t (18:1t n-7) g									
20:1 g	0.002		3	A	1		0.002		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		3	A	1		0.000		
22:1 t g	0.000		3	A	1		0.000		
24:1 c g	0.000		3	A	1		0.000		
Fatty acids, total polyunsaturated g	0.108		0	NC	4		0.092		
18:2 undifferentiated g	0.009		0	AS	1		0.008		
18:2 n-6 c,c g	0.009		3	A	1		0.008		
18:2 CLAs g	0.000		3	A	1		0.000		
18:2 t,t g									

NDB No. 15269
Fish, cod, Pacific, untreated, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15268
Fish, cod, Pacific, untreated, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.86		3	A	1		69.58		
Energy kcal	72		0	NC	4		61		
Energy kJ	301		0	NC	4		256		
Protein g	17.54		3	A	1		14.91		
Total lipid (fat) g	0.20		3	A	1		0.17		
Ash g	1.19		3	A	1		1.01		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	23		3	A	1		19		
Iron, Fe mg	0.17		3	A	1		0.14		
Magnesium, Mg mg	28		3	A	1		24		
Phosphorus, P mg	180		3	A	1		153		
Potassium, K mg	329		3	A	1		279		
Sodium, Na mg	109		3	A	1		92		
Zinc, Zn mg	0.35		3	A	1		0.30		
Copper, Cu mg	0.022		3	A	1		0.019		
Manganese, Mn mg	0.015		3	A	1		0.013		
Selenium, Se µg									
Lipids:									
Fatty acids, total saturated g	0.039		0	NC	4		0.033		
4:0 g	0.000		3	A	1		0.000		
6:0 g	0.000		3	A	1		0.000		
8:0 g	0.000		3	A	1		0.000		
10:0 g	0.000		3	A	1		0.000		
12:0 g	0.000		3	A	1		0.000		
13:0 g									
14:0 g	0.001		3	A	1		0.001		
15:0 g	0.000		3	A	1		0.000		
16:0 g	0.029		3	A	1		0.025		
17:0 g	0.000		3	A	1		0.000		
18:0 g	0.008		3	A	1		0.007		
20:0 g	0.000		3	A	1		0.000		
22:0 g	0.000		3	A	1		0.000		
24:0 g	0.000		3	A	1		0.000		
Fatty acids, total monounsaturated g	0.051		0	NC	4		0.043		
14:1 g	0.000		3	A	1		0.000		
15:1 g	0.000		3	A	1		0.000		
16:1 undifferentiated g	0.001		0	AS	1		0.001		
16:1 c g	0.001		3	A	1		0.001		
16:1 t g	0.000		3	A	1		0.000		
17:1 g	0.000		3	A	1		0.000		
18:1 undifferentiated g	0.023		0	AS	1		0.019		
18:1 c g	0.022		3	A	1		0.018		
18:1 t g	0.001		3	A	1		0.001		
18:1-11 t (18:1t n-7) g									
20:1 g	0.002		3	A	1		0.002		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		3	A	1		0.000		
22:1 t g	0.000		3	A	1		0.000		
24:1 c g	0.000		3	A	1		0.000		
Fatty acids, total polyunsaturated g	0.081		0	NC	4		0.069		
18:2 undifferentiated g	0.004		0	AS	1		0.004		
18:2 n-6 c,c g	0.004		3	A	1		0.004		
18:2 CLAs g	0.000		3	A	1		0.000		
18:2 t,t g									

NDB No. 15268
Fish, cod, Pacific, untreated, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.76		0		1		51.99	50.80	
Energy kcal	221		0	NC	4		192	188	
Energy kJ	925				4		804	786	
Protein (N x 6.21) g	18.20		0		1		15.83	15.47	
Total lipid (fat) g	12.67		0		1		11.02	10.77	
Ash g	1.37		0		1		1.19	1.16	
Carbohydrate, by difference g	7.54		0	NC	4		6.56	6.41	
Fiber, total dietary g	0.4		0		4		0.4	0.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	32		0		1		28	27	
Iron, Fe mg	0.86		0		1		0.75	0.73	
Magnesium, Mg mg	42		0		1		37	36	
Phosphorus, P mg	217		0		1		189	184	
Potassium, K mg	340		0		1		296	289	
Sodium, Na mg	348		0		1		303	296	
Zinc, Zn mg	0.52		0		1		0.45	0.44	
Copper, Cu mg	0.065		0		1		0.057	0.055	
Manganese, Mn mg	0.080		0		4		0.070	0.068	
Selenium, Se µg	38.8		0	RA	4		33.8	33.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		0		4		0.078	0.077	
Riboflavin mg	0.130		0		4		0.113	0.111	
Niacin mg	4.300		0		4		3.741	3.655	
Pantothenic acid mg	0.740		0		4		0.644	0.629	
Vitamin B-6 mg	0.260		0		4		0.226	0.221	
Folate, total µg	34		0	RA	4		30	29	
Folic acid µg	16		0	NC	4		14	14	
Folate, food µg	18		0		4		16	15	
Folate, DFE 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									
Lipids:									

NDB No. 15021

Fish, croaker, Atlantic, cooked, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.208		0		1		0.181	0.177	
Threonine....g	0.788		0		1		0.686	0.670	
Isoleucine....g	0.847		0		1		0.737	0.720	
Leucine....g	1.480		0		1		1.288	1.258	
Lysine....g	1.571		0		1		1.367	1.335	
Methionine....g	0.525		0		1		0.457	0.446	
Cystine....g	0.217		0		1		0.189	0.184	
Phenylalanine....g	0.742		0		1		0.646	0.631	
Tyrosine....g	0.621		0		1		0.540	0.528	
Valine....g	0.947		0		1		0.824	0.805	
Arginine....g	1.061		0		1		0.923	0.902	
Histidine....g	0.525		0		1		0.457	0.446	
Alanine....g	1.067		0		1		0.928	0.907	
Aspartic acid....g	1.791		0		1		1.558	1.522	
Glutamic acid....g	2.981		0		1		2.593	2.534	
Glycine....g	0.850		0		1		0.740	0.723	
Proline....g	0.759		0		1		0.660	0.645	
Serine....g	0.788		0		1		0.686	0.670	
Hydroxyproline....g									

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

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 27 (2014)

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

Refuse: 0%

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

NDB No. 15020
Fish, croaker, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.199		0		1		0.157	0.169	
Threonine....g	0.780		0		1		0.616	0.663	
Isoleucine....g	0.819		0		1		0.647	0.696	
Leucine....g	1.445		0		1		1.142	1.228	
Lysine....g	1.633		0		1		1.290	1.388	
Methionine....g	0.526		0		1		0.416	0.447	
Cystine....g	0.191		0		1		0.151	0.162	
Phenylalanine....g	0.694		0		1		0.548	0.590	
Tyrosine....g	0.600		0		1		0.474	0.510	
Valine....g	0.916		0		1		0.724	0.779	
Arginine....g	1.064		0		1		0.841	0.904	
Histidine....g	0.523		0		1		0.413	0.445	
Alanine....g	1.075		0		1		0.849	0.914	
Aspartic acid....g	1.821		0		1		1.439	1.548	
Glutamic acid....g	2.654		0		1		2.097	2.256	
Glycine....g	0.854		0		1		0.675	0.726	
Proline....g	0.629		0		1		0.497	0.535	
Serine....g	0.725		0		1		0.573	0.616	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 15020
Fish, croaker, Atlantic, raw

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

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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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.68		0		1		66.20	59.23	
Energy kcal	112		0	NC	4		106	95	
Energy kJ	469				4		445	398	
Protein (N x 6.25) g	24.35		0		1		23.13	20.70	
Total lipid (fat) g	0.88		0		1		0.84	0.75	
Ash g	1.60		0		1		1.52	1.36	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	13		0		1		12	11	
Iron, Fe mg	1.06		0		1		1.01	0.90	
Magnesium, Mg mg	40		0		1		38	34	
Phosphorus, P mg	262		0		1		249	223	
Potassium, K mg	503		0		1		478	428	
Sodium, Na mg	40		0		1		38	34	
Zinc, Zn mg	0.49		0		1		0.47	0.42	
Copper, Cu mg	0.023		0		1		0.022	0.020	
Manganese, Mn mg	0.019		0		1		0.018	0.016	
Selenium, Se µg	46.8		0	BFSN	4		44.5	39.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.048		0		1		0.046	0.041	
Riboflavin mg	0.162		0		1		0.154	0.138	
Niacin mg	3.271		0		1		3.107	2.780	
Pantothenic acid mg	0.322		0		1		0.306	0.274	
Vitamin B-6 mg	0.447		0		1		0.425	0.380	
Folate, total µg	2		0		1		2	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	2		0		1		2	2	
Folate, DFE 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									
Lipids:									

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

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

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

Common Measures:

Measure 1 = 95g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.35	0.662	25		1		93.15	64.90	
Energy kcal	87		0	NC	4		106	74	
Energy kJ	364				4		444	309	
Protein (N x 6.25) g	18.99	0.383	12		1		23.17	16.14	
Total lipid (fat) g	0.69	0.106	4		1		0.84	0.59	
Ash g	1.25	0.133	6		1		1.53	1.06	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	10	5.029	23		1		12	9	
Iron, Fe mg	0.83		0		4		1.01	0.71	
Magnesium, Mg mg	31	2.018	19		1		38	26	
Phosphorus, P mg	204	17.349	6		1		249	173	
Potassium, K mg	392	14.022	22		1		478	333	
Sodium, Na mg	31	5.357	20		1		38	26	
Zinc, Zn mg	0.38	0.010	76		1		0.46	0.32	
Copper, Cu mg	0.018	0.001	74		1		0.022	0.015	
Manganese, Mn mg	0.015		0		1		0.018	0.013	
Selenium, Se µg	36.5		0	CAZN	4		44.5	31.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.042		0		4		0.051	0.036	
Riboflavin mg	0.133	0.023	7		1		0.162	0.113	
Niacin mg	2.686	0.083	7		1		3.277	2.283	
Pantothenic acid mg	0.279	0.028	7		1		0.340	0.237	
Vitamin B-6 mg	0.387	0.085	3		1		0.472	0.329	
Folate, total µg	2		0		4		2	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	2		0		4		2	2	
Folate, DFE 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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 15022
Fish, cusk, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.130		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									
Amino Acids:									
Tryptophan....g	0.213		0		1		0.260	0.181	
Threonine....g	0.833		0		1		1.016	0.708	
Isoleucine....g	0.875		0		1		1.068	0.744	
Leucine....g	1.544		0		1		1.884	1.312	
Lysine....g	1.744		0		1		2.128	1.482	
Methionine....g	0.562		0		1		0.686	0.478	
Cystine....g	0.204		0		1		0.249	0.173	
Phenylalanine....g	0.742		0		1		0.905	0.631	
Tyrosine....g	0.641		0		1		0.782	0.545	
Valine....g	0.979		0		1		1.194	0.832	
Arginine....g	1.137		0		1		1.387	0.966	
Histidine....g	0.559		0		1		0.682	0.475	
Alanine....g	1.149		0		1		1.402	0.977	
Aspartic acid....g	1.945		0		1		2.373	1.653	
Glutamic acid....g	2.835		0		1		3.459	2.410	
Glycine....g	0.912		0		1		1.113	0.775	
Proline....g	0.672		0		1		0.820	0.571	
Serine....g	0.775		0		1		0.946	0.659	
Hydroxyproline....g									

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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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.22		0		1		60.54	113.24	
Energy kcal	109		0	NC	4		93	173	
Energy kJ	456				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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

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

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

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NDB No. 15194
Fish, dolphinfish, 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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.55		2		1		65.92	158.20	
Energy kcal	85		0	NC	4		72	173	
Energy kJ	356				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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15023
Fish, dolphinfish, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.188		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									
Amino Acids:									
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									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 15023
Fish, dolphinfish, raw

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.94		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									
Minerals:									
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	
Vitamins:									
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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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 27 (2014)

NDB No. 15024
Fish, drum, freshwater, raw
Aplodinotus grunniens Rafinesque

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.33	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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15024
Fish, drum, freshwater, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	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									
Amino Acids:									
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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.31		0		1		16.81	13.05	10.08
Energy kcal	236		0	NC	4		67	52	40
Energy kJ	987				4		280	217	168
Protein (N x 6.25) g	23.65		0		1		6.70	5.20	4.02
Total lipid (fat) g	14.95		0		1		4.24	3.29	2.54
Ash g	1.80		0		1		0.51	0.40	0.31
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	26		0		1		7	6	4
Iron, Fe mg	0.64		0		1		0.18	0.14	0.11
Magnesium, Mg mg	26		0		4		7	6	4
Phosphorus, P mg	277		0		1		79	61	47
Potassium, K mg	349		0		1		99	77	59
Sodium, Na mg	65		0		1		18	14	11
Zinc, Zn mg	2.08		0		1		0.59	0.46	0.35
Copper, Cu mg	0.029		0		1		0.008	0.006	0.005
Manganese, Mn mg	0.040		0		4		0.011	0.009	0.007
Selenium, Se µg	8.3		0	BFSN	4		2.4	1.8	1.4
Vitamins:									
Vitamin C, total ascorbic acid mg	1.8		0		4		0.5	0.4	0.3
Thiamin mg	0.183		0		1		0.052	0.040	0.031
Riboflavin mg	0.051		0		1		0.014	0.011	0.009
Niacin mg	4.487		0		1		1.272	0.987	0.763
Pantothenic acid mg	0.280		0		4		0.079	0.062	0.048
Vitamin B-6 mg	0.077		0		1		0.022	0.017	0.013
Folate, total µg	17		0		4		5	4	3
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	17		0		4		5	4	3
Folate, DFE 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									
Lipids:									

NDB No. 15026

Fish, eel, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.023		0		1		0.857	0.665	0.514
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.740		0		1		0.210	0.163	0.126
15:0....g									
16:0....g	2.032		0		1		0.576	0.447	0.345
17:0....g									
18:0....g	0.245		0		1		0.069	0.054	0.042
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.218		0		1		2.613	2.028	1.567
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.609		0		1		0.456	0.354	0.274
17:1....g									
18:1 undifferentiated....g	3.554		0		1		1.008	0.782	0.604
20:1....g	3.846		0		1		1.090	0.846	0.654
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.214		0		1		0.344	0.267	0.206
18:2 undifferentiated....g	0.251		0		1		0.071	0.055	0.043
18:3 undifferentiated....g	0.554		0		1		0.157	0.122	0.094
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.122		0		1		0.035	0.027	0.021
20:5 n-3 (EPA)....g	0.108		0		1		0.031	0.024	0.018
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.095		0		1		0.027	0.021	0.016
22:6 n-3 (DHA)....g	0.081		0		1		0.023	0.018	0.014
Fatty acids, total trans....g									
Cholesterol....mg	161		0		1		46	35	27
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.265		0		1		0.075	0.058	0.045
Threonine....g	1.037		0		1		0.294	0.228	0.176
Isoleucine....g	1.090		0		1		0.309	0.240	0.185
Leucine....g	1.922		0		1		0.545	0.423	0.327
Lysine....g	2.171		0		1		0.615	0.478	0.369
Methionine....g	0.700		0		1		0.198	0.154	0.119
Cystine....g	0.253		0		1		0.072	0.056	0.043
Phenylalanine....g	0.923		0		1		0.262	0.203	0.157
Tyrosine....g	0.798		0		1		0.226	0.176	0.136
Valine....g	1.218		0		1		0.345	0.268	0.207
Arginine....g	1.415		0		1		0.401	0.311	0.241
Histidine....g	0.696		0		1		0.197	0.153	0.118
Alanine....g	1.430		0		1		0.405	0.315	0.243
Aspartic acid....g	2.421		0		1		0.686	0.533	0.412
Glutamic acid....g	3.530		0		1		1.001	0.777	0.600
Glycine....g	1.135		0		1		0.322	0.250	0.193
Proline....g	0.836		0		1		0.237	0.184	0.142
Serine....g	0.965		0		1		0.274	0.212	0.164
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
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									
Others:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15027
Fish, fish sticks, frozen, prepared

Refuse: 0%

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

NDB No. 15027
Fish, fish sticks, frozen, prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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	
Dihydrophylloquinone....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	
Lipids:									
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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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	
Others:									
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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.11		0	RA	4		103.01	68.94	
Energy kcal	86		0	RA	4		110	73	
Energy kJ	362		0	RA	4		459	307	
Protein (N x 6.25) g	15.24		0	RA	4		19.36	12.96	
Total lipid (fat) g	2.37		0	RA	4		3.01	2.01	
Ash g	1.49		0	RA	4		1.90	1.27	
Carbohydrate, by difference g	0.00		0	RA	4		0.00	0.00	
Fiber, total dietary g	0.0		0	RA	4		0.0	0.0	
Sugars, total g	0.00		0	RA	4		0.00	0.00	
Sucrose g	0.00		0	RA	4		0.00	0.00	
Glucose (dextrose) g	0.00		0	RA	4		0.00	0.00	
Fructose g	0.00		0	RA	4		0.00	0.00	
Lactose g	0.00		0	RA	4		0.00	0.00	
Maltose g	0.00		0	RA	4		0.00	0.00	
Galactose g	0.00		0	RA	4		0.00	0.00	
Starch g	0.00		0	RA	4		0.00	0.00	
Minerals:									
Calcium, Ca mg	25		0	RA	4		32	22	
Iron, Fe mg	0.23		0	RA	4		0.29	0.19	
Magnesium, Mg mg	22		0	RA	4		29	19	
Phosphorus, P mg	309		0	RA	4		392	263	
Potassium, K mg	197		0	RA	4		250	167	
Sodium, Na (1) mg	363		0	RA	4		461	309	
Zinc, Zn mg	0.39		0	RA	4		0.50	0.33	
Copper, Cu mg	0.023		0	RA	4		0.029	0.019	
Manganese, Mn mg	0.017		0	RA	4		0.022	0.014	
Selenium, Se µg	32.6		0	RA	4		41.4	27.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	RA	4		0.0	0.0	
Thiamin mg	0.026		0	RA	4		0.033	0.022	
Riboflavin mg	0.025		0	RA	4		0.031	0.021	
Niacin mg	1.278		0	RA	4		1.623	1.086	
Pantothenic acid mg	0.227		0	RA	4		0.289	0.193	
Vitamin B-6 mg	0.115		0	RA	4		0.146	0.097	
Folate, total µg	6		0	RA	4		8	5	
Folic acid µg	0		0	RA	4		0	0	
Folate, food µg	6		0	RA	4		8	5	
Folate, DFE 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	

NDB No. 15029

Fish, flatfish (flounder and sole species), cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg	0.3		0	RA	4		0.3	0.2	
Lipids:									
Fatty acids, total saturated....g	0.542		0	RA	4		0.689	0.461	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.004		0	RA	4		0.005	0.003	
12:0....g	0.008		0	RA	4		0.010	0.007	
13:0....g									
14:0....g	0.106		0	RA	4		0.135	0.090	
15:0....g	0.008		0	RA	4		0.010	0.007	
16:0....g	0.346		0	RA	4		0.440	0.294	
17:0....g	0.004		0	RA	4		0.005	0.003	
18:0....g	0.065		0	RA	4		0.082	0.055	
20:0....g	0.001		0	RA	4		0.001	0.001	
22:0....g	0.000		0	RA	4		0.000	0.000	
24:0....g	0.001		0	RA	4		0.001	0.001	
Fatty acids, total monounsaturated....g	0.657		0	RA	4		0.834	0.558	
14:1....g	0.000		0	RA	4		0.000	0.000	
15:1....g	0.000		0	RA	4		0.000	0.000	
16:1 undifferentiated....g	0.111		0	RA	4		0.141	0.094	
17:1....g	0.033		0	RA	4		0.041	0.028	
18:1 undifferentiated....g	0.439		0	RA	4		0.558	0.373	
20:1....g	0.073		0	RA	4		0.093	0.062	
22:1 undifferentiated....g	0.001		0	RA	4		0.001	0.001	
24:1 c....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.459		0	RA	4		0.583	0.390	
18:2 undifferentiated....g	0.055		0	RA	4		0.069	0.046	
18:3 undifferentiated....g	0.021		0	RA	4		0.027	0.018	
18:4....g	0.015		0	RA	4		0.019	0.013	
20:2 n-6 c,c....g	0.006		0	RA	4		0.008	0.005	
20:3 undifferentiated....g	0.009		0	RA	4		0.011	0.008	
20:4 undifferentiated....g	0.018		0	RA	4		0.023	0.015	
20:5 n-3 (EPA)....g	0.168		0	RA	4		0.213	0.143	
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									
Amino Acids:									
Tryptophan....g	0.197		0	RA	4		0.251	0.168	
Threonine....g	0.719		0	RA	4		0.913	0.611	
Isoleucine....g	0.754		0	RA	4		0.957	0.641	
Leucine....g	1.335		0	RA	4		1.696	1.135	
Lysine....g	1.561		0	RA	4		1.982	1.326	
Methionine....g	0.560		0	RA	4		0.711	0.476	
Cystine....g	0.183		0	RA	4		0.233	0.156	
Phenylalanine....g	0.624		0	RA	4		0.792	0.530	
Tyrosine....g	0.588		0	RA	4		0.747	0.500	
Valine....g	0.800		0	RA	4		1.016	0.680	
Arginine....g	1.099		0	RA	4		1.396	0.934	
Histidine....g	0.374		0	RA	4		0.474	0.318	

NDB No. 15029

Fish, flatfish (flounder and sole species), cooked, dry heat

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

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

Common Measures:

Measure 1 = 127g: 1 fillet

Measure 2 = 85g: 3 oz

Footnotes:

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

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	84.63	0.806	4	A	1		23.99	137.94	71.93
Energy kcal	70		0	NC	4		20	115	60
Energy kJ	294		0	NC	4		83	480	250
Protein (N x 6.25) g	12.41	1.031	4	A	1		3.52	20.22	10.55
Total lipid (fat) g	1.93	0.431	4	A	1		0.55	3.14	1.64
Ash g	1.22	0.089	4	A	1		0.34	1.98	1.03
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		1	A	1		0.00	0.00	0.00
Sucrose g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose) g	0.00		1	A	1		0.00	0.00	0.00
Fructose g	0.00		1	A	1		0.00	0.00	0.00
Lactose g	0.00		1	A	1		0.00	0.00	0.00
Maltose g	0.00		1	A	1		0.00	0.00	0.00
Galactose g	0.00		1	A	1		0.00	0.00	0.00
Starch g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	21	3.687	4	A	1		6	34	18
Iron, Fe mg	0.18	0.020	4	A	1		0.05	0.30	0.16
Magnesium, Mg mg	18	2.222	4	A	1		5	30	16
Phosphorus, P mg	252	31.066	4	A	1		71	410	214
Potassium, K mg	160	37.627	4	A	1		45	261	136
Sodium, Na (1) mg	296	51.370	4	A	1		84	482	251
Zinc, Zn mg	0.32	0.011	4	A	1		0.09	0.52	0.27
Copper, Cu mg	0.019	0.000	4	A	1		0.005	0.030	0.016
Manganese, Mn mg	0.014	0.003	4	A	1		0.004	0.023	0.012
Selenium, Se µg	26.6	4.243	4	A	1		7.5	43.3	22.6
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin mg	0.022	0.004	4	A	1		0.006	0.037	0.019
Riboflavin mg	0.020	0.000	4	A	1		0.006	0.033	0.017
Niacin mg	1.040	0.204	4	A	1		0.295	1.695	0.884
Pantothenic acid mg	0.185		2	A	1		0.052	0.302	0.157
Vitamin B-6 mg	0.098	0.004	4	A	1		0.028	0.160	0.084
Folate, total µg	5	1.764	3	A	1		2	9	5
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	5	1.764	3	AS	1		2	9	5
Folate, DFE 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

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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....IU	113	20.232	11	A	1		32	185	96
Vitamin K (phylloquinone)....µg	0.1	0.050	4	A	1		0.0	0.1	0.0
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.2	0.213	4	A	1		0.1	0.3	0.2
Lipids:									
Fatty acids, total saturated....g	0.441		0	NC	4		0.125	0.719	0.375
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.003	0.000	4	A	1		0.001	0.005	0.003
12:0....g	0.006	0.001	4	A	1		0.002	0.010	0.005
13:0....g									
14:0....g	0.087	0.027	4	A	1		0.025	0.141	0.074
15:0....g	0.007	0.001	4	A	1		0.002	0.011	0.006
16:0....g	0.282	0.078	4	A	1		0.080	0.459	0.239
17:0....g	0.003	0.000	4	A	1		0.001	0.005	0.003
18:0....g	0.053	0.006	4	A	1		0.015	0.086	0.045
20:0....g	0.001	0.000	4	A	1		0.000	0.001	0.001
22:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:0....g	0.001	0.000	4	A	1		0.000	0.001	0.000
Fatty acids, total monounsaturated....g	0.535		0	NC	4		0.152	0.871	0.454
14:1....g	0.000		1	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.090	0.029	4	AS	1		0.026	0.147	0.077
16:1 c....g	0.088	0.028	4	A	1		0.025	0.144	0.075
16:1 t....g	0.002	0.001	4	A	1		0.001	0.003	0.002
17:1....g	0.027	0.008	4	A	1		0.008	0.043	0.023
18:1 undifferentiated....g	0.358	0.111	4	AS	1		0.101	0.583	0.304
18:1 c....g	0.350	0.111	4	A	1		0.099	0.571	0.298
18:1 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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA) g	0.108	0.012	4	A	1		0.030	0.175	0.091
Fatty acids, total trans g	0.011		0	NC	4		0.003	0.018	0.010
Fatty acids, total trans-monoenoic g	0.010		0	NC	4		0.003	0.016	0.009
Fatty acids, total trans-polyenoic g	0.001		0	NC	4		0.000	0.002	0.001
Cholesterol mg	45	2.084	4	A	1		13	74	39
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.161		0	A	1		0.046	0.262	0.137
Threonine g	0.585		0	A	1		0.166	0.953	0.497
Isoleucine g	0.614		0	A	1		0.174	1.000	0.522
Leucine g	1.087		0	A	1		0.308	1.771	0.924
Lysine g	1.270		0	A	1		0.360	2.070	1.079
Methionine g	0.455		0	A	1		0.129	0.742	0.387
Cystine g	0.149		0	A	1		0.042	0.243	0.127
Phenylalanine g	0.508		0	A	1		0.144	0.827	0.431
Tyrosine g	0.479		0	A	1		0.136	0.781	0.407
Valine g	0.651		0	A	1		0.185	1.061	0.553
Arginine g	0.895		0	A	1		0.254	1.458	0.760
Histidine g	0.304		0	A	1		0.086	0.496	0.258
Alanine g	0.771		0	A	1		0.219	1.257	0.656
Aspartic acid g	1.382		0	A	1		0.392	2.253	1.175
Glutamic acid g	2.127		0	A	1		0.603	3.467	1.808
Glycine g	0.640		0	A	1		0.181	1.042	0.544
Proline g	0.487		0	A	1		0.138	0.795	0.414
Serine g	0.579		0	A	1		0.164	0.944	0.492
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 163g: 1 fillet

Measure 3 = 85g: 3 oz

Footnotes:

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

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	80.35		2		1		33.75		
Energy kcal	84		0	NC	4		35		
Energy kJ	351				4		148		
Protein (N x 6.25) g	9.07		2		1		3.81		
Total lipid (fat) g	1.73		2		1		0.73		
Ash g	1.44		2		1		0.60		
Carbohydrate, by difference g	7.41		0	NC	4		3.11		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	23		2		1		10		
Iron, Fe mg	2.48		2		1		1.04		
Magnesium, Mg mg	9		2		1		4		
Phosphorus, P mg	73		2		1		31		
Potassium, K mg	91		2		1		38		
Sodium, Na mg	524		2		1		220		
Zinc, Zn mg	0.82		2		1		0.34		
Copper, Cu mg	0.195		2		1		0.082		
Manganese, Mn mg	0.073		2		1		0.031		
Selenium, Se µg	10.5		0	BFSN	4		4.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.8		0		4		0.3		
Thiamin mg	0.065		2		1		0.027		
Riboflavin mg	0.059		2		1		0.025		
Niacin mg	1.000		0		4		0.420		
Pantothenic acid mg	0.200		2		1		0.084		
Vitamin B-6 mg	0.080		0		4		0.034		
Folate, total µg	3		2		1		1		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	3		2		1		1		
Folate, DFE 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									
Lipids:									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.412		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									
Amino Acids:									
Tryptophan....g	0.086		2		1		0.036		
Threonine....g	0.488		2		1		0.205		
Isoleucine....g	0.486		2		1		0.204		
Leucine....g	0.810		2		1		0.340		
Lysine....g	0.842		2		1		0.354		
Methionine....g	0.255		2		1		0.107		
Cystine....g	0.113		2		1		0.047		
Phenylalanine....g	0.493		2		1		0.207		
Tyrosine....g	0.380		2		1		0.160		
Valine....g	0.548		2		1		0.230		
Arginine....g	0.595		2		1		0.250		
Histidine....g	0.261		2		1		0.110		
Alanine....g	0.546		2		1		0.229		
Aspartic acid....g	0.772		2		1		0.324		
Glutamic acid....g	1.750		2		1		0.735		
Glycine....g	0.403		2		1		0.169		
Proline....g	0.341		2		1		0.143		
Serine....g	0.473		2		1		0.199		
Hydroxyproline....g									

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

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

Common Measures:
Measure 1 = 42g: 1 piece

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

Food Group: 15 Finfish and Shellfish Products

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.36		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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15032

Fish, grouper, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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 27 (2014)

NDB No. 15031

Fish, grouper, mixed species, raw

Epinephelus spp.

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.233		0		1		0.198	0.603	
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		2		1		0.010	0.031	
15:0....g									
16:0....g	0.169		2		1		0.144	0.438	
17:0....g									
18:0....g	0.049		2		1		0.042	0.127	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.202		0		1		0.172	0.523	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.027		2		1		0.023	0.070	
17:1....g									
18:1 undifferentiated....g	0.145		2		1		0.123	0.376	
20:1....g	0.029		1		1		0.025	0.075	
22:1 undifferentiated....g	0.007		1		1		0.006	0.018	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.321		0		1		0.273	0.831	
18:2 undifferentiated....g	0.012		2		1		0.010	0.031	
18:3 undifferentiated....g	0.010		1		1		0.009	0.026	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.033		2		1		0.028	0.085	
20:5 n-3 (EPA)....g	0.027		2		1		0.023	0.070	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		2		1		0.009	0.026	
22:6 n-3 (DHA)....g	0.220		2		1		0.187	0.570	
Fatty acids, total trans....g									
Cholesterol....mg	37		2		1		31	96	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.217		0		1		0.184	0.562	
Threonine....g	0.849		0		1		0.722	2.199	
Isoleucine....g	0.893		0		1		0.759	2.313	
Leucine....g	1.575		0		1		1.339	4.079	
Lysine....g	1.779		0		1		1.512	4.608	
Methionine....g	0.574		0		1		0.488	1.487	
Cystine....g	0.208		0		1		0.177	0.539	
Phenylalanine....g	0.756		0		1		0.643	1.958	
Tyrosine....g	0.654		0		1		0.556	1.694	
Valine....g	0.998		0		1		0.848	2.585	
Arginine....g	1.159		0		1		0.985	3.002	
Histidine....g	0.570		0		1		0.485	1.476	
Alanine....g	1.172		0		1		0.996	3.035	
Aspartic acid....g	1.984		0		1		1.686	5.139	
Glutamic acid....g	2.892		0		1		2.458	7.490	
Glycine....g	0.930		0		1		0.791	2.409	
Proline....g	0.685		0		1		0.582	1.774	
Serine....g	0.791		0		1		0.672	2.049	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.65		0	RA	4		119.48	67.70	
Energy kcal	90		0	NC	4		135	77	
Energy kJ	378		0	RA	4		567	321	
Protein (N x 6.25) g	19.99		0	RA	4		29.98	16.99	
Total lipid (fat) g	0.55		0	RA	4		0.83	0.47	
Ash g	1.56		0	RA	4		2.35	1.33	
Carbohydrate, by difference g	0.00		0	RA	4		0.00	0.00	
Fiber, total dietary g	0.0		0	RA	4		0.0	0.0	
Sugars, total g	0.00		0	RA	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	14		0	RA	4		20	12	
Iron, Fe mg	0.21		0	RA	4		0.31	0.18	
Magnesium, Mg mg	26		0	RA	4		39	22	
Phosphorus, P mg	278		0	RA	4		417	236	
Potassium, K mg	351		0	RA	4		526	298	
Sodium, Na (1) mg	261		0	RA	4		391	222	
Zinc, Zn mg	0.40		0	RA	4		0.60	0.34	
Copper, Cu mg	0.026		0	RA	4		0.039	0.022	
Manganese, Mn mg	0.013		0	RA	4		0.020	0.011	
Selenium, Se µg	31.7		0	RA	4		47.6	27.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	RA	4		0.0	0.0	
Thiamin mg	0.023		0	RA	4		0.035	0.020	
Riboflavin mg	0.069		0	RA	4		0.104	0.059	
Niacin mg	4.119		0	RA	4		6.178	3.501	
Pantothenic acid mg	0.494		0	RA	4		0.741	0.420	
Vitamin B-6 mg	0.327		0	RA	4		0.490	0.278	
Folate, total µg	13		0	RA	4		20	11	
Folic acid µg	0		0	RA	4		0	0	
Folate, food µg	13		0	RA	4		20	11	
Folate, DFE 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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.111		0	RA	4		0.166	0.094	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.002		0	RA	4		0.003	0.001	
13:0....g									
14:0....g	0.005		0	RA	4		0.008	0.004	
15:0....g	0.001		0	RA	4		0.002	0.001	
16:0....g	0.077		0	RA	4		0.115	0.065	
17:0....g	0.001		0	RA	4		0.002	0.001	
18:0....g	0.025		0	RA	4		0.037	0.021	
20:0....g	0.000		0	RA	4		0.000	0.000	
22:0....g	0.000		0	RA	4		0.000	0.000	
24:0....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total monounsaturated....g	0.074		0	RA	4		0.111	0.063	
14:1....g	0.001		0	RA	4		0.002	0.001	
15:1....g	0.000		0	RA	4		0.000	0.000	
16:1 undifferentiated....g	0.005		0	RA	4		0.007	0.004	
17:1....g	0.008		0	RA	4		0.011	0.006	
18:1 undifferentiated....g	0.048		0	RA	4		0.072	0.041	
20:1....g	0.006		0	RA	4		0.009	0.005	
22:1 undifferentiated....g	0.002		0	RA	4		0.003	0.002	
24:1 c....g	0.005		0	RA	4		0.007	0.004	
Fatty acids, total polyunsaturated....g	0.204		0	RA	4		0.305	0.173	
18:2 undifferentiated....g	0.019		0	RA	4		0.028	0.016	
18:3 undifferentiated....g	0.002		0	RA	4		0.003	0.002	
18:4....g	0.002		0	RA	4		0.003	0.002	
20:2 n-6 c,c....g	0.001		0	RA	4		0.002	0.001	
20:3 undifferentiated....g	0.002		0	RA	4		0.003	0.002	
20:4 undifferentiated....g	0.011		0	RA	4		0.016	0.009	
20:5 n-3 (EPA)....g	0.051		0	RA	4		0.076	0.043	
21:5....g									
22:4....g	0.001		0	RA	4		0.002	0.001	
22:5 n-3 (DPA)....g	0.006		0	RA	4		0.008	0.005	
22:6 n-3 (DHA)....g	0.109		0	RA	4		0.163	0.092	
Fatty acids, total trans....g	0.005		0	RA	4		0.007	0.004	
Cholesterol....mg	66		0	RA	4		99	56	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.260		0	RA	4		0.389	0.221	
Threonine....g	1.015		0	RA	4		1.523	0.863	
Isoleucine....g	1.067		0	RA	4		1.600	0.907	
Leucine....g	1.882		0	RA	4		2.823	1.600	
Lysine....g	2.126		0	RA	4		3.189	1.807	
Methionine....g	0.686		0	RA	4		1.029	0.583	
Cystine....g	0.249		0	RA	4		0.373	0.211	
Phenylalanine....g	0.904		0	RA	4		1.356	0.768	
Tyrosine....g	0.781		0	RA	4		1.172	0.664	
Valine....g	1.193		0	RA	4		1.789	1.014	
Arginine....g	1.385		0	RA	4		2.078	1.177	
Histidine....g	0.682		0	RA	4		1.023	0.580	
Alanine....g	1.400		0	RA	4		2.100	1.190	
Aspartic acid....g	2.371		0	RA	4		3.556	2.015	
Glutamic acid....g	3.456		0	RA	4		5.184	2.938	
Glycine....g	1.112		0	RA	4		1.668	0.945	
Proline....g	0.819		0	RA	4		1.229	0.696	
Serine....g	0.944		0	RA	4		1.416	0.803	
Hydroxyproline....g									

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

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

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

Common Measures:

Measure 1 = 150g: 1 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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	83.38	0.748	8	A	1		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									
Minerals:									
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	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.020	0.000	3	A	1		0.017	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	

NDB No. 15033
Fish, haddock, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 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 27 (2014)

NDB No. 15035
Fish, haddock, smoked

Refuse: 0%

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

NDB No. 15035
Fish, haddock, smoked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.283		0		1		0.080	0.048	0.241
Threonine....g	1.106		0		1		0.314	0.188	0.940
Isoleucine....g	1.162		0		1		0.329	0.198	0.988
Leucine....g	2.050		0		1		0.581	0.349	1.743
Lysine....g	2.317		0		1		0.657	0.394	1.969
Methionine....g	0.747		0		1		0.212	0.127	0.635
Cystine....g	0.270		0		1		0.077	0.046	0.230
Phenylalanine....g	0.985		0		1		0.279	0.167	0.837
Tyrosine....g	0.852		0		1		0.242	0.145	0.724
Valine....g	1.300		0		1		0.369	0.221	1.105
Arginine....g	1.509		0		1		0.428	0.257	1.283
Histidine....g	0.743		0		1		0.211	0.126	0.632
Alanine....g	1.526		0		1		0.433	0.259	1.297
Aspartic acid....g	2.583		0		1		0.732	0.439	2.196
Glutamic acid....g	3.766		0		1		1.068	0.640	3.201
Glycine....g	1.211		0		1		0.343	0.206	1.029
Proline....g	0.892		0		1		0.253	0.152	0.758
Serine....g	1.029		0		1		0.292	0.175	0.875
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 15035
Fish, haddock, smoked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

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

Refuse: 0%

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

NDB No. 15037

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg	0.0		0	RA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.354		0	RA	4		0.301	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									
Amino Acids:									
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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	80.34	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	
Minerals:									
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	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1		0.0	0.0	
Thiamin mg	0.050	0.007	4	A	1		0.043	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		4		10	24	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		0		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	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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	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....IU	190	43.824	10	A	1		161	388	
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.292		0	NC	4		0.248	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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 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

NDB No. 15038
Fish, halibut, Greenland, raw
Reinhardtius hippoglossoides (Walbaum)

Refuse: 0%

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

NDB No. 15038
Fish, halibut, Greenland, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
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									
Others:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

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

Refuse: 0%

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

NDB No. 15196

Fish, halibut, greenland, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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 27 (2014)

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.258		0		1		0.369	0.219	
Threonine....g	1.010		0		1		1.444	0.859	
Isoleucine....g	1.061		0		1		1.517	0.902	
Leucine....g	1.872		0		1		2.677	1.591	
Lysine....g	2.115		0		1		3.024	1.798	
Methionine....g	0.682		0		1		0.975	0.580	
Cystine....g	0.247		0		1		0.353	0.210	
Phenylalanine....g	0.899		0		1		1.286	0.764	
Tyrosine....g	0.778		0		1		1.113	0.661	
Valine....g	1.187		0		1		1.697	1.009	
Arginine....g	1.378		0		1		1.971	1.171	
Histidine....g	0.678		0		1		0.970	0.576	
Alanine....g	1.393		0		1		1.992	1.184	
Aspartic acid....g	2.358		0		1		3.372	2.004	
Glutamic acid....g	3.438		0		1		4.916	2.922	
Glycine....g	1.106		0		1		1.582	0.940	
Proline....g	0.814		0		1		1.164	0.692	
Serine....g	0.940		0		1		1.344	0.799	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15042
Fish, herring, Atlantic, kippered

Refuse: 0%

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

NDB No. 15042
Fish, herring, Atlantic, kippered

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.275		0		1		0.078	0.047	0.179
Threonine....g	1.078		0		1		0.306	0.183	0.701
Isoleucine....g	1.133		0		1		0.321	0.193	0.736
Leucine....g	1.998		0		1		0.566	0.340	1.299
Lysine....g	2.258		0		1		0.640	0.384	1.468
Methionine....g	0.728		0		1		0.206	0.124	0.473
Cystine....g	0.264		0		1		0.075	0.045	0.172
Phenylalanine....g	0.960		0		1		0.272	0.163	0.624
Tyrosine....g	0.830		0		1		0.235	0.141	0.540
Valine....g	1.266		0		1		0.359	0.215	0.823
Arginine....g	1.471		0		1		0.417	0.250	0.956
Histidine....g	0.724		0		1		0.205	0.123	0.471
Alanine....g	1.487		0		1		0.422	0.253	0.967
Aspartic acid....g	2.517		0		1		0.714	0.428	1.636
Glutamic acid....g	3.669		0		1		1.040	0.624	2.385
Glycine....g	1.180		0		1		0.335	0.201	0.767
Proline....g	0.869		0		1		0.246	0.148	0.565
Serine....g	1.003		0		1		0.284	0.171	0.652
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 15042
Fish, herring, Atlantic, kippered

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15041
Fish, herring, Atlantic, pickled

Refuse: 0%

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

NDB No. 15041
Fish, herring, Atlantic, pickled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.159		0		1		0.223	0.045	0.032
Threonine....g	0.622		0		1		0.871	0.176	0.124
Isoleucine....g	0.654		0		1		0.916	0.185	0.131
Leucine....g	1.153		0		1		1.614	0.327	0.231
Lysine....g	1.303		0		1		1.824	0.369	0.261
Methionine....g	0.420		0		1		0.588	0.119	0.084
Cystine....g	0.152		0		1		0.213	0.043	0.030
Phenylalanine....g	0.554		0		1		0.776	0.157	0.111
Tyrosine....g	0.479		0		1		0.671	0.136	0.096
Valine....g	0.731		0		1		1.023	0.207	0.146
Arginine....g	0.849		0		1		1.189	0.241	0.170
Histidine....g	0.418		0		1		0.585	0.119	0.084
Alanine....g	0.858		0		1		1.201	0.243	0.172
Aspartic acid....g	1.453		0		1		2.034	0.412	0.291
Glutamic acid....g	2.118		0		1		2.965	0.600	0.424
Glycine....g	0.681		0		1		0.953	0.193	0.136
Proline....g	0.502		0		1		0.703	0.142	0.100
Serine....g	0.579		0		1		0.811	0.164	0.116
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 15041
Fish, herring, Atlantic, pickled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15039
Fish, herring, Atlantic, raw
Clupea harengus harengus (L.)

Refuse: 0%

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

NDB No. 15039
Fish, herring, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.201		0		1		0.057	0.370	0.171
Threonine....g	0.787		0		1		0.223	1.448	0.669
Isoleucine....g	0.828		0		1		0.235	1.524	0.704
Leucine....g	1.460		0		1		0.414	2.686	1.241
Lysine....g	1.650		0		1		0.468	3.036	1.403
Methionine....g	0.532		0		1		0.151	0.979	0.452
Cystine....g	0.193		0		1		0.055	0.355	0.164
Phenylalanine....g	0.701		0		1		0.199	1.290	0.596
Tyrosine....g	0.606		0		1		0.172	1.115	0.515
Valine....g	0.925		0		1		0.262	1.702	0.786
Arginine....g	1.075		0		1		0.305	1.978	0.914
Histidine....g	0.529		0		1		0.150	0.973	0.450
Alanine....g	1.086		0		1		0.308	1.998	0.923
Aspartic acid....g	1.839		0		1		0.521	3.384	1.563
Glutamic acid....g	2.681		0		1		0.760	4.933	2.279
Glycine....g	0.862		0		1		0.244	1.586	0.733
Proline....g	0.635		0		1		0.180	1.168	0.540
Serine....g	0.733		0		1		0.208	1.349	0.623
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 15039
Fish, herring, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.49		0		1		91.43	53.97	
Energy kcal	250		0	NC	4		360	213	
Energy kJ	1046				4		1506	889	
Protein (N x 6.25) g	21.01		0		1		30.25	17.86	
Total lipid (fat) g	17.79		0		1		25.62	15.12	
Ash g	3.04		0		1		4.38	2.58	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	106		0		1		153	90	
Iron, Fe mg	1.44		0		1		2.07	1.22	
Magnesium, Mg mg	41		0		1		59	35	
Phosphorus, P mg	292		0		1		420	248	
Potassium, K mg	542		0		1		780	461	
Sodium, Na mg	95		0		1		137	81	
Zinc, Zn mg	0.68		0		1		0.98	0.58	
Copper, Cu mg	0.100		0		1		0.144	0.085	
Manganese, Mn mg	0.058		0		1		0.084	0.049	
Selenium, Se µg	46.8		0	BFSN	4		67.4	39.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.073		0		1		0.105	0.062	
Riboflavin mg	0.256		0		1		0.369	0.218	
Niacin mg	2.821		0		1		4.062	2.398	
Pantothenic acid mg	1.154		0		1		1.662	0.981	
Vitamin B-6 mg	0.519		0		1		0.747	0.441	
Folate, total µg	6		0		1		9	5	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0		1		9	5	
Folate, DFE 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									
Lipids:									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.235		0		1		0.338	0.200	
Threonine....g	0.921		0		1		1.326	0.783	
Isoleucine....g	0.968		0		1		1.394	0.823	
Leucine....g	1.708		0		1		2.460	1.452	
Lysine....g	1.930		0		1		2.779	1.641	
Methionine....g	0.622		0		1		0.896	0.529	
Cystine....g	0.225		0		1		0.324	0.191	
Phenylalanine....g	0.820		0		1		1.181	0.697	
Tyrosine....g	0.709		0		1		1.021	0.603	
Valine....g	1.083		0		1		1.560	0.921	
Arginine....g	1.257		0		1		1.810	1.068	
Histidine....g	0.619		0		1		0.891	0.526	
Alanine....g	1.271		0		1		1.830	1.080	
Aspartic acid....g	2.152		0		1		3.099	1.829	
Glutamic acid....g	3.137		0		1		4.517	2.666	
Glycine....g	1.009		0		1		1.453	0.858	
Proline....g	0.743		0		1		1.070	0.632	
Serine....g	0.857		0		1		1.234	0.728	
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15043

Fish, herring, Pacific, raw

Clupea harengus pallasi Valenciennes

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.52	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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15043
Fish, herring, Pacific, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	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									
Amino Acids:									
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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.88		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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.63	0.265	16		1		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									
Minerals:									
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	
Vitamins:									
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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 15044
Fish, ling, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.120		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									
Amino Acids:									
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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.68		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									
Minerals:									
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	
Vitamins:									
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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.03	0.066	181		1		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									
Minerals:									
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	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.030	0.006	3		1		0.026	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									
Lipids:									

NDB No. 15045
Fish, lingcod, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.197		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									
Amino Acids:									
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									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 15045
Fish, lingcod, raw

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.27		0		1		46.88	45.28	
Energy kcal	262		0	NC	4		231	223	
Energy kJ	1096				4		965	932	
Protein (N x 6.25) g	23.85		0		1		20.99	20.27	
Total lipid (fat) g	17.81		0		1		15.67	15.14	
Ash g	1.53	0.070	10		1		1.35	1.30	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	15		0		1		13	13	
Iron, Fe mg	1.57	0.080	10		1		1.38	1.33	
Magnesium, Mg mg	97		0		1		85	82	
Phosphorus, P mg	278		0		1		245	236	
Potassium, K mg	401	15.900	10		1		353	341	
Sodium, Na mg	83	8.200	10		1		73	71	
Zinc, Zn mg	0.94	0.060	10		1		0.83	0.80	
Copper, Cu mg	0.094		0		1		0.083	0.080	
Manganese, Mn mg	0.020		0		4		0.018	0.017	
Selenium, Se µg	51.6	1.508	33	A	1		45.4	43.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.4		0		1		0.4	0.3	
Thiamin mg	0.159	0.006	10		1		0.140	0.135	
Riboflavin mg	0.412	0.013	10		1		0.363	0.350	
Niacin mg	6.850	0.470	10		1		6.028	5.823	
Pantothenic acid mg	0.990		0		4		0.871	0.842	
Vitamin B-6 mg	0.460		0		1		0.405	0.391	
Folate, total µg	2		0		4		1	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	2		0		4		1	1	
Folate, DFE 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									
Lipids:									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.267		0		1		0.235	0.227	
Threonine....g	1.045		0		1		0.920	0.888	
Isoleucine....g	1.099		0		1		0.967	0.934	
Leucine....g	1.938		0		1		1.705	1.647	
Lysine....g	2.190		0		1		1.927	1.862	
Methionine....g	0.706		0		1		0.621	0.600	
Cystine....g	0.256		0		1		0.225	0.218	
Phenylalanine....g	0.931		0		1		0.819	0.791	
Tyrosine....g	0.805		0		1		0.708	0.684	
Valine....g	1.228		0		1		1.081	1.044	
Arginine....g	1.427		0		1		1.256	1.213	
Histidine....g	0.702		0		1		0.618	0.597	
Alanine....g	1.442		0		1		1.269	1.226	
Aspartic acid....g	2.442		0		1		2.149	2.076	
Glutamic acid....g	3.559		0		1		3.132	3.025	
Glycine....g	1.145		0		1		1.008	0.973	
Proline....g	0.843		0		1		0.742	0.717	
Serine....g	0.973		0		1		0.856	0.827	
Hydroxyproline....g									

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

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 27 (2014)

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

Refuse: 0%

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

NDB No. 15046
Fish, mackerel, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.208		0		1		0.233	0.177	
Threonine....g	0.815		0		1		0.913	0.693	
Isoleucine....g	0.857		0		1		0.960	0.728	
Leucine....g	1.512		0		1		1.693	1.285	
Lysine....g	1.708		0		1		1.913	1.452	
Methionine....g	0.551		0		1		0.617	0.468	
Cystine....g	0.199		0		1		0.223	0.169	
Phenylalanine....g	0.726		0		1		0.813	0.617	
Tyrosine....g	0.628		0		1		0.703	0.534	
Valine....g	0.958		0		1		1.073	0.814	
Arginine....g	1.113		0		1		1.247	0.946	
Histidine....g	0.548		0		1		0.614	0.466	
Alanine....g	1.125		0		1		1.260	0.956	
Aspartic acid....g	1.905		0		1		2.134	1.619	
Glutamic acid....g	2.777		0		1		3.110	2.360	
Glycine....g	0.893		0		1		1.000	0.759	
Proline....g	0.658		0		1		0.737	0.559	
Serine....g	0.759		0		1		0.850	0.645	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 15046
Fish, mackerel, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15201

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

Refuse: 0%

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

NDB No. 15201

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.288		0		1		0.082	0.049	0.507
Threonine....g	1.128		0		1		0.320	0.192	1.985
Isoleucine....g	1.186		0		1		0.336	0.202	2.087
Leucine....g	2.091		0		1		0.593	0.355	3.680
Lysine....g	2.363		0		1		0.670	0.402	4.159
Methionine....g	0.762		0		1		0.216	0.130	1.341
Cystine....g	0.276		0		1		0.078	0.047	0.486
Phenylalanine....g	1.005		0		1		0.285	0.171	1.769
Tyrosine....g	0.869		0		1		0.246	0.148	1.529
Valine....g	1.326		0		1		0.376	0.225	2.334
Arginine....g	1.540		0		1		0.437	0.262	2.710
Histidine....g	0.758		0		1		0.215	0.129	1.334
Alanine....g	1.556		0		1		0.441	0.265	2.739
Aspartic acid....g	2.635		0		1		0.747	0.448	4.638
Glutamic acid....g	3.841		0		1		1.089	0.653	6.760
Glycine....g	1.235		0		1		0.350	0.210	2.174
Proline....g	0.910		0		1		0.258	0.155	1.602
Serine....g	1.050		0		1		0.298	0.179	1.848
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 15201

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15050

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

Scomber spp. and Trachurus spp.

Refuse: 0%

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

NDB No. 15050

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

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 = 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 27 (2014)

NDB No. 15048

Fish, mackerel, jack, canned, drained solids

Trachurus symmetricus (Ayers)

Refuse: 0%

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

NDB No. 15048

Fish, mackerel, jack, canned, drained solids

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 = 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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.04		0		1		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									
Minerals:									
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	
Vitamins:									
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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.85	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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15049
Fish, mackerel, king, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.363		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									
Amino Acids:									
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 27 (2014)

NDB No. 83110
Fish, mackerel, salted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	43.00		0		1		34.40	7.31	58.48
Energy kcal	305		0		1		244	52	415
Energy kJ	1276		0		1		1021	217	1736
Protein g	18.50		0		1		14.80	3.15	25.16
Total lipid (fat) g	25.10		0		1		20.08	4.27	34.13
Ash g	13.40		0	NR	4		10.72	2.28	18.22
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0		7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	66		0		1		53	11	90
Iron, Fe mg	1.40		0		1		1.12	0.24	1.90
Magnesium, Mg mg	60		0		4		48	10	82
Phosphorus, P mg	254		0		1		203	43	345
Potassium, K mg	520		0		4		416	88	707
Sodium, Na mg	4450		0		4		3560	757	6052
Zinc, Zn mg	1.10		0		4		0.88	0.19	1.50
Copper, Cu mg	0.100		0		4		0.080	0.017	0.136
Manganese, Mn mg									
Selenium, Se µg	73.4		0	BFSN	4		58.7	12.5	99.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.020		0		1		0.016	0.003	0.027
Riboflavin mg	0.190		0		1		0.152	0.032	0.258
Niacin mg	3.300		0		1		2.640	0.561	4.488
Pantothenic acid mg									
Vitamin B-6 mg	0.410		0		1		0.328	0.070	0.558
Folate, total µg	15		0		4		12	3	20
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	15		0	NR	4		12	3	20
Folate, DFE µg	15		0	NC	4		12	3	20
Choline, total mg	101.6		0	BFSN	4		81.3	17.3	138.2
Betaine mg									
Vitamin B-12 µg	12.00		0		1		9.60	2.04	16.32
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	47		0	NC	4		38	8	64
Retinol µg	47		0	T	4		38	8	64
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	157		0	NC	4		125	27	213
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	2.38		0	BFSN	4		1.90	0.40	3.23
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	25.2		0	AS	1		20.1	4.3	34.2
Vitamin D IU	1006		0	BFSN	4		805	171	1369
Vitamin K (phylloquinone) µg	7.8		0	BFSN	4		6.3	1.3	10.6
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 83110
Fish, mackerel, salted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.46		3		1		99.95	58.19	
Energy kcal	158		0	NC	4		231	134	
Energy kJ	661				4		965	562	
Protein (N x 6.25) g	23.59		3		1		34.44	20.05	
Total lipid (fat) g	6.32		3		1		9.23	5.37	
Ash g	1.53		3		1		2.23	1.30	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	13		2		1		19	11	
Iron, Fe mg	0.74		3		1		1.08	0.63	
Magnesium, Mg mg	38		2		1		55	32	
Phosphorus, P mg	271		2		1		396	230	
Potassium, K mg	554		3		1		809	471	
Sodium, Na mg	66		3		1		96	56	
Zinc, Zn mg	0.62		3		1		0.91	0.53	
Copper, Cu mg	0.065		2		1		0.095	0.055	
Manganese, Mn mg	0.012		2		1		0.018	0.010	
Selenium, Se µg	40.6		0	BFSN	4		59.3	34.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.6		0		4		2.3	1.4	
Thiamin mg	0.130		1		1		0.190	0.111	
Riboflavin mg	0.210		1		1		0.307	0.179	
Niacin mg	5.000		1		1		7.300	4.250	
Pantothenic acid mg	0.870		0		4		1.270	0.740	
Vitamin B-6 mg	0.460		0		4		0.672	0.391	
Folate, total µg	1		0		4		2	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	1		0		4		2	1	
Folate, DFE 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									
Lipids:									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.264		0		1		0.385	0.224	
Threonine....g	1.034		0		1		1.510	0.879	
Isoleucine....g	1.087		0		1		1.587	0.924	
Leucine....g	1.917		0		1		2.799	1.629	
Lysine....g	2.166		0		1		3.162	1.841	
Methionine....g	0.698		0		1		1.019	0.593	
Cystine....g	0.253		0		1		0.369	0.215	
Phenylalanine....g	0.921		0		1		1.345	0.783	
Tyrosine....g	0.796		0		1		1.162	0.677	
Valine....g	1.215		0		1		1.774	1.033	
Arginine....g	1.411		0		1		2.060	1.199	
Histidine....g	0.694		0		1		1.013	0.590	
Alanine....g	1.427		0		1		2.083	1.213	
Aspartic acid....g	2.415		0		1		3.526	2.053	
Glutamic acid....g	3.521		0		1		5.141	2.993	
Glycine....g	1.132		0		1		1.653	0.962	
Proline....g	0.834		0		1		1.218	0.709	
Serine....g	0.962		0		1		1.405	0.818	
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15051
Fish, mackerel, spanish, raw
Scombermorus maculatus (Mitchill)

Refuse: 0%

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

NDB No. 15051
Fish, mackerel, spanish, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
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									
Others:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.63		0		1		53.24		
Energy kcal	190		0	NC	4		162		
Energy kJ	795				4		676		
Protein (N x 6.25) g	26.32		0		1		22.37		
Total lipid (fat) g	8.63		0		1		7.34		
Ash g	1.46		0		1		1.24		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	65		0		1		55		
Iron, Fe mg	0.41		0		1		0.35		
Magnesium, Mg mg	38		0		1		32		
Phosphorus, P mg	208		0		1		177		
Potassium, K mg	374		0		1		318		
Sodium, Na mg	92		0		1		78		
Zinc, Zn mg	1.05		0		1		0.89		
Copper, Cu mg	0.044		0		1		0.037		
Manganese, Mn mg	0.026		0		1		0.022		
Selenium, Se µg	16.2		0	BFSN	4		13.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.016		0		1		0.014		
Riboflavin mg	0.069		0		1		0.059		
Niacin mg	8.256		0		1		7.018		
Pantothenic acid mg	0.865		0		1		0.735		
Vitamin B-6 mg	0.488		0		1		0.415		
Folate, total µg	18		0		1		15		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	18		0		1		15		
Folate, DFE 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									
Lipids:									

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

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

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.85		2		1		60.22		
Energy kcal	148		0	NC	4		126		
Energy kJ	619				4		526		
Protein (N x 6.25) g	20.53		1		1		17.45		
Total lipid (fat) g	6.73		2		1		5.72		
Ash g	1.14		1		1		0.97		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	51		1		1		43		
Iron, Fe mg	0.32		1		1		0.27		
Magnesium, Mg mg	30		0		4		26		
Phosphorus, P mg	162		1		1		138		
Potassium, K mg	292		0		4		248		
Sodium, Na mg	72		0		4		61		
Zinc, Zn mg	0.82	0.040	40		1		0.70		
Copper, Cu mg	0.034	0.002	41		1		0.029		
Manganese, Mn mg	0.020		0		4		0.017		
Selenium, Se µg	12.6		0	BFZN	4		10.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.013		1		1		0.011		
Riboflavin mg	0.054		1		1		0.046		
Niacin mg	6.440		1		1		5.474		
Pantothenic acid mg	0.750		0		4		0.638		
Vitamin B-6 mg	0.423		1		1		0.360		
Folate, total µg	16		0		4		14		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	16		0		4		14		
Folate, DFE 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									
Lipids:									

NDB No. 15053
Fish, milkfish, raw

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

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.51		0		1		66.73		
Energy kcal	97		0	NC	4		82		
Energy kJ	406				4		345		
Protein (N x 6.25) g	18.56		0		1		15.78		
Total lipid (fat) g	1.95		0		1		1.66		
Ash g	1.55		0		1		1.32		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	10		0		1		9		
Iron, Fe mg	0.41		0		1		0.35		
Magnesium, Mg mg	27		0		1		23		
Phosphorus, P mg	256		0		1		218		
Potassium, K mg	513		0		1		436		
Sodium, Na mg	23		0		1		20		
Zinc, Zn mg	0.53		0		1		0.45		
Copper, Cu mg	0.036		0		1		0.031		
Manganese, Mn mg	0.031		0		1		0.026		
Selenium, Se µg	46.8		0	BFSN	4		39.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	1.0		0		1		0.9		
Thiamin mg	0.029		0		1		0.025		
Riboflavin mg	0.073		0		1		0.062		
Niacin mg	2.558		0		1		2.174		
Pantothenic acid mg	0.173		0		1		0.147		
Vitamin B-6 mg	0.277		0		1		0.235		
Folate, total µg	8		0		1		7		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8		0		1		7		
Folate, DFE 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									
Lipids:									

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

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

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	83.24		2		1		70.75		
Energy kcal	76		0	NC	4		65		
Energy kJ	318				4		270		
Protein (N x 6.25) g	14.48		2		1		12.31		
Total lipid (fat) g	1.52		2		1		1.29		
Ash g	1.21		1		1		1.03		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	8		1		1		7		
Iron, Fe mg	0.32		1		1		0.27		
Magnesium, Mg mg	21		1		1		18		
Phosphorus, P mg	200		0		4		170		
Potassium, K mg	400		0		4		340		
Sodium, Na mg	18		1		1		15		
Zinc, Zn mg	0.41		1		1		0.35		
Copper, Cu mg	0.028		1		1		0.024		
Manganese, Mn mg	0.024		1		1		0.020		
Selenium, Se µg	36.5		0	CAZN	4		31.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	1.0		0		4		0.9		
Thiamin mg	0.025		1		1		0.021		
Riboflavin mg	0.060		1		1		0.051		
Niacin mg	2.100		0		4		1.785		
Pantothenic acid mg	0.150		0		4		0.128		
Vitamin B-6 mg	0.240		0		4		0.204		
Folate, total µg	7		0		4		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7		0		4		6		
Folate, DFE 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									
Lipids:									

NDB No. 15054
Fish, monkfish, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.340		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									
Amino Acids:									
Tryptophan....g	0.162		0		1		0.138		
Threonine....g	0.635		0		1		0.540		
Isoleucine....g	0.667		0		1		0.567		
Leucine....g	1.177		0		1		1.000		
Lysine....g	1.330		0		1		1.131		
Methionine....g	0.429		0		1		0.365		
Cystine....g	0.155		0		1		0.132		
Phenylalanine....g	0.565		0		1		0.480		
Tyrosine....g	0.489		0		1		0.416		
Valine....g	0.746		0		1		0.634		
Arginine....g	0.867		0		1		0.737		
Histidine....g	0.426		0		1		0.362		
Alanine....g	0.876		0		1		0.745		
Aspartic acid....g	1.483		0		1		1.261		
Glutamic acid....g	2.162		0		1		1.838		
Glycine....g	0.695		0		1		0.591		
Proline....g	0.512		0		1		0.435		
Serine....g	0.591		0		1		0.502		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.52		0		1		65.58	59.94	
Energy kcal	150		0	NC	4		140	128	
Energy kJ	628				4		584	533	
Protein (N x 6.25) g	24.81		0		1		23.07	21.09	
Total lipid (fat) g	4.86		0		1		4.52	4.13	
Ash g	1.34		2		1		1.25	1.14	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	31		2		1		29	26	
Iron, Fe mg	1.41		2		1		1.31	1.20	
Magnesium, Mg mg	33		2		1		31	28	
Phosphorus, P mg	244		2		1		227	207	
Potassium, K mg	458		2		1		426	389	
Sodium, Na mg	71		2		1		66	60	
Zinc, Zn mg	0.88		2		1		0.82	0.75	
Copper, Cu mg	0.141		2		1		0.131	0.120	
Manganese, Mn mg	0.022		2		1		0.020	0.019	
Selenium, Se µg	46.8		0	BFSN	4		43.5	39.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.2		0		1		1.1	1.0	
Thiamin mg	0.100		0		4		0.093	0.085	
Riboflavin mg	0.100		0		4		0.093	0.085	
Niacin mg	6.300		0		4		5.859	5.355	
Pantothenic acid mg	0.880		0		4		0.818	0.748	
Vitamin B-6 mg	0.490		0		1		0.456	0.417	
Folate, total µg	10		0		1		9	8	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0		1		9	8	
Folate, DFE 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									
Lipids:									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.278		0		1		0.259	0.236	
Threonine....g	1.088		0		1		1.012	0.925	
Isoleucine....g	1.143		0		1		1.063	0.972	
Leucine....g	2.016		0		1		1.875	1.714	
Lysine....g	2.278		0		1		2.119	1.936	
Methionine....g	0.734		0		1		0.683	0.624	
Cystine....g	0.266		0		1		0.247	0.226	
Phenylalanine....g	0.968		0		1		0.900	0.823	
Tyrosine....g	0.837		0		1		0.778	0.711	
Valine....g	1.278		0		1		1.189	1.086	
Arginine....g	1.484		0		1		1.380	1.261	
Histidine....g	0.730		0		1		0.679	0.621	
Alanine....g	1.500		0		1		1.395	1.275	
Aspartic acid....g	2.540		0		1		2.362	2.159	
Glutamic acid....g	3.703		0		1		3.444	3.148	
Glycine....g	1.191		0		1		1.108	1.012	
Proline....g	0.877		0		1		0.816	0.745	
Serine....g	1.012		0		1		0.941	0.860	
Hydroxyproline....g									

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

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 27 (2014)

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

Refuse: 0%

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

NDB No. 15055
Fish, mullet, striped, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.217		0		1		0.062	0.258	0.184
Threonine....g	0.848		0		1		0.240	1.009	0.721
Isoleucine....g	0.892		0		1		0.253	1.061	0.758
Leucine....g	1.573		0		1		0.446	1.872	1.337
Lysine....g	1.777		0		1		0.504	2.115	1.510
Methionine....g	0.573		0		1		0.162	0.682	0.487
Cystine....g	0.207		0		1		0.059	0.246	0.176
Phenylalanine....g	0.755		0		1		0.214	0.898	0.642
Tyrosine....g	0.653		0		1		0.185	0.777	0.555
Valine....g	0.997		0		1		0.283	1.186	0.847
Arginine....g	1.158		0		1		0.328	1.378	0.984
Histidine....g	0.570		0		1		0.162	0.678	0.485
Alanine....g	1.170		0		1		0.332	1.392	0.995
Aspartic acid....g	1.981		0		1		0.562	2.357	1.684
Glutamic acid....g	2.889		0		1		0.819	3.438	2.456
Glycine....g	0.929		0		1		0.263	1.106	0.790
Proline....g	0.684		0		1		0.194	0.814	0.581
Serine....g	0.789		0		1		0.224	0.939	0.671
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 15055
Fish, mullet, striped, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.24		0	RA	4		37.12	63.10	
Energy kcal	96		0	NC	4		48	81	
Energy kJ	401		0	RA	4		201	341	
Protein (N x 6.25) g	18.51		0	RA	4		9.26	15.74	
Total lipid (fat) g	1.87		0	RA	4		0.93	1.59	
Ash g	1.60		0	RA	4		0.80	1.36	
Carbohydrate, by difference g	0.00		0	RA	4		0.00	0.00	
Fiber, total dietary g	0.0		0	RA	4		0.0	0.0	
Sugars, total g	0.00		0	RA	4		0.00	0.00	
Sucrose g									
Glucose (dextrose) g	0.00		0	RA	4		0.00	0.00	
Fructose g	0.00		0	RA	4		0.00	0.00	
Lactose g	0.00		0	RA	4		0.00	0.00	
Maltose g	0.00		0	RA	4		0.00	0.00	
Galactose g	0.00		0	RA	4		0.00	0.00	
Starch g	0.00		0	RA	4		0.00	0.00	
Minerals:									
Calcium, Ca mg	34		0	RA	4		17	29	
Iron, Fe mg	0.27		0	RA	4		0.14	0.23	
Magnesium, Mg mg	27		0	RA	4		14	23	
Phosphorus, P mg	300		0	RA	4		150	255	
Potassium, K mg	226		0	RA	4		113	192	
Sodium, Na (1) mg	347		0	RA	4		174	295	
Zinc, Zn mg	0.35		0	RA	4		0.18	0.30	
Copper, Cu mg	0.026		0	RA	4		0.013	0.022	
Manganese, Mn mg	0.013		0	RA	4		0.007	0.011	
Selenium, Se µg	34.6		0	RA	4		17.3	29.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	RA	4		0.0	0.0	
Thiamin mg	0.046		0	RA	4		0.023	0.039	
Riboflavin mg	0.057		0	RA	4		0.029	0.049	
Niacin mg	1.215		0	RA	4		0.608	1.033	
Pantothenic acid mg	0.329		0	RA	4		0.164	0.280	
Vitamin B-6 mg	0.084		0	RA	4		0.042	0.072	
Folate, total µg	10		0	RA	4		5	9	
Folic acid µg	0		0	RA	4		0	0	
Folate, food µg	10		0	RA	4		5	9	
Folate, DFE 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	

NDB No. 15058

Fish, ocean perch, Atlantic, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg	0.2		0	RA	4		0.1	0.2	
Lipids:									
Fatty acids, total saturated....g	0.330		0	RA	4		0.165	0.280	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.002		0	RA	4		0.001	0.002	
13:0....g									
14:0....g	0.072		0	RA	4		0.036	0.061	
15:0....g	0.005		0	RA	4		0.002	0.004	
16:0....g	0.187		0	RA	4		0.094	0.159	
17:0....g	0.004		0	RA	4		0.002	0.003	
18:0....g	0.055		0	RA	4		0.028	0.047	
20:0....g	0.002		0	RA	4		0.001	0.002	
22:0....g	0.001		0	RA	4		0.001	0.001	
24:0....g	0.001		0	RA	4		0.000	0.000	
Fatty acids, total monounsaturated....g	0.575		0	RA	4		0.287	0.489	
14:1....g	0.002		0	RA	4		0.001	0.002	
15:1....g	0.001		0	RA	4		0.001	0.001	
16:1 undifferentiated....g	0.093		0	RA	4		0.047	0.079	
17:1....g	0.014		0	RA	4		0.007	0.012	
18:1 undifferentiated....g	0.228		0	RA	4		0.114	0.193	
20:1....g	0.185		0	RA	4		0.092	0.157	
22:1 undifferentiated....g	0.035		0	RA	4		0.017	0.030	
24:1 c....g	0.017		0	RA	4		0.009	0.015	
Fatty acids, total polyunsaturated....g	0.368		0	RA	4		0.184	0.313	
18:2 undifferentiated....g	0.039		0	RA	4		0.020	0.033	
18:3 undifferentiated....g	0.019		0	RA	4		0.010	0.016	
18:4....g	0.010		0	RA	4		0.005	0.008	
20:2 n-6 c,c....g	0.005		0	RA	4		0.002	0.004	
20:3 undifferentiated....g	0.009		0	RA	4		0.005	0.008	
20:4 undifferentiated....g	0.011		0	RA	4		0.006	0.009	
20:5 n-3 (EPA)....g	0.075		0	RA	4		0.037	0.063	
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									
Amino Acids:									
Tryptophan....g	0.227		0	RA	4		0.113	0.193	
Threonine....g	0.851		0	RA	4		0.426	0.723	
Isoleucine....g	0.874		0	RA	4		0.437	0.743	
Leucine....g	1.498		0	RA	4		0.749	1.273	
Lysine....g	1.770		0	RA	4		0.885	1.505	
Methionine....g	0.590		0	RA	4		0.295	0.502	
Cystine....g	0.193		0	RA	4		0.096	0.164	
Phenylalanine....g	0.772		0	RA	4		0.386	0.656	
Tyrosine....g	0.658		0	RA	4		0.329	0.559	
Valine....g	0.897		0	RA	4		0.448	0.762	
Arginine....g	1.226		0	RA	4		0.613	1.042	
Histidine....g	0.386		0	RA	4		0.193	0.328	

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

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

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

Common Measures:

Measure 1 = 50g: 1 fillet

Measure 2 = 85g: 3 oz

Footnotes:

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

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15057
Fish, ocean perch, Atlantic, raw
Sebastes marinus L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	83.07	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
Minerals:									
Calcium, Ca mg	28	4.723	11	A	1		8	18	24
Iron, Fe mg	0.22	0.010	11	A	1		0.06	0.14	0.19
Magnesium, Mg mg	23	1.204	11	A	1		6	14	19
Phosphorus, P mg	248	20.938	11	A	1		70	159	211
Potassium, K mg	187	27.491	11	A	1		53	120	159
Sodium, Na (1) mg	287	42.331	11	A	1		81	184	244
Zinc, Zn mg	0.29	0.011	11	A	1		0.08	0.19	0.25
Copper, Cu mg	0.021	0.001	11	A	1		0.006	0.014	0.018
Manganese, Mn mg	0.011	0.000	11	A	1		0.003	0.007	0.009
Selenium, Se µg	28.6	2.900	11	A	1		8.1	18.3	24.3
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin mg	0.040	0.014	4	A	1		0.011	0.026	0.034
Riboflavin mg	0.048	0.010	4	A	1		0.013	0.030	0.040
Niacin mg	1.005	0.112	4	A	1		0.285	0.643	0.854
Pantothenic acid mg	0.272	0.057	4	A	1		0.077	0.174	0.231
Vitamin B-6 mg	0.073	0.006	4	A	1		0.021	0.047	0.062
Folate, total µg	9		0		4		3	6	8
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	9		0		4		3	6	8
Folate, DFE 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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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....IU	48	32.180	4	A	1		14	31	41
Vitamin K (phylloquinone)....µg	0.1		1	A	1		0.0	0.1	0.1
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.2		1	A	1		0.1	0.1	0.2
Lipids:									
Fatty acids, total saturated....g	0.273		0	NC	4		0.077	0.174	0.232
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000	0.000	10	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	11	A	1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.002	0.000	11	A	1		0.001	0.001	0.002
13:0....g									
14:0....g	0.060	0.018	11	A	1		0.017	0.038	0.051
15:0....g	0.004	0.001	11	A	1		0.001	0.003	0.003
16:0....g	0.155	0.023	11	A	1		0.044	0.099	0.132
17:0....g	0.003	0.000	11	A	1		0.001	0.002	0.003
18:0....g	0.046	0.004	11	A	1		0.013	0.029	0.039
20:0....g	0.002	0.000	11	A	1		0.001	0.001	0.002
22:0....g	0.001	0.000	11	A	1		0.000	0.001	0.001
24:0....g	0.000	0.000	11	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.475		0	NC	4		0.135	0.304	0.404
14:1....g	0.002	0.000	11	A	1		0.000	0.001	0.001
15:1....g	0.001	0.001	11	A	1		0.000	0.001	0.001
16:1 undifferentiated....g	0.077	0.017	11	AS	1		0.022	0.049	0.065
16:1 c....g	0.075	0.017	11	A	1		0.021	0.048	0.064
16:1 t....g	0.002	0.000	11	A	1		0.001	0.001	0.002
17:1....g	0.012	0.003	11	A	1		0.003	0.008	0.010
18:1 undifferentiated....g	0.188	0.034	11	AS	1		0.053	0.120	0.160
18:1 c....g	0.185	0.034	11	A	1		0.052	0.119	0.157
18:1 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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA) g	0.153	0.021	11	A	1		0.044	0.098	0.130
Fatty acids, total trans g	0.009		0	NC	4		0.002	0.006	0.007
Fatty acids, total trans-monoenoic g	0.005		0	NC	4		0.001	0.003	0.004
Fatty acids, total trans-polyenoic g	0.003		0	NC	4		0.001	0.002	0.003
Cholesterol mg	52	2.522	4	A	1		15	33	44
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.188		0	A	1		0.053	0.120	0.160
Threonine g	0.704		0	A	1		0.200	0.450	0.598
Isoleucine g	0.723		0	A	1		0.205	0.462	0.614
Leucine g	1.239		0	A	1		0.351	0.793	1.053
Lysine g	1.464		0	A	1		0.415	0.937	1.244
Methionine g	0.488		0	A	1		0.138	0.312	0.415
Cystine g	0.160		0	A	1		0.045	0.102	0.136
Phenylalanine g	0.638		0	A	1		0.181	0.408	0.542
Tyrosine g	0.544		0	A	1		0.154	0.348	0.463
Valine g	0.741		0	A	1		0.210	0.474	0.630
Arginine g	1.013		0	A	1		0.287	0.649	0.861
Histidine g	0.319		0	A	1		0.090	0.204	0.271
Alanine g	0.901		0	A	1		0.255	0.577	0.766
Aspartic acid g	1.558		0	A	1		0.442	0.997	1.324
Glutamic acid g	2.412		0	A	1		0.684	1.543	2.050
Glycine g	0.676		0	A	1		0.192	0.432	0.574
Proline g	0.525		0	A	1		0.149	0.336	0.447
Serine g	0.629		0	A	1		0.178	0.402	0.534
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 64g: 1 fillet

Measure 3 = 85g: 3 oz

Footnotes:

1 Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 75 mg sodium/100g.

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15061
Fish, perch, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.25		0		1		33.70	62.26	
Energy kcal	117		0	NC	4		54	99	
Energy kJ	490				4		225	416	
Protein (N x 6.25) g	24.86		0		1		11.44	21.13	
Total lipid (fat) g	1.18		0		1		0.54	1.00	
Ash g	1.59		0		1		0.73	1.35	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	102		0		1		47	87	
Iron, Fe mg	1.16		0		1		0.53	0.99	
Magnesium, Mg mg	38		0		1		17	32	
Phosphorus, P mg	257		0		1		118	218	
Potassium, K mg	344		0		1		158	292	
Sodium, Na mg	79		0		1		36	67	
Zinc, Zn mg	1.43		0		1		0.66	1.22	
Copper, Cu mg	0.192		0		1		0.088	0.163	
Manganese, Mn mg	0.900		0		4		0.414	0.765	
Selenium, Se µg	16.1		0	BFSN	4		7.4	13.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.7		0		4		0.8	1.4	
Thiamin mg	0.080		0		4		0.037	0.068	
Riboflavin mg	0.120		0		4		0.055	0.102	
Niacin mg	1.900		0		4		0.874	1.615	
Pantothenic acid mg	0.870		0		4		0.400	0.740	
Vitamin B-6 mg	0.140		0		4		0.064	0.119	
Folate, total µg	6		0		4		3	5	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0		4		3	5	
Folate, DFE 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									
Lipids:									

NDB No. 15061

Fish, perch, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.278		0		1		0.128	0.236	
Threonine....g	1.090		0		1		0.501	0.927	
Isoleucine....g	1.145		0		1		0.527	0.973	
Leucine....g	2.020		0		1		0.929	1.717	
Lysine....g	2.283		0		1		1.050	1.941	
Methionine....g	0.736		0		1		0.339	0.626	
Cystine....g	0.266		0		1		0.122	0.226	
Phenylalanine....g	0.970		0		1		0.446	0.825	
Tyrosine....g	0.839		0		1		0.386	0.713	
Valine....g	1.281		0		1		0.589	1.089	
Arginine....g	1.487		0		1		0.684	1.264	
Histidine....g	0.732		0		1		0.337	0.622	
Alanine....g	1.503		0		1		0.691	1.278	
Aspartic acid....g	2.545		0		1		1.171	2.163	
Glutamic acid....g	3.711		0		1		1.707	3.154	
Glycine....g	1.193		0		1		0.549	1.014	
Proline....g	0.879		0		1		0.404	0.747	
Serine....g	1.014		0		1		0.466	0.862	
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15060

Fish, perch, mixed species, raw

Morone americana Gmelin and Perca flavescens (Mitchill)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.13	0.128	38		1		47.48	67.26	
Energy kcal	91		0	NC	4		55	77	
Energy kJ	381		0		4		228	324	
Protein (N x 6.25) g	19.39	0.172	39		1		11.63	16.48	
Total lipid (fat) g	0.92	0.049	24		1		0.55	0.78	
Ash g	1.24	0.068	39		1		0.74	1.05	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	80		2		1		48	68	
Iron, Fe mg	0.90		2		1		0.54	0.77	
Magnesium, Mg mg	30		2		1		18	26	
Phosphorus, P mg	200		2		1		120	170	
Potassium, K mg	269		4		1		161	229	
Sodium, Na mg	62		4		1		37	53	
Zinc, Zn mg	1.11	0.153	53		1		0.67	0.94	
Copper, Cu mg	0.150	0.006	80		1		0.090	0.128	
Manganese, Mn mg	0.700		2		1		0.420	0.595	
Selenium, Se µg	12.6		0	BFZN	4		7.6	10.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.7		0		4		1.0	1.4	
Thiamin mg	0.070		0		4		0.042	0.060	
Riboflavin mg	0.100		0		4		0.060	0.085	
Niacin mg	1.520		0		4		0.912	1.292	
Pantothenic acid mg	0.750		0		4		0.450	0.638	
Vitamin B-6 mg	0.120		0		4		0.072	0.102	
Folate, total µg	5		0		4		3	4	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0		4		3	4	
Folate, DFE µg	5		0	NC	4		3	4	
Choline, total mg	65.0		0	T	4		39.0	55.3	
Betaine mg									
Vitamin B-12 µg	1.90		0		4		1.14	1.62	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	9		0	NC	4		5	8	
Retinol µg	9		0	T	4		5	8	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	30		0	NC	4		18	26	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		0	NR	4		0.12	0.17	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	3.0		0	AS	1		1.8	2.5	
Vitamin D IU	118		0	NR	4		71	100	
Vitamin K (phylloquinone) µg	0.1		0	T	4		0.1	0.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15060
Fish, perch, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.217		0		1		0.130	0.184	
Threonine....g	0.850		0		1		0.510	0.723	
Isoleucine....g	0.893		0		1		0.536	0.759	
Leucine....g	1.576		0		1		0.946	1.340	
Lysine....g	1.781		0		1		1.069	1.514	
Methionine....g	0.574		0		1		0.344	0.488	
Cystine....g	0.208		0		1		0.125	0.177	
Phenylalanine....g	0.757		0		1		0.454	0.643	
Tyrosine....g	0.655		0		1		0.393	0.557	
Valine....g	0.999		0		1		0.599	0.849	
Arginine....g	1.160		0		1		0.696	0.986	
Histidine....g	0.571		0		1		0.343	0.485	
Alanine....g	1.173		0		1		0.704	0.997	
Aspartic acid....g	1.985		0		1		1.191	1.687	
Glutamic acid....g	2.894		0		1		1.736	2.460	
Glycine....g	0.931		0		1		0.559	0.791	
Proline....g	0.686		0		1		0.412	0.583	
Serine....g	0.791		0		1		0.475	0.672	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 15060
Fish, perch, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15063
Fish, pike, northern, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.97		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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15063
Fish, pike, northern, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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 27 (2014)

NDB No. 15062
Fish, pike, northern, raw
Esox lucius L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.92	0.059	238		1		67.08	156.26	
Energy kcal	88		0	NC	4		75	174	
Energy kJ	368		0		4		313	729	
Protein (N x 6.25) g	19.26	0.046	236		1		16.37	38.13	
Total lipid (fat) g	0.69	0.005	224		1		0.59	1.37	
Ash g	1.20	0.089	16		1		1.02	2.38	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	57	15.246	3		1		48	113	
Iron, Fe mg	0.55		2		1		0.47	1.09	
Magnesium, Mg mg	31		0		4		26	61	
Phosphorus, P mg	220	23.024	3		1		187	436	
Potassium, K mg	259		2		1		220	513	
Sodium, Na mg	39		0		4		33	77	
Zinc, Zn mg	0.67	0.053	59		1		0.57	1.33	
Copper, Cu mg	0.051	0.019	8		1		0.043	0.101	
Manganese, Mn mg	0.240		0		4		0.204	0.475	
Selenium, Se µg	12.6		0	BFZN	4		10.7	24.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.8	0.854	4		1		3.2	7.5	
Thiamin mg	0.058	0.011	4		1		0.049	0.115	
Riboflavin mg	0.063	0.013	3		1		0.054	0.125	
Niacin mg	2.300		0		4		1.955	4.554	
Pantothenic acid mg	0.750		0		4		0.638	1.485	
Vitamin B-6 mg	0.117	0.024	3		1		0.099	0.232	
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	65.0		0	T	4		55.3	128.7	
Betaine mg									
Vitamin B-12 µg	2.00		0		4		1.70	3.96	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	21		0	NC	4		18	42	
Retinol µg	21		0	T	4		18	42	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	70		0	NC	4		60	139	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		0	NR	4		0.17	0.40	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
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	2.5		0	AS	1		2.1	4.9	
Vitamin D IU	99		0	NR	4		84	196	
Vitamin K (phylloquinone) µg	0.1		0	T	4		0.1	0.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15062
Fish, pike, northern, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
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									
Others:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15204
Fish, pike, walleye, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.47		0		1		91.10	62.45	
Energy kcal	119		0	NC	4		148	101	
Energy kJ	498				4		617	423	
Protein (N x 6.25) g	24.54		0		1		30.43	20.86	
Total lipid (fat) g	1.56		0		1		1.93	1.33	
Ash g	1.54		0		1		1.91	1.31	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	141		0		1		175	120	
Iron, Fe mg	1.67		0		1		2.07	1.42	
Magnesium, Mg mg	38		0		1		47	32	
Phosphorus, P mg	269		0		1		334	229	
Potassium, K mg	499		0		1		619	424	
Sodium, Na mg	65		0		1		81	55	
Zinc, Zn mg	0.79		0		1		0.98	0.67	
Copper, Cu mg	0.228		0		1		0.283	0.194	
Manganese, Mn mg	1.026		0		1		1.272	0.872	
Selenium, Se µg	16.2		0	BFSN	4		20.1	13.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.312		0		1		0.387	0.265	
Riboflavin mg	0.195		0		1		0.242	0.166	
Niacin mg	2.801		0		1		3.473	2.381	
Pantothenic acid mg	0.865		0		1		1.073	0.735	
Vitamin B-6 mg	0.138		0		1		0.171	0.117	
Folate, total µg	17		0		1		21	14	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	17		0		1		21	14	
Folate, DFE 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									
Lipids:									

NDB No. 15204
Fish, pike, walleye, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.275		0		1		0.341	0.234	
Threonine....g	1.076		0		1		1.334	0.915	
Isoleucine....g	1.131		0		1		1.402	0.961	
Leucine....g	1.994		0		1		2.473	1.695	
Lysine....g	2.254		0		1		2.795	1.916	
Methionine....g	0.726		0		1		0.900	0.617	
Cystine....g	0.263		0		1		0.326	0.224	
Phenylalanine....g	0.958		0		1		1.188	0.814	
Tyrosine....g	0.828		0		1		1.027	0.704	
Valine....g	1.264		0		1		1.567	1.074	
Arginine....g	1.468		0		1		1.820	1.248	
Histidine....g	0.722		0		1		0.895	0.614	
Alanine....g	1.484		0		1		1.840	1.261	
Aspartic acid....g	2.513		0		1		3.116	2.136	
Glutamic acid....g	3.663		0		1		4.542	3.114	
Glycine....g	1.178		0		1		1.461	1.001	
Proline....g	0.868		0		1		1.076	0.738	
Serine....g	1.001		0		1		1.241	0.851	
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15064
Fish, pike, walleye, raw
Stizostedion vitreum vitreum (Mitchill)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.31	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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15064
Fish, pike, walleye, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.249		0		1		0.212	0.396	
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	0.018	0.000	7		1		0.015	0.029	
15:0....g									
16:0....g	0.197	0.004	7		1		0.167	0.313	
17:0....g									
18:0....g	0.034	0.002	7		1		0.029	0.054	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.294		0		1		0.250	0.467	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.098	0.007	7		1		0.083	0.156	
17:1....g									
18:1 undifferentiated....g	0.196	0.013	7		1		0.167	0.312	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.447		0		1		0.380	0.711	
18:2 undifferentiated....g	0.026	0.002	7		1		0.022	0.041	
18:3 undifferentiated....g	0.014	0.000	7		1		0.012	0.022	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.058	0.006	7		1		0.049	0.092	
20:5 n-3 (EPA)....g	0.086	0.003	7		1		0.073	0.137	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.038	0.002	7		1		0.032	0.060	
22:6 n-3 (DHA)....g	0.225	0.011	7		1		0.191	0.358	
Fatty acids, total trans....g									
Cholesterol....mg	86		1		1		73	137	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.214		0		1		0.182	0.340	
Threonine....g	0.839		0		1		0.713	1.334	
Isoleucine....g	0.882		0		1		0.750	1.402	
Leucine....g	1.555		0		1		1.322	2.472	
Lysine....g	1.758		0		1		1.494	2.795	
Methionine....g	0.566		0		1		0.481	0.900	
Cystine....g	0.205		0		1		0.174	0.326	
Phenylalanine....g	0.747		0		1		0.635	1.188	
Tyrosine....g	0.646		0		1		0.549	1.027	
Valine....g	0.986		0		1		0.838	1.568	
Arginine....g	1.145		0		1		0.973	1.821	
Histidine....g	0.563		0		1		0.479	0.895	
Alanine....g	1.157		0		1		0.983	1.840	
Aspartic acid....g	1.960		0		1		1.666	3.116	
Glutamic acid....g	2.857		0		1		2.428	4.543	
Glycine....g	0.919		0		1		0.781	1.461	
Proline....g	0.677		0		1		0.575	1.076	
Serine....g	0.781		0		1		0.664	1.242	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 15064
Fish, pike, walleye, raw

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

NDB No. 15067
Fish, pollock, Alaska, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.65		0	RA	4		44.19	62.60	
Energy kcal	111		0	RA	4		67	94	
Energy kJ	464		0	RA	4		278	395	
Protein (N x 6.25) g	23.48		0	RA	4		14.09	19.96	
Total lipid (fat) g	1.18		0	RA	4		0.71	1.01	
Ash g	1.70		0	RA	4		1.02	1.45	
Carbohydrate, by difference g	0.00		0	RA	4		0.00	0.00	
Fiber, total dietary g	0.0		0	RA	4		0.0	0.0	
Sugars, total g	0.00		0	RA	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	72		0	RA	4		43	62	
Iron, Fe mg	0.56		0	RA	4		0.33	0.47	
Magnesium, Mg mg	81		0	RA	4		49	69	
Phosphorus, P mg	267		0	RA	4		160	227	
Potassium, K mg	430		0	RA	4		258	365	
Sodium, Na (1) mg	419		0	O	4		251	356	
Zinc, Zn mg	0.57		0	RA	4		0.34	0.48	
Copper, Cu mg	0.060		0	RA	4		0.036	0.051	
Manganese, Mn mg	0.018		0	RA	4		0.011	0.015	
Selenium, Se µg	44.1		0	RA	4		26.4	37.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	RA	4		0.0	0.0	
Thiamin mg	0.054		0	RA	4		0.032	0.046	
Riboflavin mg	0.223		0	RA	4		0.134	0.190	
Niacin mg	3.949		0	RA	4		2.370	3.357	
Pantothenic acid mg	0.432		0	RA	4		0.259	0.368	
Vitamin B-6 mg	0.329		0	RA	4		0.198	0.280	
Folate, total µg	3		0	RA	4		2	3	
Folic acid µg	0		0	RA	4		0	0	
Folate, food µg	3		0	RA	4		2	3	
Folate, DFE µg	3		0	NC	4		2	3	
Choline, total mg	91.6		0	RA	4		54.9	77.8	
Betaine mg									
Vitamin B-12 µg	3.66		0	RA	4		2.20	3.11	
Vitamin B-12, added µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE µg	17		0	RA	4		10	14	
Retinol µg	17		0	RA	4		10	14	
Carotene, beta µg	0		0	RA	4		0	0	
Carotene, alpha µg	0		0	RA	4		0	0	
Cryptoxanthin, beta µg	0		0	RA	4		0	0	
Vitamin A, IU IU	51		0	RA	4		30	43	
Lycopene µg	0		0	RA	4		0	0	
Lutein + zeaxanthin µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.28		0	RA	4		0.17	0.24	
Vitamin E, added mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	1.3		0	RA	4		0.8	1.1	
Vitamin D IU	51		0	RA	4		30	43	
Vitamin K (phylloquinone) µg	0.1		0	RA	4		0.1	0.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15067
Fish, pollock, Alaska, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.263		0	RA	4		0.158	0.224	
Threonine....g	1.029		0	RA	4		0.617	0.875	
Isoleucine....g	1.082		0	RA	4		0.649	0.920	
Leucine....g	1.908		0	RA	4		1.145	1.622	
Lysine....g	2.157		0	RA	4		1.294	1.833	
Methionine....g	0.696		0	RA	4		0.417	0.591	
Cystine....g	0.251		0	RA	4		0.151	0.214	
Phenylalanine....g	0.917		0	RA	4		0.550	0.779	
Tyrosine....g	0.792		0	RA	4		0.475	0.673	
Valine....g	1.210		0	RA	4		0.726	1.029	
Arginine....g	1.406		0	RA	4		0.843	1.195	
Histidine....g	0.691		0	RA	4		0.414	0.587	
Alanine....g	1.420		0	RA	4		0.852	1.207	
Aspartic acid....g	2.405		0	RA	4		1.443	2.044	
Glutamic acid....g	3.506		0	RA	4		2.104	2.980	
Glycine....g	1.127		0	RA	4		0.676	0.958	
Proline....g	0.831		0	RA	4		0.499	0.706	
Serine....g	0.958		0	RA	4		0.575	0.814	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	

NDB No. 15067
Fish, pollock, Alaska, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 = 60g: 1 fillet

Measure 2 = 85g: 3 oz

Footnotes:

1 Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 116 mg sodium/100g.

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15066
Fish, pollock, Alaska, raw
Theragra chalcogramma (Pallas)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	86.75	1.185	8	A	1		66.79	73.73	
Energy kcal	56		0	NC	4		43	47	
Energy kJ	233		0	NC	4		179	198	
Protein (N x 6.25) g	12.19	1.276	8	A	1		9.38	10.36	
Total lipid (fat) g	0.41	0.035	8	A	1		0.31	0.35	
Ash g	1.36	0.170	8	A	1		1.04	1.15	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Sucrose g									
Glucose (dextrose) g									
Fructose g	0.00		1	A	1		0.00	0.00	
Lactose g	0.00		1	A	1		0.00	0.00	
Maltose g	0.00		1	A	1		0.00	0.00	
Galactose g	0.00		1	A	1		0.00	0.00	
Starch g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca mg	15	4.178	8	A	1		11	13	
Iron, Fe mg	0.22	0.017	8	A	1		0.17	0.19	
Magnesium, Mg mg	16	2.320	8	A	1		12	14	
Phosphorus, P mg	284	48.180	8	A	1		219	241	
Potassium, K mg	160	40.138	8	A	1		123	136	
Sodium, Na (1) mg	333	67.108	8	A	1		257	283	
Zinc, Zn mg	0.31	0.023	8	A	1		0.24	0.26	
Copper, Cu mg	0.031	0.004	8	A	1		0.024	0.026	
Manganese, Mn mg	0.011	0.000	8	A	1		0.008	0.009	
Selenium, Se µg	15.9	2.219	8	A	1		12.2	13.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1		0.0	0.0	
Thiamin mg	0.030	0.010	3	A	1		0.023	0.026	
Riboflavin mg	0.080	0.010	3	A	1		0.062	0.068	
Niacin mg	0.653	0.239	3	A	1		0.503	0.555	
Pantothenic acid mg	0.237	0.055	3	A	1		0.182	0.201	
Vitamin B-6 mg	0.069	0.030	3	A	1		0.053	0.058	
Folate, total µg	3		2		1		2	3	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	3		2		1		2	3	
Folate, DFE 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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.124		0	NC	4		0.095	0.105	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000	0.000	7	A	1		0.000	0.000	
8:0....g	0.000	0.000	7	A	1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.001	0.000	8	A	1		0.001	0.001	
13:0....g									
14:0....g	0.004	0.001	8	A	1		0.003	0.004	
15:0....g	0.001	0.000	8	A	1		0.001	0.001	
16:0....g	0.087	0.009	8	A	1		0.067	0.074	
17:0....g	0.001	0.000	8	A	1		0.001	0.001	
18:0....g	0.029	0.003	8	A	1		0.022	0.024	
20:0....g	0.000	0.000	8	A	1		0.000	0.000	
22:0....g	0.000	0.000	8	A	1		0.000	0.000	
24:0....g	0.000	0.000	8	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.079		0	NC	4		0.061	0.067	
14:1....g	0.001	0.000	8	A	1		0.001	0.001	
15:1....g	0.001	0.000	8	A	1		0.001	0.001	
16:1 undifferentiated....g	0.004	0.001	8	AS	1		0.003	0.003	
16:1 c....g	0.003	0.001	8	A	1		0.003	0.003	
16:1 t....g	0.001	0.000	8	A	1		0.000	0.000	
17:1....g	0.004	0.002	8	A	1		0.003	0.004	
18:1 undifferentiated....g	0.052	0.007	8	AS	1		0.040	0.044	
18:1 c....g	0.048	0.006	8	A	1		0.037	0.041	
18:1 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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA) g	0.116	0.013	8	A	1		0.090	0.099	
Fatty acids, total trans g	0.016		0	NC	4		0.012	0.013	
Fatty acids, total trans-monoenoic g	0.004		0	NC	4		0.003	0.004	
Fatty acids, total trans-polyenoic g	0.011		0	NC	4		0.009	0.010	
Cholesterol mg	46	3.078	3	A	1		35	39	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.166		0	A	1		0.128	0.141	
Threonine g	0.536		0	A	1		0.413	0.456	
Isoleucine g	0.573		0	A	1		0.441	0.487	
Leucine g	0.980		0	A	1		0.754	0.833	
Lysine g	1.118		0	A	1		0.861	0.951	
Methionine g	0.370		0	A	1		0.285	0.314	
Cystine g	0.129		0	A	1		0.100	0.110	
Phenylalanine g	0.471		0	A	1		0.363	0.401	
Tyrosine g	0.453		0	A	1		0.349	0.385	
Valine g	0.619		0	A	1		0.477	0.526	
Arginine g	0.859		0	A	1		0.662	0.731	
Histidine g	0.259		0	A	1		0.199	0.220	
Alanine g	0.693		0	A	1		0.534	0.589	
Aspartic acid g	1.211		0	A	1		0.932	1.029	
Glutamic acid g	1.922		0	A	1		1.480	1.634	
Glycine g	0.545		0	A	1		0.420	0.463	
Proline g	0.462		0	A	1		0.356	0.393	
Serine g	0.499		0	A	1		0.384	0.424	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 77g: 1 fillet

Measure 2 = 85g: 3 oz

Footnotes:

1 Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 99 mg sodium/100g.

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15267
Fish, pollock, Alaska, untreated, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.34		3	A	1		67.44		
Energy kcal	80		0	NC	4		68		
Energy kJ	335		0	NC	4		285		
Protein g	19.42		3	A	1		16.50		
Total lipid (fat) g	0.26		3	A	1		0.22		
Ash g	1.42		3	A	1		1.20		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	13		3	A	1		11		
Iron, Fe mg	0.29		3	A	1		0.25		
Magnesium, Mg mg	37		3	A	1		31		
Phosphorus, P mg	206		3	A	1		175		
Potassium, K mg	364		3	A	1		310		
Sodium, Na mg	166		3	A	1		141		
Zinc, Zn mg	0.44		3	A	1		0.38		
Copper, Cu mg	0.043		3	A	1		0.036		
Manganese, Mn mg	0.011		3	A	1		0.009		
Selenium, Se µg									
Lipids:									
Fatty acids, total saturated g	0.053		0	NC	4		0.045		
4:0 g	0.000		3	A	1		0.000		
6:0 g	0.000		3	A	1		0.000		
8:0 g	0.000		3	A	1		0.000		
10:0 g	0.000		3	A	1		0.000		
12:0 g	0.000		3	A	1		0.000		
13:0 g									
14:0 g	0.003		3	A	1		0.003		
15:0 g	0.000		3	A	1		0.000		
16:0 g	0.041		3	A	1		0.035		
17:0 g	0.000		3	A	1		0.000		
18:0 g	0.008		3	A	1		0.007		
20:0 g	0.000		3	A	1		0.000		
22:0 g	0.000		3	A	1		0.000		
24:0 g	0.000		3	A	1		0.000		
Fatty acids, total monounsaturated g	0.059		0	NC	4		0.050		
14:1 g	0.000		3	A	1		0.000		
15:1 g	0.000		3	A	1		0.000		
16:1 undifferentiated g	0.003		0	AS	1		0.002		
16:1 c g	0.003		3	A	1		0.002		
16:1 t g	0.000		3	A	1		0.000		
17:1 g	0.000		3	A	1		0.000		
18:1 undifferentiated g	0.022		0	AS	1		0.019		
18:1 c g	0.021		3	A	1		0.018		
18:1 t g	0.001		3	A	1		0.001		
18:1-11 t (18:1t n-7) g									
20:1 g	0.009		3	A	1		0.008		
22:1 undifferentiated g	0.000		0	AS	1		0.000		
22:1 c g	0.000		3	A	1		0.000		
22:1 t g	0.000		3	A	1		0.000		
24:1 c g	0.000		3	A	1		0.000		
Fatty acids, total polyunsaturated g	0.097		0	NC	4		0.082		
18:2 undifferentiated g	0.002		0	AS	1		0.001		
18:2 n-6 c,c g	0.002		3	A	1		0.001		
18:2 CLAs g	0.000		3	A	1		0.000		
18:2 t,t g									

NDB No. 15267
Fish, pollock, Alaska, untreated, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15266
Fish, pollock, Alaska, untreated, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.99		3	A	1		69.69		
Energy kcal	70		0	NC	4		60		
Energy kJ	294		0	NC	4		250		
Protein g	17.17		3	A	1		14.59		
Total lipid (fat) g	0.19		3	A	1		0.16		
Ash g	1.34		3	A	1		1.14		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	12		3	A	1		10		
Iron, Fe mg	0.27		3	A	1		0.23		
Magnesium, Mg mg	34		3	A	1		29		
Phosphorus, P mg	190		3	A	1		161		
Potassium, K mg	331		3	A	1		281		
Sodium, Na mg	159		3	A	1		135		
Zinc, Zn mg	0.40		3	A	1		0.34		
Copper, Cu mg	0.041		3	A	1		0.035		
Manganese, Mn mg	0.011		3	A	1		0.009		
Selenium, Se µg									
Lipids:									
Fatty acids, total saturated g	0.039		0	NC	4		0.033		
4:0 g	0.000		3	A	1		0.000		
6:0 g	0.000		3	A	1		0.000		
8:0 g	0.000		3	A	1		0.000		
10:0 g	0.000		3	A	1		0.000		
12:0 g	0.000		3	A	1		0.000		
13:0 g									
14:0 g	0.002		3	A	1		0.002		
15:0 g	0.000		3	A	1		0.000		
16:0 g	0.031		3	A	1		0.026		
17:0 g	0.000		3	A	1		0.000		
18:0 g	0.006		3	A	1		0.005		
20:0 g	0.000		3	A	1		0.000		
22:0 g	0.000		3	A	1		0.000		
24:0 g	0.000		3	A	1		0.000		
Fatty acids, total monounsaturated g	0.043		0	NC	4		0.036		
14:1 g	0.000		3	A	1		0.000		
15:1 g	0.000		3	A	1		0.000		
16:1 undifferentiated g	0.002		0	AS	1		0.002		
16:1 c g	0.002		3	A	1		0.002		
16:1 t g	0.000		3	A	1		0.000		
17:1 g	0.000		3	A	1		0.000		
18:1 undifferentiated g	0.015		0	AS	1		0.013		
18:1 c g	0.014		3	A	1		0.012		
18:1 t g	0.001		3	A	1		0.001		
18:1-11 t (18:1t n-7) g									
20:1 g	0.007		3	A	1		0.006		
22:1 undifferentiated g	0.001		0	AS	1		0.000		
22:1 c g	0.001		3	A	1		0.000		
22:1 t g	0.000		3	A	1		0.000		
24:1 c g	0.001		3	A	1		0.000		
Fatty acids, total polyunsaturated g	0.072		0	NC	4		0.061		
18:2 undifferentiated g	0.002		0	AS	1		0.002		
18:2 n-6 c,c g	0.002		3	A	1		0.002		
18:2 CLAs g	0.000		3	A	1		0.000		
18:2 t,t g									

NDB No. 15266
Fish, pollock, Alaska, untreated, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15205
Fish, pollock, Atlantic, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.03		0		1		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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15205
Fish, pollock, Atlantic, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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 27 (2014)

NDB No. 15065
Fish, pollock, Atlantic, raw
Pollachius virens L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.18	0.171	62		1		66.45	150.89	
Energy kcal	92		0	NC	4		78	178	
Energy kJ	385		0		4		327	743	
Protein (N x 6.25) g	19.44	0.214	61		1		16.52	37.52	
Total lipid (fat) g	0.98	0.027	14		1		0.83	1.89	
Ash g	1.41	0.029	56		1		1.20	2.72	
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	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	60	11.988	17		1		51	116	
Iron, Fe mg	0.46		0		4		0.39	0.89	
Magnesium, Mg mg	67		1		1		57	129	
Phosphorus, P mg	221	8.557	22		1		188	427	
Potassium, K mg	356	9.510	30		1		303	687	
Sodium, Na mg	86	5.136	28		1		73	166	
Zinc, Zn mg	0.47	0.016	84		1		0.40	0.91	
Copper, Cu mg	0.050	0.003	75		1		0.043	0.097	
Manganese, Mn mg	0.015		0		1		0.013	0.029	
Selenium, Se µg	36.5		0	CAZN	4		31.0	70.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.047		2		1		0.040	0.091	
Riboflavin mg	0.185	0.023	10		1		0.157	0.357	
Niacin mg	3.270	0.231	10		1		2.780	6.311	
Pantothenic acid mg	0.358	0.020	10		1		0.304	0.691	
Vitamin B-6 mg	0.287		2		1		0.244	0.554	
Folate, total µg	3		0		4		3	6	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	3		0		4		3	6	
Folate, DFE µg	3		0	NC	4		3	6	
Choline, total mg	75.8		0	BFSN	4		64.4	146.3	
Betaine mg									
Vitamin B-12 µg	3.19	0.350	11		1		2.71	6.16	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	14		0	NC	4		12	27	
Retinol µg	14		0	BFSN	4		12	27	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	46		0	NC	4		40	90	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.23		0	T	4		0.20	0.44	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
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	1.0		0	AS	1		0.9	2.0	
Vitamin D IU	42		0	BFSN	4		36	81	
Vitamin K (phylloquinone) µg	0.1		0	BFSN	4		0.1	0.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15065
Fish, pollock, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
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									
Others:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15069
Fish, pompano, florida, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.97		0		1		55.41	53.52	
Energy kcal	211		0	NC	4		186	179	
Energy kJ	883		0		4		777	750	
Protein (N x 6.25) g	23.69		0		1		20.85	20.14	
Total lipid (fat) g	12.14		0		1		10.68	10.32	
Ash g	1.38		1		1		1.21	1.17	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	43		1		1		38	37	
Iron, Fe mg	0.67		1		1		0.59	0.57	
Magnesium, Mg mg	31		1		1		27	26	
Phosphorus, P mg	341		1		1		300	290	
Potassium, K mg	636		1		1		560	541	
Sodium, Na mg	76		1		1		67	65	
Zinc, Zn mg	0.69		1		1		0.61	0.59	
Copper, Cu mg	0.078		1		1		0.069	0.066	
Manganese, Mn mg	0.025		1		1		0.022	0.021	
Selenium, Se µg	46.8		0	BFSN	4		41.2	39.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.680		0		4		0.598	0.578	
Riboflavin mg	0.150		0		4		0.132	0.128	
Niacin mg	3.800		0		4		3.344	3.230	
Pantothenic acid mg	0.870		0		4		0.766	0.740	
Vitamin B-6 mg	0.230		0		4		0.202	0.196	
Folate, total µg	17		0		4		15	15	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	17		0		4		15	15	
Folate, DFE 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									
Lipids:									

NDB No. 15069
Fish, pompano, florida, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.265		0		1		0.233	0.225	
Threonine....g	1.038		0		1		0.913	0.882	
Isoleucine....g	1.092		0		1		0.961	0.928	
Leucine....g	1.925		0		1		1.694	1.636	
Lysine....g	2.175		0		1		1.914	1.849	
Methionine....g	0.701		0		1		0.617	0.596	
Cystine....g	0.254		0		1		0.224	0.216	
Phenylalanine....g	0.925		0		1		0.814	0.786	
Tyrosine....g	0.800		0		1		0.704	0.680	
Valine....g	1.220		0		1		1.074	1.037	
Arginine....g	1.417		0		1		1.247	1.204	
Histidine....g	0.697		0		1		0.613	0.592	
Alanine....g	1.433		0		1		1.261	1.218	
Aspartic acid....g	2.426		0		1		2.135	2.062	
Glutamic acid....g	3.536		0		1		3.112	3.006	
Glycine....g	1.137		0		1		1.001	0.966	
Proline....g	0.838		0		1		0.737	0.712	
Serine....g	0.966		0		1		0.850	0.821	
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15068
Fish, pompano, florida, raw
Trachinotus carolinus (L.)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.12	1.704	6		1		20.16	79.65	60.45
Energy kcal	164		0	NC	4		46	184	139
Energy kJ	686		0		4		195	769	583
Protein (N x 6.25) g	18.48	0.842	6		1		5.24	20.70	15.71
Total lipid (fat) g	9.47	2.259	7		1		2.68	10.61	8.05
Ash g	1.10	0.033	6		1		0.31	1.23	0.94
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	22	3.899	6		1		6	25	19
Iron, Fe mg	0.60	0.046	6		1		0.17	0.67	0.51
Magnesium, Mg mg	27	1.354	6		1		8	30	23
Phosphorus, P mg	195	19.532	6		1		55	218	166
Potassium, K mg	381	39.072	7		1		108	427	324
Sodium, Na mg	65	3.496	7		1		18	73	55
Zinc, Zn mg	0.72	0.022	65		1		0.20	0.81	0.61
Copper, Cu mg	0.038	0.010	64		1		0.011	0.043	0.032
Manganese, Mn mg	0.013	0.002	6		1		0.004	0.015	0.011
Selenium, Se µg	36.5		0	CAZN	4		10.3	40.9	31.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.560		0		4		0.159	0.627	0.476
Riboflavin mg	0.120		0		4		0.034	0.134	0.102
Niacin mg	3.000		0		4		0.851	3.360	2.550
Pantothenic acid mg	0.750		0		4		0.213	0.840	0.638
Vitamin B-6 mg	0.200		0		4		0.057	0.224	0.170
Folate, total µg	15		0		4		4	17	13
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	15		0		4		4	17	13
Folate, DFE µg	15		0	NC	4		4	17	13
Choline, total mg	51.5		0	BFSN	4		14.6	57.7	43.8
Betaine mg									
Vitamin B-12 µg	1.30		0		4		0.37	1.46	1.11
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	40		0	NC	4		11	44	34
Retinol µg	40		0	BFSN	4		11	44	34
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	132		0	NC	4		37	148	112
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.18		0	T	4		0.05	0.20	0.15
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	11.0		0	AS	1		3.1	12.3	9.3
Vitamin D IU	439		0	BFFN	4		124	491	373
Vitamin K (phylloquinone) µg	0.1		0	T	4		0.0	0.1	0.1
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15068
Fish, pompano, florida, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.207		0		1		0.059	0.232	0.176
Threonine....g	0.810		0		1		0.230	0.907	0.689
Isoleucine....g	0.851		0		1		0.241	0.953	0.723
Leucine....g	1.502		0		1		0.426	1.682	1.277
Lysine....g	1.697		0		1		0.481	1.901	1.442
Methionine....g	0.547		0		1		0.155	0.613	0.465
Cystine....g	0.198		0		1		0.056	0.222	0.168
Phenylalanine....g	0.721		0		1		0.204	0.808	0.613
Tyrosine....g	0.624		0		1		0.177	0.699	0.530
Valine....g	0.952		0		1		0.270	1.066	0.809
Arginine....g	1.106		0		1		0.314	1.239	0.940
Histidine....g	0.544		0		1		0.154	0.609	0.462
Alanine....g	1.117		0		1		0.317	1.251	0.949
Aspartic acid....g	1.892		0		1		0.536	2.119	1.608
Glutamic acid....g	2.758		0		1		0.782	3.089	2.344
Glycine....g	0.887		0		1		0.251	0.993	0.754
Proline....g	0.653		0		1		0.185	0.731	0.555
Serine....g	0.754		0		1		0.214	0.844	0.641
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 15068
Fish, pompano, florida, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15206
Fish, pout, ocean, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.10		0		1		104.26	64.69	
Energy kcal	102		0	NC	4		140	87	
Energy kJ	427				4		585	363	
Protein (N x 6.25) g	21.33		0		1		29.22	18.13	
Total lipid (fat) g	1.17		0		1		1.60	0.99	
Ash g	1.45		0		1		1.99	1.23	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	13		0		1		18	11	
Iron, Fe mg	0.36		0		1		0.49	0.31	
Magnesium, Mg mg	17		0		1		23	14	
Phosphorus, P mg	256		0		1		351	218	
Potassium, K mg	513		0		1		703	436	
Sodium, Na mg	78		0		1		107	66	
Zinc, Zn mg	1.32		0		1		1.81	1.12	
Copper, Cu mg	0.041		0		1		0.056	0.035	
Manganese, Mn mg	0.019		0		1		0.026	0.016	
Selenium, Se µg	46.8		0	BFSN	4		64.1	39.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.092		0		1		0.126	0.078	
Riboflavin mg	0.073		0		1		0.100	0.062	
Niacin mg	2.558		0		1		3.504	2.174	
Pantothenic acid mg	0.173		0		1		0.237	0.147	
Vitamin B-6 mg	0.277		0		1		0.379	0.235	
Folate, total µg	8		0		1		11	7	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0		1		11	7	
Folate, DFE 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									
Lipids:									

NDB No. 15206
Fish, pout, ocean, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.239		0		1		0.327	0.203	
Threonine....g	0.935		0		1		1.281	0.795	
Isoleucine....g	0.983		0		1		1.347	0.836	
Leucine....g	1.734		0		1		2.376	1.474	
Lysine....g	1.959		0		1		2.684	1.665	
Methionine....g	0.631		0		1		0.864	0.536	
Cystine....g	0.229		0		1		0.314	0.195	
Phenylalanine....g	0.833		0		1		1.141	0.708	
Tyrosine....g	0.720		0		1		0.986	0.612	
Valine....g	1.099		0		1		1.506	0.934	
Arginine....g	1.277		0		1		1.749	1.085	
Histidine....g	0.628		0		1		0.860	0.534	
Alanine....g	1.290		0		1		1.767	1.097	
Aspartic acid....g	2.185		0		1		2.993	1.857	
Glutamic acid....g	3.185		0		1		4.363	2.707	
Glycine....g	1.024		0		1		1.403	0.870	
Proline....g	0.754		0		1		1.033	0.641	
Serine....g	0.870		0		1		1.192	0.740	
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15059
Fish, pout, ocean, raw
Macrozoarces americanus (Schneider)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.36	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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15059
Fish, pout, ocean, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.320		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									
Amino Acids:									
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 27 (2014)

NDB No. 15071
Fish, rockfish, Pacific, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.67		0	RA	4		111.26	63.47	
Energy kcal	109		0	RA	4		163	93	
Energy kJ	458		0	RA	4		683	389	
Protein (N x 6.25) g	22.23		0	RA	4		33.12	18.89	
Total lipid (fat) g	1.62		0	RA	4		2.41	1.38	
Ash g	1.59		0	RA	4		2.37	1.35	
Carbohydrate, by difference g	0.00		0	RA	4		0.00	0.00	
Fiber, total dietary g	0.0		0	RA	4		0.0	0.0	
Sugars, total g	0.00		0	RA	4		0.00	0.00	
Sucrose g									
Glucose (dextrose) g									
Fructose g	0.00		0	RA	4		0.00	0.00	
Lactose g	0.00		0	RA	4		0.00	0.00	
Maltose g	0.00		0	RA	4		0.00	0.00	
Galactose g	0.00		0	RA	4		0.00	0.00	
Starch g	0.00		0	RA	4		0.00	0.00	
Minerals:									
Calcium, Ca mg	17		0	RA	4		25	14	
Iron, Fe mg	0.36		0	RA	4		0.54	0.31	
Magnesium, Mg mg	33		0	RA	4		50	28	
Phosphorus, P mg	248		0	RA	4		370	211	
Potassium, K mg	467		0	RA	4		696	397	
Sodium, Na mg	89		0	RA	4		133	76	
Zinc, Zn mg	0.43		0	RA	4		0.64	0.37	
Copper, Cu mg	0.041		0	RA	4		0.061	0.035	
Manganese, Mn mg	0.013		0	RA	4		0.020	0.011	
Selenium, Se µg	76.2		0	RA	4		113.5	64.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	RA	4		0.0	0.0	
Thiamin mg	0.027		0	RA	4		0.040	0.023	
Riboflavin mg	0.226		0	RA	4		0.337	0.192	
Niacin mg	2.897		0	RA	4		4.317	2.463	
Pantothenic acid mg	0.404		0	RA	4		0.601	0.343	
Vitamin B-6 mg	0.241		0	RA	4		0.359	0.205	
Folate, total µg	10		0	RA	4		15	9	
Folic acid µg	0		0	RA	4		0	0	
Folate, food µg	10		0	RA	4		15	9	
Folate, DFE 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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg	0.0		0	RA	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.420		0	RA	4		0.625	0.357	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.002		0	RA	4		0.003	0.002	
13:0....g									
14:0....g	0.060		0	RA	4		0.089	0.051	
15:0....g	0.007		0	RA	4		0.010	0.006	
16:0....g	0.277		0	RA	4		0.413	0.235	
17:0....g	0.005		0	RA	4		0.007	0.004	
18:0....g	0.066		0	RA	4		0.098	0.056	
20:0....g	0.002		0	RA	4		0.004	0.002	
22:0....g	0.001		0	RA	4		0.002	0.001	
24:0....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total monounsaturated....g	0.466		0	RA	4		0.694	0.396	
14:1....g	0.002		0	RA	4		0.004	0.002	
15:1....g	0.002		0	RA	4		0.003	0.002	
16:1 undifferentiated....g	0.087		0	RA	4		0.130	0.074	
17:1....g	0.006		0	RA	4		0.009	0.005	
18:1 undifferentiated....g	0.284		0	RA	4		0.423	0.242	
20:1....g	0.060		0	RA	4		0.089	0.051	
22:1 undifferentiated....g	0.012		0	RA	4		0.018	0.010	
24:1 c....g	0.013		0	RA	4		0.020	0.011	
Fatty acids, total polyunsaturated....g	0.485		0	RA	4		0.723	0.412	
18:2 undifferentiated....g	0.046		0	RA	4		0.069	0.039	
18:3 undifferentiated....g	0.014		0	RA	4		0.021	0.012	
18:4....g	0.018		0	RA	4		0.028	0.016	
20:2 n-6 c,c....g	0.005		0	RA	4		0.007	0.004	
20:3 undifferentiated....g	0.006		0	RA	4		0.009	0.005	
20:4 undifferentiated....g	0.018		0	RA	4		0.028	0.016	
20:5 n-3 (EPA)....g	0.107		0	RA	4		0.160	0.091	
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									
Amino Acids:									
Tryptophan....g	0.296		0	RA	4		0.442	0.252	
Threonine....g	1.014		0	RA	4		1.511	0.862	
Isoleucine....g	1.060		0	RA	4		1.579	0.901	
Leucine....g	1.835		0	RA	4		2.734	1.560	
Lysine....g	2.188		0	RA	4		3.261	1.860	
Methionine....g	0.707		0	RA	4		1.053	0.601	
Cystine....g	0.239		0	RA	4		0.357	0.203	
Phenylalanine....g	0.935		0	RA	4		1.393	0.794	
Tyrosine....g	0.798		0	RA	4		1.189	0.678	
Valine....g	1.106		0	RA	4		1.647	0.940	
Arginine....g	1.516		0	RA	4		2.259	1.289	
Histidine....g	0.502		0	RA	4		0.747	0.426	

NDB No. 15071
Fish, rockfish, Pacific, mixed species, cooked, dry heat

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

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

Common Measures:

Measure 1 = 149g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15070

Fish, rockfish, Pacific, mixed species, raw

Sebastes spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	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	
Minerals:									
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	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1		0.0	0.0	
Thiamin mg	0.023	0.003	3	A	1		0.020	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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.347		0	NC	4		0.295	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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 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 27 (2014)

NDB No. 15207
Fish, roe, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.63		0		1		16.62	49.84	
Energy kcal	204		0	NC	4		58	173	
Energy kJ	854				4		242	726	
Protein (N x 6.25) g	28.62		0		1		8.11	24.33	
Total lipid (fat) g	8.23		0		1		2.33	7.00	
Ash g	1.76		0		1		0.50	1.50	
Carbohydrate, by difference g	1.92		0	NC	4		0.54	1.63	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	28		0		1		8	24	
Iron, Fe mg	0.77		0		1		0.22	0.65	
Magnesium, Mg mg	26		0		1		7	22	
Phosphorus, P mg	515		0		1		146	438	
Potassium, K mg	283		0		1		80	241	
Sodium, Na mg	117		0		1		33	99	
Zinc, Zn mg	1.28		0		1		0.36	1.09	
Copper, Cu mg	0.128		0		1		0.036	0.109	
Manganese, Mn mg	0.013		0		1		0.004	0.011	
Selenium, Se µg	51.7		0	BFSN	4		14.7	43.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	16.4		0		1		4.6	13.9	
Thiamin mg	0.277		0		1		0.079	0.235	
Riboflavin mg	0.949		0		1		0.269	0.807	
Niacin mg	2.192		0		1		0.621	1.863	
Pantothenic acid mg	1.154		0		1		0.327	0.981	
Vitamin B-6 mg	0.185		0		1		0.052	0.157	
Folate, total µg	92		0		1		26	78	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	92		0		1		26	78	
Folate, DFE 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									
Lipids:									

NDB No. 15207

Fish, roe, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.375		0		1		0.106	0.319	
Threonine....g	1.305		0		1		0.370	1.109	
Isoleucine....g	1.465		0		1		0.415	1.245	
Leucine....g	2.509		0		1		0.711	2.133	
Lysine....g	2.179		0		1		0.618	1.852	
Methionine....g	0.710		0		1		0.201	0.604	
Cystine....g	0.499		0		1		0.141	0.424	
Phenylalanine....g	1.401		0		1		0.397	1.191	
Tyrosine....g	1.438		0		1		0.408	1.222	
Valine....g	1.676		0		1		0.475	1.425	
Arginine....g	1.639		0		1		0.465	1.393	
Histidine....g	0.778		0		1		0.221	0.661	
Alanine....g	1.831		0		1		0.519	1.556	
Aspartic acid....g	2.294		0		1		0.650	1.950	
Glutamic acid....g	3.425		0		1		0.971	2.911	
Glycine....g	0.833		0		1		0.236	0.708	
Proline....g	1.525		0		1		0.432	1.296	
Serine....g	1.250		0		1		0.354	1.063	
Hydroxyproline....g									

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

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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.73		8		1		9.48	19.20	153.75
Energy kcal	143		0	NC	4		20	41	325
Energy kJ	599		0	NC	4		84	170	1359
Protein (N x 6.25) g	22.32		8		1		3.12	6.33	50.67
Total lipid (fat) g	6.42		8		1		0.90	1.82	14.57
Ash g	1.37		3		1		0.19	0.39	3.11
Carbohydrate, by difference g	1.50		0	NC	4		0.21	0.43	3.41
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	22		0		4		3	6	50
Iron, Fe mg	0.60		0		4		0.08	0.17	1.36
Magnesium, Mg mg	20		0		4		3	6	45
Phosphorus, P mg	402		0		4		56	114	913
Potassium, K mg	221		0		4		31	63	502
Sodium, Na mg	91		0		4		13	26	207
Zinc, Zn mg	1.00		0		4		0.14	0.28	2.27
Copper, Cu mg	0.100		0		4		0.014	0.028	0.227
Manganese, Mn mg	0.010		0		4		0.001	0.003	0.023
Selenium, Se µg	40.3		0	BFSN	4		5.6	11.4	91.5
Vitamins:									
Vitamin C, total ascorbic acid mg	16.0		0		4		2.2	4.5	36.3
Thiamin mg	0.240		0		4		0.034	0.068	0.545
Riboflavin mg	0.740		0		4		0.104	0.210	1.680
Niacin mg	1.800		0		4		0.252	0.510	4.086
Pantothenic acid mg	1.000		0		4		0.140	0.284	2.270
Vitamin B-6 mg	0.160		0		4		0.022	0.045	0.363
Folate, total µg	80		0		4		11	23	182
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	80		0		4		11	23	182
Folate, DFE µg	80		0	NC	4		11	23	182
Choline, total mg	335.4		0	BFSN	4		47.0	95.1	761.4
Betaine mg									
Vitamin B-12 µg	10.00		0		4		1.40	2.84	22.70
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	90		0	NC	4		13	25	203
Retinol µg	90		0	BFFN	4		13	25	203
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	299		0	NC	4		42	85	678
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	214		0	BFFN	4		30	61	486
Vitamin E (alpha-tocopherol) mg	7.00		0	NR	4		0.98	1.98	15.89
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	12.1		0	AS	1		1.7	3.4	27.5
Vitamin D IU	484		0	NR	4		68	137	1099
Vitamin K (phylloquinone) µg	0.2		0	BFFN	4		0.0	0.1	0.4
Dihydrophylloquinone µg									
Menaquinone-4 µg									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.293		12		1		0.041	0.083	0.665
Threonine....g	1.017		26		1		0.142	0.288	2.309
Isoleucine....g	1.142		26		1		0.160	0.324	2.592
Leucine....g	1.956		26		1		0.274	0.555	4.440
Lysine....g	1.699		26		1		0.238	0.482	3.857
Methionine....g	0.553		26		1		0.077	0.157	1.255
Cystine....g	0.389		26		1		0.054	0.110	0.883
Phenylalanine....g	1.092		26		1		0.153	0.310	2.479
Tyrosine....g	1.121		26		1		0.157	0.318	2.545
Valine....g	1.307		26		1		0.183	0.371	2.967
Arginine....g	1.278		26		1		0.179	0.362	2.901
Histidine....g	0.607		25		1		0.085	0.172	1.378
Alanine....g	1.428		26		1		0.200	0.405	3.242
Aspartic acid....g	1.789		26		1		0.250	0.507	4.061
Glutamic acid....g	2.670		26		1		0.374	0.757	6.061
Glycine....g	0.650		26		1		0.091	0.184	1.476
Proline....g	1.189		26		1		0.166	0.337	2.699
Serine....g	0.975		26		1		0.137	0.276	2.213
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15232
Fish, roughy, orange, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.97		2	A	1		56.93		
Energy kcal	105		0	NC	4		89		
Energy kJ	439		0	NC	4		373		
Protein (N x 6.25) g	22.64		2	A	1		19.25		
Total lipid (fat) g	0.90		0		1		0.77		
Ash g	0.99		2	A	1		0.84		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	11		2	A	1		10		
Iron, Fe mg	1.13		2	A	1		0.96		
Magnesium, Mg mg	18		2	A	1		15		
Phosphorus, P mg	102		2	A	1		87		
Potassium, K mg	181		2	A	1		154		
Sodium, Na mg	69		2	A	1		59		
Zinc, Zn mg	0.32		1	A	1		0.27		
Copper, Cu mg	0.075		2	A	1		0.063		
Manganese, Mn mg	0.037		2	A	1		0.032		
Selenium, Se µg	88.3		2	A	1		75.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.045		2	A	1		0.038		
Riboflavin mg	0.063		2	A	1		0.053		
Niacin mg	1.820		2	A	1		1.547		
Pantothenic acid mg	0.056		2	A	1		0.048		
Vitamin B-6 mg	0.067		2	A	1		0.057		
Folate, total µg	5		2	A	1		4		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	5		2	A	1		4		
Folate, DFE 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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		2	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.230		0	A	1		0.195		
Threonine....g	1.030		0	A	1		0.875		
Isoleucine....g	1.058		0	A	1		0.899		
Leucine....g	1.797		0	A	1		1.528		
Lysine....g	2.092		0	A	1		1.778		
Methionine....g	0.728		0	A	1		0.619		
Cystine....g	0.240		0	A	1		0.204		
Phenylalanine....g	0.869		0	A	1		0.738		
Tyrosine....g	0.799		0	A	1		0.679		
Valine....g	1.083		0	A	1		0.921		
Arginine....g	1.448		0	A	1		1.231		
Histidine....g	0.474		0	A	1		0.403		
Alanine....g	1.265		0	A	1		1.075		
Aspartic acid....g	2.519		0	A	1		2.142		

NDB No. 15232
Fish, roughy, orange, cooked, dry heat

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

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15073
Fish, roughy, orange, raw
Hoplostethus atlanticus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.67	1.352	3	A	1		64.32		
Energy kcal	76		0	NC	4		65		
Energy kJ	320		0	NC	4		272		
Protein (N x 6.25) g	16.41	1.451	3	A	1		13.95		
Total lipid (fat) g	0.70		0		4		0.60		
Ash g	1.08	0.252	3	A	1		0.92		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	9	0.873	3	A	1		8		
Iron, Fe mg	1.01	0.287	3	A	1		0.85		
Magnesium, Mg mg	17	1.369	3	A	1		15		
Phosphorus, P mg	107	14.710	3	A	1		91		
Potassium, K mg	167	9.770	3	A	1		142		
Sodium, Na mg	72		1	A	1		61		
Zinc, Zn mg	0.23	0.007	3	A	1		0.20		
Copper, Cu mg	0.075	0.000	3	A	1		0.063		
Manganese, Mn mg	0.050	0.012	3	A	1		0.042		
Selenium, Se µg	66.7	2.508	3	A	1		56.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1		0.0		
Thiamin mg	0.031	0.002	3	A	1		0.027		
Riboflavin mg	0.045	0.007	3	A	1		0.038		
Niacin mg	1.530	0.203	3	A	1		1.300		
Pantothenic acid mg	0.051	0.010	3	A	1		0.043		
Vitamin B-6 mg	0.052	0.011	3	A	1		0.045		
Folate, total µg	26	2.184	3	A	1		22		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	26	2.184	3	A	1		22		
Folate, DFE 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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.184		0	A	1		0.157		
Threonine....g	0.740		0	A	1		0.629		
Isoleucine....g	0.767		0	A	1		0.652		
Leucine....g	1.293		0	A	1		1.099		
Lysine....g	1.490		0	A	1		1.266		
Methionine....g	0.526		0	A	1		0.447		
Cystine....g	0.174		0	A	1		0.148		
Phenylalanine....g	0.626		0	A	1		0.532		
Tyrosine....g	0.569		0	A	1		0.483		
Valine....g	0.789		0	A	1		0.670		
Arginine....g	1.039		0	A	1		0.883		
Histidine....g	0.338		0	A	1		0.287		
Alanine....g	0.923		0	A	1		0.784		
Aspartic acid....g	1.845		0	A	1		1.568		

NDB No. 15073
Fish, roughy, orange, raw

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

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15208
Fish, sablefish, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.85		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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15208
Fish, sablefish, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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 27 (2014)

NDB No. 15074
Fish, sablefish, raw
Anoplopoma fimbria (Pallas)

Refuse: 0%

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

NDB No. 15074
Fish, sablefish, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.201		0		1		2.721	6.178	
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		1		1		0.008	0.017	
13:0....g									
14:0....g	0.719	0.141	3		1		0.611	1.388	
15:0....g									
16:0....g	2.054	0.348	3		1		1.746	3.964	
17:0....g									
18:0....g	0.408	0.094	3		1		0.347	0.787	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.057		0		1		6.848	15.550	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.223	0.238	3		1		1.040	2.360	
17:1....g									
18:1 undifferentiated....g	4.074	0.831	3		1		3.463	7.863	
20:1....g	1.421	0.701	3		1		1.208	2.743	
22:1 undifferentiated....g	1.304	0.541	3		1		1.108	2.517	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.042		0		1		1.736	3.941	
18:2 undifferentiated....g	0.165	0.076	3		1		0.140	0.318	
18:3 undifferentiated....g	0.095	0.053	3		1		0.081	0.183	
18:4....g	0.114		2		1		0.097	0.220	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.104	0.027	3		1		0.088	0.201	
20:5 n-3 (EPA)....g	0.677	0.355	3		1		0.575	1.307	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.169		2		1		0.144	0.326	
22:6 n-3 (DHA)....g	0.718	0.609	3		1		0.610	1.386	
Fatty acids, total trans....g									
Cholesterol....mg	49		1		1		42	95	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.150		0		1		0.128	0.290	
Threonine....g	0.588		0		1		0.500	1.135	
Isoleucine....g	0.618		0		1		0.525	1.193	
Leucine....g	1.090		0		1		0.927	2.104	
Lysine....g	1.232		0		1		1.047	2.378	
Methionine....g	0.397		0		1		0.337	0.766	
Cystine....g	0.144		0		1		0.122	0.278	
Phenylalanine....g	0.524		0		1		0.445	1.011	
Tyrosine....g	0.453		0		1		0.385	0.874	
Valine....g	0.691		0		1		0.587	1.334	
Arginine....g	0.803		0		1		0.683	1.550	
Histidine....g	0.395		0		1		0.336	0.762	
Alanine....g	0.811		0		1		0.689	1.565	
Aspartic acid....g	1.373		0		1		1.167	2.650	
Glutamic acid....g	2.002		0		1		1.702	3.864	
Glycine....g	0.644		0		1		0.547	1.243	
Proline....g	0.474		0		1		0.403	0.915	
Serine....g	0.547		0		1		0.465	1.056	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 15074
Fish, sablefish, raw

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

NDB No. 15075
Fish, sablefish, smoked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.14		0		1		17.05	51.12	
Energy kcal	257		0	NC	4		73	218	
Energy kJ	1075		0	NC	4		305	914	
Protein (N x 6.25) g	17.65		0		1		5.00	15.00	
Total lipid (fat) g	20.14		0		1		5.71	17.12	
Ash g	2.07		0	NR	4		0.59	1.76	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	50		0		4		14	43	
Iron, Fe mg	1.69		0		4		0.48	1.44	
Magnesium, Mg mg	74		0		4		21	63	
Phosphorus, P mg	222		0		4		63	189	
Potassium, K mg	471		0		1		134	400	
Sodium, Na mg	737		0		1		209	626	
Zinc, Zn mg	0.43		0		1		0.12	0.37	
Copper, Cu mg	0.036		0		1		0.010	0.031	
Manganese, Mn mg	0.020		0		4		0.006	0.017	
Selenium, Se µg	50.2		0	BFSN	4		14.2	42.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.130		0		4		0.037	0.111	
Riboflavin mg	0.120		0		4		0.034	0.102	
Niacin mg	5.300		0		4		1.503	4.505	
Pantothenic acid mg	0.990		0		4		0.281	0.842	
Vitamin B-6 mg	0.390		0		4		0.111	0.332	
Folate, total µg	20		0		4		6	17	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	20		0		4		6	17	
Folate, DFE 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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 15075
Fish, sablefish, smoked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	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									
Amino Acids:									
Tryptophan....g	0.198		0		1		0.056	0.168	
Threonine....g	0.774		0		1		0.219	0.658	
Isoleucine....g	0.814		0		1		0.231	0.692	
Leucine....g	1.435		0		1		0.407	1.220	
Lysine....g	1.622		0		1		0.460	1.379	
Methionine....g	0.523		0		1		0.148	0.445	
Cystine....g	0.189		0		1		0.054	0.161	
Phenylalanine....g	0.689		0		1		0.195	0.586	
Tyrosine....g	0.596		0		1		0.169	0.507	
Valine....g	0.910		0		1		0.258	0.774	
Arginine....g	1.057		0		1		0.300	0.898	
Histidine....g	0.520		0		1		0.147	0.442	
Alanine....g	1.068		0		1		0.303	0.908	
Aspartic acid....g	1.808		0		1		0.513	1.537	
Glutamic acid....g	2.636		0		1		0.747	2.241	
Glycine....g	0.848		0		1		0.240	0.721	
Proline....g	0.624		0		1		0.177	0.530	
Serine....g	0.720		0		1		0.204	0.612	
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15237
Fish, salmon, Atlantic, farmed, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.75		2		1		55.04	115.26	
Energy kcal	206		0	NC	4		175	366	
Energy kJ	861		0	NC	4		732	1532	
Protein (N x 6.25) g	22.10		2		1		18.79	39.34	
Total lipid (fat) g	12.35		2		1		10.50	21.98	
Ash g	1.15		2		1		0.98	2.05	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	15		0		4		13	27	
Iron, Fe mg	0.34		2		1		0.29	0.61	
Magnesium, Mg mg	30		2		1		26	53	
Phosphorus, P mg	252		2		1		214	449	
Potassium, K mg	384		2		1		326	684	
Sodium, Na mg	61		2		1		52	109	
Zinc, Zn mg	0.43		2		1		0.37	0.77	
Copper, Cu mg	0.049		2		1		0.042	0.087	
Manganese, Mn mg	0.016		2		1		0.014	0.028	
Selenium, Se µg	41.4		0	BFSN	4		35.2	73.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.7		2		1		3.1	6.6	
Thiamin mg	0.340		2		1		0.289	0.605	
Riboflavin mg	0.135		2		1		0.115	0.240	
Niacin mg	8.045		2		1		6.838	14.320	
Pantothenic acid mg	1.475		2		1		1.254	2.626	
Vitamin B-6 mg	0.647		2		1		0.550	1.152	
Folate, total µg	34		1		1		29	61	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	34		1		1		29	61	
Folate, DFE µg	34		0	NC	4		29	61	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.80		2		1		2.38	4.98	
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	50		2		1		43	89	
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:									

NDB No. 15237

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.504		0		1		2.128	4.457	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
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	4.432		0		1		3.767	7.889	
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									
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.426		0		1		3.762	7.878	
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									
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									
Amino Acids:									
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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 15237

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

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 27 (2014)

NDB No. 15236
Fish, salmon, Atlantic, farmed, raw
Salmo salar L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.89	0.677	4	A	1		55.16	128.49	
Energy kcal	208		0	NC	4		177	412	
Energy kJ	871		0	NC	4		741	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									
Starch g									
Minerals:									
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	
Vitamins:									
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 A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	50		2		1		43	99	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	3.55	0.263	4	A	1		3.02	7.03	
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									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.5		2	A	1		0.4	1.0	
Dihydrophylloquinone µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4 µg	0.0		2	A	1		0.0	0.0	

NDB No. 15236
Fish, salmon, Atlantic, farmed, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.050		0	NC	4		2.593	6.040	
4:0....g									
6:0....g									
8:0....g	0.000	0.000	4	A	1		0.000	0.000	
10:0....g	0.000	0.000	4	A	1		0.000	0.000	
12:0....g	0.000	0.000	4	A	1		0.000	0.000	
13:0....g									
14:0....g	0.556	0.074	4	A	1		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									
Amino Acids:									
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	
Glutamic acid....g	2.830		0	A	1		2.406	5.604	
Glycine....g	0.960		0	A	1		0.816	1.901	

NDB No. 15236
Fish, salmon, Atlantic, farmed, raw

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

NDB No. 15209
Fish, salmon, Atlantic, wild, cooked, dry heat

Refuse: 0%

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

NDB No. 15209
Fish, salmon, Atlantic, wild, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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 27 (2014)

NDB No. 15076
Fish, salmon, Atlantic, wild, raw
Salmo salar L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.50	1.146	21		1		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									
Minerals:									
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	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.226	0.038	11		1		0.192	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									
Lipids:									

NDB No. 15076
Fish, salmon, Atlantic, wild, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.981		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									
Amino Acids:									
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 27 (2014)

NDB No. 15210
Fish, salmon, chinook, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.60		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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15210
Fish, salmon, chinook, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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 27 (2014)

NDB No. 15078

Fish, salmon, chinook, raw

Oncorhynchus tshawytscha (Walbaum)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.64	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									
Minerals:									
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	
Vitamins:									
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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 15078
Fish, salmon, chinook, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	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									
Amino Acids:									
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									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 15078
Fish, salmon, chinook, raw

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

NDB No. 15077
Fish, salmon, chinook, smoked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.00		2		1		20.41	61.20	12.24
Energy kcal	117		0	NC	4		33	99	20
Energy kJ	490		0		4		139	416	83
Protein (N x 6.25) g	18.28		2		1		5.18	15.54	3.11
Total lipid (fat) g	4.32		2		1		1.22	3.67	0.73
Ash g	2.62		2		1		0.74	2.23	0.45
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	11		2		1		3	9	2
Iron, Fe mg	0.85		2		1		0.24	0.72	0.14
Magnesium, Mg mg	18		2		1		5	15	3
Phosphorus, P mg	164		2		1		46	139	28
Potassium, K mg	175		2		1		50	149	30
Sodium, Na mg	672		0	NR	4		191	571	114
Zinc, Zn mg	0.31		2		1		0.09	0.26	0.05
Copper, Cu mg	0.230		2		1		0.065	0.196	0.039
Manganese, Mn mg	0.017		2		1		0.005	0.014	0.003
Selenium, Se µg	32.4		0	BFSN	4		9.2	27.5	5.5
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.023		2		1		0.007	0.020	0.004
Riboflavin mg	0.101		2		1		0.029	0.086	0.017
Niacin mg	4.720		2		1		1.338	4.012	0.802
Pantothenic acid mg	0.870		2		1		0.247	0.740	0.148
Vitamin B-6 mg	0.278		2		1		0.079	0.236	0.047
Folate, total µg	2		2		1		1	2	0
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	2		2		1		1	2	0
Folate, DFE µg	2		0	NC	4		1	2	0
Choline, total mg	89.0		0	BFSN	4		25.2	75.7	15.1
Betaine mg									
Vitamin B-12 µg	3.26		2		1		0.92	2.77	0.55
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	26		0	NC	4		7	22	4
Retinol µg	26		0	T	4		7	22	4
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	87		0	NC	4		25	74	15
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	1.35		0	T	4		0.38	1.15	0.23
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	17.1		0	AS	1		4.9	14.6	2.9
Vitamin D IU	685		0	BFSN	4		194	582	116
Vitamin K (phylloquinone) µg	0.1		0	T	4		0.0	0.1	0.0
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15077
Fish, salmon, chinook, smoked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
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									
Others:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15179
Fish, salmon, chinook, smoked, (lox), regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.00		2		1		20.41	61.20	
Energy kcal	117		0	NC	4		33	99	
Energy kJ	490				4		139	416	
Protein (N x 6.25) g	18.28		2		1		5.18	15.54	
Total lipid (fat) g	4.32		2		1		1.22	3.67	
Ash g	2.62		2		1		0.74	2.23	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	11		2		1		3	9	
Iron, Fe mg	0.85		2		1		0.24	0.72	
Magnesium, Mg mg	18		2		1		5	15	
Phosphorus, P mg	164		2		1		46	139	
Potassium, K mg	175		2		1		50	149	
Sodium, Na mg	2000		0		1		567	1700	
Zinc, Zn mg	0.31		2		1		0.09	0.26	
Copper, Cu mg	0.230		2		1		0.065	0.196	
Manganese, Mn mg	0.017		2		1		0.005	0.014	
Selenium, Se µg	38.1		0	BFSN	4		10.8	32.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.023		2		1		0.007	0.020	
Riboflavin mg	0.101		2		1		0.029	0.086	
Niacin mg	4.720		2		1		1.338	4.012	
Pantothenic acid mg	0.870		2		1		0.247	0.740	
Vitamin B-6 mg	0.278		2		1		0.079	0.236	
Folate, total µg	2		2		1		1	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	2		2		1		1	2	
Folate, DFE 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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 15179
Fish, salmon, chinook, smoked, (lox), regular

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.929		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									
Amino Acids:									
Tryptophan....g	0.205		0		1		0.058	0.174	
Threonine....g	0.801		0		1		0.227	0.681	
Isoleucine....g	0.842		0		1		0.239	0.716	
Leucine....g	1.486		0		1		0.421	1.263	
Lysine....g	1.679		0		1		0.476	1.427	
Methionine....g	0.541		0		1		0.153	0.460	
Cystine....g	0.196		0		1		0.056	0.167	
Phenylalanine....g	0.714		0		1		0.202	0.607	
Tyrosine....g	0.617		0		1		0.175	0.524	
Valine....g	0.942		0		1		0.267	0.801	
Arginine....g	1.094		0		1		0.310	0.930	
Histidine....g	0.538		0		1		0.153	0.457	
Alanine....g	1.106		0		1		0.314	0.940	
Aspartic acid....g	1.872		0		1		0.531	1.591	
Glutamic acid....g	2.729		0		1		0.774	2.320	
Glycine....g	0.878		0		1		0.249	0.746	
Proline....g	0.646		0		1		0.183	0.549	
Serine....g	0.746		0		1		0.211	0.634	
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15080
Fish, salmon, chum, canned, drained solids with bone

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.77	0.102	6		1		60.15	261.14	
Energy kcal	141		0	NC	4		120	521	
Energy kJ	590		0	NC	4		502	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	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
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	391		0	O	4		332	1443	
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	
Vitamins:									
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	85.0		0	T	4		72.3	313.7	
Betaine mg									
Vitamin B-12 µg	4.40		0		4		3.74	16.24	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	18		0	NC	4		15	66	
Retinol µg	18		0	T	4		15	66	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	60		0	NC	4		51	221	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	1.60		0	T	4		1.36	5.90	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
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	9.6		0	AS	1		8.2	35.6	
Vitamin D IU	386		0	BFSN	4		328	1423	
Vitamin K (phylloquinone) µg	0.1		0	T	4		0.1	0.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15080

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
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									
Others:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.77	0.102	6		1		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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15180

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.486		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									
Amino Acids:									
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 27 (2014)

NDB No. 15211
Fish, salmon, chum, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.44		0		1		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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15211
Fish, salmon, chum, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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 27 (2014)

NDB No. 15079
Fish, salmon, chum, raw
Oncorhynchus keta (Walbaum)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.38	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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15079
Fish, salmon, chum, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.840		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									
Amino Acids:									
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									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 15079
Fish, salmon, chum, raw

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

NDB No. 15239
Fish, salmon, coho, farmed, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.00	1.353	3		1		95.81	56.95	
Energy kcal	178		0	NC	4		255	151	
Energy kJ	745				4		1065	633	
Protein (N x 6.25) g	24.30	0.666	3		1		34.75	20.66	
Total lipid (fat) g	8.23	0.899	3		1		11.77	7.00	
Ash g	1.40	0.000	3		1		2.00	1.19	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	12		2		1		17	10	
Iron, Fe mg	0.39	0.037	3		1		0.56	0.33	
Magnesium, Mg mg	34	0.353	3		1		49	29	
Phosphorus, P mg	332	31.598	3		1		475	282	
Potassium, K mg	460	13.352	3		1		658	391	
Sodium, Na mg	52	1.819	3		1		74	44	
Zinc, Zn mg	0.47	0.006	3		1		0.67	0.40	
Copper, Cu mg	0.089	0.022	3		1		0.127	0.076	
Manganese, Mn mg	0.021	0.001	3		1		0.030	0.018	
Selenium, Se µg	14.1		0	BFSN	4		20.2	12.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.5	0.484	3		1		2.1	1.3	
Thiamin mg	0.100	0.000	3		1		0.143	0.085	
Riboflavin mg	0.113	0.013	3		1		0.162	0.096	
Niacin mg	7.393	0.504	3		1		10.572	6.284	
Pantothenic acid mg	1.273	0.057	3		1		1.820	1.082	
Vitamin B-6 mg	0.568	0.100	3		1		0.812	0.483	
Folate, total µg	14	4.000	3		1		20	12	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	14	4.000	3		1		20	12	
Folate, DFE 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									
Lipids:									

NDB No. 15239

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.272		0		1		0.389	0.231	
Threonine....g	1.065		0		1		1.523	0.905	
Isoleucine....g	1.120		0		1		1.602	0.952	
Leucine....g	1.975		0		1		2.824	1.679	
Lysine....g	2.232		0		1		3.192	1.897	
Methionine....g	0.719		0		1		1.028	0.611	
Cystine....g	0.260		0		1		0.372	0.221	
Phenylalanine....g	0.949		0		1		1.357	0.807	
Tyrosine....g	0.820		0		1		1.173	0.697	
Valine....g	1.252		0		1		1.790	1.064	
Arginine....g	1.454		0		1		2.079	1.236	
Histidine....g	0.715		0		1		1.022	0.608	
Alanine....g	1.470		0		1		2.102	1.250	
Aspartic acid....g	2.488		0		1		3.558	2.115	
Glutamic acid....g	3.627		0		1		5.187	3.083	
Glycine....g	1.166		0		1		1.667	0.991	
Proline....g	0.859		0		1		1.228	0.730	
Serine....g	0.991		0		1		1.417	0.842	
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15238
Fish, salmon, coho, farmed, raw
Oncorhynchus kisutch (Walbaum)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.47	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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15238
Fish, salmon, coho, farmed, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	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									
Amino Acids:									
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 27 (2014)

NDB No. 15247
Fish, salmon, coho, wild, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.50		2		1		60.78	127.27	
Energy kcal	139		0	NC	4		118	247	
Energy kJ	582		0		4		494	1035	
Protein (N x 6.25) g	23.45		2		1		19.93	41.74	
Total lipid (fat) g	4.30		2		1		3.66	7.65	
Ash g	1.30		2		1		1.11	2.31	
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	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	45		0	BFSN	4		38	80	
Iron, Fe mg	0.61		2		1		0.52	1.09	
Magnesium, Mg mg	33		2		1		28	59	
Phosphorus, P mg	322		2		1		274	573	
Potassium, K mg	434		2		1		369	773	
Sodium, Na mg	58		2		1		49	103	
Zinc, Zn mg	0.56		2		1		0.48	1.00	
Copper, Cu mg	0.071		2		1		0.060	0.126	
Manganese, Mn mg	0.019		2		1		0.016	0.034	
Selenium, Se µg	38.0		0	BFSN	4		32.3	67.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.4		2		1		1.2	2.5	
Thiamin mg	0.075		2		1		0.064	0.134	
Riboflavin mg	0.140		2		1		0.119	0.249	
Niacin mg	7.950		2		1		6.758	14.151	
Pantothenic acid mg	0.810		2		1		0.689	1.442	
Vitamin B-6 mg	0.568		2		1		0.483	1.011	
Folate, total µg	13		2		1		11	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		2		1		11	23	
Folate, DFE µg	13		0	NC	4		11	23	
Choline, total mg	72.0		0	T	4		61.2	128.2	
Betaine mg									
Vitamin B-12 µg	5.00		2		1		4.25	8.90	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	51		0	NC	4		43	90	
Retinol µg	51		0	BFYN	4		43	90	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	169		0	NC	4		143	300	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.92		0	BFYN	4		0.78	1.63	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
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	11.3		0	AS	1		9.6	20.1	
Vitamin D IU	451		0	BFYN	4		383	802	
Vitamin K (phylloquinone) µg	0.1		0	BFYN	4		0.1	0.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15247
Fish, salmon, coho, wild, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
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									
Others:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15082
Fish, salmon, coho, wild, cooked, moist heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.39		0		1		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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15082
Fish, salmon, coho, wild, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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 27 (2014)

NDB No. 15081
Fish, salmon, coho, wild, raw
Oncorhynchus kisutch (Walbaum)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.66	0.162	178		1		61.76	143.87	
Energy kcal	146		0	NC	4		124	289	
Energy kJ	611		0		4		519	1210	
Protein (N x 6.25) g	21.62	0.044	178		1		18.38	42.81	
Total lipid (fat) g	5.93	0.161	219		1		5.04	11.74	
Ash g	1.21	0.004	178		1		1.03	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	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	36		1		1		31	71	
Iron, Fe mg	0.56	0.077	3		1		0.48	1.11	
Magnesium, Mg mg	31	0.897	3		1		26	61	
Phosphorus, P mg	262	16.165	3		1		223	519	
Potassium, K mg	423	2.619	47		1		360	838	
Sodium, Na mg	46	1.105	47		1		39	91	
Zinc, Zn mg	0.41	0.017	74		1		0.35	0.81	
Copper, Cu mg	0.051	0.003	69		1		0.043	0.101	
Manganese, Mn mg	0.014	0.001	3		1		0.012	0.028	
Selenium, Se µg	36.5		0	CAZN	4		31.0	72.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.0	0.239	4		1		0.9	2.0	
Thiamin mg	0.113	0.030	3		1		0.096	0.224	
Riboflavin mg	0.140	0.012	3		1		0.119	0.277	
Niacin mg	7.230	0.922	3		1		6.146	14.315	
Pantothenic acid mg	0.823	0.055	3		1		0.700	1.630	
Vitamin B-6 mg	0.549	0.132	3		1		0.467	1.087	
Folate, total µg	9	3.215	3		1		8	18	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9	3.215	3		1		8	18	
Folate, DFE µg	9		0	NC	4		8	18	
Choline, total mg	109.4		0	BFSN	4		93.0	216.5	
Betaine mg									
Vitamin B-12 µg	4.17	0.694	3		1		3.54	8.26	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	40		0	NC	4		34	80	
Retinol µg	40		0	BFSN	4		34	80	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	135		0	NC	4		115	267	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.73		0	BFSN	4		0.62	1.45	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
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	9.0		0	AS	1		7.7	17.9	
Vitamin D IU	361		0	BFSN	4		307	714	
Vitamin K (phylloquinone) µg	0.1		0	T	4		0.1	0.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
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									
Others:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15260
Fish, salmon, pink, canned, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	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									
Minerals:									
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	
Vitamins:									
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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg	0.5	0.046	4	A	1		0.4	1.6	
Lipids:									
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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 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 27 (2014)

NDB No. 15084
Fish, salmon, pink, canned, total can contents

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.04	0.322	17	A	1		62.93	304.31	
Energy kcal	129		0	NC	4		110	530	
Energy kJ	539		0	NC	4		458	2215	
Protein (N x 6.25) g	19.68	0.145	17	A	1		16.73	80.90	
Total lipid (fat) g	4.97	0.232	17	A	1		4.22	20.41	
Ash g	2.40	0.034	17	A	1		2.04	9.87	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	215	7.700	17	A	1		183	885	
Iron, Fe mg	0.64	0.011	17	A	1		0.54	2.63	
Magnesium, Mg mg	30	0.488	17	A	1		25	122	
Phosphorus, P mg	337	5.696	17	A	1		286	1385	
Potassium, K mg	344	4.296	17	A	1		292	1412	
Sodium, Na mg	403	8.759	17	A	1		342	1654	
Zinc, Zn mg	0.76	0.009	17	A	1		0.65	3.14	
Copper, Cu mg	0.069	0.001	17	A	1		0.059	0.283	
Manganese, Mn mg	0.024	0.001	17	A	1		0.021	0.100	
Selenium, Se µg	33.2	0.367	10	A	1		28.2	136.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0	0.000	22		1		0.0	0.0	
Thiamin mg	0.023	0.000	36		1		0.020	0.095	
Riboflavin mg	0.186	0.007	36		1		0.158	0.764	
Niacin mg	6.536	0.333	25		1		5.556	26.863	
Pantothenic acid mg	0.550		0		4		0.468	2.261	
Vitamin B-6 mg	0.300		0		4		0.255	1.233	
Folate, total µg	15	0.621	3		1		13	63	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	15	0.621	3		1		13	63	
Folate, DFE µg	15		0	NC	4		13	63	
Choline, total mg	87.8		0	T	4		74.6	360.9	
Betaine mg									
Vitamin B-12 µg	4.40		0		4		3.74	18.08	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	17		0	NC	4		14	70	
Retinol µg	17		0	T	4		14	70	
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	233	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.64		2		1		0.54	2.61	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		2		1		0.00	0.00	
Tocopherol, gamma mg	0.00		2		1		0.00	0.00	
Tocopherol, delta mg	0.00		2		1		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	13.7		0	AS	1		11.6	56.2	
Vitamin D IU	547		0	BFFN	4		465	2248	
Vitamin K (phylloquinone) µg	0.5		0	BFSN	4		0.4	2.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15084

Fish, salmon, pink, canned, total can contents

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

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

Common Measures:

Measure 1 = 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 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.03		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									
Minerals:									
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	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0	0.000	22		1		0.0	0.0	
Thiamin mg	0.023	0.000	36		1		0.020	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									
Lipids:									

NDB No. 15181

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.535		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									
Amino Acids:									
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 27 (2014)

NDB No. 15212
Fish, salmon, pink, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.65		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									
Minerals:									
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	
Vitamins:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.971		0	RA	4		0.826	1.205	
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		0.003	0.004	
13:0....g									
14:0....g	0.243		0	RA	4		0.207	0.301	
15:0....g	0.015		0	RA	4		0.013	0.019	
16:0....g	0.566		0	RA	4		0.481	0.702	
17:0....g	0.012		0	RA	4		0.010	0.015	
18:0....g	0.122		0	RA	4		0.104	0.152	
20:0....g	0.007		0	RA	4		0.006	0.008	
22:0....g	0.002		0	RA	4		0.002	0.002	
24:0....g	0.001		0	RA	4		0.001	0.001	
Fatty acids, total monounsaturated....g	1.617		0	RA	4		1.374	2.005	
14:1....g	0.004		0	RA	4		0.003	0.004	
15:1....g	0.003		0	RA	4		0.002	0.003	
16:1 undifferentiated....g	0.215		0	RA	4		0.183	0.267	
17:1....g	0.004		0	RA	4		0.004	0.005	
18:1 undifferentiated....g	0.756		0	RA	4		0.643	0.937	
20:1....g	0.538		0	RA	4		0.458	0.668	
22:1 undifferentiated....g	0.056		0	RA	4		0.048	0.069	
24:1 c....g	0.040		0	RA	4		0.034	0.050	
Fatty acids, total polyunsaturated....g	0.973		0	RA	4		0.827	1.207	
18:2 undifferentiated....g	0.097		0	RA	4		0.083	0.120	
18:3 undifferentiated....g	0.056		0	RA	4		0.048	0.070	
18:4....g	0.087		0	RA	4		0.074	0.108	
20:2 n-6 c,c....g	0.021		0	RA	4		0.018	0.026	
20:3 undifferentiated....g	0.015		0	RA	4		0.013	0.019	
20:4 undifferentiated....g	0.016		0	RA	4		0.014	0.020	
20:5 n-3 (EPA)....g	0.218		0	RA	4		0.186	0.271	
21:5....g									
22:4....g	0.002		0	RA	4		0.001	0.002	
22:5 n-3 (DPA)....g	0.057		0	RA	4		0.048	0.070	
22:6 n-3 (DHA)....g	0.399		0	RA	4		0.339	0.495	
Fatty acids, total trans....g	0.041		0	RA	4		0.035	0.051	
Cholesterol....mg	55		0	RA	4		47	69	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.265		0	RA	4		0.225	0.329	
Threonine....g	1.278		0	RA	4		1.086	1.585	
Isoleucine....g	1.145		0	RA	4		0.973	1.419	
Leucine....g	1.874		0	RA	4		1.593	2.324	
Lysine....g	2.110		0	RA	4		1.793	2.616	
Methionine....g	0.692		0	RA	4		0.588	0.858	
Cystine....g	0.190		0	RA	4		0.162	0.236	
Phenylalanine....g	1.013		0	RA	4		0.861	1.256	
Tyrosine....g	0.890		0	RA	4		0.756	1.103	
Valine....g	1.319		0	RA	4		1.121	1.635	
Arginine....g	1.543		0	RA	4		1.312	1.914	
Histidine....g	0.651		0	RA	4		0.553	0.807	
Alanine....g	1.568		0	RA	4		1.333	1.944	
Aspartic acid....g	3.088		0	RA	4		2.625	3.829	
Glutamic acid....g	3.482		0	RA	4		2.959	4.317	
Glycine....g	1.514		0	RA	4		1.287	1.877	
Proline....g	1.039		0	RA	4		0.883	1.289	
Serine....g	1.086		0	RA	4		0.923	1.346	
Hydroxyproline....g									

NDB No. 15212
Fish, salmon, pink, cooked, dry heat

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

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 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 27 (2014)

NDB No. 15083
Fish, salmon, pink, raw
Oncorhynchus gorbuscha (Walbaum)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.52	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									
Minerals:									
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	
Vitamins:									
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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 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 27 (2014)

NDB No. 15087
Fish, salmon, sockeye, canned, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	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	
Minerals:									
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	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1		0.0	0.0	
Thiamin mg	0.032	0.002	12	A	1		0.027	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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
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									
Amino Acids:									
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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 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 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.72	0.213	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									
Minerals:									
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	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0	0.000	11		1		0.0	0.0	
Thiamin mg	0.016	0.001	19		1		0.014	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									
Lipids:									

NDB No. 15182

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.644		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									
Amino Acids:									
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 27 (2014)

NDB No. 15086
Fish, salmon, sockeye, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.00		0	RA	4		57.80	105.41	
Energy kcal	169		0	NC	4		143	262	
Energy kJ	706		0	RA	4		600	1095	
Protein (N x 6.25) g	25.40		0	RA	4		21.59	39.37	
Total lipid (fat) g	6.69		0	RA	4		5.69	10.37	
Ash g	1.43		0	RA	4		1.22	2.22	
Carbohydrate, by difference g	0.00		0	RA	4		0.00	0.00	
Fiber, total dietary g	0.0		0	RA	4		0.0	0.0	
Sugars, total g	0.00		0	RA	4		0.00	0.00	
Sucrose g	0.00		0	RA	4		0.00	0.00	
Glucose (dextrose) g	0.00		0	RA	4		0.00	0.00	
Fructose g	0.00		0	RA	4		0.00	0.00	
Lactose g	0.00		0	RA	4		0.00	0.00	
Maltose g	0.00		0	RA	4		0.00	0.00	
Galactose g	0.00		0	RA	4		0.00	0.00	
Starch g	0.00		0	RA	4		0.00	0.00	
Minerals:									
Calcium, Ca mg	12		0	RA	4		10	19	
Iron, Fe mg	0.50		0	RA	4		0.43	0.78	
Magnesium, Mg mg	36		0	RA	4		30	55	
Phosphorus, P mg	317		0	RA	4		269	491	
Potassium, K mg	408		0	RA	4		347	633	
Sodium, Na (1) mg	134		0	RA	4		114	207	
Zinc, Zn mg	0.50		0	RA	4		0.42	0.77	
Copper, Cu mg	0.072		0	RA	4		0.061	0.112	
Manganese, Mn mg	0.013		0	RA	4		0.011	0.021	
Selenium, Se µg	36.5		0	RA	4		31.0	56.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	RA	4		0.0	0.0	
Thiamin mg	0.215		0	RA	4		0.182	0.333	
Riboflavin mg	0.140		0	RA	4		0.119	0.217	
Niacin mg	9.698		0	RA	4		8.244	15.032	
Pantothenic acid mg	1.371		0	RA	4		1.165	2.124	
Vitamin B-6 mg	0.693		0	RA	4		0.589	1.074	
Folate, total µg	9		0	RA	4		7	14	
Folic acid µg	0		0	RA	4		0	0	
Folate, food µg	9		0	RA	4		7	14	
Folate, DFE µg	9		0	NC	4		7	14	
Choline, total mg	112.7		0	RA	4		95.8	174.8	
Betaine mg	2.1		1	A	1		1.8	3.3	
Vitamin B-12 µg	5.67		0	RA	4		4.82	8.79	
Vitamin B-12, added µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE µg	69		0	RA	4		59	107	
Retinol µg	69		0	RA	4		59	107	
Carotene, beta µg	0		0	RA	4		0	0	
Carotene, alpha µg	0		0	RA	4		0	0	
Cryptoxanthin, beta µg	0		0	RA	4		0	0	
Vitamin A, IU IU	207		0	RA	4		176	321	
Lycopene µg	0		0	RA	4		0	0	
Lutein + zeaxanthin µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol) mg	1.14		0	RA	4		0.96	1.76	
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	

NDB No. 15086
Fish, salmon, sockeye, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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	13.1		0	RA	4		11.2	20.4	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	13.1		0	RA	4		11.2	20.4	
Vitamin D....IU	526		0	RA	4		447	815	
Vitamin K (phylloquinone)....µg	0.1		0	RA	4		0.1	0.2	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg	0.4		0	RA	4		0.3	0.6	
Lipids:									
Fatty acids, total saturated....g	1.409		0	NC	4		1.197	2.183	
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	0.005		0	RA	4		0.004	0.008	
12:0....g	0.013		0	RA	4		0.011	0.021	
13:0....g									
14:0....g	0.240		0	RA	4		0.204	0.372	
15:0....g	0.025		0	RA	4		0.021	0.039	
16:0....g	0.893		0	RA	4		0.759	1.384	
17:0....g	0.020		0	RA	4		0.017	0.031	
18:0....g	0.201		0	RA	4		0.171	0.312	
20:0....g	0.009		0	RA	4		0.008	0.014	
22:0....g	0.000		0	RA	4		0.000	0.000	
24:0....g	0.001		0	RA	4		0.001	0.002	
Fatty acids, total monounsaturated....g	2.220		0	NC	4		1.887	3.441	
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	0.276		0	RA	4		0.234	0.427	
17:1....g	0.041		0	RA	4		0.035	0.064	
18:1 undifferentiated....g	1.329		0	RA	4		1.130	2.060	
20:1....g	0.562		0	RA	4		0.477	0.870	
22:1 undifferentiated....g	0.000		0	RA	4		0.000	0.000	
24:1 c....g	0.012		0	RA	4		0.011	0.019	
Fatty acids, total polyunsaturated....g	2.272		0	NC	4		1.931	3.521	
18:2 undifferentiated....g	0.583		0	RA	4		0.496	0.904	
18:3 undifferentiated....g	0.133		0	RA	4		0.113	0.205	
18:4....g	0.084		0	RA	4		0.071	0.130	
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.030		0	RA	4		0.025	0.046	
20:4 undifferentiated....g	0.033		0	RA	4		0.028	0.052	
20:5 n-3 (EPA)....g	0.415		0	RA	4		0.353	0.643	
21:5....g									
22:4....g	0.006		0	RA	4		0.005	0.010	
22:5 n-3 (DPA)....g	0.170		0	RA	4		0.144	0.263	
22:6 n-3 (DHA)....g	0.812		0	RA	4		0.690	1.258	
Fatty acids, total trans....g	0.033		0	RA	4		0.028	0.051	
Cholesterol....mg	63		0	RA	4		54	98	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.322		0	RA	4		0.273	0.498	
Threonine....g	1.196		0	RA	4		1.017	1.854	
Isoleucine....g	1.222		0	RA	4		1.039	1.894	
Leucine....g	2.096		0	RA	4		1.782	3.249	
Lysine....g	2.469		0	RA	4		2.099	3.827	
Methionine....g	0.823		0	RA	4		0.700	1.276	
Cystine....g	0.283		0	RA	4		0.240	0.439	
Phenylalanine....g	1.042		0	RA	4		0.885	1.615	
Tyrosine....g	1.157		0	RA	4		0.984	1.794	
Valine....g	1.402		0	RA	4		1.192	2.173	
Arginine....g	1.646		0	RA	4		1.399	2.552	
Histidine....g	0.682		0	RA	4		0.579	1.057	
Alanine....g	1.582		0	RA	4				

NDB No. 15086
Fish, salmon, sockeye, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Alanine....g	1.582			RA	4		1.345	2.452	
Aspartic acid....g	2.598		0	RA	4		2.208	4.027	
Glutamic acid....g	3.743		0	RA	4		3.181	5.801	
Glycine....g	1.222		0	RA	4		1.039	1.894	
Proline....g	0.939		0	RA	4		0.798	1.455	
Serine....g	1.016		0	RA	4		0.864	1.575	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 155g: .5 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 = 66 mg sodium/100g.

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15085
Fish, salmon, sockeye, raw
Oncorhynchus nerka (Walbaum)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.15	1.339	4	A	1		20.74	144.84	62.18
Energy kcal	142		0	NC	4		40	280	120
Energy kJ	593		0	NC	4		168	1173	504
Protein (N x 6.25) g	21.31	0.560	4	A	1		6.04	42.20	18.12
Total lipid (fat) g	5.61	1.695	4	A	1		1.59	11.12	4.77
Ash g	1.20	0.064	4	A	1		0.34	2.38	1.02
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		1	A	1		0.00	0.00	0.00
Sucrose g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose) g	0.00		1	A	1		0.00	0.00	0.00
Fructose g	0.00		1	A	1		0.00	0.00	0.00
Lactose g	0.00		1	A	1		0.00	0.00	0.00
Maltose g	0.00		1	A	1		0.00	0.00	0.00
Galactose g	0.00		1	A	1		0.00	0.00	0.00
Starch g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	10	1.071	4	A	1		3	20	9
Iron, Fe mg	0.42	0.013	4	A	1		0.12	0.83	0.36
Magnesium, Mg mg	30	0.290	4	A	1		8	59	25
Phosphorus, P mg	266	13.675	4	A	1		75	527	226
Potassium, K mg	343	13.016	4	A	1		97	678	291
Sodium, Na (1) mg	112	34.081	4	A	1		32	222	95
Zinc, Zn mg	0.42	0.016	4	A	1		0.12	0.83	0.36
Copper, Cu mg	0.061	0.003	4	A	1		0.017	0.120	0.051
Manganese, Mn mg	0.011	0.000	4	A	1		0.003	0.022	0.009
Selenium, Se µg	30.6	0.626	4	A	1		8.7	60.6	26.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin mg	0.180	0.023	4	A	1		0.051	0.356	0.153
Riboflavin mg	0.118	0.012	4	A	1		0.033	0.233	0.100
Niacin mg	8.138	0.440	4	A	1		2.307	16.112	6.917
Pantothenic acid mg	1.150		2	A	1		0.326	2.277	0.978
Vitamin B-6 mg	0.612	0.027	4	A	1		0.174	1.212	0.520
Folate, total µg	8	3.614	4	A	1		2	15	7
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	8	3.614	4	AS	1		2	15	7
Folate, DFE µg	8		0	NC	4		2	15	7
Choline, total mg	94.6		0	BFZN	4		26.8	187.3	80.4
Betaine mg									
Vitamin B-12 µg	5.95	1.287	4	A	1		1.69	11.78	5.06
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	58		0	NC	4		16	115	49
Retinol µg	58		0	T	4		16	115	49
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	193		0	NC	4		55	383	164
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.95	0.353	4	A	1		0.27	1.89	0.81
Vitamin E, added mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta mg	0.01	0.008	4	A	1		0.00	0.01	0.01
Tocopherol, gamma mg	0.16	0.103	4	A	1		0.05	0.32	0.14
Tocopherol, delta mg	0.19	0.142	4	A	1		0.05	0.37	0.16
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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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	11.0		12	AS	1		3.1	21.8	9.4
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	11.0	1.160	12	A	1		3.1	21.8	9.4
Vitamin D....IU	441	46.410	12	A	1		125	874	375
Vitamin K (phylloquinone)....µg	0.1	0.063	4	A	1		0.0	0.2	0.1
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.3	0.129	4	A	1		0.1	0.6	0.3
Lipids:									
Fatty acids, total saturated....g	1.182		0	NC	4		0.335	2.340	1.005
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.004	0.001	4	A	1		0.001	0.008	0.004
12:0....g	0.011	0.001	4	A	1		0.003	0.022	0.010
13:0....g									
14:0....g	0.201	0.035	4	A	1		0.057	0.399	0.171
15:0....g	0.021	0.003	4	A	1		0.006	0.041	0.018
16:0....g	0.749	0.141	4	A	1		0.212	1.483	0.637
17:0....g	0.017	0.002	4	A	1		0.005	0.034	0.014
18:0....g	0.169	0.032	4	A	1		0.048	0.335	0.144
20:0....g	0.008	0.001	4	A	1		0.002	0.015	0.007
22:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:0....g	0.001	0.000	4	A	1		0.000	0.002	0.001
Fatty acids, total monounsaturated....g	1.863		0	NC	4		0.528	3.688	1.583
14:1....g	0.000		2	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.231	0.060	4	AS	1		0.066	0.458	0.197
16:1 c....g	0.223	0.059	4	A	1		0.063	0.441	0.189
16:1 t....g	0.009	0.001	4	A	1		0.002	0.017	0.007
17:1....g	0.034	0.004	4	A	1		0.010	0.068	0.029
18:1 undifferentiated....g	1.115	0.330	4	AS	1		0.316	2.208	0.948
18:1 c....g	1.104	0.328	4	A	1		0.313	2.187	0.939
18:1 t....g	0.011	0.003	4	A	1		0.003	0.021	0.009
18:1-11 t (18:1t n-7)....g									
20:1....g	0.471	0.062	4	A	1		0.134	0.933	0.401
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g	0.010	0.007	4	A	1		0.003	0.021	0.009
Fatty acids, total polyunsaturated....g	1.945		0	NC	4		0.551	3.851	1.653
18:2 undifferentiated....g	0.489	0.155	4	AS	1		0.139	0.969	0.416
18:2 n-6 c,c....g	0.471	0.150	4	A	1		0.133	0.932	0.400
18:2 CLAs....g	0.010	0.002	4	A	1		0.003	0.021	0.009
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.008	0.002	4	A	1		0.002	0.016	0.007
18:3 undifferentiated....g	0.111	0.032	4	AS	1		0.032	0.220	0.095
18:3 n-3 c,c,c (ALA)....g	0.106	0.029	4	A	1		0.030	0.209	0.090
18:3 n-6 c,c,c....g	0.005	0.003	4	A	1		0.002	0.011	0.005
18:3i....g									
18:4....g	0.070	0.009	4	A	1		0.020	0.139	0.060
20:2 n-6 c,c....g	0.039	0.009	4	A	1		0.011	0.077	0.033
20:3 undifferentiated....g	0.025	0.005	4	AS	1		0.007	0.049	0.021
20:3 n-3....g	0.015	0.002	4	A	1		0.004	0.029	0.013
20:3 n-6....g	0.010	0.004	4	A	1		0.003	0.020	0.009
20:4 undifferentiated....g	0.028	0.005	4	A	1		0.008	0.055	0.024
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.348	0.057	4	A	1		0.099	0.689	0.296
21:5....g									
22:4....g	0.005	0.002	4	A	1		0.002	0.011	0.005
22:5 n-3 (DPA)....g	0.143	0.030	4	A	1		0.040	0.282	0.121

NDB No. 15085
Fish, salmon, sockeye, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA) g	0.681	0.083	4	A	1		0.193	1.349	0.579
Fatty acids, total trans g	0.028		0	NC	4		0.008	0.054	0.023
Fatty acids, total trans-monoenoic g	0.019		0	NC	4		0.005	0.038	0.016
Fatty acids, total trans-polyenoic g	0.008		0	NC	4		0.002	0.016	0.007
Cholesterol mg	53	2.282	4	A	1		15	105	45
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.270		0	A	1		0.076	0.534	0.229
Threonine g	1.004		0	A	1		0.285	1.987	0.853
Isoleucine g	1.025		0	A	1		0.291	2.030	0.871
Leucine g	1.759		0	A	1		0.499	3.483	1.495
Lysine g	2.072		0	A	1		0.587	4.102	1.761
Methionine g	0.691		0	A	1		0.196	1.367	0.587
Cystine g	0.237		0	A	1		0.067	0.470	0.202
Phenylalanine g	0.874		0	A	1		0.248	1.731	0.743
Tyrosine g	0.971		0	A	1		0.275	1.923	0.826
Valine g	1.176		0	A	1		0.333	2.329	1.000
Arginine g	1.381		0	A	1		0.392	2.735	1.174
Histidine g	0.572		0	A	1		0.162	1.132	0.486
Alanine g	1.327		0	A	1		0.376	2.628	1.128
Aspartic acid g	2.180		0	A	1		0.618	4.316	1.853
Glutamic acid g	3.140		0	A	1		0.890	6.218	2.669
Glycine g	1.025		0	A	1		0.291	2.030	0.871
Proline g	0.788		0	A	1		0.223	1.560	0.670
Serine g	0.853		0	A	1		0.242	1.688	0.725
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 198g: .5 fillet

Measure 3 = 85g: 3 oz

Footnotes:

1 Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 47 mg sodium/100g.

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15273
Fish, salmon, sockeye, untreated, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.51		3	A	1		59.08		
Energy kcal	143		0	NC	4		121		
Energy kJ	597		0	NC	4		507		
Protein g	25.23		3	A	1		21.44		
Total lipid (fat) g	4.65		3	A	1		3.96		
Ash g	1.38		3	A	1		1.17		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	8		3	A	1		7		
Iron, Fe mg	0.46		3	A	1		0.39		
Magnesium, Mg mg	33		3	A	1		28		
Phosphorus, P mg	282		3	A	1		239		
Potassium, K mg	410		3	A	1		348		
Sodium, Na mg	70		3	A	1		60		
Zinc, Zn mg	0.48		3	A	1		0.41		
Copper, Cu mg	0.061		3	A	1		0.051		
Manganese, Mn mg	0.015		3	A	1		0.013		
Selenium, Se µg									
Lipids:									
Fatty acids, total saturated g	1.128		0	NC	4		0.959		
4:0 g	0.000		3	A	1		0.000		
6:0 g	0.000		3	A	1		0.000		
8:0 g	0.000		3	A	1		0.000		
10:0 g	0.000		3	A	1		0.000		
12:0 g	0.000		3	A	1		0.000		
13:0 g									
14:0 g	0.161		3	A	1		0.137		
15:0 g	0.022		3	A	1		0.019		
16:0 g	0.789		3	A	1		0.670		
17:0 g	0.016		3	A	1		0.014		
18:0 g	0.132		3	A	1		0.112		
20:0 g	0.006		3	A	1		0.005		
22:0 g	0.002		3	A	1		0.001		
24:0 g	0.000		3	A	1		0.000		
Fatty acids, total monounsaturated g	1.671		0	NC	4		1.420		
14:1 g	0.002		3	A	1		0.002		
15:1 g	0.000		3	A	1		0.000		
16:1 undifferentiated g	0.157		3	AS	1		0.134		
16:1 c g	0.148		3	A	1		0.126		
16:1 t g	0.009		3	A	1		0.008		
17:1 g	0.013		3	A	1		0.011		
18:1 undifferentiated g	0.959		3	AS	1		0.815		
18:1 c g	0.948		3	A	1		0.806		
18:1 t g	0.011		3	A	1		0.010		
18:1-11 t (18:1t n-7) g									
20:1 g	0.490		3	A	1		0.416		
22:1 undifferentiated g	0.045		3	AS	1		0.038		
22:1 c g	0.044		3	A	1		0.038		
22:1 t g	0.001		3	A	1		0.001		
24:1 c g	0.004		3	A	1		0.004		
Fatty acids, total polyunsaturated g	1.411		0	NC	4		1.199		
18:2 undifferentiated g	0.122		3	AS	1		0.104		
18:2 n-6 c,c g	0.107		3	A	1		0.091		
18:2 CLAs g	0.005		3	A	1		0.004		
18:2 t,t g									

NDB No. 15273
Fish, salmon, sockeye, untreated, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:2 i....g									
18:2 t not further defined....g	0.009		3	A	1		0.008		
18:3 undifferentiated....g	0.056		3	AS	1		0.048		
18:3 n-3 c,c,c (ALA)....g	0.055		3	A	1		0.047		
18:3 n-6 c,c,c....g	0.002		3	A	1		0.001		
18:3i....g									
18:4....g	0.081		3	A	1		0.069		
20:2 n-6 c,c....g	0.018		3	A	1		0.015		
20:3 undifferentiated....g	0.021		3	AS	1		0.018		
20:3 n-3....g	0.014		3	A	1		0.012		
20:3 n-6....g	0.007		3	A	1		0.006		
20:4 undifferentiated....g	0.024		3	A	1		0.020		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.341		3	A	1		0.290		
21:5....g									
22:4....g	0.003		3	A	1		0.003		
22:5 n-3 (DPA)....g	0.089		3	A	1		0.076		
22:6 n-3 (DHA)....g	0.652		3	A	1		0.554		
Fatty acids, total trans....g	0.030		0	NC	4		0.026		
Fatty acids, total trans-monoenoic....g	0.021		0	NC	4		0.018		
Fatty acids, total trans-polyenoic....g	0.009		0	NC	4		0.008		
Cholesterol....mg	54		3	A	1		46		
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 27 (2014)

NDB No. 15272
Fish, salmon, sockeye, untreated, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.86		3	A	1		61.08		
Energy kcal	131		0	NC	4		111		
Energy kJ	548		0	NC	4		466		
Protein g	22.56		3	A	1		19.18		
Total lipid (fat) g	4.53		3	A	1		3.85		
Ash g	1.33		3	A	1		1.13		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	9		3	A	1		8		
Iron, Fe mg	0.42		3	A	1		0.36		
Magnesium, Mg mg	30		3	A	1		26		
Phosphorus, P mg	256		3	A	1		217		
Potassium, K mg	360		3	A	1		306		
Sodium, Na mg	70		3	A	1		60		
Zinc, Zn mg	0.49		3	A	1		0.42		
Copper, Cu mg	0.060		3	A	1		0.051		
Manganese, Mn mg	0.011		3	A	1		0.009		
Selenium, Se µg									
Lipids:									
Fatty acids, total saturated g	1.088		0	NC	4		0.925		
4:0 g	0.000		3	A	1		0.000		
6:0 g	0.000		3	A	1		0.000		
8:0 g	0.000		3	A	1		0.000		
10:0 g	0.000		3	A	1		0.000		
12:0 g	0.000		3	A	1		0.000		
13:0 g									
14:0 g	0.164		3	A	1		0.140		
15:0 g	0.021		3	A	1		0.018		
16:0 g	0.752		3	A	1		0.639		
17:0 g	0.015		3	A	1		0.013		
18:0 g	0.129		3	A	1		0.109		
20:0 g	0.006		3	A	1		0.005		
22:0 g	0.001		3	A	1		0.001		
24:0 g	0.000		3	A	1		0.000		
Fatty acids, total monounsaturated g	1.652		0	NC	4		1.404		
14:1 g	0.003		3	A	1		0.002		
15:1 g	0.000		3	A	1		0.000		
16:1 undifferentiated g	0.159		3	AS	1		0.135		
16:1 c g	0.150		3	A	1		0.128		
16:1 t g	0.009		3	A	1		0.007		
17:1 g	0.010		3	A	1		0.009		
18:1 undifferentiated g	0.929		3	AS	1		0.789		
18:1 c g	0.917		3	A	1		0.780		
18:1 t g	0.011		3	A	1		0.010		
18:1-11 t (18:1t n-7) g									
20:1 g	0.502		3	A	1		0.426		
22:1 undifferentiated g	0.045		3	AS	1		0.038		
22:1 c g	0.044		3	A	1		0.037		
22:1 t g	0.001		3	A	1		0.001		
24:1 c g	0.005		3	A	1		0.004		
Fatty acids, total polyunsaturated g	1.358		0	NC	4		1.154		
18:2 undifferentiated g	0.121		3	AS	1		0.103		
18:2 n-6 c,c g	0.109		3	A	1		0.092		
18:2 CLAs g	0.005		3	A	1		0.005		
18:2 t,t g									

NDB No. 15272
Fish, salmon, sockeye, untreated, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
18:2 i....g									
18:2 t not further defined....g	0.007		3	A	1		0.006		
18:3 undifferentiated....g	0.055		3	AS	1		0.047		
18:3 n-3 c,c,c (ALA)....g	0.054		3	A	1		0.046		
18:3 n-6 c,c,c....g	0.001		3	A	1		0.001		
18:3i....g									
18:4....g	0.078		3	A	1		0.066		
20:2 n-6 c,c....g	0.016		3	A	1		0.014		
20:3 undifferentiated....g	0.020		3	AS	1		0.017		
20:3 n-3....g	0.013		3	A	1		0.011		
20:3 n-6....g	0.006		3	A	1		0.006		
20:4 undifferentiated....g	0.022		3	A	1		0.018		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.337		3	A	1		0.287		
21:5....g									
22:4....g	0.003		3	A	1		0.002		
22:5 n-3 (DPA)....g	0.090		3	A	1		0.077		
22:6 n-3 (DHA)....g	0.612		3	A	1		0.520		
Fatty acids, total trans....g	0.028		0	NC	4		0.024		
Fatty acids, total trans-monoenoic....g	0.021		0	NC	4		0.018		
Fatty acids, total trans-polyenoic....g	0.007		0	NC	4		0.006		
Cholesterol....mg	50		3	A	1		43		
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 27 (2014)

NDB No. 15088

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

Clupea harengus harengus L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.61	0.643	13		1		88.82	16.90	9.54
Energy kcal	208		0	NC	4		310	59	33
Energy kJ	871		0	NC	4		1298	247	139
Protein (N x 6.25) g	24.62	0.452	13		1		36.68	6.98	3.94
Total lipid (fat) g	11.45	0.310	13		1		17.06	3.25	1.83
Ash g	3.38	0.135	35		1		5.04	0.96	0.54
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	382	14.917	22		1		569	108	61
Iron, Fe mg	2.92	0.225	7		1		4.35	0.83	0.47
Magnesium, Mg mg	39		2		1		58	11	6
Phosphorus, P mg	490	15.351	22		1		730	139	78
Potassium, K mg	397		1		1		592	113	64
Sodium, Na mg	307		0	O	4		457	87	49
Zinc, Zn mg	1.31		2		1		1.95	0.37	0.21
Copper, Cu mg	0.186		2		1		0.277	0.053	0.030
Manganese, Mn mg	0.108		2		1		0.161	0.031	0.017
Selenium, Se µg	52.7		0	BFSN	4		78.5	14.9	8.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.080	0.031	9		1		0.119	0.023	0.013
Riboflavin mg	0.227	0.045	7		1		0.338	0.064	0.036
Niacin mg	5.245	0.066	4		1		7.815	1.487	0.839
Pantothenic acid mg	0.642		2		1		0.957	0.182	0.103
Vitamin B-6 mg	0.167	0.022	3		1		0.249	0.047	0.027
Folate, total µg	10		0	RA	4		15	3	2
Folic acid µg	0		0	RA	4		0	0	0
Folate, food µg	10		0	RA	4		15	3	2
Folate, DFE µg	10		0	NC	4		15	3	2
Choline, total mg	75.0		0	RA	4		111.8	21.3	12.0
Betaine mg									
Vitamin B-12 µg	8.94		2		1		13.32	2.53	1.43
Vitamin B-12, added µg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin A, RAE µg	32		0	NC	4		48	9	5
Retinol µg	32		0	RA	4		48	9	5
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	108		0	NC	4		160	31	17
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	2.04		0	RA	4		3.05	0.58	0.33
Vitamin E, added mg	0.00		0	RA	4		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	4.8		0	RA	4		7.2	1.4	0.8
Vitamin D IU	193		0	RA	4		287	55	31
Vitamin K (phylloquinone) µg	2.6		0	RA	4		3.9	0.7	0.4
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15088

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.276		0		1		0.411	0.078	0.044
Threonine....g	1.079		0		1		1.608	0.306	0.173
Isoleucine....g	1.134		0		1		1.690	0.321	0.181
Leucine....g	2.001		0		1		2.981	0.567	0.320
Lysine....g	2.260		0		1		3.367	0.641	0.362
Methionine....g	0.729		0		1		1.086	0.207	0.117
Cystine....g	0.264		0		1		0.393	0.075	0.042
Phenylalanine....g	0.961		0		1		1.432	0.272	0.154
Tyrosine....g	0.831		0		1		1.238	0.236	0.133
Valine....g	1.268		0		1		1.889	0.359	0.203
Arginine....g	1.473		0		1		2.195	0.418	0.236
Histidine....g	0.725		0		1		1.080	0.206	0.116
Alanine....g	1.489		0		1		2.219	0.422	0.238
Aspartic acid....g	2.520		0		1		3.755	0.714	0.403
Glutamic acid....g	3.674		0		1		5.474	1.042	0.588
Glycine....g	1.181		0		1		1.760	0.335	0.189
Proline....g	0.870		0		1		1.296	0.247	0.139
Serine....g	1.004		0		1		1.496	0.285	0.161
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 15088

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15089

Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone

Sardinops spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.86		0	RA	4		59.50	247.37	25.41
Energy kcal	185		0	RA	4		165	684	70
Energy kJ	774		0	RA	4		689	2864	294
Protein (N x 6.25) g	20.86		0	RA	4		18.56	77.18	7.93
Total lipid (fat) g	10.45		0	RA	4		9.30	38.66	3.97
Ash g	1.88		0	RA	4		1.68	6.97	0.72
Carbohydrate, by difference g	0.54		0	RA	4		0.48	1.99	0.20
Fiber, total dietary g	0.1		0	RA	4		0.1	0.6	0.1
Sugars, total g	0.43		0	RA	4		0.38	1.57	0.16
Sucrose g	0.03		0	RA	4		0.02	0.10	0.01
Glucose (dextrose) g	0.23		0	RA	4		0.21	0.86	0.09
Fructose g	0.17		0	RA	4		0.15	0.62	0.06
Lactose g	0.00		0	RA	4		0.00	0.00	0.00
Maltose g	0.00		0	RA	4		0.00	0.00	0.00
Galactose g	0.00		0	RA	4		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	240	36.085	3		1		214	888	91
Iron, Fe mg	2.30		2		1		2.05	8.51	0.87
Magnesium, Mg mg	34		1		1		30	126	13
Phosphorus, P mg	366	54.026	3		1		326	1354	139
Potassium, K mg	341		1		1		303	1262	130
Sodium, Na mg	414		1		1		368	1532	157
Zinc, Zn mg	1.40		2		1		1.25	5.18	0.53
Copper, Cu mg	0.272		2		1		0.242	1.006	0.103
Manganese, Mn mg	0.206		2		1		0.183	0.762	0.078
Selenium, Se µg	40.6		0	BFSN	4		36.1	150.2	15.4
Vitamins:									
Vitamin C, total ascorbic acid mg	1.0		2		1		0.9	3.7	0.4
Thiamin mg	0.044		4		1		0.039	0.163	0.017
Riboflavin mg	0.233	0.035	3		1		0.207	0.862	0.089
Niacin mg	4.200		2		1		3.738	15.540	1.596
Pantothenic acid mg	0.730		1		1		0.650	2.701	0.277
Vitamin B-6 mg	0.123		1		1		0.109	0.455	0.047
Folate, total µg	24		2		1		22	90	9
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	24		2		1		22	90	9
Folate, DFE µg	24		0	NC	4		22	90	9
Choline, total mg	76.0		0	RA	4		67.6	281.2	28.9
Betaine mg	0.1		0	RA	4		0.1	0.3	0.0
Vitamin B-12 µg	9.00		1		1		8.01	33.30	3.42
Vitamin B-12, added µg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin A, RAE µg	34		0	NC	4		31	128	13
Retinol µg	32		0	RA	4		29	120	12
Carotene, beta µg	26		0	RA	4		23	96	10
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	151		0	NC	4		134	558	57
Lycopene µg	1398		0	RA	4		1244	5172	531
Lutein + zeaxanthin µg	2		0	RA	4		2	8	1
Vitamin E (alpha-tocopherol) mg	1.38		0	RA	4		1.23	5.09	0.52
Vitamin E, added mg	0.00		0	RA	4		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	RA	4		0.00	0.01	0.00
Tocopherol, gamma mg	0.01		0	RA	4		0.01	0.04	0.00
Tocopherol, delta mg	0.00		0	RA	4		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 15089

Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.684		0	NC	4		2.389	9.932	1.020
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.702		1		1		0.625	2.598	0.267
15:0....g									
16:0....g	1.738		1		1		1.546	6.429	0.660
17:0....g									
18:0....g	0.244		1		1		0.218	0.905	0.093
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.818		0	NC	4		4.288	17.826	1.831
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.633		1		1		0.564	2.344	0.241
17:1....g									
18:1 undifferentiated....g	1.850		1		1		1.646	6.844	0.703
20:1....g	0.710		1		1		0.632	2.627	0.270
22:1 undifferentiated....g	1.624		1		1		1.446	6.011	0.617
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.111		0	NC	4		1.879	7.810	0.802
18:2 undifferentiated....g	0.123		1		1		0.109	0.454	0.047
18:3 undifferentiated....g	0.235		1		1		0.209	0.869	0.089
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.297		1		1		0.264	1.098	0.113
20:5 n-3 (EPA)....g	0.532		1		1		0.473	1.967	0.202
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									
Amino Acids:									
Tryptophan....g	0.157		2		1		0.140	0.581	0.060
Threonine....g	0.795		2		1		0.708	2.942	0.302
Isoleucine....g	0.795		2		1		0.708	2.942	0.302
Leucine....g	1.358		2		1		1.209	5.025	0.516
Lysine....g	1.400		2		1		1.246	5.180	0.532
Methionine....g	0.476		2		1		0.424	1.761	0.181
Cystine....g	0.139		2		1		0.124	0.514	0.053
Phenylalanine....g	0.793		2		1		0.706	2.934	0.301
Tyrosine....g	0.625		2		1		0.556	2.313	0.238
Valine....g	0.926		2		1		0.824	3.426	0.352
Arginine....g	1.049		2		1		0.934	3.881	0.399
Histidine....g	0.680		2		1		0.605	2.516	0.258
Alanine....g	1.005		2		1		0.894	3.719	0.382
Aspartic acid....g	1.666		2		1		1.483	6.164	0.633
Glutamic acid....g	2.307		2		1		2.053	8.536	0.877

NDB No. 15089

Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone

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

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

Common Measures:

Measure 1 = 89g: 1 cup

Measure 2 = 370g: 1 can

Measure 3 = 38g: 1 sardine

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.7

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.42		0		1		34.21	58.16	
Energy kcal	135		0	NC	4		68	115	
Energy kJ	565				4		282	480	
Protein (N x 6.25) g	24.21		0		1		12.11	20.58	
Total lipid (fat) g	3.50		0		1		1.75	2.98	
Ash g	1.55		0		1		0.78	1.32	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	51		0		1		26	43	
Iron, Fe mg	0.68		0		1		0.34	0.58	
Magnesium, Mg mg	29		0		1		15	25	
Phosphorus, P mg	237		0		1		119	201	
Potassium, K mg	368		0		1		184	313	
Sodium, Na mg	54		0		1		27	46	
Zinc, Zn mg	0.62		0		1		0.31	0.53	
Copper, Cu mg	0.065		0		1		0.033	0.055	
Manganese, Mn mg	0.045		0		1		0.023	0.038	
Selenium, Se µg	46.8		0	BFSN	4		23.4	39.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.127		0		1		0.064	0.108	
Riboflavin mg	0.122		0		1		0.061	0.104	
Niacin mg	4.994		0		1		2.497	4.245	
Pantothenic acid mg	0.865		0		1		0.433	0.735	
Vitamin B-6 mg	0.346		0		1		0.173	0.294	
Folate, total µg	17		0		1		9	14	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	17		0		1		9	14	
Folate, DFE 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									
Lipids:									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.271		0		1		0.136	0.230	
Threonine....g	1.061		0		1		0.531	0.902	
Isoleucine....g	1.115		0		1		0.558	0.948	
Leucine....g	1.967		0		1		0.984	1.672	
Lysine....g	2.223		0		1		1.112	1.890	
Methionine....g	0.716		0		1		0.358	0.609	
Cystine....g	0.259		0		1		0.130	0.220	
Phenylalanine....g	0.945		0		1		0.473	0.803	
Tyrosine....g	0.817		0		1		0.409	0.694	
Valine....g	1.247		0		1		0.624	1.060	
Arginine....g	1.448		0		1		0.724	1.231	
Histidine....g	0.713		0		1		0.357	0.606	
Alanine....g	1.464		0		1		0.732	1.244	
Aspartic acid....g	2.479		0		1		1.240	2.107	
Glutamic acid....g	3.613		0		1		1.807	3.071	
Glycine....g	1.162		0		1		0.581	0.988	
Proline....g	0.856		0		1		0.428	0.728	
Serine....g	0.988		0		1		0.494	0.840	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 50g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

NDB No. 15090
Fish, scup, raw
Stenotomus chrysops L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.37	0.342	25		1		64.06	21.37	48.24
Energy kcal	105		0	NC	4		89	30	67
Energy kJ	440		0	NC	4		374	125	282
Protein (N x 6.25) g	18.88	0.110	25		1		16.05	5.35	12.08
Total lipid (fat) g	2.73	0.450	15		1		2.32	0.77	1.75
Ash g	1.21	0.020	26		1		1.03	0.34	0.77
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	40		1		1		34	11	26
Iron, Fe mg	0.53		1		1		0.45	0.15	0.34
Magnesium, Mg mg	23		1		1		20	7	15
Phosphorus, P mg	185		0		4		157	52	118
Potassium, K mg	287		1		1		244	81	184
Sodium, Na mg	42		2		1		36	12	27
Zinc, Zn mg	0.48	0.047	71		1		0.41	0.14	0.31
Copper, Cu mg	0.051	0.003	70		1		0.043	0.014	0.033
Manganese, Mn mg	0.035		0		4		0.030	0.010	0.022
Selenium, Se µg	36.5		0	CAZN	4		31.0	10.3	23.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.110		0		4		0.094	0.031	0.070
Riboflavin mg	0.100		0		4		0.085	0.028	0.064
Niacin mg	4.100		0		4		3.485	1.162	2.624
Pantothenic acid mg	0.750		0		4		0.638	0.213	0.480
Vitamin B-6 mg	0.300		0		4		0.255	0.085	0.192
Folate, total µg	15		0		4		13	4	10
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	15		0		4		13	4	10
Folate, DFE µg	15		0	NC	4		13	4	10
Choline, total mg	65.0		0	T	4		55.3	18.4	41.6
Betaine mg									
Vitamin B-12 µg	1.40		0		4		1.19	0.40	0.90
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	27		0	NC	4		23	8	17
Retinol µg	27		0	T	4		23	8	17
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	90		0	NC	4		77	26	58
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.50		0	T	4		0.43	0.14	0.32
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	1.2		0	AS	1		1.0	0.3	0.8
Vitamin D IU	47		0	BFSN	4		40	13	30
Vitamin K (phylloquinone) µg	0.1		0	BFSN	4		0.1	0.0	0.1
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15090
Fish, scup, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
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									
Others:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15092
Fish, sea bass, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.14		0		1		72.86	61.32	
Energy kcal	124		0	NC	4		125	105	
Energy kJ	519				4		524	441	
Protein (N x 6.25) g	23.63		0		1		23.87	20.09	
Total lipid (fat) g	2.56		0		1		2.59	2.18	
Ash g	1.40		0		1		1.41	1.19	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	13		0		1		13	11	
Iron, Fe mg	0.37		0		1		0.37	0.31	
Magnesium, Mg mg	53		0		1		54	45	
Phosphorus, P mg	248		0		1		250	211	
Potassium, K mg	328		0		1		331	279	
Sodium, Na mg	87		0		1		88	74	
Zinc, Zn mg	0.52		0		1		0.53	0.44	
Copper, Cu mg	0.024		0		1		0.024	0.020	
Manganese, Mn mg	0.020		0		4		0.020	0.017	
Selenium, Se µg	46.8		0	BFSN	4		47.3	39.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.130		0		4		0.131	0.111	
Riboflavin mg	0.150		0		4		0.152	0.128	
Niacin mg	1.900		0		4		1.919	1.615	
Pantothenic acid mg	0.870		0		4		0.879	0.740	
Vitamin B-6 mg	0.460		0		4		0.465	0.391	
Folate, total µg	6		0		4		6	5	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0		4		6	5	
Folate, DFE 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									
Lipids:									

NDB No. 15092

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.265		0		1		0.268	0.225	
Threonine....g	1.036		0		1		1.046	0.881	
Isoleucine....g	1.089		0		1		1.100	0.926	
Leucine....g	1.921		0		1		1.940	1.633	
Lysine....g	2.170		0		1		2.192	1.845	
Methionine....g	0.699		0		1		0.706	0.594	
Cystine....g	0.253		0		1		0.256	0.215	
Phenylalanine....g	0.923		0		1		0.932	0.785	
Tyrosine....g	0.798		0		1		0.806	0.678	
Valine....g	1.217		0		1		1.229	1.034	
Arginine....g	1.414		0		1		1.428	1.202	
Histidine....g	0.696		0		1		0.703	0.592	
Alanine....g	1.429		0		1		1.443	1.215	
Aspartic acid....g	2.420		0		1		2.444	2.057	
Glutamic acid....g	3.528		0		1		3.563	2.999	
Glycine....g	1.134		0		1		1.145	0.964	
Proline....g	0.836		0		1		0.844	0.711	
Serine....g	0.964		0		1		0.974	0.819	
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15091

Fish, sea bass, mixed species, raw

Centropristes striata L. and Lateolabrax japonicus (Cuvier)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.27	0.199	35		1		100.97	66.53	
Energy kcal	97		0	NC	4		125	82	
Energy kJ	406		0		4		524	345	
Protein (N x 6.25) g	18.43	0.108	33		1		23.77	15.67	
Total lipid (fat) g	2.00	0.221	40		1		2.58	1.70	
Ash g	1.09	0.022	34		1		1.41	0.93	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	10		1		1		13	9	
Iron, Fe mg	0.29		1		1		0.37	0.25	
Magnesium, Mg mg	41		1		1		53	35	
Phosphorus, P mg	194		1		1		250	165	
Potassium, K mg	256		1		1		330	218	
Sodium, Na mg	68		1		1		88	58	
Zinc, Zn mg	0.40		34		1		0.52	0.34	
Copper, Cu mg	0.019	0.002	34		1		0.025	0.016	
Manganese, Mn mg	0.015		1		1		0.019	0.013	
Selenium, Se µg	36.5		0	CAZN	4		47.1	31.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.110		0		4		0.142	0.094	
Riboflavin mg	0.120		0		4		0.155	0.102	
Niacin mg	1.600		0		4		2.064	1.360	
Pantothenic acid mg	0.750		0		4		0.968	0.638	
Vitamin B-6 mg	0.400		0		4		0.516	0.340	
Folate, total µg	5		0		4		6	4	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0		4		6	4	
Folate, DFE µg	5		0	NC	4		6	4	
Choline, total mg	60.8		0	BFSN	4		78.5	51.7	
Betaine mg									
Vitamin B-12 µg	0.30		0		4		0.39	0.26	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	46		0	NC	4		60	39	
Retinol µg	46		0	BFSN	4		60	39	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	154		0	NC	4		199	131	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.84		0	BFSN	4		1.08	0.71	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	5.6		0	AS	1		7.3	4.8	
Vitamin D IU	226		0	BFSN	4		291	192	
Vitamin K (phylloquinone) µg	0.1		0	BFSN	4		0.1	0.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15091
Fish, sea bass, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.206		0		1		0.266	0.175	
Threonine....g	0.808		0		1		1.042	0.687	
Isoleucine....g	0.849		0		1		1.095	0.722	
Leucine....g	1.498		0		1		1.932	1.273	
Lysine....g	1.693		0		1		2.184	1.439	
Methionine....g	0.546		0		1		0.704	0.464	
Cystine....g	0.198		0		1		0.255	0.168	
Phenylalanine....g	0.720		0		1		0.929	0.612	
Tyrosine....g	0.622		0		1		0.802	0.529	
Valine....g	0.950		0		1		1.226	0.808	
Arginine....g	1.103		0		1		1.423	0.938	
Histidine....g	0.543		0		1		0.700	0.462	
Alanine....g	1.115		0		1		1.438	0.948	
Aspartic acid....g	1.887		0		1		2.434	1.604	
Glutamic acid....g	2.751		0		1		3.549	2.338	
Glycine....g	0.885		0		1		1.142	0.752	
Proline....g	0.652		0		1		0.841	0.554	
Serine....g	0.752		0		1		0.970	0.639	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 15091
Fish, sea bass, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 = 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 27 (2014)

NDB No. 15214
Fish, seatrout, mixed species, cooked, dry heat

Refuse: 0%

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

NDB No. 15214

Fish, seatrout, mixed species, cooked, dry heat

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 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 27 (2014)

NDB No. 15093

Fish, seatrout, mixed species, raw

Cynoscion spp.

Refuse: 0%

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

NDB No. 15093
Fish, seatrout, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.009		0		1		0.858	2.401	
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	0.074		3		1		0.063	0.176	
15:0....g									
16:0....g	0.640		3		1		0.544	1.523	
17:0....g									
18:0....g	0.167		3		1		0.142	0.397	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.884		0		1		0.751	2.104	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.362		3		1		0.308	0.862	
17:1....g									
18:1 undifferentiated....g	0.470		3		1		0.400	1.119	
20:1....g	0.050		1		1		0.043	0.119	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.725		0		1		0.616	1.726	
18:2 undifferentiated....g	0.069		3		1		0.059	0.164	
18:3 undifferentiated....g	0.004		1		1		0.003	0.010	
18:4....g	0.008		1		1		0.007	0.019	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.193		2		1		0.164	0.459	
20:5 n-3 (EPA)....g	0.165		3		1		0.140	0.393	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.076		3		1		0.065	0.181	
22:6 n-3 (DHA)....g	0.207		3		1		0.176	0.493	
Fatty acids, total trans....g									
Cholesterol....mg	83		0		4		71	198	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.188		0		1		0.160	0.447	
Threonine....g	0.734		0		1		0.624	1.747	
Isoleucine....g	0.772		0		1		0.656	1.837	
Leucine....g	1.361		0		1		1.157	3.239	
Lysine....g	1.538		0		1		1.307	3.660	
Methionine....g	0.496		0		1		0.422	1.180	
Cystine....g	0.179		0		1		0.152	0.426	
Phenylalanine....g	0.654		0		1		0.556	1.557	
Tyrosine....g	0.565		0		1		0.480	1.345	
Valine....g	0.863		0		1		0.734	2.054	
Arginine....g	1.002		0		1		0.852	2.385	
Histidine....g	0.493		0		1		0.419	1.173	
Alanine....g	1.013		0		1		0.861	2.411	
Aspartic acid....g	1.715		0		1		1.458	4.082	
Glutamic acid....g	2.500		0		1		2.125	5.950	
Glycine....g	0.804		0		1		0.683	1.914	
Proline....g	0.592		0		1		0.503	1.409	
Serine....g	0.683		0		1		0.581	1.626	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 15093
Fish, seatrout, mixed species, raw

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 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 27 (2014)

NDB No. 15215
Fish, shad, american, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.22		0		1		85.28	50.34	
Energy kcal	252		0	NC	4		363	214	
Energy kJ	1054				4		1518	896	
Protein (N x 6.25) g	21.71		0		1		31.26	18.45	
Total lipid (fat) g	17.65		0		1		25.42	15.00	
Ash g	1.69		0		1		2.43	1.44	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	60		0		1		86	51	
Iron, Fe mg	1.24		0		1		1.79	1.05	
Magnesium, Mg mg	38		0		1		55	32	
Phosphorus, P mg	349		0		1		503	297	
Potassium, K mg	492		0		1		708	418	
Sodium, Na mg	65		0		1		94	55	
Zinc, Zn mg	0.47		0		1		0.68	0.40	
Copper, Cu mg	0.082		0		1		0.118	0.070	
Manganese, Mn mg	0.054		0		1		0.078	0.046	
Selenium, Se µg	46.8		0	BFSN	4		67.4	39.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.183		0		1		0.264	0.156	
Riboflavin mg	0.308		0		1		0.444	0.262	
Niacin mg	10.769		0		1		15.507	9.154	
Pantothenic acid mg	0.865		0		1		1.246	0.735	
Vitamin B-6 mg	0.462		0		1		0.665	0.393	
Folate, total µg	17		0		1		24	14	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	17		0		1		24	14	
Folate, DFE 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									
Lipids:									

NDB No. 15215
Fish, shad, american, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.243		0		1		0.350	0.207	
Threonine....g	0.952		0		1		1.371	0.809	
Isoleucine....g	1.000		0		1		1.440	0.850	
Leucine....g	1.764		0		1		2.540	1.499	
Lysine....g	1.993		0		1		2.870	1.694	
Methionine....g	0.642		0		1		0.924	0.546	
Cystine....g	0.233		0		1		0.336	0.198	
Phenylalanine....g	0.847		0		1		1.220	0.720	
Tyrosine....g	0.733		0		1		1.056	0.623	
Valine....g	1.118		0		1		1.610	0.950	
Arginine....g	1.299		0		1		1.871	1.104	
Histidine....g	0.639		0		1		0.920	0.543	
Alanine....g	1.313		0		1		1.891	1.116	
Aspartic acid....g	2.223		0		1		3.201	1.890	
Glutamic acid....g	3.240		0		1		4.666	2.754	
Glycine....g	1.042		0		1		1.500	0.886	
Proline....g	0.767		0		1		1.104	0.652	
Serine....g	0.886		0		1		1.276	0.753	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 144g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15094
Fish, shad, american, raw
Alosa sapidissima (Wilson)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.19	0.802	13		1		57.96	125.47	
Energy kcal	197		0	NC	4		167	362	
Energy kJ	824		0		4		701	1517	
Protein (N x 6.25) g	16.93	0.621	11		1		14.39	31.15	
Total lipid (fat) g	13.77	1.004	11		1		11.70	25.34	
Ash g	1.32	0.033	11		1		1.12	2.43	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	47		1		1		40	86	
Iron, Fe mg	0.97		2		1		0.82	1.78	
Magnesium, Mg mg	30		1		1		26	55	
Phosphorus, P mg	272		1		1		231	500	
Potassium, K mg	384		2		1		326	707	
Sodium, Na mg	51		2		1		43	94	
Zinc, Zn mg	0.37	0.010	60		1		0.31	0.68	
Copper, Cu mg	0.064	0.003	61		1		0.054	0.118	
Manganese, Mn mg	0.042		1		1		0.036	0.077	
Selenium, Se µg	36.5		0	CAZN	4		31.0	67.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.150		0		4		0.128	0.276	
Riboflavin mg	0.240		0		4		0.204	0.442	
Niacin mg	8.400		0		4		7.140	15.456	
Pantothenic acid mg	0.750		0		4		0.638	1.380	
Vitamin B-6 mg	0.400		0		4		0.340	0.736	
Folate, total µg	15		0		4		13	28	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	15		0		4		13	28	
Folate, DFE µg	15		0	NC	4		13	28	
Choline, total mg	74.0		0	BFSN	4		62.9	136.1	
Betaine mg									
Vitamin B-12 µg	0.15		0		4		0.13	0.28	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	32		0	NC	4		27	59	
Retinol µg	32		0	BFSN	4		27	59	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	106		0	NC	4		90	195	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	1.22		0	BFSN	4		1.04	2.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
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	4.8		0	AS	1		4.0	8.8	
Vitamin D IU	190		0	BFSN	4		162	350	
Vitamin K (phylloquinone) µg	0.1		0	BFSN	4		0.1	0.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15094
Fish, shad, american, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
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									
Others:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15096
Fish, shark, mixed species, cooked, batter-dipped and fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.09		0		1		51.08		
Energy kcal	228		0	NC	4		194		
Energy kJ	954				4		811		
Protein (N x 6.25) g	18.62		0		1		15.83		
Total lipid (fat) g	13.82		0		1		11.75		
Ash g	1.25		0		1		1.06		
Carbohydrate, by difference g	6.39		0	NC	4		5.43		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	50		0		1		43		
Iron, Fe mg	1.11		0		1		0.94		
Magnesium, Mg mg	43		0		1		37		
Phosphorus, P mg	194		0		1		165		
Potassium, K mg	155		0		1		132		
Sodium, Na mg	122		0		1		104		
Zinc, Zn mg	0.48		0		1		0.41		
Copper, Cu mg	0.042		0		1		0.036		
Manganese, Mn mg	0.050		0		4		0.043		
Selenium, Se µg	34.0		0	RA	4		28.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.072		0		1		0.061		
Riboflavin mg	0.097		0		1		0.082		
Niacin mg	2.783		0		1		2.366		
Pantothenic acid mg	0.620		0		4		0.527		
Vitamin B-6 mg	0.300		0		4		0.255		
Folate, total µg	15		0	RA	4		13		
Folic acid µg	10		0	NC	4		8		
Folate, food µg	5		0		4		4		
Folate, DFE 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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 15096

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.212		0		1		0.180		
Threonine....g	0.843		0		1		0.717		
Isoleucine....g	0.867		0		1		0.737		
Leucine....g	1.515		0		1		1.288		
Lysine....g	1.634		0		1		1.389		
Methionine....g	0.541		0		1		0.460		
Cystine....g	0.212		0		1		0.180		
Phenylalanine....g	0.750		0		1		0.638		
Tyrosine....g	0.633		0		1		0.538		
Valine....g	0.965		0		1		0.820		
Arginine....g	1.094		0		1		0.930		
Histidine....g	0.538		0		1		0.457		
Alanine....g	1.097		0		1		0.932		
Aspartic acid....g	1.850		0		1		1.573		
Glutamic acid....g	2.970		0		1		2.525		
Glycine....g	0.872		0		1		0.741		
Proline....g	0.744		0		1		0.632		
Serine....g	0.789		0		1		0.671		
Hydroxyproline....g									

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

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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.58	0.283	29		1		62.54		
Energy kcal	130		0	NC	4		111		
Energy kJ	544		0		4		462		
Protein (N x 6.25) g	20.98	0.256	16		1		17.83		
Total lipid (fat) g	4.51		52		1		3.83		
Ash g	1.39		15		1		1.18		
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	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	34	1.800	4		1		29		
Iron, Fe mg	0.84		2		1		0.71		
Magnesium, Mg mg	49		2		1		42		
Phosphorus, P mg	210		3		1		179		
Potassium, K mg	160		2		1		136		
Sodium, Na mg	79		2		1		67		
Zinc, Zn mg	0.43	0.009	223		1		0.37		
Copper, Cu mg	0.033	0.001	211		1		0.028		
Manganese, Mn mg	0.015		0		1		0.013		
Selenium, Se µg	36.5		0	CAZN	4		31.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.042		5		1		0.036		
Riboflavin mg	0.062	0.012	6		1		0.053		
Niacin mg	2.938		5		1		2.497		
Pantothenic acid mg	0.695		3		1		0.591		
Vitamin B-6 mg	0.400		0		4		0.340		
Folate, total µg	3		0		4		3		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	3		0		4		3		
Folate, DFE µg	3		0	NC	4		3		
Choline, total mg	65.0		0	T	4		55.3		
Betaine mg									
Vitamin B-12 µg	1.49		6		1		1.26		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	70		0	NC	4		60		
Retinol µg	70		0	T	4		60		
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	233		0	NC	4		198		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	1.00		0	NR	4		0.85		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.6		0	AS	1		0.5		
Vitamin D IU	24		0	NR	4		20		
Vitamin K (phylloquinone) µg	0.1		0	T	4		0.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
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									
Others:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15098
Fish, sheepshead, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.04		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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15098

Fish, sheepshead, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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 27 (2014)

NDB No. 15097

Fish, sheepshead, raw

Archosargus probatocephalus (Walbaum)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.97	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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15097
Fish, sheepshead, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.609		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									
Amino Acids:									
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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 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 27 (2014)

NDB No. 15100
Fish, smelt, rainbow, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.79		0		1		61.87		
Energy kcal	124		0	NC	4		105		
Energy kJ	519				4		441		
Protein (N x 6.25) g	22.60		0		1		19.21		
Total lipid (fat) g	3.10		0		1		2.64		
Ash g	1.79		0		1		1.52		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	77		0		1		65		
Iron, Fe mg	1.15		0		1		0.98		
Magnesium, Mg mg	38		0		1		32		
Phosphorus, P mg	295		0		1		251		
Potassium, K mg	372		0		1		316		
Sodium, Na mg	77		0		1		65		
Zinc, Zn mg	2.12		0		1		1.80		
Copper, Cu mg	0.178		0		1		0.151		
Manganese, Mn mg	0.900		0		4		0.765		
Selenium, Se µg	46.8		0	BFSN	4		39.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.010		0		4		0.009		
Riboflavin mg	0.146		0		1		0.124		
Niacin mg	1.766		0		1		1.501		
Pantothenic acid mg	0.740		0		4		0.629		
Vitamin B-6 mg	0.170		0		4		0.145		
Folate, total µg	5		0		4		4		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	5		0		4		4		
Folate, DFE 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									
Lipids:									

NDB No. 15100
Fish, smelt, rainbow, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.253		0		1		0.215		
Threonine....g	0.991		0		1		0.842		
Isoleucine....g	1.041		0		1		0.885		
Leucine....g	1.837		0		1		1.561		
Lysine....g	2.076		0		1		1.765		
Methionine....g	0.669		0		1		0.569		
Cystine....g	0.242		0		1		0.206		
Phenylalanine....g	0.882		0		1		0.750		
Tyrosine....g	0.763		0		1		0.649		
Valine....g	1.164		0		1		0.989		
Arginine....g	1.352		0		1		1.149		
Histidine....g	0.665		0		1		0.565		
Alanine....g	1.367		0		1		1.162		
Aspartic acid....g	2.314		0		1		1.967		
Glutamic acid....g	3.374		0		1		2.868		
Glycine....g	1.085		0		1		0.922		
Proline....g	0.799		0		1		0.679		
Serine....g	0.922		0		1		0.784		
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15099
Fish, smelt, rainbow, raw
Osmerus mordax (Mitchill)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.77	0.229	47		1		66.95		
Energy kcal	97		0	NC	4		82		
Energy kJ	406		0		4		345		
Protein (N x 6.25) g	17.63	0.222	47		1		14.99		
Total lipid (fat) g	2.42	0.107	52		1		2.06		
Ash g	1.40	0.074	46		1		1.19		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	60		1		1		51		
Iron, Fe mg	0.90		1		1		0.77		
Magnesium, Mg mg	30		1		1		26		
Phosphorus, P mg	230		1		1		196		
Potassium, K mg	290		1		1		247		
Sodium, Na mg	60		1		1		51		
Zinc, Zn mg	1.65		2		1		1.40		
Copper, Cu mg	0.139		2		1		0.118		
Manganese, Mn mg	0.700		1		1		0.595		
Selenium, Se µg	36.5		0	CAZN	4		31.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.010		0		4		0.009		
Riboflavin mg	0.120		1		1		0.102		
Niacin mg	1.450		1		1		1.233		
Pantothenic acid mg	0.638		1		1		0.542		
Vitamin B-6 mg	0.150		0		4		0.128		
Folate, total µg	4		0		4		3		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	4		0		4		3		
Folate, DFE µg	4		0	NC	4		3		
Choline, total mg	65.0		0	T	4		55.3		
Betaine mg									
Vitamin B-12 µg	3.44	0.728	4		1		2.92		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	15		0	NC	4		13		
Retinol µg	15		0	T	4		13		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	50		0	NC	4		43		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.50		0	NR	4		0.43		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.8		0	AS	1		0.7		
Vitamin D IU	31		0	NR	4		26		
Vitamin K (phylloquinone) µg	0.1		0	T	4		0.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15099
Fish, smelt, rainbow, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.197		0		1		0.167		
Threonine....g	0.773		0		1		0.657		
Isoleucine....g	0.812		0		1		0.690		
Leucine....g	1.433		0		1		1.218		
Lysine....g	1.619		0		1		1.376		
Methionine....g	0.522		0		1		0.444		
Cystine....g	0.189		0		1		0.161		
Phenylalanine....g	0.688		0		1		0.585		
Tyrosine....g	0.595		0		1		0.506		
Valine....g	0.908		0		1		0.772		
Arginine....g	1.055		0		1		0.897		
Histidine....g	0.519		0		1		0.441		
Alanine....g	1.066		0		1		0.906		
Aspartic acid....g	1.805		0		1		1.534		
Glutamic acid....g	2.632		0		1		2.237		
Glycine....g	0.846		0		1		0.719		
Proline....g	0.623		0		1		0.530		
Serine....g	0.719		0		1		0.611		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 15099
Fish, smelt, rainbow, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15102
Fish, snapper, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.35		0		1		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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15102

Fish, snapper, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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 27 (2014)

NDB No. 15101
Fish, snapper, mixed species, raw
Lutjanidae

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.87		60		1		65.34	167.58	
Energy kcal	100		0	NC	4		85	218	
Energy kJ	418		0		4		356	912	
Protein (N x 6.25) g	20.51		59		1		17.43	44.71	
Total lipid (fat) g	1.34		55		1		1.14	2.92	
Ash g	1.31		52		1		1.11	2.86	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	32		22		1		27	70	
Iron, Fe mg	0.18		7		1		0.15	0.39	
Magnesium, Mg mg	32	0.636	6		1		27	70	
Phosphorus, P mg	198		28		1		168	432	
Potassium, K mg	417		16		1		354	909	
Sodium, Na mg	64		19		1		54	140	
Zinc, Zn mg	0.36	0.010	242		1		0.31	0.78	
Copper, Cu mg	0.028	0.001	244		1		0.024	0.061	
Manganese, Mn mg	0.013	0.002	6		1		0.011	0.028	
Selenium, Se µg	38.2		1	A	1		32.5	83.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.6		0		4		1.4	3.5	
Thiamin mg	0.046		1		1		0.039	0.100	
Riboflavin mg	0.003		1		1		0.003	0.007	
Niacin mg	0.284		1		1		0.241	0.619	
Pantothenic acid mg	0.750		0		4		0.638	1.635	
Vitamin B-6 mg	0.400		0		4		0.340	0.872	
Folate, total µg	5		0		4		4	11	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0		4		4	11	
Folate, DFE µg	5		0	NC	4		4	11	
Choline, total mg	65.0		0	T	4		55.3	141.7	
Betaine mg									
Vitamin B-12 µg	3.00		0		4		2.55	6.54	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	32		0	NC	4		27	69	
Retinol µg	32		0	BFSN	4		27	69	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	106		0	NC	4		90	231	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.96		0	BFSN	4		0.82	2.10	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
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	10.2		0	AS	1		8.7	22.2	
Vitamin D IU	408		0	BFSN	4		347	890	
Vitamin K (phylloquinone) µg	0.1		0	T	4		0.1	0.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15101
Fish, snapper, mixed species, raw

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.17		0		1		34.59	58.79	
Energy kcal	158		0	NC	4		79	134	
Energy kJ	661				4		331	562	
Protein (N x 6.25) g	23.73		0		1		11.87	20.17	
Total lipid (fat) g	6.28		0		1		3.14	5.34	
Ash g	1.36		0		1		0.68	1.16	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	18		0		1		9	15	
Iron, Fe mg	0.41		0		1		0.21	0.35	
Magnesium, Mg mg	54		0		1		27	46	
Phosphorus, P mg	238		0		1		119	202	
Potassium, K mg	636		0		1		318	541	
Sodium, Na mg	37		0		1		19	31	
Zinc, Zn mg	0.65		0		1		0.33	0.55	
Copper, Cu mg	0.059		0		1		0.030	0.050	
Manganese, Mn mg	0.045		0		1		0.023	0.038	
Selenium, Se µg	46.8		0	BFSN	4		23.4	39.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.185		0		1		0.093	0.157	
Riboflavin mg	0.268		0		1		0.134	0.228	
Niacin mg	8.526		0		1		4.263	7.247	
Pantothenic acid mg	0.865		0		1		0.433	0.735	
Vitamin B-6 mg	0.462		0		1		0.231	0.393	
Folate, total µg	6		0		1		3	5	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0		1		3	5	
Folate, DFE 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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.266		0		1		0.133	0.226	
Threonine....g	1.040		0		1		0.520	0.884	
Isoleucine....g	1.094		0		1		0.547	0.930	
Leucine....g	1.929		0		1		0.965	1.640	
Lysine....g	2.179		0		1		1.090	1.852	
Methionine....g	0.702		0		1		0.351	0.597	
Cystine....g	0.254		0		1		0.127	0.216	
Phenylalanine....g	0.926		0		1		0.463	0.787	
Tyrosine....g	0.801		0		1		0.401	0.681	
Valine....g	1.223		0		1		0.612	1.040	
Arginine....g	1.420		0		1		0.710	1.207	
Histidine....g	0.699		0		1		0.350	0.594	
Alanine....g	1.435		0		1		0.718	1.220	
Aspartic acid....g	2.430		0		1		1.215	2.066	
Glutamic acid....g	3.543		0		1		1.772	3.012	
Glycine....g	1.139		0		1		0.570	0.968	
Proline....g	0.839		0		1		0.420	0.713	
Serine....g	0.968		0		1		0.484	0.823	
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15103
Fish, spot, raw
Leiostomus xanthuras Lacepede

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.95	3.586	10		1		48.61	64.56	
Energy kcal	123		0	NC	4		79	105	
Energy kJ	515				4		329	437	
Protein (N x 6.25) g	18.51	0.228	10		1		11.85	15.73	
Total lipid (fat) g	4.90	2.928	10		1		3.14	4.17	
Ash g	1.06	0.003	10		1		0.68	0.90	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	14		1		1		9	12	
Iron, Fe mg	0.32		1		1		0.20	0.27	
Magnesium, Mg mg	42		1		1		27	36	
Phosphorus, P mg	186		1		1		119	158	
Potassium, K mg	496		1		1		317	422	
Sodium, Na mg	29		1		1		19	25	
Zinc, Zn mg	0.51	0.013	52		1		0.33	0.43	
Copper, Cu mg	0.046	0.003	54		1		0.029	0.039	
Manganese, Mn mg	0.035		1		1		0.022	0.030	
Selenium, Se µg	36.5		0	CAZN	4		23.4	31.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.160		0		4		0.102	0.136	
Riboflavin mg	0.220		0		4		0.141	0.187	
Niacin mg	7.000		0		4		4.480	5.950	
Pantothenic acid mg	0.750		0		4		0.480	0.638	
Vitamin B-6 mg	0.400		0		4		0.256	0.340	
Folate, total µg	5		0		4		3	4	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0		4		3	4	
Folate, DFE 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									
Lipids:									

NDB No. 15103
Fish, spot, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.450		0		1		0.928	1.233	
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	0.110		1		1		0.070	0.094	
15:0....g									
16:0....g	1.030		1		1		0.659	0.876	
17:0....g									
18:0....g	0.310		1		1		0.198	0.264	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.330		0		1		0.851	1.131	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.460		1		1		0.294	0.391	
17:1....g									
18:1 undifferentiated....g	0.870		1		1		0.557	0.740	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.090		0		1		0.698	0.927	
18:2 undifferentiated....g	0.040		1		1		0.026	0.034	
18:3 undifferentiated....g	0.020		1		1		0.013	0.017	
18:4....g	0.160		1		1		0.102	0.136	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.120		1		1		0.077	0.102	
20:5 n-3 (EPA)....g	0.220		1		1		0.141	0.187	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.120		1		1		0.077	0.102	
22:6 n-3 (DHA)....g	0.410		1		1		0.262	0.349	
Fatty acids, total trans....g									
Cholesterol....mg	60		0		4		38	51	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.207		0		1		0.132	0.176	
Threonine....g	0.812		0		1		0.520	0.690	
Isoleucine....g	0.853		0		1		0.546	0.725	
Leucine....g	1.505		0		1		0.963	1.279	
Lysine....g	1.700		0		1		1.088	1.445	
Methionine....g	0.548		0		1		0.351	0.466	
Cystine....g	0.198		0		1		0.127	0.168	
Phenylalanine....g	0.723		0		1		0.463	0.615	
Tyrosine....g	0.625		0		1		0.400	0.531	
Valine....g	0.954		0		1		0.611	0.811	
Arginine....g	1.108		0		1		0.709	0.942	
Histidine....g	0.545		0		1		0.349	0.463	
Alanine....g	1.120		0		1		0.717	0.952	
Aspartic acid....g	1.896		0		1		1.213	1.612	
Glutamic acid....g	2.764		0		1		1.769	2.349	
Glycine....g	0.889		0		1		0.569	0.756	
Proline....g	0.655		0		1		0.419	0.557	
Serine....g	0.755		0		1		0.483	0.642	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 15103
Fish, spot, raw

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

NDB No. 15105
Fish, sturgeon, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.94		0		1		59.45	95.12	101.41
Energy kcal	135		0	NC	4		115	184	196
Energy kJ	565		0		4		480	768	819
Protein (N x 6.25) g	20.70		0		1		17.60	28.15	30.02
Total lipid (fat) g	5.18		0		1		4.40	7.04	7.51
Ash g	1.41		0		1		1.20	1.92	2.04
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	17		0		4		14	23	25
Iron, Fe mg	0.90		0		4		0.77	1.22	1.31
Magnesium, Mg mg	45		0		4		38	61	65
Phosphorus, P mg	271		0		4		230	369	393
Potassium, K mg	364		0		1		309	495	528
Sodium, Na mg	69		0		4		59	94	100
Zinc, Zn mg	0.54		0		1		0.46	0.73	0.78
Copper, Cu mg	0.053		0		1		0.045	0.072	0.077
Manganese, Mn mg	0.030		0		4		0.026	0.041	0.044
Selenium, Se µg	16.2		0	BFSN	4		13.8	22.0	23.5
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.080		0		4		0.068	0.109	0.116
Riboflavin mg	0.090		0		4		0.077	0.122	0.131
Niacin mg	10.100		0		4		8.585	13.736	14.645
Pantothenic acid mg	0.870		0		4		0.740	1.183	1.262
Vitamin B-6 mg	0.230		0		4		0.196	0.313	0.334
Folate, total µg	17		0		4		15	24	25
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	17		0		4		15	24	25
Folate, DFE µg	17		0	NC	4		15	24	25
Choline, total mg	70.0		0	BFYN	4		59.5	95.2	101.5
Betaine mg									
Vitamin B-12 µg	2.50		0		4		2.13	3.40	3.63
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	263		0	NC	4		223	357	381
Retinol µg	263		0	BFYN	4		223	357	381
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	875		0	NC	4		744	1190	1269
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.63		0	BFYN	4		0.53	0.85	0.91
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	12.9		0	AS	1		10.9	17.5	18.7
Vitamin D IU	515		0	BFYN	4		437	700	746
Vitamin K (phylloquinone) µg	0.1		0	BFYN	4		0.1	0.1	0.2
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15105

Fish, sturgeon, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
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									
Others:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15104

Fish, sturgeon, mixed species, raw

Acipenser spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.55		2		1		65.07		
Energy kcal	105		0	NC	4		89		
Energy kJ	439		0		4		373		
Protein (N x 6.25) g	16.14		2		1		13.72		
Total lipid (fat) g	4.04		7		1		3.43		
Ash g	1.10		1		1		0.94		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	13		0		4		11		
Iron, Fe mg	0.70		0		4		0.60		
Magnesium, Mg mg	35		0		4		30		
Phosphorus, P mg	211		0		4		179		
Potassium, K mg	284		1		1		241		
Sodium, Na mg	54		0		4		46		
Zinc, Zn mg	0.42	0.032	10		1		0.36		
Copper, Cu mg	0.041	0.007	10		1		0.035		
Manganese, Mn mg	0.025		0		1		0.021		
Selenium, Se µg	12.6		0	BFZN	4		10.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.070		0		4		0.060		
Riboflavin mg	0.070		0		4		0.060		
Niacin mg	8.300		0		4		7.055		
Pantothenic acid mg	0.750		0		4		0.638		
Vitamin B-6 mg	0.200		0		4		0.170		
Folate, total µg	15		0		4		13		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	15		0		4		13		
Folate, DFE µg	15		0	NC	4		13		
Choline, total mg	56.0		0	BFSN	4		47.6		
Betaine mg									
Vitamin B-12 µg	2.20		0		4		1.87		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	210		0	NC	4		179		
Retinol µg	210		0	T	4		179		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	700		0	NC	4		595		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.50		0	T	4		0.43		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	10.3		0	AS	1		8.8		
Vitamin D IU	412		0	BFSN	4		350		
Vitamin K (phylloquinone) µg	0.1		0	BFSN	4		0.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15104
Fish, sturgeon, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.181		0		1		0.154		
Threonine....g	0.708		0		1		0.602		
Isoleucine....g	0.744		0		1		0.632		
Leucine....g	1.312		0		1		1.115		
Lysine....g	1.483		0		1		1.261		
Methionine....g	0.478		0		1		0.406		
Cystine....g	0.173		0		1		0.147		
Phenylalanine....g	0.630		0		1		0.536		
Tyrosine....g	0.545		0		1		0.463		
Valine....g	0.832		0		1		0.707		
Arginine....g	0.966		0		1		0.821		
Histidine....g	0.475		0		1		0.404		
Alanine....g	0.976		0		1		0.830		
Aspartic acid....g	1.653		0		1		1.405		
Glutamic acid....g	2.410		0		1		2.049		
Glycine....g	0.775		0		1		0.659		
Proline....g	0.571		0		1		0.485		
Serine....g	0.659		0		1		0.560		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 15104
Fish, sturgeon, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15106
Fish, sturgeon, mixed species, smoked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.50		1		1		17.72	53.13	
Energy kcal	173		0	NC	4		49	147	
Energy kJ	723		0	NC	4		205	615	
Protein (N x 6.25) g	31.20		1		1		8.85	26.52	
Total lipid (fat) g	4.40		1		1		1.25	3.74	
Ash g	1.90		1		1		0.54	1.62	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	17		0		4		5	14	
Iron, Fe mg	0.93		0		4		0.26	0.79	
Magnesium, Mg mg	47		0		4		13	40	
Phosphorus, P mg	281		0		4		80	239	
Potassium, K mg	379		0		4		107	322	
Sodium, Na mg	739		0		4		210	628	
Zinc, Zn mg	0.56		0		4		0.16	0.48	
Copper, Cu mg	0.050		0		4		0.014	0.043	
Manganese, Mn mg	0.030		0		4		0.009	0.026	
Selenium, Se µg	20.1		0	BFSN	4		5.7	17.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090		0		4		0.026	0.077	
Riboflavin mg	0.090		0		4		0.026	0.077	
Niacin mg	11.100		0		4		3.147	9.435	
Pantothenic acid mg	1.000		0		4		0.284	0.850	
Vitamin B-6 mg	0.270		0		4		0.077	0.230	
Folate, total µg	20		0		4		6	17	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	20		0		4		6	17	
Folate, DFE µg	20		0	NC	4		6	17	
Choline, total mg	87.3		0	BFSN	4		24.7	74.2	
Betaine mg									
Vitamin B-12 µg	2.90		0		4		0.82	2.47	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	280		0	NC	4		79	238	
Retinol µg	280		0	T	4		79	238	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	933		0	NC	4		265	793	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.50		0	T	4		0.14	0.43	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	16.1		0	AS	1		4.6	13.7	
Vitamin D IU	642		0	BFSN	4		182	546	
Vitamin K (phylloquinone) µg	0.1		0	BFSN	4		0.0	0.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15106

Fish, sturgeon, mixed species, smoked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.349		0		1		0.099	0.297	
Threonine....g	1.368		0		1		0.388	1.163	
Isoleucine....g	1.438		0		1		0.408	1.222	
Leucine....g	2.536		0		1		0.719	2.156	
Lysine....g	2.865		0		1		0.812	2.435	
Methionine....g	0.924		0		1		0.262	0.785	
Cystine....g	0.334		0		1		0.095	0.284	
Phenylalanine....g	1.218		0		1		0.345	1.035	
Tyrosine....g	1.053		0		1		0.299	0.895	
Valine....g	1.607		0		1		0.456	1.366	
Arginine....g	1.867		0		1		0.529	1.587	
Histidine....g	0.919		0		1		0.261	0.781	
Alanine....g	1.887		0		1		0.535	1.604	
Aspartic acid....g	3.195		0		1		0.906	2.716	
Glutamic acid....g	4.658		0		1		1.321	3.959	
Glycine....g	1.498		0		1		0.425	1.273	
Proline....g	1.103		0		1		0.313	0.938	
Serine....g	1.273		0		1		0.361	1.082	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 15106
Fish, sturgeon, mixed species, smoked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15217
Fish, sucker, white, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.99		0		1		91.75	62.89	
Energy kcal	119		0	NC	4		148	101	
Energy kJ	498				4		617	423	
Protein (N x 6.25) g	21.49		0		1		26.65	18.27	
Total lipid (fat) g	2.97		0		1		3.68	2.52	
Ash g	1.87		0		1		2.32	1.59	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	90		0		1		112	77	
Iron, Fe mg	1.67		0		1		2.07	1.42	
Magnesium, Mg mg	38		0		1		47	32	
Phosphorus, P mg	269		0		1		334	229	
Potassium, K mg	487		0		1		604	414	
Sodium, Na mg	51		0		1		63	43	
Zinc, Zn mg	0.96		0		1		1.19	0.82	
Copper, Cu mg	0.250		0		1		0.310	0.213	
Manganese, Mn mg	0.769		0		1		0.954	0.654	
Selenium, Se µg	16.2		0	BFSN	4		20.1	13.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.012		0		1		0.015	0.010	
Riboflavin mg	0.085		0		1		0.105	0.072	
Niacin mg	1.462		0		1		1.813	1.243	
Pantothenic acid mg	0.865		0		1		1.073	0.735	
Vitamin B-6 mg	0.231		0		1		0.286	0.196	
Folate, total µg	17		0		1		21	14	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	17		0		1		21	14	
Folate, DFE 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									
Lipids:									

NDB No. 15217
Fish, sucker, white, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.241		0		1		0.299	0.205	
Threonine....g	0.942		0		1		1.168	0.801	
Isoleucine....g	0.990		0		1		1.228	0.842	
Leucine....g	1.746		0		1		2.165	1.484	
Lysine....g	1.973		0		1		2.447	1.677	
Methionine....g	0.636		0		1		0.789	0.541	
Cystine....g	0.230		0		1		0.285	0.196	
Phenylalanine....g	0.839		0		1		1.040	0.713	
Tyrosine....g	0.725		0		1		0.899	0.616	
Valine....g	1.107		0		1		1.373	0.941	
Arginine....g	1.286		0		1		1.595	1.093	
Histidine....g	0.633		0		1		0.785	0.538	
Alanine....g	1.300		0		1		1.612	1.105	
Aspartic acid....g	2.200		0		1		2.728	1.870	
Glutamic acid....g	3.208		0		1		3.978	2.727	
Glycine....g	1.031		0		1		1.278	0.876	
Proline....g	0.760		0		1		0.942	0.646	
Serine....g	0.877		0		1		1.087	0.745	
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15107
Fish, sucker, white, raw
Catostomus commersoni (Lacepede)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.71	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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15107
Fish, sucker, white, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.452		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									
Amino Acids:									
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 27 (2014)

NDB No. 15218
Fish, sunfish, pumpkin seed, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.72		0		1		27.28	62.66	
Energy kcal	114		0	NC	4		42	97	
Energy kJ	477				4		176	405	
Protein (N x 6.25) g	24.87		0		1		9.20	21.14	
Total lipid (fat) g	0.90		0		1		0.33	0.77	
Ash g	1.41		0		1		0.52	1.20	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	103		0		1		38	88	
Iron, Fe mg	1.54		0		1		0.57	1.31	
Magnesium, Mg mg	38		0		1		14	32	
Phosphorus, P mg	231		0		1		85	196	
Potassium, K mg	449		0		1		166	382	
Sodium, Na mg	103		0		1		38	88	
Zinc, Zn mg	1.99		0		1		0.74	1.69	
Copper, Cu mg	0.385		0		1		0.142	0.327	
Manganese, Mn mg	0.897		0		1		0.332	0.762	
Selenium, Se µg	16.2		0	BFSN	4		6.0	13.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.0		0		1		0.4	0.9	
Thiamin mg	0.092		0		1		0.034	0.078	
Riboflavin mg	0.085		0		1		0.031	0.072	
Niacin mg	1.462		0		1		0.541	1.243	
Pantothenic acid mg	0.865		0		1		0.320	0.735	
Vitamin B-6 mg	0.138		0		1		0.051	0.117	
Folate, total µg	17		0		1		6	14	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	17		0		1		6	14	
Folate, DFE 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									
Lipids:									

NDB No. 15218

Fish, sunfish, pumpkin seed, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.279		0		1		0.103	0.237	
Threonine....g	1.090		0		1		0.403	0.927	
Isoleucine....g	1.146		0		1		0.424	0.974	
Leucine....g	2.022		0		1		0.748	1.719	
Lysine....g	2.284		0		1		0.845	1.941	
Methionine....g	0.736		0		1		0.272	0.626	
Cystine....g	0.267		0		1		0.099	0.227	
Phenylalanine....g	0.971		0		1		0.359	0.825	
Tyrosine....g	0.840		0		1		0.311	0.714	
Valine....g	1.281		0		1		0.474	1.089	
Arginine....g	1.488		0		1		0.551	1.265	
Histidine....g	0.732		0		1		0.271	0.622	
Alanine....g	1.504		0		1		0.556	1.278	
Aspartic acid....g	2.547		0		1		0.942	2.165	
Glutamic acid....g	3.713		0		1		1.374	3.156	
Glycine....g	1.194		0		1		0.442	1.015	
Proline....g	0.879		0		1		0.325	0.747	
Serine....g	1.015		0		1		0.376	0.863	
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15108

Fish, sunfish, pumpkin seed, raw

Lepomis gibbosus (L.)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.50	0.212	8		1		38.16	67.58	
Energy kcal	89		0	NC	4		43	76	
Energy kJ	372				4		179	317	
Protein (N x 6.25) g	19.40	0.141	8		1		9.31	16.49	
Total lipid (fat) g	0.70	0.071	8		1		0.34	0.60	
Ash g	1.10	0.035	8		1		0.53	0.94	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	80		1		1		38	68	
Iron, Fe mg	1.20		1		1		0.58	1.02	
Magnesium, Mg mg	30		1		1		14	26	
Phosphorus, P mg	180		1		1		86	153	
Potassium, K mg	350		1		1		168	298	
Sodium, Na mg	80		1		1		38	68	
Zinc, Zn mg	1.55		2		1		0.74	1.32	
Copper, Cu mg	0.300		1		1		0.144	0.255	
Manganese, Mn mg	0.700		1		1		0.336	0.595	
Selenium, Se µg	12.6		0	BFZN	4		6.0	10.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.0		0		4		0.5	0.9	
Thiamin mg	0.080		0		4		0.038	0.068	
Riboflavin mg	0.070		0		4		0.034	0.060	
Niacin mg	1.200		0		4		0.576	1.020	
Pantothenic acid mg	0.750		0		4		0.360	0.638	
Vitamin B-6 mg	0.120		0		4		0.058	0.102	
Folate, total µg	15		0		4		7	13	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	15		0		4		7	13	
Folate, DFE 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									
Lipids:									

NDB No. 15108
Fish, sunfish, pumpkin seed, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.139		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									
Amino Acids:									
Tryptophan....g	0.217		0		1		0.104	0.184	
Threonine....g	0.850		0		1		0.408	0.723	
Isoleucine....g	0.894		0		1		0.429	0.760	
Leucine....g	1.577		0		1		0.757	1.340	
Lysine....g	1.782		0		1		0.855	1.515	
Methionine....g	0.574		0		1		0.276	0.488	
Cystine....g	0.208		0		1		0.100	0.177	
Phenylalanine....g	0.757		0		1		0.363	0.643	
Tyrosine....g	0.655		0		1		0.314	0.557	
Valine....g	0.999		0		1		0.480	0.849	
Arginine....g	1.161		0		1		0.557	0.987	
Histidine....g	0.571		0		1		0.274	0.485	
Alanine....g	1.173		0		1		0.563	0.997	
Aspartic acid....g	1.987		0		1		0.954	1.689	
Glutamic acid....g	2.896		0		1		1.390	2.462	
Glycine....g	0.931		0		1		0.447	0.791	
Proline....g	0.686		0		1		0.329	0.583	
Serine....g	0.792		0		1		0.380	0.673	
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15109
Fish, surimi

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.34	1.288	3		1		21.64	64.89	
Energy kcal	99		0	NC	4		28	84	
Energy kJ	414				4		117	352	
Protein (N x 6.25) g	15.18	0.548	3		1		4.30	12.90	
Total lipid (fat) g	0.90	0.144	3		1		0.26	0.77	
Ash g	0.72	0.040	3		1		0.20	0.61	
Carbohydrate, by difference g	6.85		0	NC	4		1.94	5.82	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	9	2.829	3		1		3	8	
Iron, Fe mg	0.26	0.087	3		1		0.07	0.22	
Magnesium, Mg mg	43		0		4		12	37	
Phosphorus, P mg	282		0		4		80	240	
Potassium, K mg	112		2		1		32	95	
Sodium, Na mg	143	16.166	3		1		41	122	
Zinc, Zn mg	0.33		0		4		0.09	0.28	
Copper, Cu mg	0.032		0		4		0.009	0.027	
Manganese, Mn mg	0.011		0		4		0.003	0.009	
Selenium, Se µg	28.1		0	BFSN	4		8.0	23.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.020	0.007	3		1		0.006	0.017	
Riboflavin mg	0.021	0.003	3		1		0.006	0.018	
Niacin mg	0.220	0.035	3		1		0.062	0.187	
Pantothenic acid mg	0.070		0		4		0.020	0.060	
Vitamin B-6 mg	0.030		0		4		0.009	0.026	
Folate, total µg	2		0		4		0	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	2		0		4		0	1	
Folate, DFE 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									
Lipids:									

NDB No. 15109
Fish, surimi

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.191		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									
Amino Acids:									
Tryptophan....g	0.092		1		1		0.026	0.078	
Threonine....g	0.734		3		1		0.208	0.624	
Isoleucine....g	0.709		3		1		0.201	0.603	
Leucine....g	1.202		3		1		0.341	1.022	
Lysine....g	1.387		3		1		0.393	1.179	
Methionine....g	0.515		3		1		0.146	0.438	
Cystine....g	0.163		0		1		0.046	0.139	
Phenylalanine....g	0.595		3		1		0.169	0.506	
Tyrosine....g	0.612		3		1		0.174	0.520	
Valine....g	0.770		3		1		0.218	0.655	
Arginine....g	1.008		3		1		0.286	0.857	
Histidine....g	0.350		3		1		0.099	0.298	
Alanine....g	0.891		3		1		0.253	0.757	
Aspartic acid....g	1.518		3		1		0.430	1.290	
Glutamic acid....g	2.397		3		1		0.680	2.037	
Glycine....g	0.588		3		1		0.167	0.500	
Proline....g	0.566		3		1		0.160	0.481	
Serine....g	0.663		3		1		0.188	0.564	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 15109
Fish, surimi

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

NDB No. 15111
Fish, swordfish, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.26		0	RA	4		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									
Minerals:									
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	
Vitamins:									
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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.911		0	RA	4		1.624	2.025	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.008		0	RA	4		0.007	0.009	
13:0....g									
14:0....g	0.177		0	RA	4		0.151	0.188	
15:0....g	0.033		0	RA	4		0.028	0.035	
16:0....g	1.208		0	RA	4		1.027	1.281	
17:0....g	0.041		0	RA	4		0.035	0.044	
18:0....g	0.405		0	RA	4		0.344	0.429	
20:0....g	0.020		0	RA	4		0.017	0.021	
22:0....g	0.011		0	RA	4		0.010	0.012	
24:0....g	0.007		0	RA	4		0.006	0.008	
Fatty acids, total monounsaturated....g	3.544		0	RA	4		3.012	3.756	
14:1....g	0.005		0	RA	4		0.004	0.006	
15:1....g	0.001		0	RA	4		0.001	0.001	
16:1 undifferentiated....g	0.281		0	RA	4		0.239	0.298	
17:1....g	0.004		0	RA	4		0.003	0.004	
18:1 undifferentiated....g	2.657		0	RA	4		2.258	2.816	
20:1....g	0.449		0	RA	4		0.382	0.476	
22:1 undifferentiated....g	0.057		0	RA	4		0.048	0.060	
24:1 c....g	0.090		0	RA	4		0.076	0.095	
Fatty acids, total polyunsaturated....g	1.368		0	RA	4		1.162	1.450	
18:2 undifferentiated....g	0.088		0	RA	4		0.075	0.094	
18:3 undifferentiated....g	0.034		0	RA	4		0.029	0.036	
18:4....g	0.007		0	RA	4		0.006	0.008	
20:2 n-6 c,c....g	0.022		0	RA	4		0.019	0.023	
20:3 undifferentiated....g	0.027		0	RA	4		0.023	0.029	
20:4 undifferentiated....g	0.083		0	RA	4		0.071	0.088	
20:5 n-3 (EPA)....g	0.127		0	RA	4		0.108	0.135	
21:5....g									
22:4....g	0.034		0	RA	4		0.029	0.036	
22:5 n-3 (DPA)....g	0.168		0	RA	4		0.143	0.178	
22:6 n-3 (DHA)....g	0.772		0	RA	4		0.656	0.818	
Fatty acids, total trans....g	0.056		0	RA	4		0.047	0.059	
Cholesterol....mg	78		0	RA	4		67	83	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.265		0	RA	4		0.225	0.281	
Threonine....g	1.035		0	RA	4		0.880	1.097	
Isoleucine....g	1.088		0	RA	4		0.924	1.153	
Leucine....g	1.919		0	RA	4		1.631	2.034	
Lysine....g	2.168		0	RA	4		1.843	2.298	
Methionine....g	0.699		0	RA	4		0.594	0.741	
Cystine....g	0.253		0	RA	4		0.215	0.268	
Phenylalanine....g	0.922		0	RA	4		0.784	0.977	
Tyrosine....g	0.797		0	RA	4		0.677	0.844	
Valine....g	1.216		0	RA	4		1.034	1.289	
Arginine....g	1.413		0	RA	4		1.201	1.498	
Histidine....g	0.695		0	RA	4		0.591	0.737	
Alanine....g	1.429		0	RA	4		1.214	1.514	
Aspartic acid....g	2.418		0	RA	4		2.056	2.564	
Glutamic acid....g	3.525		0	RA	4		2.996	3.737	
Glycine....g	1.133		0	RA	4		0.963	1.201	
Proline....g	0.835		0	RA	4		0.710	0.885	
Serine....g	0.964		0	RA	4		0.819	1.021	
Hydroxyproline....g									

NDB No. 15111
Fish, swordfish, cooked, dry heat

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

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 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 27 (2014)

NDB No. 15110
Fish, swordfish, raw
Xiphias gladius L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	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									
Minerals:									
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	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.075	0.019	4	A	1		0.064	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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 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 27 (2014)

NDB No. 15262
Fish, tilapia, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.59		2	A	1		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									
Minerals:									
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		
Vitamins:									
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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		2	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
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									
Amino Acids:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 87g: 1 fillet

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15261
Fish, tilapia, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.08	0.143	3	A	1		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									
Minerals:									
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		
Vitamins:									
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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
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									
Amino Acids:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 116g: 1 fillet

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15113
Fish, tilefish, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.24		1		1		105.36	59.70	
Energy kcal	147		0	NC	4		221	125	
Energy kJ	615				4		923	523	
Protein (N x 6.25) g	24.49		1		1		36.74	20.82	
Total lipid (fat) g	4.69		1		1		7.04	3.99	
Ash g	1.36		1		1		2.04	1.16	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	26		1		1		39	22	
Iron, Fe mg	0.31		1		1		0.47	0.26	
Magnesium, Mg mg	33		1		1		50	28	
Phosphorus, P mg	236		1		1		354	201	
Potassium, K mg	512		1		1		768	435	
Sodium, Na mg	59		1		1		89	50	
Zinc, Zn mg	0.53		1		1		0.80	0.45	
Copper, Cu mg	0.052		1		1		0.078	0.044	
Manganese, Mn mg	0.015		1		1		0.023	0.013	
Selenium, Se µg	51.5		0	BFSN	4		77.3	43.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.140		0		4		0.210	0.119	
Riboflavin mg	0.190		0		4		0.285	0.162	
Niacin mg	3.500		0		4		5.250	2.975	
Pantothenic acid mg	0.870		0		4		1.305	0.740	
Vitamin B-6 mg	0.300		0		4		0.450	0.255	
Folate, total µg	17		0		4		26	15	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	17		0		4		26	15	
Folate, DFE 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									
Lipids:									

NDB No. 15113
Fish, tilefish, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.274		0		1		0.411	0.233	
Threonine....g	1.074		0		1		1.611	0.913	
Isoleucine....g	1.128		0		1		1.692	0.959	
Leucine....g	1.990		0		1		2.985	1.692	
Lysine....g	2.249		0		1		3.374	1.912	
Methionine....g	0.725		0		1		1.088	0.616	
Cystine....g	0.263		0		1		0.395	0.224	
Phenylalanine....g	0.956		0		1		1.434	0.813	
Tyrosine....g	0.827		0		1		1.241	0.703	
Valine....g	1.262		0		1		1.893	1.073	
Arginine....g	1.465		0		1		2.198	1.245	
Histidine....g	0.721		0		1		1.082	0.613	
Alanine....g	1.481		0		1		2.222	1.259	
Aspartic acid....g	2.508		0		1		3.762	2.132	
Glutamic acid....g	3.655		0		1		5.483	3.107	
Glycine....g	1.175		0		1		1.763	0.999	
Proline....g	0.866		0		1		1.299	0.736	
Serine....g	0.999		0		1		1.499	0.849	
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15112
Fish, tilefish, raw
Lopholatilus chamaeleonticeps Goode and Bean

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.90		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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15112
Fish, tilefish, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.441		0		1		0.375	0.851	
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	0.073		2		1		0.062	0.141	
15:0....g									
16:0....g	0.285		2		1		0.242	0.550	
17:0....g									
18:0....g	0.082		2		1		0.070	0.158	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.571		0		1		0.485	1.102	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.134		2		1		0.114	0.259	
17:1....g									
18:1 undifferentiated....g	0.388		2		1		0.330	0.749	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.049		2		1		0.042	0.095	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.599		0		1		0.509	1.156	
18:2 undifferentiated....g	0.037		2		1		0.031	0.071	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.066		2		1		0.056	0.127	
20:5 n-3 (EPA)....g	0.085		2		1		0.072	0.164	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.066		2		1		0.056	0.127	
22:6 n-3 (DHA)....g	0.345		2		1		0.293	0.666	
Fatty acids, total trans....g									
Cholesterol....mg	50		0		4		43	97	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.196		0		1		0.167	0.378	
Threonine....g	0.767		0		1		0.652	1.480	
Isoleucine....g	0.806		0		1		0.685	1.556	
Leucine....g	1.422		0		1		1.209	2.744	
Lysine....g	1.607		0		1		1.366	3.102	
Methionine....g	0.518		0		1		0.440	1.000	
Cystine....g	0.188		0		1		0.160	0.363	
Phenylalanine....g	0.683		0		1		0.581	1.318	
Tyrosine....g	0.591		0		1		0.502	1.141	
Valine....g	0.902		0		1		0.767	1.741	
Arginine....g	1.047		0		1		0.890	2.021	
Histidine....g	0.515		0		1		0.438	0.994	
Alanine....g	1.058		0		1		0.899	2.042	
Aspartic acid....g	1.792		0		1		1.523	3.459	
Glutamic acid....g	2.612		0		1		2.220	5.041	
Glycine....g	0.840		0		1		0.714	1.621	
Proline....g	0.619		0		1		0.526	1.195	
Serine....g	0.714		0		1		0.607	1.378	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 15112
Fish, tilefish, raw

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.67	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									
Minerals:									
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									
Vitamins:									
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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
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	

NDB No. 15274
Fish, trout, brook, raw, New York State

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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,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 27 (2014)

NDB No. 15219
Fish, trout, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.36		0		1		39.28	53.86	
Energy kcal	190		0	NC	4		118	162	
Energy kJ	795				4		493	676	
Protein (N x 6.25) g	26.63		0		1		16.51	22.64	
Total lipid (fat) g	8.47		0		1		5.25	7.20	
Ash g	1.50		0		1		0.93	1.28	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	55		0		1		34	47	
Iron, Fe mg	1.92		0		1		1.19	1.63	
Magnesium, Mg mg	28		0		1		17	24	
Phosphorus, P mg	314		0		1		195	267	
Potassium, K mg	463		0		1		287	394	
Sodium, Na mg	67		0		1		42	57	
Zinc, Zn mg	0.85		0		1		0.53	0.72	
Copper, Cu mg	0.241		0		1		0.149	0.205	
Manganese, Mn mg	1.091		0		1		0.676	0.927	
Selenium, Se µg	16.2		0	BFSN	4		10.0	13.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.5		0		1		0.3	0.4	
Thiamin mg	0.426		0		1		0.264	0.362	
Riboflavin mg	0.423		0		1		0.262	0.360	
Niacin mg	5.769		0		1		3.577	4.904	
Pantothenic acid mg	2.238		0		1		1.388	1.902	
Vitamin B-6 mg	0.231		0		1		0.143	0.196	
Folate, total µg	15		0		1		9	13	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	15		0		1		9	13	
Folate, DFE 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									
Lipids:									

NDB No. 15219

Fish, trout, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.298		0		1		0.185	0.253	
Threonine....g	1.167		0		1		0.724	0.992	
Isoleucine....g	1.227		0		1		0.761	1.043	
Leucine....g	2.164		0		1		1.342	1.839	
Lysine....g	2.446		0		1		1.517	2.079	
Methionine....g	0.788		0		1		0.489	0.670	
Cystine....g	0.285		0		1		0.177	0.242	
Phenylalanine....g	1.040		0		1		0.645	0.884	
Tyrosine....g	0.899		0		1		0.557	0.764	
Valine....g	1.372		0		1		0.851	1.166	
Arginine....g	1.593		0		1		0.988	1.354	
Histidine....g	0.784		0		1		0.486	0.666	
Alanine....g	1.610		0		1		0.998	1.369	
Aspartic acid....g	2.727		0		1		1.691	2.318	
Glutamic acid....g	3.975		0		1		2.465	3.379	
Glycine....g	1.278		0		1		0.792	1.086	
Proline....g	0.942		0		1		0.584	0.801	
Serine....g	1.086		0		1		0.673	0.923	
Hydroxyproline....g									

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

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 27 (2014)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.42	0.615	95		1		56.42	60.71	
Energy kcal	148		0	NC	4		117	126	
Energy kJ	619		0		4		489	526	
Protein (N x 6.25) g	20.77	3.875	58		1		16.41	17.65	
Total lipid (fat) g	6.61		111		1		5.22	5.62	
Ash g	1.17	0.023	54		1		0.92	0.99	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	43		15		1		34	37	
Iron, Fe mg	1.50		3		1		1.19	1.28	
Magnesium, Mg mg	22	1.296	19		1		17	19	
Phosphorus, P mg	245		3		1		194	208	
Potassium, K mg	361	11.057	20		1		285	307	
Sodium, Na mg	52	3.843	25		1		41	44	
Zinc, Zn mg	0.66		18		1		0.52	0.56	
Copper, Cu mg	0.188		13		1		0.149	0.160	
Manganese, Mn mg	0.851		2		1		0.672	0.723	
Selenium, Se µg	12.6		0	BFZN	4		10.0	10.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.5		1		1		0.4	0.4	
Thiamin mg	0.350		1		1		0.277	0.298	
Riboflavin mg	0.330		1		1		0.261	0.281	
Niacin mg	4.500		0		4		3.555	3.825	
Pantothenic acid mg	1.940		1		1		1.533	1.649	
Vitamin B-6 mg	0.200		0		4		0.158	0.170	
Folate, total µg	13		1		1		11	11	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		1		1		11	11	
Folate, DFE µg	13		0	NC	4		11	11	
Choline, total mg	65.0		0	T	4		51.4	55.3	
Betaine mg									
Vitamin B-12 µg	7.79		1		1		6.15	6.62	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	17		0	NC	4		13	14	
Retinol µg	17		0	T	4		13	14	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	57		0	NC	4		45	48	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		0	NR	4		0.16	0.17	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	3.9		0	AS	1		3.1	3.3	
Vitamin D IU	155		0	NR	4		122	132	
Vitamin K (phylloquinone) µg	0.1		0	T	4		0.1	0.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.233		0		1		0.184	0.198	
Threonine....g	0.911		0		1		0.720	0.774	
Isoleucine....g	0.957		0		1		0.756	0.813	
Leucine....g	1.688		0		1		1.334	1.435	
Lysine....g	1.907		0		1		1.507	1.621	
Methionine....g	0.615		0		1		0.486	0.523	
Cystine....g	0.223		0		1		0.176	0.190	
Phenylalanine....g	0.811		0		1		0.641	0.689	
Tyrosine....g	0.701		0		1		0.554	0.596	
Valine....g	1.070		0		1		0.845	0.910	
Arginine....g	1.243		0		1		0.982	1.057	
Histidine....g	0.611		0		1		0.483	0.519	
Alanine....g	1.256		0		1		0.992	1.068	
Aspartic acid....g	2.127		0		1		1.680	1.808	
Glutamic acid....g	3.100		0		1		2.449	2.635	
Glycine....g	0.997		0		1		0.788	0.847	
Proline....g	0.734		0		1		0.580	0.624	
Serine....g	0.847		0		1		0.669	0.720	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15241
Fish, trout, rainbow, farmed, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.72		0	RA	4		48.79	58.41	
Energy kcal	168		0	NC	4		119	143	
Energy kJ	704		0	RA	4		500	598	
Protein (N x 6.25) g	23.80		0	RA	4		16.90	20.23	
Total lipid (fat) g	7.38		0	RA	4		5.24	6.27	
Ash g	1.44		0	RA	4		1.02	1.22	
Carbohydrate, by difference g	0.00		0	RA	4		0.00	0.00	
Fiber, total dietary g	0.0		0	RA	4		0.0	0.0	
Sugars, total g	0.00		0	RA	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	30		0	RA	4		21	25	
Iron, Fe mg	0.36		0	RA	4		0.26	0.31	
Magnesium, Mg mg	30		0	RA	4		21	25	
Phosphorus, P mg	270		0	RA	4		192	230	
Potassium, K mg	450		0	RA	4		319	382	
Sodium, Na mg	61		0	RA	4		43	52	
Zinc, Zn mg	0.54		0	RA	4		0.38	0.45	
Copper, Cu mg	0.055		0	RA	4		0.039	0.046	
Manganese, Mn mg	0.013		0	RA	4		0.009	0.011	
Selenium, Se µg	28.1		0	RA	4		20.0	23.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.9		0	RA	4		2.1	2.5	
Thiamin mg	0.143		0	RA	4		0.102	0.122	
Riboflavin mg	0.107		0	RA	4		0.076	0.091	
Niacin mg	6.646		0	RA	4		4.718	5.649	
Pantothenic acid mg	1.990		0	RA	4		1.413	1.691	
Vitamin B-6 mg	0.386		0	RA	4		0.274	0.328	
Folate, total µg	12		0	RA	4		9	11	
Folic acid µg	0		0	RA	4		0	0	
Folate, food µg	12		0	RA	4		9	11	
Folate, DFE 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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.651		0	RA	4		1.172	1.403	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.005		0	RA	4		0.003	0.004	
13:0....g									
14:0....g	0.217		0	RA	4		0.154	0.184	
15:0....g	0.017		0	RA	4		0.012	0.014	
16:0....g	1.108		0	RA	4		0.787	0.942	
17:0....g	0.015		0	RA	4		0.011	0.013	
18:0....g	0.274		0	RA	4		0.194	0.233	
20:0....g	0.009		0	RA	4		0.006	0.008	
22:0....g	0.004		0	RA	4		0.003	0.003	
24:0....g	0.002		0	RA	4		0.002	0.002	
Fatty acids, total monounsaturated....g	2.363		0	RA	4		1.677	2.008	
14:1....g	0.004		0	RA	4		0.003	0.004	
15:1....g	0.006		0	RA	4		0.004	0.005	
16:1 undifferentiated....g	0.406		0	RA	4		0.289	0.345	
17:1....g	0.000		0	RA	4		0.000	0.000	
18:1 undifferentiated....g	1.640		0	RA	4		1.164	1.394	
20:1....g	0.265		0	RA	4		0.188	0.225	
22:1 undifferentiated....g	0.021		0	RA	4		0.015	0.018	
24:1 c....g	0.020		0	RA	4		0.014	0.017	
Fatty acids, total polyunsaturated....g	1.799		0	RA	4		1.277	1.529	
18:2 undifferentiated....g	0.588		0	RA	4		0.417	0.499	
18:3 undifferentiated....g	0.080		0	RA	4		0.057	0.068	
18:4....g	0.001		0	RA	4		0.001	0.001	
20:2 n-6 c,c....g	0.047		0	RA	4		0.034	0.040	
20:3 undifferentiated....g	0.033		0	RA	4		0.023	0.028	
20:4 undifferentiated....g	0.051		0	RA	4		0.036	0.043	
20:5 n-3 (EPA)....g	0.259		0	RA	4		0.184	0.220	
21:5....g									
22:4....g	0.008		0	RA	4		0.006	0.007	
22:5 n-3 (DPA)....g	0.109		0	RA	4		0.077	0.092	
22:6 n-3 (DHA)....g	0.616		0	RA	4		0.437	0.524	
Fatty acids, total trans....g	0.056		0	RA	4		0.039	0.047	
Cholesterol....mg	70		0	RA	4		50	59	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.279		0	RA	4		0.198	0.237	
Threonine....g	1.092		0	RA	4		0.776	0.929	
Isoleucine....g	1.148		0	RA	4		0.815	0.976	
Leucine....g	2.025		0	RA	4		1.438	1.721	
Lysine....g	2.287		0	RA	4		1.624	1.944	
Methionine....g	0.738		0	RA	4		0.524	0.627	
Cystine....g	0.267		0	RA	4		0.190	0.227	
Phenylalanine....g	0.973		0	RA	4		0.691	0.827	
Tyrosine....g	0.840		0	RA	4		0.597	0.714	
Valine....g	1.283		0	RA	4		0.911	1.091	
Arginine....g	1.491		0	RA	4		1.059	1.267	
Histidine....g	0.733		0	RA	4		0.520	0.623	
Alanine....g	1.507		0	RA	4		1.070	1.281	
Aspartic acid....g	2.551		0	RA	4		1.811	2.169	
Glutamic acid....g	3.719		0	RA	4		2.640	3.161	
Glycine....g	1.196		0	RA	4		0.849	1.017	
Proline....g	0.881		0	RA	4		0.626	0.749	
Serine....g	1.016		0	RA	4		0.721	0.864	
Hydroxyproline....g									

NDB No. 15241
Fish, trout, rainbow, farmed, cooked, dry heat

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

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

Common Measures:

Measure 1 = 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 27 (2014)

NDB No. 15240
Fish, trout, rainbow, farmed, raw
Salmo gairdneri Richardson

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.80	0.940	8	A	1		58.30	62.73	
Energy kcal	141		0	NC	4		111	120	
Energy kJ	589		0	NC	4		466	501	
Protein (N x 6.25) g	19.94	0.192	8	A	1		15.75	16.95	
Total lipid (fat) g	6.18	1.153	8	A	1		4.88	5.25	
Ash g	1.21	0.045	8	A	1		0.95	1.02	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	25	3.004	8	A	1		20	21	
Iron, Fe mg	0.31	0.017	8	A	1		0.24	0.26	
Magnesium, Mg mg	25	0.733	8	A	1		20	21	
Phosphorus, P mg	226	6.595	8	A	1		179	192	
Potassium, K mg	377	15.242	8	A	1		298	320	
Sodium, Na mg	51	3.005	8	A	1		40	43	
Zinc, Zn mg	0.45	0.024	8	A	1		0.35	0.38	
Copper, Cu mg	0.046	0.003	8	A	1		0.036	0.039	
Manganese, Mn mg	0.011	0.000	8	A	1		0.009	0.009	
Selenium, Se µg	23.6	0.920	8	A	1		18.6	20.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.9	0.285	3		1		2.3	2.5	
Thiamin mg	0.120	0.035	3	A	1		0.095	0.102	
Riboflavin mg	0.090	0.006	3	A	1		0.071	0.077	
Niacin mg	5.567	0.456	3	A	1		4.398	4.732	
Pantothenic acid mg	1.667	0.203	3	A	1		1.317	1.417	
Vitamin B-6 mg	0.340	0.031	3	A	1		0.269	0.289	
Folate, total µg	11	0.005	3		1		9	9	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11	0.005	3		1		9	9	
Folate, DFE 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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tryptophan....g	0.234		0	A	1		0.185	0.199	
Threonine....g	0.915		0	A	1		0.723	0.778	
Isoleucine....g	0.962		0	A	1		0.760	0.818	
Leucine....g	1.696		0	A	1		1.340	1.442	
Lysine....g	1.916		0	A	1		1.514	1.629	
Methionine....g	0.618		0	A	1		0.488	0.525	
Cystine....g	0.224		0	A	1		0.177	0.190	
Phenylalanine....g	0.815		0	A	1		0.644	0.693	
Tyrosine....g	0.704		0	A	1		0.556	0.598	
Valine....g	1.075		0	A	1		0.849	0.914	
Arginine....g	1.249		0	A	1		0.987	1.062	
Histidine....g	0.614		0	A	1		0.485	0.522	
Alanine....g	1.262		0	A	1		0.997	1.073	
Aspartic acid....g	2.137		0	A	1		1.688	1.816	
Glutamic acid....g	3.115		0	A	1		2.461	2.648	
Glycine....g	1.002		0	A	1		0.792	0.852	
Proline....g	0.738		0	A	1		0.583	0.627	
Serine....g	0.851		0	A	1		0.672	0.723	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 79g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15116
Fish, trout, rainbow, wild, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.50	0.837	4		1		100.82	59.93	
Energy kcal	150		0	NC	4		215	128	
Energy kJ	628				4		897	533	
Protein (N x 6.25) g	22.92	0.375	4		1		32.78	19.48	
Total lipid (fat) g	5.82	0.937	4		1		8.32	4.95	
Ash g	1.60	0.091	4		1		2.29	1.36	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	86		0		4		123	73	
Iron, Fe mg	0.38	0.061	4		1		0.54	0.32	
Magnesium, Mg mg	31	0.138	4		1		44	26	
Phosphorus, P mg	269	9.221	4		1		385	229	
Potassium, K mg	448	6.590	4		1		641	381	
Sodium, Na mg	56	2.211	4		1		80	48	
Zinc, Zn mg	0.51	0.006	4		1		0.73	0.43	
Copper, Cu mg	0.058	0.006	4		1		0.083	0.049	
Manganese, Mn mg	0.021	0.001	4		1		0.030	0.018	
Selenium, Se µg	13.2		0	BFSN	4		18.9	11.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.0	0.265	4		1		2.9	1.7	
Thiamin mg	0.152	0.011	4		1		0.217	0.129	
Riboflavin mg	0.097	0.010	4		1		0.139	0.082	
Niacin mg	5.770	0.419	4		1		8.251	4.905	
Pantothenic acid mg	1.065	0.152	4		1		1.523	0.905	
Vitamin B-6 mg	0.346	0.015	4		1		0.495	0.294	
Folate, total µg	19		1		1		27	16	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	19		1		1		27	16	
Folate, DFE 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									
Lipids:									

NDB No. 15116
Fish, trout, rainbow, wild, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.257		0		1		0.368	0.218	
Threonine....g	1.005		0		1		1.437	0.854	
Isoleucine....g	1.056		0		1		1.510	0.898	
Leucine....g	1.863		0		1		2.664	1.584	
Lysine....g	2.105		0		1		3.010	1.789	
Methionine....g	0.679		0		1		0.971	0.577	
Cystine....g	0.246		0		1		0.352	0.209	
Phenylalanine....g	0.895		0		1		1.280	0.761	
Tyrosine....g	0.774		0		1		1.107	0.658	
Valine....g	1.181		0		1		1.689	1.004	
Arginine....g	1.372		0		1		1.962	1.166	
Histidine....g	0.675		0		1		0.965	0.574	
Alanine....g	1.387		0		1		1.983	1.179	
Aspartic acid....g	2.348		0		1		3.358	1.996	
Glutamic acid....g	3.422		0		1		4.893	2.909	
Glycine....g	1.100		0		1		1.573	0.935	
Proline....g	0.811		0		1		1.160	0.689	
Serine....g	0.935		0		1		1.337	0.795	
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15115
Fish, trout, rainbow, wild, raw
Salmo gairdneri Richardson

Refuse: 0%

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

NDB No. 15115
Fish, trout, rainbow, wild, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.722		0		1		0.614	1.148	
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	0.011		20		1		0.009	0.017	
13:0....g									
14:0....g	0.079		20		1		0.067	0.126	
15:0....g									
16:0....g	0.421		20		1		0.358	0.669	
17:0....g									
18:0....g	0.139		20		1		0.118	0.221	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.129		0		1		0.960	1.795	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.203		20		1		0.173	0.323	
17:1....g									
18:1 undifferentiated....g	0.614		20		1		0.522	0.976	
20:1....g	0.112		20		1		0.095	0.178	
22:1 undifferentiated....g	0.138		20		1		0.117	0.219	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.237		0		1		1.051	1.967	
18:2 undifferentiated....g	0.239		20		1		0.203	0.380	
18:3 undifferentiated....g	0.119		20		1		0.101	0.189	
18:4....g	0.066		20		1		0.056	0.105	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.109		20		1		0.093	0.173	
20:5 n-3 (EPA)....g	0.167		20		1		0.142	0.266	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.106	0.000	20		1		0.090	0.169	
22:6 n-3 (DHA)....g	0.420		20		1		0.357	0.668	
Fatty acids, total trans....g									
Cholesterol....mg	59	2.954	7		1		50	94	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.229		0		1		0.195	0.364	
Threonine....g	0.898		0		1		0.763	1.428	
Isoleucine....g	0.944		0		1		0.802	1.501	
Leucine....g	1.664		0		1		1.414	2.646	
Lysine....g	1.881		0		1		1.599	2.991	
Methionine....g	0.606		0		1		0.515	0.964	
Cystine....g	0.220		0		1		0.187	0.350	
Phenylalanine....g	0.799		0		1		0.679	1.270	
Tyrosine....g	0.691		0		1		0.587	1.099	
Valine....g	1.055		0		1		0.897	1.677	
Arginine....g	1.225		0		1		1.041	1.948	
Histidine....g	0.603		0		1		0.513	0.959	
Alanine....g	1.239		0		1		1.053	1.970	
Aspartic acid....g	2.097		0		1		1.782	3.334	
Glutamic acid....g	3.057		0		1		2.598	4.861	
Glycine....g	0.983		0		1		0.836	1.563	
Proline....g	0.724		0		1		0.615	1.151	
Serine....g	0.836		0		1		0.711	1.329	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 15115
Fish, trout, rainbow, wild, raw

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

NDB No. 15128
Fish, tuna salad

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.16		0		1		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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15128
Fish, tuna salad

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.544		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									
Amino Acids:									
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 27 (2014)

NDB No. 15118
Fish, tuna, fresh, bluefin, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.09		0		1		50.23		
Energy kcal	184		0	NC	4		156		
Energy kJ	770				4		654		
Protein (N x 6.25) g	29.91		0		1		25.42		
Total lipid (fat) g	6.28		0		1		5.34		
Ash g	1.51		0		1		1.28		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	10		0		4		9		
Iron, Fe mg	1.31		0		1		1.11		
Magnesium, Mg mg	64		0		4		54		
Phosphorus, P mg	326		0		4		277		
Potassium, K mg	323		0		1		275		
Sodium, Na mg	50		0		1		43		
Zinc, Zn mg	0.77		0		1		0.65		
Copper, Cu mg	0.110		0		1		0.094		
Manganese, Mn mg	0.020		0		4		0.017		
Selenium, Se µg	46.8		0	BFSN	4		39.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.278		0		1		0.236		
Riboflavin mg	0.306		0		1		0.260		
Niacin mg	10.540		0		1		8.959		
Pantothenic acid mg	1.370		0		4		1.165		
Vitamin B-6 mg	0.525		0		1		0.446		
Folate, total µg	2		0		4		2		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	2		0		4		2		
Folate, DFE 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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 15118
Fish, tuna, fresh, bluefin, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.335		0		1		0.285		
Threonine....g	1.311		0		1		1.114		
Isoleucine....g	1.378		0		1		1.171		
Leucine....g	2.431		0		1		2.066		
Lysine....g	2.747		0		1		2.335		
Methionine....g	0.885		0		1		0.752		
Cystine....g	0.321		0		1		0.273		
Phenylalanine....g	1.168		0		1		0.993		
Tyrosine....g	1.010		0		1		0.859		
Valine....g	1.541		0		1		1.310		
Arginine....g	1.790		0		1		1.522		
Histidine....g	0.880		0		1		0.748		
Alanine....g	1.809		0		1		1.538		
Aspartic acid....g	3.062		0		1		2.603		
Glutamic acid....g	4.464		0		1		3.794		
Glycine....g	1.436		0		1		1.221		
Proline....g	1.057		0		1		0.898		
Serine....g	1.220		0		1		1.037		
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15117
Fish, tuna, fresh, bluefin, raw
Thunnus thynnus (L.)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.09	0.781	26		1		57.88		
Energy kcal	144		0	NC	4		122		
Energy kJ	602		0		4		512		
Protein (N x 6.25) g	23.33	0.377	18		1		19.83		
Total lipid (fat) g	4.90	0.971	7		1		4.17		
Ash g	1.18	0.020	25		1		1.00		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	8		0		4		7		
Iron, Fe mg	1.02	0.034	5		1		0.87		
Magnesium, Mg mg	50		0		4		43		
Phosphorus, P mg	254		0		4		216		
Potassium, K mg	252	41.695	4		1		214		
Sodium, Na mg	39		1		1		33		
Zinc, Zn mg	0.60	0.039	10		1		0.51		
Copper, Cu mg	0.086	0.013	16		1		0.073		
Manganese, Mn mg	0.015		0		1		0.013		
Selenium, Se µg	36.5		0	CAZN	4		31.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.241	0.023	11		1		0.205		
Riboflavin mg	0.251	0.055	17		1		0.213		
Niacin mg	8.654	0.627	16		1		7.356		
Pantothenic acid mg	1.054	0.247	17		1		0.896		
Vitamin B-6 mg	0.455		2		1		0.387		
Folate, total µg	2		0		4		2		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	2		0		4		2		
Folate, DFE µg	2		0	NC	4		2		
Choline, total mg	65.0		0	T	4		55.3		
Betaine mg									
Vitamin B-12 µg	9.43	2.381	18		1		8.01		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	655		0	NC	4		557		
Retinol µg	655		0	T	4		557		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	2183		0	NC	4		1856		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	1.00		0	NR	4		0.85		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	5.7		0	AS	1		4.8		
Vitamin D IU	227		0	BFFN	4		193		
Vitamin K (phylloquinone) µg	0.0		0	T	4		0.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.261		0		1		0.222		
Threonine....g	1.023		0		1		0.870		
Isoleucine....g	1.075		0		1		0.914		
Leucine....g	1.896		0		1		1.612		
Lysine....g	2.142		0		1		1.821		
Methionine....g	0.690		0		1		0.587		
Cystine....g	0.250		0		1		0.213		
Phenylalanine....g	0.911		0		1		0.774		
Tyrosine....g	0.787		0		1		0.669		
Valine....g	1.202		0		1		1.022		
Arginine....g	1.396		0		1		1.187		
Histidine....g	0.687		0		1		0.584		
Alanine....g	1.411		0		1		1.199		
Aspartic acid....g	2.388		0		1		2.030		
Glutamic acid....g	3.482		0		1		2.960		
Glycine....g	1.120		0		1		0.952		
Proline....g	0.825		0		1		0.701		
Serine....g	0.952		0		1		0.809		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15123
Fish, tuna, fresh, skipjack, raw
Euthynnus pelamis (L.)

Refuse: 0%

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

NDB No. 15123
Fish, tuna, fresh, skipjack, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.328		0		1		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									
Amino Acids:									
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 27 (2014)

NDB No. 15127

Fish, tuna, fresh, yellowfin, raw

Thunnus albacares (Bonnaterre)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.03	0.916	11	A	1		20.99	11.85	62.93
Energy kcal	109		0	NC	4		31	17	92
Energy kJ	454		0	NC	4		129	73	386
Protein (N x 6.25) g	24.40	0.740	11	A	1		6.92	3.90	20.74
Total lipid (fat) g	0.49	0.106	11	A	1		0.14	0.08	0.42
Ash g	1.64	0.074	11	A	1		0.46	0.26	1.39
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	4	0.131	11	A	1		1	1	3
Iron, Fe mg	0.77	0.141	11	A	1		0.22	0.12	0.65
Magnesium, Mg mg	35	0.811	11	A	1		10	6	30
Phosphorus, P mg	278	4.192	11	A	1		79	45	237
Potassium, K mg	441	9.097	11	A	1		125	71	375
Sodium, Na mg	45	5.430	11	A	1		13	7	38
Zinc, Zn mg	0.37	0.012	11	A	1		0.11	0.06	0.32
Copper, Cu mg	0.036	0.005	11	A	1		0.010	0.006	0.030
Manganese, Mn mg	0.011	0.000	11	A	1		0.003	0.002	0.009
Selenium, Se µg	90.6	13.495	11	A	1		25.7	14.5	77.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.118	0.026	4	A	1		0.033	0.019	0.100
Riboflavin mg	0.115	0.068	4	A	1		0.033	0.018	0.098
Niacin mg	18.475	0.423	4	A	1		5.238	2.956	15.704
Pantothenic acid mg	0.280	0.030	4	A	1		0.079	0.045	0.238
Vitamin B-6 mg	0.933	0.049	4	A	1		0.265	0.149	0.793
Folate, total µg	2		0		4		1	0	2
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	2		0		4		1	0	2
Folate, DFE 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, yellowfin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.172		0	NC	4		0.049	0.028	0.146
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000	0.000	7	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	11	A	1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.001	0.000	11	A	1		0.000	0.000	0.001
13:0....g									
14:0....g	0.009	0.003	11	A	1		0.002	0.001	0.007
15:0....g	0.003	0.001	11	A	1		0.001	0.000	0.003
16:0....g	0.106	0.023	11	A	1		0.030	0.017	0.090
17:0....g	0.004	0.001	11	A	1		0.001	0.001	0.003
18:0....g	0.045	0.007	11	A	1		0.013	0.007	0.038
20:0....g	0.002	0.000	11	A	1		0.000	0.000	0.001
22:0....g	0.001	0.000	11	A	1		0.000	0.000	0.001
24:0....g	0.001	0.000	11	A	1		0.000	0.000	0.001
Fatty acids, total monounsaturated....g	0.116		0	NC	4		0.033	0.019	0.099
14:1....g	0.001	0.000	11	A	1		0.000	0.000	0.001
15:1....g	0.001	0.000	11	A	1		0.000	0.000	0.001
16:1 undifferentiated....g	0.011	0.004	11	AS	1		0.003	0.002	0.010
16:1 c....g	0.011	0.003	11	A	1		0.003	0.002	0.009
16:1 t....g	0.001	0.000	11	A	1		0.000	0.000	0.001
17:1....g	0.002	0.000	11	A	1		0.001	0.000	0.002
18:1 undifferentiated....g	0.083	0.020	11	AS	1		0.023	0.013	0.070
18:1 c....g	0.080	0.020	11	A	1		0.023	0.013	0.068
18:1 t....g	0.003	0.000	11	A	1		0.001	0.000	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
22:1 undifferentiated....g	0.001	0.000	11	AS	1		0.000	0.000	0.001
22:1 c....g	0.001	0.000	11	A	1		0.000	0.000	0.001
22:1 t....g	0.000	0.000	11	A	1		0.000	0.000	0.000
24:1 c....g	0.008	0.001	11	A	1		0.002	0.001	0.007
Fatty acids, total polyunsaturated....g	0.147		0	NC	4		0.042	0.023	0.125
18:2 undifferentiated....g	0.019	0.002	11	AS	1		0.006	0.003	0.017
18:2 n-6 c,c....g	0.006	0.001	11	A	1		0.002	0.001	0.005
18:2 CLAs....g	0.000	0.000	11	A	1		0.000	0.000	0.000
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.013	0.002	11	A	1		0.004	0.002	0.011
18:3 undifferentiated....g	0.002	0.000	11	AS	1		0.000	0.000	0.001
18:3 n-3 c,c,c (ALA)....g	0.002	0.000	11	A	1		0.000	0.000	0.001
18:3 n-6 c,c,c....g	0.000	0.000	11	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000	0.000	11	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.001	0.000	11	A	1		0.000	0.000	0.001
20:3 undifferentiated....g	0.003	0.001	11	AS	1		0.001	0.000	0.002
20:3 n-3....g	0.001	0.000	11	A	1		0.000	0.000	0.001
20:3 n-6....g	0.001	0.000	11	A	1		0.000	0.000	0.001
20:4 undifferentiated....g	0.015	0.002	11	A	1		0.004	0.002	0.013
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.012	0.004	11	A	1		0.004	0.002	0.011
21:5....g									
22:4....g	0.002	0.000	11	A	1		0.000	0.000	0.001
22:5 n-3 (DPA)....g	0.004	0.001	11	A	1		0.001	0.001	0.003
22:6 n-3 (DHA)....g	0.088	0.022	11	A	1		0.025	0.014	0.075
Fatty acids, total trans....g	0.016		0	NC	4		0.005	0.003	0.014
Fatty acids, total trans-monoenoic....g	0.003		0	NC	4		0.001	0.001	0.003
Fatty acids, total trans-polyenoic....g	0.013		0	NC	4		0.004	0.002	0.011
Cholesterol....mg	39	0.392	4	A	1		11	6	34
Phytosterols....mg									
Amino Acids:									

NDB No. 15127
Fish, tuna, fresh, yellowfin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tryptophan....g	0.262		0	A	1		0.074	0.042	0.223
Threonine....g	1.025		0	A	1		0.291	0.164	0.871
Isoleucine....g	1.077		0	A	1		0.305	0.172	0.915
Leucine....g	1.900		0	A	1		0.539	0.304	1.615
Lysine....g	2.147		0	A	1		0.609	0.344	1.825
Methionine....g	0.692		0	A	1		0.196	0.111	0.588
Cystine....g	0.251		0	A	1		0.071	0.040	0.213
Phenylalanine....g	0.913		0	A	1		0.259	0.146	0.776
Tyrosine....g	0.789		0	A	1		0.224	0.126	0.671
Valine....g	1.204		0	A	1		0.341	0.193	1.023
Arginine....g	1.399		0	A	1		0.397	0.224	1.189
Histidine....g	0.688		0	A	1		0.195	0.110	0.585
Alanine....g	1.414		0	A	1		0.401	0.226	1.202
Aspartic acid....g	2.394		0	A	1		0.679	0.383	2.035
Glutamic acid....g	3.489		0	A	1		0.989	0.558	2.966
Glycine....g	1.122		0	A	1		0.318	0.180	0.954
Proline....g	0.827		0	A	1		0.234	0.132	0.703
Serine....g	0.954		0	A	1		0.270	0.153	0.811
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 16g: 1 cubic inch, boneless

Measure 3 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15119
Fish, tuna, light, canned in oil, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.83	0.557	9		1		87.35	16.96	102.31
Energy kcal	198		0	NC	4		289	56	339
Energy kJ	830		0	NC	4		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									
Minerals:									
Calcium, Ca mg	13	2.415	9		1		19	4	22
Iron, Fe mg	1.39	0.081	8		1		2.03	0.39	2.38
Magnesium, Mg mg	31	1.591	8		1		45	9	53
Phosphorus, P mg	311	18.785	9		1		454	88	532
Potassium, K mg	207		0		1		302	59	354
Sodium, Na mg	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
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.038		1		1		0.055	0.011	0.065
Riboflavin mg	0.120		0		4		0.175	0.034	0.205
Niacin mg	12.400		0		4		18.104	3.515	21.204
Pantothenic acid mg	0.370		0		4		0.540	0.105	0.633
Vitamin B-6 mg	0.110		1		1		0.161	0.031	0.188
Folate, total µg	5	1.445	3		1		8	2	9
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	5	1.445	3		1		8	2	9
Folate, DFE 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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.534		0		1		2.240	0.435	2.623
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.027		1		1		0.039	0.008	0.046
15:0....g									
16:0....g	1.415		1		1		2.066	0.401	2.420
17:0....g									
18:0....g	0.092		1		1		0.134	0.026	0.157
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.949		0		1		4.306	0.836	5.043
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.083		1		1		0.121	0.024	0.142
17:1....g									
18:1 undifferentiated....g	2.839		1		1		4.145	0.805	4.855
20:1....g	0.027		1		1		0.039	0.008	0.046
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.885		0		1		4.212	0.818	4.933
18:2 undifferentiated....g	2.683		1		1		3.917	0.761	4.588
18:3 undifferentiated....g	0.074		1		1		0.108	0.021	0.127
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.027		1		1		0.039	0.008	0.046
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	0.101		1		1		0.147	0.029	0.173
Fatty acids, total trans....g									
Cholesterol....mg	18		1		1		26	5	31
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.326		0		1		0.476	0.092	0.557
Threonine....g	1.277		0		1		1.864	0.362	2.184
Isoleucine....g	1.342		0		1		1.959	0.380	2.295
Leucine....g	2.368		0		1		3.457	0.671	4.049
Lysine....g	2.675		0		1		3.906	0.758	4.574
Methionine....g	0.862		0		1		1.259	0.244	1.474
Cystine....g	0.312		0		1		0.456	0.088	0.534
Phenylalanine....g	1.137		0		1		1.660	0.322	1.944
Tyrosine....g	0.983		0		1		1.435	0.279	1.681
Valine....g	1.501		0		1		2.191	0.426	2.567
Arginine....g	1.743		0		1		2.545	0.494	2.981
Histidine....g	0.858		0		1		1.253	0.243	1.467
Alanine....g	1.762		0		1		2.573	0.500	3.013
Aspartic acid....g	2.983		0		1		4.355	0.846	5.101
Glutamic acid....g	4.349		0		1		6.350	1.233	7.437
Glycine....g	1.398		0		1		2.041	0.396	2.391
Proline....g	1.030		0		1		1.504	0.292	1.761
Serine....g	1.189		0		1		1.736	0.337	2.033
Hydroxyproline....g									

NDB No. 15119
Fish, tuna, light, canned in oil, drained solids

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

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

Common Measures:

Measure 1 = 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 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.83	0.557	9		1		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									
Minerals:									
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	
Vitamins:									
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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 15183

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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 27 (2014)

NDB No. 15121
Fish, tuna, light, canned in water, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	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									
Minerals:									
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
Vitamins:									
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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.21		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									
Minerals:									
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	
Vitamins:									
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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 15184

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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 27 (2014)

NDB No. 15220
Fish, tuna, skipjack, fresh, cooked, dry heat

Refuse: 0%

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

NDB No. 15220
Fish, tuna, skipjack, fresh, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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 27 (2014)

NDB No. 15124
Fish, tuna, white, canned in oil, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	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	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
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	396		0		1		337	705	
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	
Vitamins:									
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	5		0	NC	4		4	9	
Retinol µg	5		0	RA	4		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	16		0	NC	4		14	28	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	2.30		0	RA	4		1.96	4.09	
Tocopherol, beta mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, gamma mg	0.02		0	RA	4		0.02	0.04	
Tocopherol, delta mg	0.02		0	RA	4		0.01	0.03	
Tocotrienol, alpha mg	0.06		0	RA	4		0.05	0.11	
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									
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	6.9		0	RA	4		5.9	12.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15124

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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	3.493	6		1		26	55	
Phytosterols....mg									
Amino Acids:									
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									
Others:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.02		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									
Minerals:									
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	
Vitamins:									
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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 15185

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

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

NDB No. 15126
Fish, tuna, white, canned in water, drained solids

Refuse: 0%

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.792		0		1		0.673	1.362	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.082		0		1		0.070	0.141	
15:0....g									
16:0....g	0.592		0		1		0.503	1.018	
17:0....g									
18:0....g	0.118		0		1		0.100	0.203	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.784		0		1		0.666	1.348	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.144		0		1		0.122	0.248	
17:1....g									
18:1 undifferentiated....g	0.518		0		1		0.440	0.891	
20:1....g	0.078		0		1		0.066	0.134	
22:1 undifferentiated....g	0.044		0		1		0.037	0.076	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.109		0		1		0.943	1.907	
18:2 undifferentiated....g	0.055		0		1		0.047	0.095	
18:3 undifferentiated....g	0.071		0		1		0.060	0.122	
18:4....g	0.051		0		1		0.043	0.088	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.051		0		1		0.043	0.088	
20:5 n-3 (EPA)....g	0.233		0		1		0.198	0.401	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.018		0		1		0.015	0.031	
22:6 n-3 (DHA)....g	0.629		0		1		0.535	1.082	
Fatty acids, total trans....g									
Cholesterol....mg	42		0		1		36	72	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.265		0		1		0.225	0.456	
Threonine....g	1.035		0		1		0.880	1.780	
Isoleucine....g	1.088		0		1		0.925	1.871	
Leucine....g	1.920		0		1		1.632	3.302	
Lysine....g	2.169		0		1		1.844	3.731	
Methionine....g	0.699		0		1		0.594	1.202	
Cystine....g	0.253		0		1		0.215	0.435	
Phenylalanine....g	0.922		0		1		0.784	1.586	
Tyrosine....g	0.797		0		1		0.677	1.371	
Valine....g	1.217		0		1		1.034	2.093	
Arginine....g	1.413		0		1		1.201	2.430	
Histidine....g	0.695		0		1		0.591	1.195	
Alanine....g	1.428		0		1		1.214	2.456	
Aspartic acid....g	2.419		0		1		2.056	4.161	
Glutamic acid....g	3.526		0		1		2.997	6.065	
Glycine....g	1.134		0		1		0.964	1.950	
Proline....g	0.835		0		1		0.710	1.436	
Serine....g	0.964		0		1		0.819	1.658	
Hydroxyproline....g									

NDB No. 15126

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

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

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

Common Measures:

Measure 1 = 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 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.02		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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15186

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.792		0		1		0.673	1.362	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.082		0		1		0.070	0.141	
15:0....g									
16:0....g	0.592		0		1		0.503	1.018	
17:0....g									
18:0....g	0.118		0		1		0.100	0.203	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.784		0		1		0.666	1.348	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.144		0		1		0.122	0.248	
17:1....g									
18:1 undifferentiated....g	0.518		0		1		0.440	0.891	
20:1....g	0.078		0		1		0.066	0.134	
22:1 undifferentiated....g	0.044		0		1		0.037	0.076	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.109		0		1		0.943	1.907	
18:2 undifferentiated....g	0.055		0		1		0.047	0.095	
18:3 undifferentiated....g	0.071		0		1		0.060	0.122	
18:4....g	0.051		0		1		0.043	0.088	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.051		0		1		0.043	0.088	
20:5 n-3 (EPA)....g	0.233		0		1		0.198	0.401	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.018		0		1		0.015	0.031	
22:6 n-3 (DHA)....g	0.629		0		1		0.535	1.082	
Fatty acids, total trans....g									
Cholesterol....mg	42		0		1		36	72	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.265		0		1		0.225	0.456	
Threonine....g	1.035		0		1		0.880	1.780	
Isoleucine....g	1.088		0		1		0.925	1.871	
Leucine....g	1.920		0		1		1.632	3.302	
Lysine....g	2.169		0		1		1.844	3.731	
Methionine....g	0.699		0		1		0.594	1.202	
Cystine....g	0.253		0		1		0.215	0.435	
Phenylalanine....g	0.922		0		1		0.784	1.586	
Tyrosine....g	0.797		0		1		0.677	1.371	
Valine....g	1.217		0		1		1.034	2.093	
Arginine....g	1.413		0		1		1.201	2.430	
Histidine....g	0.695		0		1		0.591	1.195	
Alanine....g	1.428		0		1		1.214	2.456	
Aspartic acid....g	2.419		0		1		2.056	4.161	
Glutamic acid....g	3.526		0		1		2.997	6.065	
Glycine....g	1.134		0		1		0.964	1.950	
Proline....g	0.835		0		1		0.710	1.436	
Serine....g	0.964		0		1		0.819	1.658	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 15186

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

NDB No. 15221
Fish, tuna, yellowfin, fresh, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.98		0	RA	4		58.63		
Energy kcal	130		0	NC	4		110		
Energy kJ	543		0	RA	4		461		
Protein (N x 6.25) g	29.15		0	RA	4		24.78		
Total lipid (fat) g	0.59		0	RA	4		0.50		
Ash g	1.96		0	RA	4		1.66		
Carbohydrate, by difference g	0.00		0	RA	4		0.00		
Fiber, total dietary g	0.0		0	RA	4		0.0		
Sugars, total g	0.00		0	RA	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	4		0	RA	4		4		
Iron, Fe mg	0.92		0	RA	4		0.78		
Magnesium, Mg mg	42		0	RA	4		35		
Phosphorus, P mg	333		0	RA	4		283		
Potassium, K mg	527		0	RA	4		448		
Sodium, Na mg	54		0	RA	4		46		
Zinc, Zn mg	0.45		0	RA	4		0.38		
Copper, Cu mg	0.043		0	RA	4		0.036		
Manganese, Mn mg	0.013		0	RA	4		0.011		
Selenium, Se µg	108.2		0	RA	4		92.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	RA	4		0.0		
Thiamin mg	0.134		0	RA	4		0.114		
Riboflavin mg	0.137		0	RA	4		0.117		
Niacin mg	22.070		0	RA	4		18.759		
Pantothenic acid mg	0.334		0	RA	4		0.284		
Vitamin B-6 mg	1.038		0		1		0.882		
Folate, total µg	2		0	RA	4		2		
Folic acid µg	0		0	RA	4		0		
Folate, food µg	2		0	RA	4		2		
Folate, DFE 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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.205		0	RA	4		0.175		
4:0....g	0.000		0	RA	4		0.000		
6:0....g	0.000		0	RA	4		0.000		
8:0....g	0.000		0	RA	4		0.000		
10:0....g	0.000		0	RA	4		0.000		
12:0....g	0.002		0	RA	4		0.001		
13:0....g									
14:0....g	0.010		0	RA	4		0.009		
15:0....g	0.004		0	RA	4		0.003		
16:0....g	0.127		0	RA	4		0.108		
17:0....g	0.005		0	RA	4		0.004		
18:0....g	0.054		0	RA	4		0.046		
20:0....g	0.002		0	RA	4		0.002		
22:0....g	0.001		0	RA	4		0.001		
24:0....g	0.001		0	RA	4		0.001		
Fatty acids, total monounsaturated....g	0.138		0	RA	4		0.118		
14:1....g	0.001		0	RA	4		0.001		
15:1....g	0.002		0	RA	4		0.001		
16:1 undifferentiated....g	0.014		0	RA	4		0.012		
17:1....g	0.002		0	RA	4		0.002		
18:1 undifferentiated....g	0.099		0	RA	4		0.084		
20:1....g	0.009		0	RA	4		0.008		
22:1 undifferentiated....g	0.002		0	RA	4		0.001		
24:1 c....g	0.010		0	RA	4		0.008		
Fatty acids, total polyunsaturated....g	0.175		0	RA	4		0.149		
18:2 undifferentiated....g	0.023		0	RA	4		0.020		
18:3 undifferentiated....g	0.002		0	RA	4		0.002		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g	0.002		0	RA	4		0.001		
20:3 undifferentiated....g	0.003		0	RA	4		0.003		
20:4 undifferentiated....g	0.018		0	RA	4		0.015		
20:5 n-3 (EPA)....g	0.015		0	RA	4		0.013		
21:5....g									
22:4....g	0.002		0	RA	4		0.002		
22:5 n-3 (DPA)....g	0.005		0	RA	4		0.004		
22:6 n-3 (DHA)....g	0.105		0	RA	4		0.090		
Fatty acids, total trans....g	0.020		0	RA	4		0.017		
Cholesterol....mg	47		0	RA	4		40		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.313		0	RA	4		0.266		
Threonine....g	1.224		0	RA	4		1.041		
Isoleucine....g	1.287		0	RA	4		1.094		
Leucine....g	2.270		0	RA	4		1.929		
Lysine....g	2.565		0	RA	4		2.180		
Methionine....g	0.827		0	RA	4		0.703		
Cystine....g	0.300		0	RA	4		0.255		
Phenylalanine....g	1.091		0	RA	4		0.927		
Tyrosine....g	0.943		0	RA	4		0.801		
Valine....g	1.438		0	RA	4		1.223		
Arginine....g	1.671		0	RA	4		1.421		
Histidine....g	0.822		0	RA	4		0.699		
Alanine....g	1.689		0	RA	4		1.436		
Aspartic acid....g	2.860		0	RA	4		2.431		
Glutamic acid....g	4.168		0	RA	4		3.543		
Glycine....g	1.340		0	RA	4		1.139		
Proline....g	0.988		0	RA	4		0.840		
Serine....g	1.140		0	RA	4		0.969		
Hydroxyproline....g									

NDB No. 15221
Fish, tuna, yellowfin, fresh, cooked, dry heat

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

NDB No. 15222
Fish, turbot, european, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.45		0		1		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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15222
Fish, turbot, european, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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 27 (2014)

NDB No. 15129
Fish, turbot, european, raw
Scophthalmus maximus (L.)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	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									
Minerals:									
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	
Vitamins:									
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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 15129
Fish, turbot, european, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.750		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									
Amino Acids:									
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 27 (2014)

NDB No. 15223
Fish, whitefish, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.09		0		1		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									
Minerals:									
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	
Vitamins:									
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									
Lipids:									

NDB No. 15223

Fish, whitefish, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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 27 (2014)

NDB No. 15130
Fish, whitefish, mixed species, raw
Coregonus spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.77	0.642	37		1		61.85	144.08	
Energy kcal	134		0	NC	4		114	265	
Energy kJ	561		0		4		477	1110	
Protein (N x 6.25) g	19.09	0.239	42		1		16.23	37.80	
Total lipid (fat) g	5.86	0.451	68		1		4.98	11.60	
Ash g	1.12	0.014	34		1		0.95	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	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	26		0		4		22	51	
Iron, Fe mg	0.37		0		4		0.31	0.73	
Magnesium, Mg mg	33		1		1		28	65	
Phosphorus, P mg	270		0		4		230	535	
Potassium, K mg	317		1		1		269	628	
Sodium, Na mg	51	1.004	17		1		43	101	
Zinc, Zn mg	0.99	0.319	3		1		0.84	1.96	
Copper, Cu mg	0.072		2		1		0.061	0.143	
Manganese, Mn mg	0.067		0		4		0.057	0.133	
Selenium, Se µg	12.6		0	BFZN	4		10.7	24.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.140		0		4		0.119	0.277	
Riboflavin mg	0.120		0		4		0.102	0.238	
Niacin mg	3.000		0		4		2.550	5.940	
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	65.0		0	T	4		55.3	128.7	
Betaine mg									
Vitamin B-12 µg	1.00		0		4		0.85	1.98	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	36		0	NC	4		31	71	
Retinol µg	36		0	T	4		31	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	120		0	NC	4		102	238	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		0	NR	4		0.17	0.40	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
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	12.0		0	AS	1		10.2	23.7	
Vitamin D IU	478		0	NR	4		406	946	
Vitamin K (phylloquinone) µg	0.1		0	T	4		0.1	0.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15130
Fish, whitefish, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
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									
Others:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15131
Fish, whitefish, mixed species, smoked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.83		2		1		96.33	20.08	12.04
Energy kcal	108		0	NC	4		147	31	18
Energy kJ	452		0		4		615	128	77
Protein (N x 6.25) g	23.40		2		1		31.82	6.63	3.98
Total lipid (fat) g	0.93		2		1		1.26	0.26	0.16
Ash g	5.06		2		1		6.88	1.43	0.86
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	18		2		1		24	5	3
Iron, Fe mg	0.50		2		1		0.68	0.14	0.09
Magnesium, Mg mg	23		2		1		31	7	4
Phosphorus, P mg	132		2		1		180	37	22
Potassium, K mg	423		2		1		575	120	72
Sodium, Na mg	1019		2		1		1386	289	173
Zinc, Zn mg	0.49		2		1		0.67	0.14	0.08
Copper, Cu mg	0.315		2		1		0.428	0.089	0.054
Manganese, Mn mg	0.034		2		1		0.046	0.010	0.006
Selenium, Se µg	13.5		0	BFSN	4		18.4	3.8	2.3
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.032		2		1		0.044	0.009	0.005
Riboflavin mg	0.101		2		1		0.137	0.029	0.017
Niacin mg	2.400		2		1		3.264	0.680	0.408
Pantothenic acid mg	0.104		2		1		0.141	0.029	0.018
Vitamin B-6 mg	0.389		2		1		0.529	0.110	0.066
Folate, total µg	7		2		1		10	2	1
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	7		2		1		10	2	1
Folate, DFE µg	7		0	NC	4		10	2	1
Choline, total mg	95.0		0	T	4		129.2	26.9	16.2
Betaine mg									
Vitamin B-12 µg	3.26		2		1		4.43	0.92	0.55
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	57		0	NC	4		78	16	10
Retinol µg	57		0	T	4		78	16	10
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	190		0	NC	4		258	54	32
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.21		0	BFSN	4		0.29	0.06	0.04
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	12.8		0	AS	1		17.4	3.6	2.2
Vitamin D IU	512		0	BFSN	4		696	145	87
Vitamin K (phylloquinone) µg	0.1		0	BFSN	4		0.1	0.0	0.0
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15131
Fish, whitefish, mixed species, smoked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.262		0		1		0.356	0.074	0.045
Threonine....g	1.026		0		1		1.395	0.291	0.174
Isoleucine....g	1.078		0		1		1.466	0.306	0.183
Leucine....g	1.902		0		1		2.587	0.539	0.323
Lysine....g	2.149		0		1		2.923	0.609	0.365
Methionine....g	0.693		0		1		0.942	0.196	0.118
Cystine....g	0.251		0		1		0.341	0.071	0.043
Phenylalanine....g	0.914		0		1		1.243	0.259	0.155
Tyrosine....g	0.790		0		1		1.074	0.224	0.134
Valine....g	1.206		0		1		1.640	0.342	0.205
Arginine....g	1.400		0		1		1.904	0.397	0.238
Histidine....g	0.689		0		1		0.937	0.195	0.117
Alanine....g	1.415		0		1		1.924	0.401	0.241
Aspartic acid....g	2.396		0		1		3.259	0.679	0.407
Glutamic acid....g	3.493		0		1		4.750	0.990	0.594
Glycine....g	1.123		0		1		1.527	0.318	0.191
Proline....g	0.827		0		1		1.125	0.234	0.141
Serine....g	0.955		0		1		1.299	0.271	0.162
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 15131
Fish, whitefish, mixed species, smoked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15133
Fish, whiting, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.71		0		1		53.79	63.50	
Energy kcal	116		0	NC	4		83	98	
Energy kJ	483		0	NC	4		348	411	
Protein (N x 6.25) g	23.48		0		1		16.91	19.96	
Total lipid (fat) g	1.69		0		1		1.22	1.44	
Ash g	1.46	0.030	11		1		1.05	1.24	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	62		0		1		45	53	
Iron, Fe mg	0.42	0.040	11		1		0.30	0.36	
Magnesium, Mg mg	27		0		1		19	23	
Phosphorus, P mg	285		0		1		205	242	
Potassium, K mg	434	9.800	11		1		312	369	
Sodium, Na mg	132	9.190	11		1		95	112	
Zinc, Zn mg	0.53	0.020	11		1		0.38	0.45	
Copper, Cu mg	0.040		0		1		0.029	0.034	
Manganese, Mn mg	0.130		0		1		0.094	0.111	
Selenium, Se µg	41.1		0	BFSN	4		29.6	34.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.068	0.010	11		1		0.049	0.058	
Riboflavin mg	0.060	0.010	11		1		0.043	0.051	
Niacin mg	1.670	0.080	11		1		1.202	1.420	
Pantothenic acid mg	0.250		0		1		0.180	0.213	
Vitamin B-6 mg	0.180		0		1		0.130	0.153	
Folate, total µg	15		0		1		11	13	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	15		0		1		11	13	
Folate, DFE µg	15		0	NC	4		11	13	
Choline, total mg	83.3		0	BFSN	4		60.0	70.8	
Betaine mg									
Vitamin B-12 µg	2.60	0.200	11		1		1.87	2.21	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	38		0	NC	4		28	33	
Retinol µg	38		0	BFSN	4		28	33	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	128		0	NC	4		92	109	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.38		0	BFSN	4		0.28	0.33	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	1.8		0	AS	1		1.3	1.6	
Vitamin D IU	73		0	BFSN	4		53	62	
Vitamin K (phylloquinone) µg	0.1		0	BFSN	4		0.1	0.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15133

Fish, whiting, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.263		0		1		0.189	0.224	
Threonine....g	1.029		0		1		0.741	0.875	
Isoleucine....g	1.082		0		1		0.779	0.920	
Leucine....g	1.908		0		1		1.374	1.622	
Lysine....g	2.156		0		1		1.552	1.833	
Methionine....g	0.695		0		1		0.500	0.591	
Cystine....g	0.252		0		1		0.181	0.214	
Phenylalanine....g	0.917		0		1		0.660	0.779	
Tyrosine....g	0.793		0		1		0.571	0.674	
Valine....g	1.210		0		1		0.871	1.029	
Arginine....g	1.405		0		1		1.012	1.194	
Histidine....g	0.691		0		1		0.498	0.587	
Alanine....g	1.420		0		1		1.022	1.207	
Aspartic acid....g	2.404		0		1		1.731	2.043	
Glutamic acid....g	3.505		0		1		2.524	2.979	
Glycine....g	1.127		0		1		0.811	0.958	
Proline....g	0.830		0		1		0.598	0.706	
Serine....g	0.958		0		1		0.690	0.814	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 15133
Fish, whiting, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15132
Fish, whiting, mixed species, raw
Gadidae

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	80.27		61		1		73.85	68.23	
Energy kcal	90		0	NC	4		83	77	
Energy kJ	377		0		4		346	320	
Protein (N x 6.25) g	18.31		77		1		16.85	15.56	
Total lipid (fat) g	1.31		185		1		1.21	1.11	
Ash g	1.30		57		1		1.20	1.11	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	48		12		1		44	41	
Iron, Fe mg	0.34	0.030	11		1		0.31	0.29	
Magnesium, Mg mg	21		2		1		19	18	
Phosphorus, P mg	222	11.000	13		1		204	189	
Potassium, K mg	249	10.668	32		1		229	212	
Sodium, Na mg	72		34		1		66	61	
Zinc, Zn mg	0.88	0.045	88		1		0.81	0.75	
Copper, Cu mg	0.031	0.002	83		1		0.029	0.026	
Manganese, Mn mg	0.104		2		1		0.096	0.088	
Selenium, Se µg	32.1	2.079	15	A	1		29.5	27.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.056	0.008	11		1		0.052	0.048	
Riboflavin mg	0.046	0.301	11		1		0.042	0.039	
Niacin mg	1.300	0.090	11		1		1.196	1.105	
Pantothenic acid mg	0.216		2		1		0.199	0.184	
Vitamin B-6 mg	0.156		2		1		0.144	0.133	
Folate, total µg	13		2		1		12	11	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		2		1		12	11	
Folate, DFE µg	13		0	NC	4		12	11	
Choline, total mg	65.0		0	T	4		59.8	55.3	
Betaine mg									
Vitamin B-12 µg	2.30	0.330	11		1		2.12	1.96	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	30		0	NC	4		28	26	
Retinol µg	30		0	T	4		28	26	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	100		0	NC	4		92	85	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.30		0	NR	4		0.28	0.26	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	1.4		0	AS	1		1.3	1.2	
Vitamin D IU	57		0	NR	4		52	48	
Vitamin K (phylloquinone) µg	0.1		0	T	4		0.1	0.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15132
Fish, whiting, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.205		0		1		0.189	0.174	
Threonine....g	0.803		0		1		0.739	0.683	
Isoleucine....g	0.844		0		1		0.776	0.717	
Leucine....g	1.488		0		1		1.369	1.265	
Lysine....g	1.682		0		1		1.547	1.430	
Methionine....g	0.542		0		1		0.499	0.461	
Cystine....g	0.196		0		1		0.180	0.167	
Phenylalanine....g	0.715		0		1		0.658	0.608	
Tyrosine....g	0.618		0		1		0.569	0.525	
Valine....g	0.943		0		1		0.868	0.802	
Arginine....g	1.096		0		1		1.008	0.932	
Histidine....g	0.539		0		1		0.496	0.458	
Alanine....g	1.108		0		1		1.019	0.942	
Aspartic acid....g	1.875		0		1		1.725	1.594	
Glutamic acid....g	2.734		0		1		2.515	2.324	
Glycine....g	0.879		0		1		0.809	0.747	
Proline....g	0.648		0		1		0.596	0.551	
Serine....g	0.747		0		1		0.687	0.635	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 15132
Fish, whiting, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 = 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 27 (2014)

NDB No. 15224
Fish, wolffish, Atlantic, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.23		0		1		88.33	63.10	
Energy kcal	123		0	NC	4		146	105	
Energy kJ	515				4		612	437	
Protein (N x 6.25) g	22.44		0		1		26.70	19.07	
Total lipid (fat) g	3.06		0		1		3.64	2.60	
Ash g	1.49		0		1		1.77	1.27	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	8		0		1		10	7	
Iron, Fe mg	0.12		0		1		0.14	0.10	
Magnesium, Mg mg	38		0		1		45	32	
Phosphorus, P mg	256		0		1		305	218	
Potassium, K mg	385		0		1		458	327	
Sodium, Na mg	109		0		1		130	93	
Zinc, Zn mg	1.00		0		1		1.19	0.85	
Copper, Cu mg	0.037		0		1		0.044	0.031	
Manganese, Mn mg	0.019		0		1		0.023	0.016	
Selenium, Se µg	46.8		0	BFSN	4		55.7	39.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.208		0		1		0.248	0.177	
Riboflavin mg	0.097		0		1		0.115	0.082	
Niacin mg	2.598		0		1		3.092	2.208	
Pantothenic acid mg	0.658		0		1		0.783	0.559	
Vitamin B-6 mg	0.462		0		1		0.550	0.393	
Folate, total µg	6		0		1		7	5	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0		1		7	5	
Folate, DFE 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									
Lipids:									

NDB No. 15224
Fish, wolffish, Atlantic, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.251		0		1		0.299	0.213	
Threonine....g	0.984		0		1		1.171	0.836	
Isoleucine....g	1.034		0		1		1.230	0.879	
Leucine....g	1.824		0		1		2.171	1.550	
Lysine....g	2.061		0		1		2.453	1.752	
Methionine....g	0.664		0		1		0.790	0.564	
Cystine....g	0.241		0		1		0.287	0.205	
Phenylalanine....g	0.876		0		1		1.042	0.745	
Tyrosine....g	0.757		0		1		0.901	0.643	
Valine....g	1.156		0		1		1.376	0.983	
Arginine....g	1.343		0		1		1.598	1.142	
Histidine....g	0.661		0		1		0.787	0.562	
Alanine....g	1.357		0		1		1.615	1.153	
Aspartic acid....g	2.297		0		1		2.733	1.952	
Glutamic acid....g	3.349		0		1		3.985	2.847	
Glycine....g	1.077		0		1		1.282	0.915	
Proline....g	0.793		0		1		0.944	0.674	
Serine....g	0.915		0		1		1.089	0.778	
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15134
Fish, wolffish, Atlantic, raw
Anarhichas lupus (L.)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.90	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									
Minerals:									
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	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.180	0.021	3		1		0.153	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									
Lipids:									

NDB No. 15134
Fish, wolffish, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.365		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									
Amino Acids:									
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 27 (2014)

NDB No. 15225
Fish, yellowtail, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.33		0		1		98.30	57.23	
Energy kcal	187		0	NC	4		273	159	
Energy kJ	782				4		1142	665	
Protein (N x 6.25) g	29.67		0		1		43.32	25.22	
Total lipid (fat) g	6.72		0		1		9.81	5.71	
Ash g	1.40		0		1		2.04	1.19	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	29		0		1		42	25	
Iron, Fe mg	0.63		0		1		0.92	0.54	
Magnesium, Mg mg	38		0		1		55	32	
Phosphorus, P mg	201		0		1		293	171	
Potassium, K mg	538		0		1		785	457	
Sodium, Na mg	50		0		1		73	43	
Zinc, Zn mg	0.67		0		1		0.98	0.57	
Copper, Cu mg	0.058		0		1		0.085	0.049	
Manganese, Mn mg	0.019		0		1		0.028	0.016	
Selenium, Se µg	46.8		0	BFSN	4		68.3	39.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.9		0		1		4.2	2.5	
Thiamin mg	0.175		0		1		0.256	0.149	
Riboflavin mg	0.051		0		1		0.074	0.043	
Niacin mg	8.718		0		1		12.728	7.410	
Pantothenic acid mg	0.681		0		1		0.994	0.579	
Vitamin B-6 mg	0.185		0		1		0.270	0.157	
Folate, total µg	4		0		1		6	3	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4		0		1		6	3	
Folate, DFE 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									
Lipids:									

NDB No. 15225

Fish, yellowtail, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.332		0		1		0.485	0.282	
Threonine....g	1.301		0		1		1.899	1.106	
Isoleucine....g	1.367		0		1		1.996	1.162	
Leucine....g	2.411		0		1		3.520	2.049	
Lysine....g	2.725		0		1		3.979	2.316	
Methionine....g	0.878		0		1		1.282	0.746	
Cystine....g	0.318		0		1		0.464	0.270	
Phenylalanine....g	1.158		0		1		1.691	0.984	
Tyrosine....g	1.002		0		1		1.463	0.852	
Valine....g	1.528		0		1		2.231	1.299	
Arginine....g	1.775		0		1		2.592	1.509	
Histidine....g	0.873		0		1		1.275	0.742	
Alanine....g	1.794		0		1		2.619	1.525	
Aspartic acid....g	3.038		0		1		4.435	2.582	
Glutamic acid....g	4.429		0		1		6.466	3.765	
Glycine....g	1.424		0		1		2.079	1.210	
Proline....g	1.049		0		1		1.532	0.892	
Serine....g	1.210		0		1		1.767	1.029	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 146g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15135

Fish, yellowtail, mixed species, raw

Seriola spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.52		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									
Minerals:									
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	
Vitamins:									
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	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 15135
Fish, yellowtail, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	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									
Amino Acids:									
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									

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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 27 (2014)

NDB No. 80200
Frog legs, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.90		0		1		36.86		
Energy kcal	73		0		1		33		
Energy kJ	305		0		1		137		
Protein g	16.40		0		1		7.38		
Total lipid (fat) g	0.30		0		1		0.14		
Ash g	1.40		0	NR	4		0.63		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0		7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	18		0		1		8		
Iron, Fe mg	1.50		0		1		0.68		
Magnesium, Mg mg	20		0		4		9		
Phosphorus, P mg	147		0		1		66		
Potassium, K mg	285		0		1		128		
Sodium, Na mg	58		0		1		26		
Zinc, Zn mg	1.00		0		4		0.45		
Copper, Cu mg	0.250		0		4		0.113		
Manganese, Mn mg									
Selenium, Se µg	14.1		0	BFSN	4		6.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.140		0		1		0.063		
Riboflavin mg	0.250		0		1		0.113		
Niacin mg	1.200		0		1		0.540		
Pantothenic acid mg									
Vitamin B-6 mg	0.120		0		4		0.054		
Folate, total µg	15		0		4		7		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	15		0	NR	4		7		
Folate, DFE µg	15		0	NC	4		7		
Choline, total mg	65.0		0	T	4		29.3		
Betaine mg									
Vitamin B-12 µg	0.40		0		4		0.18		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	15		0	NC	4		7		
Retinol µg	15		0	T	4		7		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	50		0	NC	4		23		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	1.00		0	NR	4		0.45		
Vitamin E, added mg	0.00		0	Z	7		0.00		
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	0.2		0	AS	1		0.1		
Vitamin D IU	8		0	NR	4		4		
Vitamin K (phylloquinone) µg	0.1		0	T	4		0.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 80200
Frog legs, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 45g: 1 leg

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

Food Group: 15 Finfish and Shellfish Products

NDB No. 43497
Jellyfish, dried, salted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.00		0		1		39.44		
Energy kcal	36		0		1		21		
Energy kJ	151		0		1		87		
Protein g	5.50		0		4		3.19		
Total lipid (fat) g	1.40		0		1		0.81		
Ash g	25.10		0	NR	4		14.56		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0		7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	2		0		1		1		
Iron, Fe mg	2.27		0		1		1.32		
Magnesium, Mg mg	2		0		1		1		
Phosphorus, P mg	20		0		4		12		
Potassium, K mg	3		0		4		2		
Sodium, Na mg	9690		0		1		5620		
Zinc, Zn mg	0.42		0		1		0.24		
Copper, Cu mg	0.140		0		1		0.081		
Manganese, Mn mg									
Selenium, Se µg	42.2		0	BFSN	4		24.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		7		0.0		
Thiamin mg	0.010		0		4		0.006		
Riboflavin mg	0.010		0		4		0.006		
Niacin mg	0.200		0		4		0.116		
Pantothenic acid mg									
Vitamin B-6 mg	0.010		0		4		0.006		
Folate, total µg	1		0		4		1		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	1		0	NR	4		1		
Folate, DFE µg	1		0	NC	4		1		
Choline, total mg	95.0		0	T	4		55.1		
Betaine mg									
Vitamin B-12 µg	0.02		0		4		0.01		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		1		
Retinol µg	2		0	T	4		1		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	7		0	NC	4		4		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.02		0	NR	4		0.01		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.1		0	T	4		0.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 43497
Jellyfish, dried, salted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 58g: 1 cup

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

Food Group: 15 Finfish and Shellfish Products

NDB No. 15156
Mollusks, abalone, mixed species, cooked, fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.10		0		1		51.09		
Energy kcal	189		0	NC	4		161		
Energy kJ	791				4		672		
Protein (N x 6.23) g	19.63		0		1		16.69		
Total lipid (fat) g	6.78		0		1		5.76		
Ash g	1.77		0		1		1.50		
Carbohydrate, by difference g	11.05		0	NC	4		9.39		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	37		0		1		31		
Iron, Fe mg	3.80		0		1		3.23		
Magnesium, Mg mg	56		0		1		48		
Phosphorus, P mg	217		0		4		184		
Potassium, K mg	284		0		4		241		
Sodium, Na mg	591		0		1		502		
Zinc, Zn mg	0.95		0		1		0.81		
Copper, Cu mg	0.228		0		1		0.194		
Manganese, Mn mg	0.070		0		4		0.060		
Selenium, Se µg	51.8		0	RA	4		44.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	1.8		0		4		1.5		
Thiamin mg	0.220		0		4		0.187		
Riboflavin mg	0.130		0		4		0.111		
Niacin mg	1.900		0		4		1.615		
Pantothenic acid mg	2.870		0		4		2.440		
Vitamin B-6 mg	0.150		0		4		0.128		
Folate, total µg	14		0	RA	4		12		
Folic acid µg	9		0	NC	4		7		
Folate, food µg	5		0		1		5		
Folate, DFE 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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 15156

Mollusks, abalone, mixed species, cooked, fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.224		0		1		0.190		
Threonine....g	0.838		0		1		0.712		
Isoleucine....g	0.854		0		1		0.726		
Leucine....g	1.386		0		1		1.178		
Lysine....g	1.433		0		1		1.218		
Methionine....g	0.441		0		1		0.375		
Cystine....g	0.261		0		1		0.222		
Phenylalanine....g	0.715		0		1		0.608		
Tyrosine....g	0.627		0		1		0.533		
Valine....g	0.860		0		1		0.731		
Arginine....g	1.411		0		1		1.199		
Histidine....g	0.378		0		1		0.321		
Alanine....g	1.169		0		1		0.994		
Aspartic acid....g	1.862		0		1		1.583		
Glutamic acid....g	2.819		0		1		2.396		
Glycine....g	1.213		0		1		1.031		
Proline....g	0.851		0		1		0.723		
Serine....g	0.885		0		1		0.752		
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15155

Mollusks, abalone, mixed species, raw

Haliotis spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.56		12		1		63.38		
Energy kcal	105		0	NC	4		89		
Energy kJ	439		0		4		373		
Protein (N x 6.25) g	17.10	0.400	3		1		14.54		
Total lipid (fat) g	0.76		7		1		0.65		
Ash g	1.57	0.090	9		1		1.33		
Carbohydrate, by difference g	6.01		0	NC	4		5.11		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	31	11.170	6		1		26		
Iron, Fe mg	3.19		7		1		2.71		
Magnesium, Mg mg	48	21.192	6		1		41		
Phosphorus, P mg	190		0		4		162		
Potassium, K mg	250		0		4		213		
Sodium, Na mg	301	27.817	6		1		256		
Zinc, Zn mg	0.82		11		1		0.70		
Copper, Cu mg	0.196	0.037	13		1		0.167		
Manganese, Mn mg	0.040		0		1		0.034		
Selenium, Se µg	44.8		0	CAZN	4		38.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	2.0		0		4		1.7		
Thiamin mg	0.190		0		4		0.162		
Riboflavin mg	0.100		0		4		0.085		
Niacin mg	1.500		0		4		1.275		
Pantothenic acid mg	3.000		1		1		2.550		
Vitamin B-6 mg	0.150		0		4		0.128		
Folate, total µg	5		1		1		4		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	5		1		1		4		
Folate, DFE µg	5		0	NC	4		4		
Choline, total mg	65.0		0	T	4		55.3		
Betaine mg									
Vitamin B-12 µg	0.73		0		4		0.62		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		2		
Retinol µg	2		0	T	4		2		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	7		0	NC	4		6		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	4.00		0	NR	4		3.40		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	23.0		0	T	4		19.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15155
Mollusks, abalone, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.149		0		1		0.127		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.023		2		1		0.020		
15:0....g									
16:0....g	0.103		2		1		0.088		
17:0....g									
18:0....g	0.021		2		1		0.018		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.107		0		1		0.091		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.020		2		1		0.017		
17:1....g									
18:1 undifferentiated....g	0.087		2		1		0.074		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.104		0		1		0.088		
18:2 undifferentiated....g	0.007		2		1		0.006		
18:3 undifferentiated....g	0.000		0		1		0.000		
18:4....g	0.006		1		1		0.005		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.049		2		1		0.042		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.041		2		1		0.035		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	85		1		1		72		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.192		43		1		0.163		
Threonine....g	0.736		54		1		0.626		
Isoleucine....g	0.744		54		1		0.632		
Leucine....g	1.204		54		1		1.023		
Lysine....g	1.278		66		1		1.086		
Methionine....g	0.386		54		1		0.328		
Cystine....g	0.224		49		1		0.190		
Phenylalanine....g	0.613		54		1		0.521		
Tyrosine....g	0.547		54		1		0.465		
Valine....g	0.747		54		1		0.635		
Arginine....g	1.248		54		1		1.061		
Histidine....g	0.328		54		1		0.279		
Alanine....g	1.034		54		1		0.879		
Aspartic acid....g	1.650		54		1		1.403		
Glutamic acid....g	2.326		54		1		1.977		
Glycine....g	1.070		54		1		0.910		
Proline....g	0.698		54		1		0.593		
Serine....g	0.766		54		1		0.651		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 15155
Mollusks, abalone, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15160
Mollusks, clam, mixed species, canned, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.26		0	RA	4		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	
Minerals:									
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	
Vitamins:									
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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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	
Dihydrophylloquinone µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4 µg	0.1		0	RA	4		0.1	0.1	
Lipids:									
Fatty acids, total saturated g	0.309		0	RA	4		0.262	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									
Amino Acids:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 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 27 (2014)

NDB No. 15162
Mollusks, clam, mixed species, canned, liquid

Refuse: 0%

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

NDB No. 15162
Mollusks, clam, mixed species, canned, liquid

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
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									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.000		1		1		0.000	0.000	
Isoleucine....g	0.000		1		1		0.000	0.000	
Leucine....g	0.000		1		1		0.000	0.000	
Lysine....g	0.000		1		1		0.000	0.000	
Methionine....g									
Cystine....g									
Phenylalanine....g	0.000		1		1		0.000	0.000	
Tyrosine....g	0.000		1		1		0.000	0.000	
Valine....g	0.000		1		1		0.000	0.000	
Arginine....g	0.001		1		1		0.001	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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 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 27 (2014)

NDB No. 15158
Mollusks, clam, mixed species, cooked, breaded and fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.55		0		1		52.32	115.71	
Energy kcal	202		0	NC	4		172	380	
Energy kJ	845				4		718	1589	
Protein (N x 6.2) g	14.24		0		1		12.10	26.77	
Total lipid (fat) g	11.15		0		1		9.48	20.96	
Ash g	2.16		0		1		1.84	4.06	
Carbohydrate, by difference g	10.33		0	NC	4		8.78	19.42	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	63		0		1		54	118	
Iron, Fe mg	13.91		0		1		11.82	26.15	
Magnesium, Mg mg	14		0		1		12	26	
Phosphorus, P mg	188		0		1		160	353	
Potassium, K mg	326		0		1		277	613	
Sodium, Na mg	364		0		1		309	684	
Zinc, Zn mg	1.46		0		1		1.24	2.74	
Copper, Cu mg	0.356		0		1		0.303	0.669	
Manganese, Mn mg	0.540		0		4		0.459	1.015	
Selenium, Se µg	28.9		0	RA	4		24.6	54.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	10.0		0		4		8.5	18.8	
Thiamin mg	0.100		0		4		0.085	0.188	
Riboflavin mg	0.244		0		1		0.207	0.459	
Niacin mg	2.064		0		1		1.754	3.880	
Pantothenic acid mg	0.430		0		4		0.366	0.808	
Vitamin B-6 mg	0.060		0		4		0.051	0.113	
Folate, total µg	36		0	RA	4		31	68	
Folic acid µg	18		0	NC	4		15	33	
Folate, food µg	18		0		4		15	34	
Folate, DFE 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									
Lipids:									

NDB No. 15158

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.168		0		1		0.143	0.316	
Threonine....g	0.602		0		1		0.512	1.132	
Isoleucine....g	0.636		0		1		0.541	1.196	
Leucine....g	1.024		0		1		0.870	1.925	
Lysine....g	0.992		0		1		0.843	1.865	
Methionine....g	0.324		0		1		0.275	0.609	
Cystine....g	0.204		0		1		0.173	0.384	
Phenylalanine....g	0.549		0		1		0.467	1.032	
Tyrosine....g	0.464		0		1		0.394	0.872	
Valine....g	0.650		0		1		0.553	1.222	
Arginine....g	0.985		0		1		0.837	1.852	
Histidine....g	0.280		0		1		0.238	0.526	
Alanine....g	0.824		0		1		0.700	1.549	
Aspartic acid....g	1.311		0		1		1.114	2.465	
Glutamic acid....g	2.239		0		1		1.903	4.209	
Glycine....g	0.836		0		1		0.711	1.572	
Proline....g	0.691		0		1		0.587	1.299	
Serine....g	0.673		0		1		0.572	1.265	
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15159
Mollusks, clam, mixed species, cooked, moist heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.64		0		1		54.09	120.92	
Energy kcal	148		0	NC	4		126	281	
Energy kJ	618		0	NC	4		525	1174	
Protein (N x 6.25) g	25.55		0		1		21.72	48.55	
Total lipid (fat) g	1.95		0		1		1.66	3.71	
Ash g	3.74		0		1		3.18	7.11	
Carbohydrate, by difference g	5.13		0	NC	4		4.36	9.75	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	92		0		1		78	175	
Iron, Fe mg	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	
Vitamins:									
Vitamin C, total ascorbic acid mg	22.1		0		4		18.8	42.0	
Thiamin mg	0.150		0		4		0.128	0.285	
Riboflavin mg	0.426		0		1		0.362	0.809	
Niacin mg	3.354		0		1		2.851	6.373	
Pantothenic acid mg	0.680		0		4		0.578	1.292	
Vitamin B-6 mg	0.110		0		4		0.094	0.209	
Folate, total µg	29		0		4		24	55	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	29		0		4		24	55	
Folate, DFE 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:									

NDB No. 15159

Mollusks, clam, mixed species, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.286		0		1		0.243	0.543	
Threonine....g	1.099		0		1		0.934	2.088	
Isoleucine....g	1.112		0		1		0.945	2.113	
Leucine....g	1.798		0		1		1.528	3.416	
Lysine....g	1.909		0		1		1.623	3.627	
Methionine....g	0.576		0		1		0.490	1.094	
Cystine....g	0.335		0		1		0.285	0.637	
Phenylalanine....g	0.915		0		1		0.778	1.739	
Tyrosine....g	0.817		0		1		0.694	1.552	
Valine....g	1.116		0		1		0.949	2.120	
Arginine....g	1.864		0		1		1.584	3.542	
Histidine....g	0.490		0		1		0.417	0.931	
Alanine....g	1.545		0		1		1.313	2.936	
Aspartic acid....g	2.464		0		1		2.094	4.682	
Glutamic acid....g	3.474		0		1		2.953	6.601	
Glycine....g	1.598		0		1		1.358	3.036	
Proline....g	1.042		0		1		0.886	1.980	
Serine....g	1.144		0		1		0.972	2.174	
Hydroxyproline....g									

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

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

NDB No. 15157

Mollusks, clam, mixed species, raw

Lamellibranchia

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.98	0.165	4	A	1		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
Minerals:									
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
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin mg	0.015	0.000	4	A	1		0.013	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

NDB No. 15157
Mollusks, clam, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.01	0.005	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	0.0	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....IU	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
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.0	0.038	4	A	1		0.0	0.0	0.0
Lipids:									
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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
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									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 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 27 (2014)

NDB No. 15250
Mollusks, conch, baked or broiled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.40		0		4		88.14	11.80	
Energy kcal	130		0		4		165	22	
Energy kJ	544		0		4		691	92	
Protein (N x 6.25) g	26.30		0		4		33.40	4.47	
Total lipid (fat) g	1.20		0		4		1.52	0.20	
Ash g	1.40		0	NR	4		1.78	0.24	
Carbohydrate, by difference g	1.70		0		4		2.16	0.29	
Fiber, total dietary g	0.0		0		7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	98		0		4		124	17	
Iron, Fe mg	1.41		0		4		1.79	0.24	
Magnesium, Mg mg	238		0		4		302	40	
Phosphorus, P mg	217		0		4		276	37	
Potassium, K mg	163		0		4		207	28	
Sodium, Na mg	153		0		4		194	26	
Zinc, Zn mg	1.71		0		4		2.17	0.29	
Copper, Cu mg	0.435		0		4		0.552	0.074	
Manganese, Mn mg									
Selenium, Se µg	40.3		0	BFSN	4		51.2	6.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060		0		4		0.076	0.010	
Riboflavin mg	0.080		0		4		0.102	0.014	
Niacin mg	1.040		0		4		1.321	0.177	
Pantothenic acid mg									
Vitamin B-6 mg	0.060		0		4		0.076	0.010	
Folate, total µg	179		0		4		227	30	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	179		0	NR	4		227	30	
Folate, DFE µg	179		0	NC	4		227	30	
Choline, total mg	81.0		0	T	4		102.9	13.8	
Betaine mg									
Vitamin B-12 µg	5.25		0		4		6.67	0.89	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		9	1	
Retinol µg	7		0	T	4		9	1	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	23		0	NC	4		30	4	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	6.33		0	NR	4		8.03	1.08	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.2		0	BFYN	4		0.2	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15250
Mollusks, conch, baked or broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 127g: 1 cup, sliced

Measure 2 = 17g: 1 oz cooked, yield

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

Food Group: 15 Finfish and Shellfish Products

NDB No. 15229
Mollusks, cuttlefish, mixed species, cooked, moist heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.12		0		1		51.95		
Energy kcal	158		0	NC	4		134		
Energy kJ	661				4		562		
Protein (N x 6.25) g	32.48		0		1		27.61		
Total lipid (fat) g	1.40		0		1		1.19		
Ash g	3.36		0		1		2.86		
Carbohydrate, by difference g	1.64		0	NC	4		1.39		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	180		0		1		153		
Iron, Fe mg	10.84		0		1		9.21		
Magnesium, Mg mg	60		0		1		51		
Phosphorus, P mg	580		0		1		493		
Potassium, K mg	637		0		1		541		
Sodium, Na mg	744		0		1		632		
Zinc, Zn mg	3.46		0		1		2.94		
Copper, Cu mg	0.998		0		1		0.848		
Manganese, Mn mg	0.209		0		1		0.178		
Selenium, Se µg	89.6		0	BFSN	4		76.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	8.5		0		1		7.2		
Thiamin mg	0.017		0		1		0.014		
Riboflavin mg	1.729		0		1		1.470		
Niacin mg	2.189		0		1		1.861		
Pantothenic acid mg	0.900		0		1		0.765		
Vitamin B-6 mg	0.270		0		1		0.230		
Folate, total µg	24		0		1		20		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	24		0		1		20		
Folate, DFE 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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 15229

Mollusks, cuttlefish, mixed species, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.364		0		1		0.309		
Threonine....g	1.398		0		1		1.188		
Isoleucine....g	1.414		0		1		1.202		
Leucine....g	2.287		0		1		1.944		
Lysine....g	2.427		0		1		2.063		
Methionine....g	0.733		0		1		0.623		
Cystine....g	0.426		0		1		0.362		
Phenylalanine....g	1.164		0		1		0.989		
Tyrosine....g	1.039		0		1		0.883		
Valine....g	1.419		0		1		1.206		
Arginine....g	2.370		0		1		2.015		
Histidine....g	0.624		0		1		0.530		
Alanine....g	1.964		0		1		1.669		
Aspartic acid....g	3.134		0		1		2.664		
Glutamic acid....g	4.417		0		1		3.754		
Glycine....g	2.032		0		1		1.727		
Proline....g	1.325		0		1		1.126		
Serine....g	1.455		0		1		1.237		
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15163
Mollusks, cuttlefish, mixed species, raw
Sepiidae

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	80.56	0.545	16		1		68.48		
Energy kcal	79		0	NC	4		67		
Energy kJ	331				4		281		
Protein (N x 6.25) g	16.24		14		1		13.80		
Total lipid (fat) g	0.70		16		1		0.60		
Ash g	1.68		14		1		1.43		
Carbohydrate, by difference g	0.82		0	NC	4		0.70		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	90		13		1		77		
Iron, Fe mg	6.02		5		1		5.12		
Magnesium, Mg mg	30		0		4		26		
Phosphorus, P mg	387		13		1		329		
Potassium, K mg	354		2		1		301		
Sodium, Na mg	372		1		1		316		
Zinc, Zn mg	1.73		27		1		1.47		
Copper, Cu mg	0.587	0.134	30		1		0.499		
Manganese, Mn mg	0.110		0		4		0.094		
Selenium, Se µg	44.8		0	CAZN	4		38.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	5.3		1		1		4.5		
Thiamin mg	0.009		1		1		0.008		
Riboflavin mg	0.910		1		1		0.774		
Niacin mg	1.216		1		1		1.034		
Pantothenic acid mg	0.500		0		4		0.425		
Vitamin B-6 mg	0.150		0		4		0.128		
Folate, total µg	16		0		4		14		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	16		0		4		14		
Folate, DFE 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									
Lipids:									

NDB No. 15163
Mollusks, cuttlefish, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.118		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									
Amino Acids:									
Tryptophan....g	0.182		0		1		0.155		
Threonine....g	0.699		0		1		0.594		
Isoleucine....g	0.707		0		1		0.601		
Leucine....g	1.143		0		1		0.972		
Lysine....g	1.213		0		1		1.031		
Methionine....g	0.366		0		1		0.311		
Cystine....g	0.213		0		1		0.181		
Phenylalanine....g	0.582		0		1		0.495		
Tyrosine....g	0.520		0		1		0.442		
Valine....g	0.709		0		1		0.603		
Arginine....g	1.185		0		1		1.007		
Histidine....g	0.312		0		1		0.265		
Alanine....g	0.982		0		1		0.835		
Aspartic acid....g	1.567		0		1		1.332		
Glutamic acid....g	2.208		0		1		1.877		
Glycine....g	1.016		0		1		0.864		
Proline....g	0.662		0		1		0.563		
Serine....g	0.727		0		1		0.618		
Hydroxyproline....g									

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

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

NDB No. 15165
Mollusks, mussel, blue, cooked, moist heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.15		0		1		51.98		
Energy kcal	172		0	NC	4		146		
Energy kJ	720				4		612		
Protein (N x 6.25) g	23.80		0		1		20.23		
Total lipid (fat) g	4.48		0		1		3.81		
Ash g	3.18		0		1		2.70		
Carbohydrate, by difference g	7.39		0	NC	4		6.28		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	33	1.905	18		1		28		
Iron, Fe mg	6.72	0.233	18		1		5.71		
Magnesium, Mg mg	37	1.268	18		1		31		
Phosphorus, P mg	285	3.535	27		1		242		
Potassium, K mg	268	10.371	18		1		228		
Sodium, Na mg	369	18.253	18		1		314		
Zinc, Zn mg	2.67	0.116	18		1		2.27		
Copper, Cu mg	0.149	0.009	18		1		0.127		
Manganese, Mn mg	6.800		0		4		5.780		
Selenium, Se µg	89.6		0	BFSN	4		76.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	13.6		0		4		11.6		
Thiamin mg	0.300		0		4		0.255		
Riboflavin mg	0.420		0		4		0.357		
Niacin mg	3.000		0		4		2.550		
Pantothenic acid mg	0.950		0		4		0.808		
Vitamin B-6 mg	0.100		0		4		0.085		
Folate, total µg	76		0		4		64		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	76		0		4		64		
Folate, DFE 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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 15165
Mollusks, mussel, blue, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.267		0		1		0.227		
Threonine....g	1.025		0		1		0.871		
Isoleucine....g	1.036		0		1		0.881		
Leucine....g	1.676		0		1		1.425		
Lysine....g	1.779		0		1		1.512		
Methionine....g	0.537		0		1		0.456		
Cystine....g	0.312		0		1		0.265		
Phenylalanine....g	0.853		0		1		0.725		
Tyrosine....g	0.762		0		1		0.648		
Valine....g	1.040		0		1		0.884		
Arginine....g	1.737		0		1		1.476		
Histidine....g	0.457		0		1		0.388		
Alanine....g	1.440		0		1		1.224		
Aspartic acid....g	2.297		0		1		1.952		
Glutamic acid....g	3.238		0		1		2.752		
Glycine....g	1.489		0		1		1.266		
Proline....g	0.971		0		1		0.825		
Serine....g	1.067		0		1		0.907		
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15164
Mollusks, mussel, blue, raw
Mytilus edulis L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	80.58	0.618	16		1		120.87	22.84	16.12
Energy kcal	86		0	NC	4		129	24	17
Energy kJ	360		0		4		540	102	72
Protein (N x 6.25) g	11.90	0.072	12		1		17.85	3.37	2.38
Total lipid (fat) g	2.24	0.131	23		1		3.36	0.64	0.45
Ash g	1.59	0.061	19		1		2.39	0.45	0.32
Carbohydrate, by difference g	3.69		0	NC	4		5.54	1.05	0.74
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	26	2.303	6		1		39	7	5
Iron, Fe mg	3.95	0.153	6		1		5.93	1.12	0.79
Magnesium, Mg mg	34	0.768	6		1		51	10	7
Phosphorus, P mg	197	1.253	9		1		296	56	39
Potassium, K mg	320	6.908	6		1		480	91	64
Sodium, Na mg	286	2.303	6		1		429	81	57
Zinc, Zn mg	1.60	0.031	6		1		2.40	0.45	0.32
Copper, Cu mg	0.094	0.006	6		1		0.141	0.027	0.019
Manganese, Mn mg	3.400		0		4		5.100	0.964	0.680
Selenium, Se µg	44.8		0	CAZN	4		67.2	12.7	9.0
Vitamins:									
Vitamin C, total ascorbic acid mg	8.0		0		4		12.0	2.3	1.6
Thiamin mg	0.160		0		4		0.240	0.045	0.032
Riboflavin mg	0.210		0		4		0.315	0.060	0.042
Niacin mg	1.600		0		4		2.400	0.454	0.320
Pantothenic acid mg	0.500		0		4		0.750	0.142	0.100
Vitamin B-6 mg	0.050		0		4		0.075	0.014	0.010
Folate, total µg	42		0		4		63	12	8
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	42		0		4		63	12	8
Folate, DFE 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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.425		0		1		0.638	0.120	0.085
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.059		1		1		0.089	0.017	0.012
15:0....g									
16:0....g	0.294		1		1		0.441	0.083	0.059
17:0....g									
18:0....g	0.068		1		1		0.102	0.019	0.014
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.507		0		1		0.761	0.144	0.101
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.138		1		1		0.207	0.039	0.028
17:1....g									
18:1 undifferentiated....g	0.205		1		1		0.308	0.058	0.041
20:1....g	0.138		1		1		0.207	0.039	0.028
22:1 undifferentiated....g	0.026		1		1		0.039	0.007	0.005
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.606		0		1		0.909	0.172	0.121
18:2 undifferentiated....g	0.018		1		1		0.027	0.005	0.004
18:3 undifferentiated....g	0.020		1		1		0.030	0.006	0.004
18:4....g	0.035		1		1		0.053	0.010	0.007
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.070		1		1		0.105	0.020	0.014
20:5 n-3 (EPA)....g	0.188		1		1		0.282	0.053	0.038
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.022		1		1		0.033	0.006	0.004
22:6 n-3 (DHA)....g	0.253		1		1		0.380	0.072	0.051
Fatty acids, total trans....g									
Cholesterol....mg	28	2.914	6		1		42	8	6
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.133		0		1		0.200	0.038	0.027
Threonine....g	0.512		0		1		0.768	0.145	0.102
Isoleucine....g	0.518		0		1		0.777	0.147	0.104
Leucine....g	0.838		0		1		1.257	0.238	0.168
Lysine....g	0.889		0		1		1.334	0.252	0.178
Methionine....g	0.268		0		1		0.402	0.076	0.054
Cystine....g	0.156		0		1		0.234	0.044	0.031
Phenylalanine....g	0.426		0		1		0.639	0.121	0.085
Tyrosine....g	0.381		0		1		0.572	0.108	0.076
Valine....g	0.520		0		1		0.780	0.147	0.104
Arginine....g	0.868		0		1		1.302	0.246	0.174
Histidine....g	0.228		0		1		0.342	0.065	0.046
Alanine....g	0.720		0		1		1.080	0.204	0.144
Aspartic acid....g	1.148		0		1		1.722	0.325	0.230
Glutamic acid....g	1.618		0		1		2.427	0.459	0.324
Glycine....g	0.744		0		1		1.116	0.211	0.149
Proline....g	0.486		0		1		0.729	0.138	0.097
Serine....g	0.533		0		1		0.800	0.151	0.107
Hydroxyproline....g									

NDB No. 15164
Mollusks, mussel, blue, raw

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

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

Common Measures:

Measure 1 = 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 27 (2014)

NDB No. 15230
Mollusks, octopus, common, cooked, moist heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.50		0		1		51.43		
Energy kcal	164		0	NC	4		139		
Energy kJ	686		0		4		583		
Protein (N x 6.25) g	29.82		0		1		25.35		
Total lipid (fat) g	2.08		0		1		1.77		
Ash g	3.20		0		1		2.72		
Carbohydrate, by difference g	4.40		0	NC	4		3.74		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	106		0		1		90		
Iron, Fe mg	9.54		0		1		8.11		
Magnesium, Mg mg	60		0		1		51		
Phosphorus, P mg	279		0		1		237		
Potassium, K mg	630		0		1		536		
Sodium, Na mg	460		0		1		391		
Zinc, Zn mg	3.36		0		1		2.86		
Copper, Cu mg	0.739		0		1		0.628		
Manganese, Mn mg	0.047		0		1		0.040		
Selenium, Se µg	89.6		0	BFSN	4		76.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	8.0		0		1		6.8		
Thiamin mg	0.057		0		1		0.048		
Riboflavin mg	0.076		0		1		0.065		
Niacin mg	3.780		0		1		3.213		
Pantothenic acid mg	0.900		0		1		0.765		
Vitamin B-6 mg	0.648		0		1		0.551		
Folate, total µg	24		0		1		20		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	24		0		1		20		
Folate, DFE µg	24		0	NC	4		20		
Choline, total mg	81.0		0	T	4		68.9		
Betaine mg									
Vitamin B-12 µg	36.00		0		1		30.60		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	90		0	NC	4		77		
Retinol µg	90		0	BFYN	4		77		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	300		0	NC	4		255		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	1.20		0	NR	4		1.02		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.1		0	BFYN	4		0.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15230

Mollusks, octopus, common, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.334		0		1		0.284		
Threonine....g	1.283		0		1		1.091		
Isoleucine....g	1.298		0		1		1.103		
Leucine....g	2.099		0		1		1.784		
Lysine....g	2.228		0		1		1.894		
Methionine....g	0.673		0		1		0.572		
Cystine....g	0.391		0		1		0.332		
Phenylalanine....g	1.069		0		1		0.909		
Tyrosine....g	0.954		0		1		0.811		
Valine....g	1.303		0		1		1.108		
Arginine....g	2.176		0		1		1.850		
Histidine....g	0.573		0		1		0.487		
Alanine....g	1.804		0		1		1.533		
Aspartic acid....g	2.877		0		1		2.445		
Glutamic acid....g	4.056		0		1		3.448		
Glycine....g	1.866		0		1		1.586		
Proline....g	1.217		0		1		1.034		
Serine....g	1.336		0		1		1.136		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 15230
Mollusks, octopus, common, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15166

Mollusks, octopus, common, raw

Octopus vulgaris Lamarck

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	80.25	0.625	19		1		68.21		
Energy kcal	82		0	NC	4		70		
Energy kJ	343		0		4		292		
Protein (N x 6.25) g	14.91	0.699	18		1		12.67		
Total lipid (fat) g	1.04	0.066	17		1		0.88		
Ash g	1.60	0.086	14		1		1.36		
Carbohydrate, by difference g	2.20		0	NC	4		1.87		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	53	11.706	13		1		45		
Iron, Fe mg	5.30		1		1		4.51		
Magnesium, Mg mg	30		0		4		26		
Phosphorus, P mg	186	16.071	15		1		158		
Potassium, K mg	350		0		4		298		
Sodium, Na mg	230		0		4		196		
Zinc, Zn mg	1.68	0.280	11		1		1.43		
Copper, Cu mg	0.435	0.077	14		1		0.370		
Manganese, Mn mg	0.025		1		1		0.021		
Selenium, Se µg	44.8		0	CAZN	4		38.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	5.0		0		4		4.3		
Thiamin mg	0.030		1		1		0.026		
Riboflavin mg	0.040		1		1		0.034		
Niacin mg	2.100		1		1		1.785		
Pantothenic acid mg	0.500		0		4		0.425		
Vitamin B-6 mg	0.360		0		4		0.306		
Folate, total µg	16		0		4		14		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	16		0		4		14		
Folate, DFE µg	16		0	NC	4		14		
Choline, total mg	65.0		0	T	4		55.3		
Betaine mg									
Vitamin B-12 µg	20.00		0		4		17.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	45		0	NC	4		38		
Retinol µg	45		0	T	4		38		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	150		0	NC	4		128		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	1.20		0	NR	4		1.02		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.1		0	T	4		0.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15166
Mollusks, octopus, common, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.167		0		1		0.142		
Threonine....g	0.642		0		1		0.546		
Isoleucine....g	0.649		0		1		0.552		
Leucine....g	1.049		0		1		0.892		
Lysine....g	1.114		0		1		0.947		
Methionine....g	0.336		0		1		0.286		
Cystine....g	0.196		0		1		0.167		
Phenylalanine....g	0.534		0		1		0.454		
Tyrosine....g	0.477		0		1		0.405		
Valine....g	0.651		0		1		0.553		
Arginine....g	1.088		0		1		0.925		
Histidine....g	0.286		0		1		0.243		
Alanine....g	0.902		0		1		0.767		
Aspartic acid....g	1.438		0		1		1.222		
Glutamic acid....g	2.027		0		1		1.723		
Glycine....g	0.933		0		1		0.793		
Proline....g	0.608		0		1		0.517		
Serine....g	0.668		0		1		0.568		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 15166
Mollusks, octopus, common, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15231
Mollusks, oyster, Pacific, cooked, moist heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.12		0		1		16.03	54.50	
Energy kcal	163		0	NC	4		41	139	
Energy kJ	682				4		170	580	
Protein (N x 6.25) g	18.90		0		1		4.73	16.07	
Total lipid (fat) g	4.60		0		1		1.15	3.91	
Ash g	2.46		0		1		0.62	2.09	
Carbohydrate, by difference g	9.90		0	NC	4		2.48	8.42	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		0		1		4	14	
Iron, Fe mg	9.20		0		1		2.30	7.82	
Magnesium, Mg mg	44		0		1		11	37	
Phosphorus, P mg	243		0		1		61	207	
Potassium, K mg	302		0		1		76	257	
Sodium, Na mg	212		0		1		53	180	
Zinc, Zn mg	33.24		0		1		8.31	28.25	
Copper, Cu mg	2.679		0		1		0.670	2.277	
Manganese, Mn mg	1.222		0		1		0.306	1.039	
Selenium, Se µg	154.0		0	BFSN	4		38.5	130.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	12.8		0		1		3.2	10.9	
Thiamin mg	0.127		0		1		0.032	0.108	
Riboflavin mg	0.443		0		1		0.111	0.377	
Niacin mg	3.618		0		1		0.905	3.075	
Pantothenic acid mg	0.900		0		1		0.225	0.765	
Vitamin B-6 mg	0.090		0		1		0.023	0.077	
Folate, total µg	15		0		1		4	13	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	15		0		1		4	13	
Folate, DFE 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	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 15231
Mollusks, oyster, Pacific, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.212		0		1		0.053	0.180	
Threonine....g	0.813		0		1		0.203	0.691	
Isoleucine....g	0.823		0		1		0.206	0.700	
Leucine....g	1.331		0		1		0.333	1.131	
Lysine....g	1.412		0		1		0.353	1.200	
Methionine....g	0.426		0		1		0.107	0.362	
Cystine....g	0.248		0		1		0.062	0.211	
Phenylalanine....g	0.677		0		1		0.169	0.575	
Tyrosine....g	0.605		0		1		0.151	0.514	
Valine....g	0.826		0		1		0.207	0.702	
Arginine....g	1.379		0		1		0.345	1.172	
Histidine....g	0.363		0		1		0.091	0.309	
Alanine....g	1.143		0		1		0.286	0.972	
Aspartic acid....g	1.823		0		1		0.456	1.550	
Glutamic acid....g	2.570		0		1		0.643	2.185	
Glycine....g	1.182		0		1		0.296	1.005	
Proline....g	0.771		0		1		0.193	0.655	
Serine....g	0.847		0		1		0.212	0.720	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 15231
Mollusks, oyster, Pacific, cooked, moist heat

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

NDB No. 15171
Mollusks, oyster, Pacific, raw
Crassostrea gigas (Thunberg)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	82.06	0.674	27		1		41.03	69.75	
Energy kcal	81		0	NC	4		41	69	
Energy kJ	339				4		169	288	
Protein (N x 6.25) g	9.45	0.360	14		1		4.73	8.03	
Total lipid (fat) g	2.30	0.209	13		1		1.15	1.96	
Ash g	1.23	0.081	7		1		0.62	1.05	
Carbohydrate, by difference g	4.95		0	NC	4		2.48	4.21	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	8		2		1		4	7	
Iron, Fe mg	5.11	0.546	23		1		2.56	4.34	
Magnesium, Mg mg	22		2		1		11	19	
Phosphorus, P mg	162		2		1		81	138	
Potassium, K mg	168		2		1		84	143	
Sodium, Na mg	106		2		1		53	90	
Zinc, Zn mg	16.62	1.432	102		1		8.31	14.13	
Copper, Cu mg	1.576	0.075	112		1		0.788	1.340	
Manganese, Mn mg	0.643		2		1		0.322	0.547	
Selenium, Se µg	77.0		0	BFSN	4		38.5	65.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	8.0		0		4		4.0	6.8	
Thiamin mg	0.067	0.007	3		1		0.034	0.057	
Riboflavin mg	0.233	0.018	3		1		0.117	0.198	
Niacin mg	2.010	0.110	3		1		1.005	1.709	
Pantothenic acid mg	0.500		0		4		0.250	0.425	
Vitamin B-6 mg	0.050		0		4		0.025	0.043	
Folate, total µg	10		0		4		5	9	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0		4		5	9	
Folate, DFE 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									
Lipids:									

NDB No. 15171
Mollusks, oyster, Pacific, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.510		0		1		0.255	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	0.082		2		1		0.041	0.070	
15:0....g									
16:0....g	0.357		2		1		0.179	0.303	
17:0....g									
18:0....g	0.071		2		1		0.036	0.060	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.358		0		1		0.179	0.304	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.114		2		1		0.057	0.097	
17:1....g									
18:1 undifferentiated....g	0.191		2		1		0.096	0.162	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.053		1		1		0.027	0.045	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.894		0		1		0.447	0.760	
18:2 undifferentiated....g	0.032		2		1		0.016	0.027	
18:3 undifferentiated....g	0.032		1		1		0.016	0.027	
18:4....g	0.084		2		1		0.042	0.071	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.038		1		1		0.019	0.032	
20:5 n-3 (EPA)....g	0.438		2		1		0.219	0.372	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		1		1		0.010	0.017	
22:6 n-3 (DHA)....g	0.250		2		1		0.125	0.213	
Fatty acids, total trans....g									
Cholesterol....mg	50		0		4		25	43	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.106		0		1		0.053	0.090	
Threonine....g	0.407		0		1		0.204	0.346	
Isoleucine....g	0.411		0		1		0.206	0.349	
Leucine....g	0.665		0		1		0.333	0.565	
Lysine....g	0.706		0		1		0.353	0.600	
Methionine....g	0.213		0		1		0.107	0.181	
Cystine....g	0.124		0		1		0.062	0.105	
Phenylalanine....g	0.339		0		1		0.170	0.288	
Tyrosine....g	0.302		0		1		0.151	0.257	
Valine....g	0.413		0		1		0.207	0.351	
Arginine....g	0.689		0		1		0.345	0.586	
Histidine....g	0.181		0		1		0.091	0.154	
Alanine....g	0.572		0		1		0.286	0.486	
Aspartic acid....g	0.912		0		1		0.456	0.775	
Glutamic acid....g	1.285		0		1		0.643	1.092	
Glycine....g	0.591		0		1		0.296	0.502	
Proline....g	0.386		0		1		0.193	0.328	
Serine....g	0.423		0		1		0.212	0.360	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 15171
Mollusks, oyster, Pacific, raw

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

NDB No. 15170
Mollusks, oyster, eastern, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	85.14		0		1		72.37	211.15	19.58
Energy kcal	68		0	NC	4		58	170	16
Energy kJ	287		0	NC	4		244	711	66
Protein (N x 6.25) g	7.06		0		1		6.00	17.51	1.62
Total lipid (fat) g	2.47		0		1		2.10	6.13	0.57
Ash g	1.42		0		1		1.21	3.52	0.33
Carbohydrate, by difference g	3.91		0	NC	4		3.32	9.70	0.90
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	45		0		1		38	112	10
Iron, Fe mg	6.70		0		1		5.70	16.62	1.54
Magnesium, Mg mg	54		0		1		46	134	12
Phosphorus, P mg	139		0		1		118	345	32
Potassium, K mg	229		0		1		195	568	53
Sodium, Na mg	112		0		1		95	278	26
Zinc, Zn mg	90.95		0		1		77.31	225.56	20.92
Copper, Cu mg	4.461		0		1		3.792	11.063	1.026
Manganese, Mn mg	0.450		0		4		0.383	1.116	0.104
Selenium, Se µg	35.8		0	BFSN	4		30.4	88.8	8.2
Vitamins:									
Vitamin C, total ascorbic acid mg	5.0		0		4		4.3	12.4	1.2
Thiamin mg	0.150		0		4		0.128	0.372	0.035
Riboflavin mg	0.166		0		1		0.141	0.412	0.038
Niacin mg	1.244		0		1		1.057	3.085	0.286
Pantothenic acid mg	0.180		0		4		0.153	0.446	0.041
Vitamin B-6 mg	0.095		0		1		0.081	0.236	0.022
Folate, total µg	9		0		1		8	22	2
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	9		0		1		8	22	2
Folate, DFE µg	9		0	NC	4		8	22	2
Choline, total mg	81.0		0	T	4		68.9	200.9	18.6
Betaine mg									
Vitamin B-12 µg	19.13		0		1		16.26	47.45	4.40
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	223	21
Retinol µg	90		0	T	4		77	223	21
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	300		0	NC	4		255	744	69
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.85		0	NR	4		0.72	2.11	0.20
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	BFZN	4		0.0	0.1	0.0
Vitamin D IU	1		0	BFZN	4		1	2	0
Vitamin K (phylloquinone) µg	0.1		0	T	4		0.1	0.2	0.0
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15170
Mollusks, oyster, eastern, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
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									
Others:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15168
Mollusks, oyster, eastern, cooked, breaded and fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.72		0		1		55.01	56.95	
Energy kcal	199		0	NC	4		169	175	
Energy kJ	832		0	NC	4		707	732	
Protein (N x 6.18) g	8.77		0		1		7.45	7.72	
Total lipid (fat) g	12.58		0		1		10.69	11.07	
Ash g	1.72		0		1		1.46	1.51	
Carbohydrate, by difference g	11.62		0	NC	4		9.88	10.23	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	62		0		1		53	55	
Iron, Fe mg	6.95		0		1		5.91	6.12	
Magnesium, Mg mg	58		0		1		49	51	
Phosphorus, P mg	159		0		1		135	140	
Potassium, K mg	244		0		1		207	215	
Sodium, Na mg	417		0		1		354	367	
Zinc, Zn mg	87.13		0		1		74.06	76.67	
Copper, Cu mg	4.294		0		1		3.650	3.779	
Manganese, Mn mg	0.490		0		4		0.417	0.431	
Selenium, Se µg	66.5		0	RA	4		56.5	58.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.8		0		4		3.2	3.3	
Thiamin mg	0.150		0		4		0.128	0.132	
Riboflavin mg	0.202		0		1		0.172	0.178	
Niacin mg	1.650		0		1		1.403	1.452	
Pantothenic acid mg	0.270		0		4		0.230	0.238	
Vitamin B-6 mg	0.064		0		1		0.054	0.056	
Folate, total µg	31		0	RA	4		26	27	
Folic acid µg	17		0	NC	4		15	15	
Folate, food µg	14		0		1		12	12	
Folate, DFE 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									
Lipids:									

NDB No. 15168

Mollusks, oyster, eastern, cooked, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.105		0		1		0.089	0.092	
Threonine....g	0.365		0		1		0.310	0.321	
Isoleucine....g	0.396		0		1		0.337	0.348	
Leucine....g	0.638		0		1		0.542	0.561	
Lysine....g	0.582		0		1		0.495	0.512	
Methionine....g	0.199		0		1		0.169	0.175	
Cystine....g	0.131		0		1		0.111	0.115	
Phenylalanine....g	0.352		0		1		0.299	0.310	
Tyrosine....g	0.290		0		1		0.247	0.255	
Valine....g	0.409		0		1		0.348	0.360	
Arginine....g	0.585		0		1		0.497	0.515	
Histidine....g	0.175		0		1		0.149	0.154	
Alanine....g	0.491		0		1		0.417	0.432	
Aspartic acid....g	0.782		0		1		0.665	0.688	
Glutamic acid....g	1.495		0		1		1.271	1.316	
Glycine....g	0.493		0		1		0.419	0.434	
Proline....g	0.470		0		1		0.400	0.414	
Serine....g	0.429		0		1		0.365	0.378	
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15246
Mollusks, oyster, eastern, farmed, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.95	1.580	4		1		69.66	48.35	
Energy kcal	79		0	NC	4		67	47	
Energy kJ	331				4		281	195	
Protein (N x 6.25) g	7.00	0.258	4		1		5.95	4.13	
Total lipid (fat) g	2.12	0.364	4		1		1.80	1.25	
Ash g	1.65	0.087	4		1		1.40	0.97	
Carbohydrate, by difference g	7.28		0	NC	4		6.19	4.30	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	56		0		4		48	33	
Iron, Fe mg	7.77	2.621	4		1		6.60	4.58	
Magnesium, Mg mg	33	2.131	4		1		28	19	
Phosphorus, P mg	115	16.044	4		1		98	68	
Potassium, K mg	152	20.318	4		1		129	90	
Sodium, Na mg	163	8.607	4		1		139	96	
Zinc, Zn mg	45.15	5.353	4		1		38.38	26.64	
Copper, Cu mg	1.434	0.384	4		1		1.219	0.846	
Manganese, Mn mg	0.425	0.118	4		1		0.361	0.251	
Selenium, Se µg	77.5		0	BFSN	4		65.9	45.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	6.0	0.999	4		1		5.1	3.5	
Thiamin mg	0.130	0.015	4		1		0.111	0.077	
Riboflavin mg	0.055	0.022	4		1		0.047	0.032	
Niacin mg	1.792	0.326	4		1		1.523	1.057	
Pantothenic acid mg	0.195	0.038	4		1		0.166	0.115	
Vitamin B-6 mg	0.076	0.009	4		1		0.065	0.045	
Folate, total µg	24	3.838	4		1		20	14	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	24	3.838	4		1		20	14	
Folate, DFE 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									
Lipids:									

NDB No. 15246

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.078		0		1		0.066	0.046	
Threonine....g	0.301		0		1		0.256	0.178	
Isoleucine....g	0.305		0		1		0.259	0.180	
Leucine....g	0.493		0		1		0.419	0.291	
Lysine....g	0.523		0		1		0.445	0.309	
Methionine....g	0.158		0		1		0.134	0.093	
Cystine....g	0.092		0		1		0.078	0.054	
Phenylalanine....g	0.251		0		1		0.213	0.148	
Tyrosine....g	0.224		0		1		0.190	0.132	
Valine....g	0.306		0		1		0.260	0.181	
Arginine....g	0.511		0		1		0.434	0.301	
Histidine....g	0.134		0		1		0.114	0.079	
Alanine....g	0.423		0		1		0.360	0.250	
Aspartic acid....g	0.675		0		1		0.574	0.398	
Glutamic acid....g	0.952		0		1		0.809	0.562	
Glycine....g	0.438		0		1		0.372	0.258	
Proline....g	0.286		0		1		0.243	0.169	
Serine....g	0.314		0		1		0.267	0.185	
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15245

Mollusks, oyster, eastern, farmed, raw

Crassostrea virginica (Gmelin)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	86.20	1.521	4		1		73.27	72.41	
Energy kcal	59		0	NC	4		50	50	
Energy kJ	247				4		210	207	
Protein (N x 6.25) g	5.22	0.345	4		1		4.44	4.38	
Total lipid (fat) g	1.55	0.250	4		1		1.32	1.30	
Ash g	1.50	0.108	4		1		1.28	1.26	
Carbohydrate, by difference g	5.53		0	NC	4		4.70	4.65	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	44		0	BFZN	4		37	37	
Iron, Fe mg	5.78	1.340	4		1		4.91	4.86	
Magnesium, Mg mg	33	2.352	4		1		28	28	
Phosphorus, P mg	93	10.351	4		1		79	78	
Potassium, K mg	124	15.201	4		1		105	104	
Sodium, Na mg	178	8.319	4		1		151	150	
Zinc, Zn mg	37.92	3.558	4		1		32.23	31.85	
Copper, Cu mg	0.738	0.362	4		1		0.627	0.620	
Manganese, Mn mg	0.394	0.113	4		1		0.335	0.331	
Selenium, Se µg	63.7		6	A	1		54.1	53.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	4.7	0.556	4		1		4.0	3.9	
Thiamin mg	0.105	0.013	4		1		0.089	0.088	
Riboflavin mg	0.065	0.021	4		1		0.055	0.055	
Niacin mg	1.267	0.185	4		1		1.077	1.064	
Pantothenic acid mg	0.157	0.047	4		1		0.133	0.132	
Vitamin B-6 mg	0.060	0.008	4		1		0.051	0.050	
Folate, total µg	18	4.031	4		1		15	15	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	18	4.031	4		1		15	15	
Folate, DFE 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									
Lipids:									

NDB No. 15245
Mollusks, oyster, eastern, farmed, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.443		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									
Amino Acids:									
Tryptophan....g	0.059		0		1		0.050	0.050	
Threonine....g	0.225		0		1		0.191	0.189	
Isoleucine....g	0.227		0		1		0.193	0.191	
Leucine....g	0.368		0		1		0.313	0.309	
Lysine....g	0.390		0		1		0.332	0.328	
Methionine....g	0.118		0		1		0.100	0.099	
Cystine....g	0.069		0		1		0.059	0.058	
Phenylalanine....g	0.187		0		1		0.159	0.157	
Tyrosine....g	0.167		0		1		0.142	0.140	
Valine....g	0.228		0		1		0.194	0.192	
Arginine....g	0.381		0		1		0.324	0.320	
Histidine....g	0.100		0		1		0.085	0.084	
Alanine....g	0.316		0		1		0.269	0.265	
Aspartic acid....g	0.504		0		1		0.428	0.423	
Glutamic acid....g	0.711		0		1		0.604	0.597	
Glycine....g	0.327		0		1		0.278	0.275	
Proline....g	0.213		0		1		0.181	0.179	
Serine....g	0.234		0		1		0.199	0.197	
Hydroxyproline....g									

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

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

NDB No. 15244
Mollusks, oyster, eastern, wild, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	82.98		0	RA	4		70.53	48.96	
Energy kcal	79		0	NC	4		67	47	
Energy kJ	331		0	RA	4		282	195	
Protein (N x 6.25) g	8.87		0	RA	4		7.54	5.23	
Total lipid (fat) g	2.65		0	RA	4		2.26	1.57	
Ash g	1.27		0	RA	4		1.08	0.75	
Carbohydrate, by difference g	4.23		0	RA	4		3.60	2.50	
Fiber, total dietary g	0.0		0	RA	4		0.0	0.0	
Sugars, total g	0.96		0	RA	4		0.81	0.56	
Sucrose g	0.00		0	RA	4		0.00	0.00	
Glucose (dextrose) g	0.96		0	RA	4		0.81	0.56	
Fructose g	0.00		0	RA	4		0.00	0.00	
Lactose g	0.00		0	RA	4		0.00	0.00	
Maltose g	0.00		0	RA	4		0.00	0.00	
Galactose g	0.00		0	RA	4		0.00	0.00	
Starch g	0.70		0	RA	4		0.59	0.41	
Minerals:									
Calcium, Ca mg	92		0	RA	4		78	54	
Iron, Fe mg	7.16		0	RA	4		6.08	4.22	
Magnesium, Mg mg	28		0	RA	4		23	16	
Phosphorus, P mg	150		0	RA	4		128	89	
Potassium, K mg	242		0	RA	4		206	143	
Sodium, Na mg	132		0	RA	4		112	78	
Zinc, Zn mg	61.04		0	RA	4		51.89	36.01	
Copper, Cu mg	4.439		0	RA	4		3.773	2.619	
Manganese, Mn mg	0.459		0	RA	4		0.390	0.271	
Selenium, Se µg	30.7		0	RA	4		26.1	18.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	RA	4		0.0	0.0	
Thiamin mg	0.025		0	RA	4		0.021	0.015	
Riboflavin mg	0.112		0	RA	4		0.095	0.066	
Niacin mg	1.365		0	RA	4		1.160	0.805	
Pantothenic acid mg	0.347		0	RA	4		0.295	0.205	
Vitamin B-6 mg	0.045		0	RA	4		0.038	0.027	
Folate, total µg	10		0	RA	4		9	6	
Folic acid µg	0		0	RA	4		0	0	
Folate, food µg	10		0	RA	4		9	6	
Folate, DFE µg	10		0	NC	4		9	6	
Choline, total mg	101.0		0	RA	4		85.8	59.6	
Betaine mg									
Vitamin B-12 µg	12.91		0	RA	4		10.97	7.62	
Vitamin B-12, added µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE µg	20		0	RA	4		17	12	
Retinol µg	20		0	RA	4		17	12	
Carotene, beta µg	0		0	RA	4		0	0	
Carotene, alpha µg	0		0	RA	4		0	0	
Cryptoxanthin, beta µg	0		0	RA	4		0	0	
Vitamin A, IU IU	58		0	RA	4		49	34	
Lycopene µg	0		0	RA	4		0	0	
Lutein + zeaxanthin µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol) mg	1.32		0	RA	4		1.12	0.78	
Vitamin E, added mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 15244

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg	3.9		0	RA	4		3.3	2.3	
Lipids:									
Fatty acids, total saturated....g	0.736		0	RA	4		0.626	0.434	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.000		0	RA	4		0.000	0.000	
10:0....g	0.000		0	RA	4		0.000	0.000	
12:0....g	0.002		0	RA	4		0.002	0.001	
13:0....g									
14:0....g	0.077		0	RA	4		0.066	0.046	
15:0....g	0.016		0	RA	4		0.014	0.010	
16:0....g	0.496		0	RA	4		0.421	0.292	
17:0....g	0.037		0	RA	4		0.031	0.022	
18:0....g	0.102		0	RA	4		0.087	0.060	
20:0....g	0.003		0	RA	4		0.002	0.002	
22:0....g	0.001		0	RA	4		0.001	0.001	
24:0....g	0.002		0	RA	4		0.002	0.001	
Fatty acids, total monounsaturated....g	0.393		0	RA	4		0.334	0.232	
14:1....g	0.003		0	RA	4		0.002	0.002	
15:1....g	0.000		0	RA	4		0.000	0.000	
16:1 undifferentiated....g	0.080		0	RA	4		0.068	0.047	
17:1....g	0.005		0	RA	4		0.004	0.003	
18:1 undifferentiated....g	0.261		0	RA	4		0.222	0.154	
20:1....g	0.043		0	RA	4		0.036	0.025	
22:1 undifferentiated....g	0.001		0	RA	4		0.001	0.000	
24:1 c....g	0.001		0	RA	4		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.820		0	RA	4		0.697	0.484	
18:2 undifferentiated....g	0.064		0	RA	4		0.054	0.038	
18:3 undifferentiated....g	0.130		0	RA	4		0.111	0.077	
18:4....g	0.075		0	RA	4		0.064	0.044	
20:2 n-6 c,c....g	0.005		0	RA	4		0.004	0.003	
20:3 undifferentiated....g	0.009		0	RA	4		0.007	0.005	
20:4 undifferentiated....g	0.034		0	RA	4		0.029	0.020	
20:5 n-3 (EPA)....g	0.274		0	RA	4		0.233	0.162	
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									
Amino Acids:									
Tryptophan....g	0.107		0	RA	4		0.091	0.063	
Threonine....g	0.036		0	RA	4		0.030	0.021	
Isoleucine....g	0.356		0	RA	4		0.303	0.210	
Leucine....g	0.556		0	RA	4		0.473	0.328	
Lysine....g	0.592		0	RA	4		0.503	0.349	
Methionine....g	0.200		0	RA	4		0.170	0.118	
Cystine....g	0.086		0	RA	4		0.073	0.050	
Phenylalanine....g	0.321		0	RA	4		0.273	0.189	
Tyrosine....g	0.314		0	RA	4		0.267	0.185	
Valine....g	0.406		0	RA	4		0.345	0.240	
Arginine....g	0.577		0	RA	4		0.491	0.341	
Histidine....g	0.171		0	RA	4		0.145	0.101	
Alanine....g	0.421		0	RA	4		0.358	0.248	
Aspartic acid....g	0.763		0	RA	4		0.648	0.450	
Glutamic acid....g	1.048		0	RA	4		0.891	0.618	

NDB No. 15244
Mollusks, oyster, eastern, wild, cooked, dry heat

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

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 59g: 6 medium

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15169
Mollusks, oyster, eastern, wild, cooked, moist heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.19	0.834	3	A	1		66.46	32.84	
Energy kcal	102		0	NC	4		87	43	
Energy kJ	427		0	NC	4		363	179	
Protein (N x 6.25) g	11.42	1.200	3	A	1		9.70	4.80	
Total lipid (fat) g	3.42	0.112	3	A	1		2.90	1.44	
Ash g	1.53	0.341	3	A	1		1.30	0.64	
Carbohydrate, by difference g	5.45		0	NC	4		4.63	2.29	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	1.23	0.524	3	A	1		1.05	0.52	
Sucrose g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose) g	1.23	0.524	3	A	1		1.05	0.52	
Fructose g	0.00	0.000	3	A	1		0.00	0.00	
Lactose g	0.00	0.000	3	A	1		0.00	0.00	
Maltose g	0.00	0.000	3	A	1		0.00	0.00	
Galactose g	0.00	0.000	3	A	1		0.00	0.00	
Starch g	0.90		1	A	1		0.77	0.38	
Minerals:									
Calcium, Ca mg	116	72.683	3	A	1		98	49	
Iron, Fe mg	9.21	1.387	3	A	1		7.83	3.87	
Magnesium, Mg mg	35	6.649	3	A	1		29	15	
Phosphorus, P mg	194	15.762	3	A	1		165	81	
Potassium, K mg	139	3.383	3	A	1		118	59	
Sodium, Na mg	166	46.936	3	A	1		141	70	
Zinc, Zn mg	78.60	31.070	3	A	1		66.81	33.01	
Copper, Cu mg	5.707	1.680	3	A	1		4.851	2.397	
Manganese, Mn mg	0.591	0.055	3	A	1		0.503	0.248	
Selenium, Se µg	39.5	8.325	3	A	1		33.5	16.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.036	0.014	3	A	1		0.030	0.015	
Riboflavin mg	0.180	0.015	3	A	1		0.153	0.076	
Niacin mg	1.850	0.110	3	A	1		1.573	0.777	
Pantothenic acid mg	0.447	0.050	3	A	1		0.380	0.188	
Vitamin B-6 mg	0.061	0.008	3	A	1		0.052	0.026	
Folate, total µg	14		0		1		12	6	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	14		0		1		12	6	
Folate, DFE µg	14		0	NC	4		12	6	
Choline, total mg	130.0		0	O	4		110.5	54.6	
Betaine mg									
Vitamin B-12 µg	17.50	2.801	3	A	1		14.88	7.35	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	26		0	AS	1		22	11	
Retinol µg	26		1	A	1		22	11	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	88		0	AS	1		75	37	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	1.70		0	O	4		1.45	0.71	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 15169

Mollusks, oyster, eastern, wild, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	5.0		1	A	1		4.3	2.1	
Lipids:									
Fatty acids, total saturated....g	0.948		0	NC	4		0.806	0.398	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.002	0.000	3	A	1		0.002	0.001	
13:0....g									
14:0....g	0.100	0.016	3	A	1		0.085	0.042	
15:0....g	0.021	0.002	3	A	1		0.018	0.009	
16:0....g	0.638	0.076	3	A	1		0.543	0.268	
17:0....g	0.047	0.004	3	A	1		0.040	0.020	
18:0....g	0.131	0.011	3	A	1		0.112	0.055	
20:0....g	0.003	0.000	3	A	1		0.003	0.001	
22:0....g	0.002	0.002	3	A	1		0.001	0.001	
24:0....g	0.003	0.003	3	A	1		0.003	0.001	
Fatty acids, total monounsaturated....g	0.506		0	NC	4		0.430	0.213	
14:1....g	0.004	0.001	3	A	1		0.003	0.002	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.103	0.016	3	AS	1		0.088	0.043	
16:1 c....g	0.086	0.015	3	A	1		0.073	0.036	
16:1 t....g	0.017	0.002	3	A	1		0.014	0.007	
17:1....g	0.006	0.003	3	A	1		0.005	0.003	
18:1 undifferentiated....g	0.337	0.049	3	AS	1		0.286	0.141	
18:1 c....g	0.295	0.044	3	A	1		0.251	0.124	
18:1 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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic....g	0.010		0	NC	4		0.009	0.004	
Cholesterol....mg	79	7.808	3	A	1		67	33	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.138		0	A	1		0.117	0.058	
Threonine....g	0.046		0	A	1		0.039	0.019	
Isoleucine....g	0.459		0	A	1		0.390	0.193	
Leucine....g	0.716		0	A	1		0.609	0.301	
Lysine....g	0.762		0	A	1		0.648	0.320	
Methionine....g	0.257		0	A	1		0.218	0.108	
Cystine....g	0.110		0	A	1		0.094	0.046	
Phenylalanine....g	0.413		0	A	1		0.351	0.173	
Tyrosine....g	0.404		0	A	1		0.343	0.170	
Valine....g	0.523		0	A	1		0.445	0.220	
Arginine....g	0.744		0	A	1		0.632	0.312	
Histidine....g	0.220		0	A	1		0.187	0.093	
Alanine....g	0.542		0	A	1		0.460	0.227	
Aspartic acid....g	0.982		0	A	1		0.835	0.413	
Glutamic acid....g	1.349		0	A	1		1.147	0.567	
Glycine....g	0.551		0	A	1		0.468	0.231	
Proline....g	0.450		0	A	1		0.382	0.189	
Serine....g	0.450		0	A	1		0.382	0.189	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 42g: 6 medium

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

Food Group: 15 Finfish and Shellfish Products

NDB No. 15167

Mollusks, oyster, eastern, wild, raw

Crassostrea virginica (Gmelin)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.04		0	RA	4		74.80	220.83	
Energy kcal	51		0	NC	4		43	126	
Energy kJ	213		0	RA	4		179	529	
Protein (N x 6.25) g	5.71		0	RA	4		4.80	14.16	
Total lipid (fat) g	1.71		0	RA	4		1.44	4.24	
Ash g	0.82		0	RA	4		0.69	2.03	
Carbohydrate, by difference g	2.72		0	RA	4		2.29	6.75	
Fiber, total dietary g	0.0		0	RA	4		0.0	0.0	
Sugars, total g	0.62		0	RA	4		0.52	1.53	
Sucrose g	0.00		0	RA	4		0.00	0.00	
Glucose (dextrose) g	0.62		0	RA	4		0.52	1.53	
Fructose g	0.00		0	RA	4		0.00	0.00	
Lactose g	0.00		0	RA	4		0.00	0.00	
Maltose g	0.00		0	RA	4		0.00	0.00	
Galactose g	0.00		0	RA	4		0.00	0.00	
Starch g	0.45		0	RA	4		0.38	1.12	
Minerals:									
Calcium, Ca mg	59		0	RA	4		50	147	
Iron, Fe mg	4.61		0	RA	4		3.87	11.43	
Magnesium, Mg mg	18		0	RA	4		15	44	
Phosphorus, P mg	97		0	RA	4		81	240	
Potassium, K mg	156	36.748	3		1		131	387	
Sodium, Na mg	85		0	RA	4		71	210	
Zinc, Zn mg	39.30		0	RA	4		33.01	97.47	
Copper, Cu mg	2.858		0	RA	4		2.400	7.087	
Manganese, Mn mg	0.296		0	RA	4		0.248	0.733	
Selenium, Se µg	19.7		0	RA	4		16.6	48.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	RA	4		0.0	0.0	
Thiamin mg	0.018		0	RA	4		0.015	0.044	
Riboflavin mg	0.090		0	RA	4		0.076	0.223	
Niacin mg	0.925		0	RA	4		0.777	2.294	
Pantothenic acid mg	0.223		0	RA	4		0.188	0.554	
Vitamin B-6 mg	0.031		0	RA	4		0.026	0.076	
Folate, total µg	7		0	RA	4		6	17	
Folic acid µg	0		0	RA	4		0	0	
Folate, food µg	7		0	RA	4		6	17	
Folate, DFE µg	7		0	NC	4		6	17	
Choline, total mg	65.0		0	RA	4		54.6	161.2	
Betaine mg									
Vitamin B-12 µg	8.75		0	RA	4		7.35	21.70	
Vitamin B-12, added µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE µg	13		0	RA	4		11	33	
Retinol µg	13		0	RA	4		11	33	
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		37	109	
Lycopene µg	0		0	RA	4		0	0	
Lutein + zeaxanthin µg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.85		0	RA	4		0.71	2.11	
Vitamin E, added mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 15167
Mollusks, oyster, eastern, wild, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg	2.5		0	RA	4		2.1	6.2	
Lipids:									
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									
Amino Acids:									
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	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	RA	4		0	0	

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

Common Measures:

Measure 1 = 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 27 (2014)

NDB No. 90240
Mollusks, scallop, (bay and sea), cooked, steamed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.25		0	RA	4		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		
Minerals:									
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		
Vitamins:									
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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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		
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0		
Menaquinone-4....µg	0.0		0	RA	4		0.0		
Lipids:									
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									
Amino Acids:									
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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0		
Caffeine....mg	0		0	RA	4		0		
Theobromine....mg	0		0	RA	4		0		

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

NDB No. 15173
Mollusks, scallop, mixed species, cooked, breaded and fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.44		0		1		18.12		
Energy kcal	216		0	NC	4		67		
Energy kJ	902		0	NC	4		280		
Protein (N x 6.21) g	18.07		0		1		5.60		
Total lipid (fat) g	10.94		0		1		3.39		
Ash g	1.83		0		1		0.57		
Carbohydrate, by difference g	10.13		0	NC	4		3.14		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	42		0		1		13		
Iron, Fe mg	0.82		0		1		0.25		
Magnesium, Mg mg	59		0		1		18		
Phosphorus, P mg	236		0		1		73		
Potassium, K mg	333		0		1		103		
Sodium, Na mg	464		0		1		144		
Zinc, Zn mg	1.06		0		1		0.33		
Copper, Cu mg	0.078		0		1		0.024		
Manganese, Mn mg	0.140		0		4		0.043		
Selenium, Se µg	26.9		0	RA	4		8.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	2.3		0		4		0.7		
Thiamin mg	0.042		0		1		0.013		
Riboflavin mg	0.110		0		1		0.034		
Niacin mg	1.505		0		1		0.467		
Pantothenic acid mg	0.200		0		4		0.062		
Vitamin B-6 mg	0.140		0		4		0.043		
Folate, total µg	37		0	RA	4		11		
Folic acid µg	19		0	NC	4		6		
Folate, food µg	18		0		4		6		
Folate, DFE 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									
Lipids:									

NDB No. 15173

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.210		0		1		0.065		
Threonine....g	0.768		0		1		0.238		
Isoleucine....g	0.800		0		1		0.248		
Leucine....g	1.295		0		1		0.401		
Lysine....g	1.280		0		1		0.397		
Methionine....g	0.407		0		1		0.126		
Cystine....g	0.250		0		1		0.078		
Phenylalanine....g	0.687		0		1		0.213		
Tyrosine....g	0.588		0		1		0.182		
Valine....g	0.818		0		1		0.254		
Arginine....g	1.266		0		1		0.392		
Histidine....g	0.355		0		1		0.110		
Alanine....g	1.059		0		1		0.328		
Aspartic acid....g	1.679		0		1		0.520		
Glutamic acid....g	2.765		0		1		0.857		
Glycine....g	1.074		0		1		0.333		
Proline....g	0.850		0		1		0.264		
Serine....g	0.847		0		1		0.263		
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15174
Mollusks, scallop, mixed species, imitation, made from surimi

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.82	1.184	3		1		62.75		
Energy kcal	99		0	NC	4		84		
Energy kJ	414				4		352		
Protein (N x 6.25) g	12.77	0.629	3		1		10.85		
Total lipid (fat) g	0.41	0.064	3		1		0.35		
Ash g	2.37	0.173	3		1		2.01		
Carbohydrate, by difference g	10.62		0	NC	4		9.03		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	8	0.635	3		1		7		
Iron, Fe mg	0.31	0.040	3		1		0.26		
Magnesium, Mg mg	43		0		4		37		
Phosphorus, P mg	282		0		4		240		
Potassium, K mg	103	10.393	3		1		88		
Sodium, Na mg	795	23.627	3		1		676		
Zinc, Zn mg	0.33		0		4		0.28		
Copper, Cu mg	0.032		0		4		0.027		
Manganese, Mn mg	0.011		0		4		0.009		
Selenium, Se µg	23.6		0	BFPN	4		20.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.010		2		1		0.009		
Riboflavin mg	0.016	0.002	3		1		0.014		
Niacin mg	0.310	0.035	3		1		0.264		
Pantothenic acid mg	0.070		0		4		0.060		
Vitamin B-6 mg	0.030		0		4		0.026		
Folate, total µg	2		0		4		1		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	2		0		4		1		
Folate, DFE 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									
Lipids:									

NDB No. 15174

Mollusks, scallop, mixed species, imitation, made from surimi

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.080		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									
Amino Acids:									
Tryptophan....g	0.078		0		1		0.066		
Threonine....g	0.617		0		1		0.524		
Isoleucine....g	0.597		0		1		0.507		
Leucine....g	1.011		0		1		0.859		
Lysine....g	1.167		0		1		0.992		
Methionine....g	0.433		0		1		0.368		
Cystine....g	0.137		0		1		0.116		
Phenylalanine....g	0.501		0		1		0.426		
Tyrosine....g	0.515		0		1		0.438		
Valine....g	0.648		0		1		0.551		
Arginine....g	0.848		0		1		0.721		
Histidine....g	0.294		0		1		0.250		
Alanine....g	0.750		0		1		0.638		
Aspartic acid....g	1.277		0		1		1.085		
Glutamic acid....g	2.016		0		1		1.714		
Glycine....g	0.494		0		1		0.420		
Proline....g	0.476		0		1		0.405		
Serine....g	0.558		0		1		0.474		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 15172
Mollusks, scallop, mixed species, raw
Pectinidae

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	82.53	1.224	12	A	1		24.76	70.15	
Energy kcal	69		0	NC	4		21	59	
Energy kJ	289		0	NC	4		87	245	
Protein (N x 6.25) g	12.06	0.902	12	A	1		3.62	10.25	
Total lipid (fat) g	0.49	0.025	12	A	1		0.15	0.42	
Ash g	1.74	0.081	12	A	1		0.52	1.48	
Carbohydrate, by difference g	3.18		0	NC	4		0.95	2.70	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		1	A	1		0.00	0.00	
Sucrose g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose) g	0.00		1	A	1		0.00	0.00	
Fructose g	0.00		1	A	1		0.00	0.00	
Lactose g	0.00		1	A	1		0.00	0.00	
Maltose g	0.00		1	A	1		0.00	0.00	
Galactose g	0.00		1	A	1		0.00	0.00	
Starch g	2.17	0.649	3	A	1		0.65	1.84	
Minerals:									
Calcium, Ca mg	6	0.911	12	A	1		2	5	
Iron, Fe mg	0.38	0.045	12	A	1		0.11	0.32	
Magnesium, Mg mg	22	2.520	12	A	1		7	19	
Phosphorus, P mg	334	22.452	12	A	1		100	284	
Potassium, K mg	205	27.882	12	A	1		61	174	
Sodium, Na (1) mg	392	47.772	12	A	1		117	333	
Zinc, Zn mg	0.91	0.092	12	A	1		0.27	0.77	
Copper, Cu mg	0.023	0.004	12	A	1		0.007	0.019	
Manganese, Mn mg	0.017	0.001	12	A	1		0.005	0.014	
Selenium, Se µg	12.8	0.807	12	A	1		3.8	10.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.007	0.000	4	A	1		0.002	0.006	
Riboflavin mg	0.015	0.000	4	A	1		0.005	0.013	
Niacin mg	0.703	0.088	4	A	1		0.211	0.597	
Pantothenic acid mg	0.215	0.018	4	A	1		0.065	0.183	
Vitamin B-6 mg	0.073	0.007	4	A	1		0.022	0.062	
Folate, total µg	16		0		4		5	14	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	16		0		4		5	14	
Folate, DFE 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	

NDB No. 15172
Mollusks, scallop, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		0	Z	7		0.00	0.00	
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....IU	1	0.559	4	A	1		0	1	
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.128		0	NC	4		0.038	0.109	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000	0.000	8	A	1		0.000	0.000	
8:0....g	0.000	0.000	10	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.001	0.000	12	A	1		0.000	0.001	
13:0....g									
14:0....g	0.008	0.001	12	A	1		0.002	0.006	
15:0....g	0.003	0.000	12	A	1		0.001	0.003	
16:0....g	0.081	0.009	12	A	1		0.024	0.069	
17:0....g	0.004	0.001	12	A	1		0.001	0.004	
18:0....g	0.029	0.004	12	A	1		0.009	0.024	
20:0....g	0.001	0.000	12	A	1		0.000	0.001	
22:0....g	0.001	0.000	12	A	1		0.000	0.001	
24:0....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.048		0	NC	4		0.014	0.041	
14:1....g	0.001	0.000	12	A	1		0.000	0.001	
15:1....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated....g	0.009	0.001	12	AS	1		0.003	0.008	
16:1 c....g	0.006	0.001	12	A	1		0.002	0.005	
16:1 t....g	0.003	0.001	12	A	1		0.001	0.003	
17:1....g	0.001	0.000	12	A	1		0.000	0.000	
18:1 undifferentiated....g	0.031	0.010	12	AS	1		0.009	0.027	
18:1 c....g	0.030	0.010	12	A	1		0.009	0.026	
18:1 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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA) g	0.061	0.008	12	A	1		0.018	0.052	
Fatty acids, total trans g	0.005		0	NC	4		0.002	0.004	
Fatty acids, total trans-monoenoic g	0.004		0	NC	4		0.001	0.004	
Fatty acids, total trans-polyenoic g	0.001		0	NC	4		0.000	0.001	
Cholesterol mg	24	1.323	4	A	1		7	21	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.102		0	A	1		0.030	0.086	
Threonine g	0.369		0	A	1		0.111	0.314	
Isoleucine g	0.406		0	A	1		0.122	0.345	
Leucine g	0.720		0	A	1		0.216	0.612	
Lysine g	0.739		0	A	1		0.222	0.628	
Methionine g	0.286		0	A	1		0.086	0.243	
Cystine g	0.120		0	A	1		0.036	0.102	
Phenylalanine g	0.351		0	A	1		0.105	0.298	
Tyrosine g	0.296		0	A	1		0.089	0.251	
Valine g	0.379		0	A	1		0.114	0.322	
Arginine g	0.646		0	A	1		0.194	0.549	
Histidine g	0.185		0	A	1		0.055	0.157	
Alanine g	0.536		0	A	1		0.161	0.455	
Aspartic acid g	0.923		0	A	1		0.277	0.785	
Glutamic acid g	1.404		0	A	1		0.421	1.193	
Glycine g	1.034		0	A	1		0.310	0.879	
Proline g	0.286		0	A	1		0.086	0.243	
Serine g	0.360		0	A	1		0.108	0.306	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 30g: 1 unit 2 large or 5 small

Measure 2 = 85g: 3 oz

Footnotes:

1 Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 161 mg sodium/100g.

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 90560
Mollusks, snail, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.20		0		1		67.32		
Energy kcal	90		0		1		77		
Energy kJ	377		0		1		320		
Protein g	16.10		0		1		13.69		
Total lipid (fat) g	1.40		0		1		1.19		
Ash g	1.30		0	NR	4		1.11		
Carbohydrate, by difference g	2.00		0	NC	4		1.70		
Fiber, total dietary g	0.0		0		7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	10		0		1		9		
Iron, Fe mg	3.50		0		1		2.98		
Magnesium, Mg mg	250		0		4		213		
Phosphorus, P mg	272		0		1		231		
Potassium, K mg	382		0		1		325		
Sodium, Na mg	70		0		1		60		
Zinc, Zn mg	1.00		0		4		0.85		
Copper, Cu mg	0.400		0		4		0.340		
Manganese, Mn mg									
Selenium, Se µg	27.4		0	BFSN	4		23.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.010		0		1		0.009		
Riboflavin mg	0.120		0		1		0.102		
Niacin mg	1.400		0		1		1.190		
Pantothenic acid mg									
Vitamin B-6 mg	0.130		0		4		0.111		
Folate, total µg	6		0		4		5		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	6		0	NR	4		5		
Folate, DFE µg	6		0	NC	4		5		
Choline, total mg	65.0		0	T	4		55.3		
Betaine mg									
Vitamin B-12 µg	0.50		0		4		0.43		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	30		0	NC	4		26		
Retinol µg	30		0	T	4		26		
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	100		0	NC	4		85		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	5.00		0	NR	4		4.25		
Vitamin E, added mg	0.00		0	Z	7		0.00		
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	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.1		0	T	4		0.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 90560
Mollusks, snail, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

NDB No. 15176
Mollusks, squid, mixed species, cooked, fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.54		0		1		54.86		
Energy kcal	175		0	NC	4		149		
Energy kJ	732				4		622		
Protein (N x 6.25) g	17.94		0		1		15.25		
Total lipid (fat) g	7.48		0		1		6.36		
Ash g	1.59		0		1		1.35		
Carbohydrate, by difference g	7.79		0	NC	4		6.62		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	39		0		1		33		
Iron, Fe mg	1.01		0		1		0.86		
Magnesium, Mg mg	38		0		1		32		
Phosphorus, P mg	251		0		1		213		
Potassium, K mg	279		0		1		237		
Sodium, Na mg	306		0		1		260		
Zinc, Zn mg	1.74		0		1		1.48		
Copper, Cu mg	2.114		0		1		1.797		
Manganese, Mn mg	0.070		0		4		0.060		
Selenium, Se µg	51.8		0	RA	4		44.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	4.2		0		1		3.6		
Thiamin mg	0.056		0		1		0.048		
Riboflavin mg	0.458		0		1		0.389		
Niacin mg	2.602		0		1		2.212		
Pantothenic acid mg	0.510		0		4		0.434		
Vitamin B-6 mg	0.058		0		1		0.049		
Folate, total µg	14		0	RA	4		12		
Folic acid µg	9		0	NC	4		7		
Folate, food µg	5		0		4		5		
Folate, DFE 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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 15176
Mollusks, squid, mixed species, cooked, fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.202		0		1		0.172		
Threonine....g	0.763		0		1		0.649		
Isoleucine....g	0.780		0		1		0.663		
Leucine....g	1.267		0		1		1.077		
Lysine....g	1.310		0		1		1.114		
Methionine....g	0.403		0		1		0.343		
Cystine....g	0.242		0		1		0.206		
Phenylalanine....g	0.656		0		1		0.558		
Tyrosine....g	0.576		0		1		0.490		
Valine....g	0.786		0		1		0.668		
Arginine....g	1.290		0		1		1.097		
Histidine....g	0.348		0		1		0.296		
Alanine....g	1.068		0		1		0.908		
Aspartic acid....g	1.699		0		1		1.444		
Glutamic acid....g	2.588		0		1		2.200		
Glycine....g	1.108		0		1		0.942		
Proline....g	0.783		0		1		0.666		
Serine....g	0.812		0		1		0.690		
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15175

Mollusks, squid, mixed species, raw

Loligoidae and Ommastrephidae

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.55	0.601	8		1		22.27	66.77	
Energy kcal	92		0	NC	4		26	78	
Energy kJ	385		0		4		109	327	
Protein (N x 6.25) g	15.58	0.857	11		1		4.42	13.24	
Total lipid (fat) g	1.38	0.256	12		1		0.39	1.17	
Ash g	1.41	0.242	7		1		0.40	1.20	
Carbohydrate, by difference g	3.08		0	NC	4		0.87	2.62	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	32		2		1		9	27	
Iron, Fe mg	0.68		2		1		0.19	0.58	
Magnesium, Mg mg	33		1		1		9	28	
Phosphorus, P mg	221		2		1		63	188	
Potassium, K mg	246		2		1		70	209	
Sodium, Na mg	44		1		1		12	37	
Zinc, Zn mg	1.53	0.066	157		1		0.43	1.30	
Copper, Cu mg	1.891	0.119	133		1		0.536	1.607	
Manganese, Mn mg	0.035		0		1		0.010	0.030	
Selenium, Se µg	44.8		0	CAZN	4		12.7	38.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	4.7		1		1		1.3	4.0	
Thiamin mg	0.020		3		1		0.006	0.017	
Riboflavin mg	0.412		3		1		0.117	0.350	
Niacin mg	2.175		3		1		0.617	1.849	
Pantothenic acid mg	0.500		0		4		0.142	0.425	
Vitamin B-6 mg	0.056		1		1		0.016	0.048	
Folate, total µg	5		0		4		1	4	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0		4		1	4	
Folate, DFE µg	5		0	NC	4		1	4	
Choline, total mg	65.0		0	T	4		18.4	55.3	
Betaine mg									
Vitamin B-12 µg	1.30		6		1		0.37	1.10	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	10		0	NC	4		3	9	
Retinol µg	10		0	T	4		3	9	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	33		0	NC	4		9	28	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	1.20		0	NR	4		0.34	1.02	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.0		0	T	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15175
Mollusks, squid, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.174		0		1		0.049	0.148	
Threonine....g	0.670		0		1		0.190	0.570	
Isoleucine....g	0.678		0		1		0.192	0.576	
Leucine....g	1.096		0		1		0.311	0.932	
Lysine....g	1.164		0		1		0.330	0.989	
Methionine....g	0.351		0		1		0.100	0.298	
Cystine....g	0.204		0		1		0.058	0.173	
Phenylalanine....g	0.558		0		1		0.158	0.474	
Tyrosine....g	0.498		0		1		0.141	0.423	
Valine....g	0.680		0		1		0.193	0.578	
Arginine....g	1.136		0		1		0.322	0.966	
Histidine....g	0.299		0		1		0.085	0.254	
Alanine....g	0.942		0		1		0.267	0.801	
Aspartic acid....g	1.503		0		1		0.426	1.278	
Glutamic acid....g	2.118		0		1		0.600	1.800	
Glycine....g	0.974		0		1		0.276	0.828	
Proline....g	0.635		0		1		0.180	0.540	
Serine....g	0.698		0		1		0.198	0.593	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 15175
Mollusks, squid, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15178
Mollusks, whelk, unspecified, cooked, moist heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	32.00		0		1		27.20		
Energy kcal	275		0	NC	4		234		
Energy kJ	1151				4		978		
Protein (N x 6.25) g	47.68		0		1		40.53		
Total lipid (fat) g	0.80		0		1		0.68		
Ash g	4.00		0		1		3.40		
Carbohydrate, by difference g	15.52		0	NC	4		13.19		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	113		0		1		96		
Iron, Fe mg	10.06		0		1		8.55		
Magnesium, Mg mg	172		0		1		146		
Phosphorus, P mg	282		0		1		240		
Potassium, K mg	694		0		1		590		
Sodium, Na mg	412		0		1		350		
Zinc, Zn mg	3.26		0		1		2.77		
Copper, Cu mg	2.060		0		1		1.751		
Manganese, Mn mg	0.890		0		4		0.757		
Selenium, Se µg	89.6		0	BFSN	4		76.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.8		0		4		5.8		
Thiamin mg	0.049		0		1		0.042		
Riboflavin mg	0.214		0		1		0.182		
Niacin mg	1.995		0		1		1.696		
Pantothenic acid mg	0.400		0		4		0.340		
Vitamin B-6 mg	0.650		0		1		0.553		
Folate, total µg	11		0		1		10		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	11		0		1		10		
Folate, DFE 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									
Lipids:									

NDB No. 15178

Mollusks, whelk, unspecified, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Amino Acids:									
Tryptophan....g	0.618		0		1		0.525		
Threonine....g	2.136		0		1		1.816		
Isoleucine....g	1.655		0		1		1.407		
Leucine....g	3.807		0		1		3.236		
Lysine....g	2.930		0		1		2.491		
Methionine....g	1.205		0		1		1.024		
Cystine....g	0.374		0		1		0.318		
Phenylalanine....g	1.648		0		1		1.401		
Tyrosine....g	1.518		0		1		1.290		
Valine....g	2.075		0		1		1.764		
Arginine....g	4.936		0		1		4.196		
Histidine....g	0.977		0		1		0.830		
Alanine....g	3.113		0		1		2.646		
Aspartic acid....g	5.127		0		1		4.358		
Glutamic acid....g	7.339		0		1		6.238		
Glycine....g	2.991		0		1		2.542		
Proline....g	2.365		0		1		2.010		
Serine....g	2.220		0		1		1.887		
Hydroxyproline....g									

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

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 27 (2014)

NDB No. 15177
Mollusks, whelk, unspecified, raw
Buccinidae

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.00		2		1		56.10		
Energy kcal	137		0	NC	4		116		
Energy kJ	573		0		4		487		
Protein (N x 6.25) g	23.84		2		1		20.26		
Total lipid (fat) g	0.40		2		1		0.34		
Ash g	2.00		2		1		1.70		
Carbohydrate, by difference g	7.76		0	NC	4		6.60		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	57		2		1		48		
Iron, Fe mg	5.03		2		1		4.28		
Magnesium, Mg mg	86		2		1		73		
Phosphorus, P mg	141		2		1		120		
Potassium, K mg	347		2		1		295		
Sodium, Na mg	206		2		1		175		
Zinc, Zn mg	1.63		2		1		1.39		
Copper, Cu mg	1.030		2		1		0.876		
Manganese, Mn mg	0.447		2		1		0.380		
Selenium, Se µg	44.8		0	CAZN	4		38.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	4.0		0		4		3.4		
Thiamin mg	0.026		2		1		0.022		
Riboflavin mg	0.107		2		1		0.091		
Niacin mg	1.050		2		1		0.893		
Pantothenic acid mg	0.208		2		1		0.177		
Vitamin B-6 mg	0.342		2		1		0.291		
Folate, total µg	6		2		1		5		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	6		2		1		5		
Folate, DFE µg	6		0	NC	4		5		
Choline, total mg	65.0		0	T	4		55.3		
Betaine mg									
Vitamin B-12 µg	9.07		2		1		7.71		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	26		0	NC	4		22		
Retinol µg	26		0	T	4		22		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	87		0	NC	4		74		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.13		0	NR	4		0.11		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.1		0	T	4		0.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15177
Mollusks, whelk, unspecified, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
Tryptophan....g	0.309		2		1		0.263		
Threonine....g	1.068		2		1		0.908		
Isoleucine....g	0.828		2		1		0.704		
Leucine....g	1.903		2		1		1.618		
Lysine....g	1.465		2		1		1.245		
Methionine....g	0.603		2		1		0.513		
Cystine....g	0.187		2		1		0.159		
Phenylalanine....g	0.824		2		1		0.700		
Tyrosine....g	0.759		2		1		0.645		
Valine....g	1.037		2		1		0.881		
Arginine....g	2.468		2		1		2.098		
Histidine....g	0.488		1		1		0.415		
Alanine....g	1.556		2		1		1.323		
Aspartic acid....g	2.563		2		1		2.179		
Glutamic acid....g	3.669		2		1		3.119		
Glycine....g	1.495		2		1		1.271		
Proline....g	1.182		2		1		1.005		
Serine....g	1.110		2		1		0.944		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 15177
Mollusks, whelk, unspecified, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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 27 (2014)

NDB No. 15264

Salmon, sockeye, canned, drained solids, without skin and bones

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.78	0.175	12	A	1		57.61	167.42	
Energy kcal	158		0	NC	4		134	391	
Energy kJ	662		0	NC	4		563	1635	
Protein g	26.33	0.160	12	A	1		22.38	65.04	
Total lipid (fat) g	5.87	0.141	12	A	1		4.99	14.51	
Ash g	1.89	0.041	12	A	1		1.61	4.66	
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary g	0.0		0	BFSN	4		0.0	0.0	
Sugars, total g	0.00		0	BFSN	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	37	2.563	12	A	1		31	90	
Iron, Fe mg	0.48	0.019	12	A	1		0.41	1.19	
Magnesium, Mg mg	24	0.671	12	A	1		20	59	
Phosphorus, P mg	236	3.955	12	A	1		201	583	
Potassium, K mg	312	5.095	12	A	1		265	771	
Sodium, Na mg	386	15.109	12	A	1		328	953	
Zinc, Zn mg	0.58	0.008	12	A	1		0.49	1.43	
Copper, Cu mg	0.070	0.003	12	A	1		0.059	0.172	
Manganese, Mn mg	0.011	0.001	12	A	1		0.010	0.028	
Selenium, Se µg	34.6		0	BFSN	4		29.4	85.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	BFSN	4		0.0	0.0	
Thiamin mg	0.033		0	BFSN	4		0.028	0.081	
Riboflavin mg	0.214		0	BFSN	4		0.182	0.528	
Niacin mg	7.689		0	BFSN	4		6.536	18.992	
Pantothenic acid mg									
Vitamin B-6 mg	0.120		0	BFSN	4		0.102	0.296	
Folate, total µg	4		0	BFSN	4		3	10	
Folic acid µg	0		0	BFSN	4		0	0	
Folate, food µg	4		0	BFSN	4		3	10	
Folate, DFE µg	4		0	NC	4		3	10	
Choline, total mg	83.3		0	BFSN	4		70.8	205.8	
Betaine mg									
Vitamin B-12 µg	5.54		0	BFSN	4		4.71	13.70	
Vitamin B-12, added µg	0.00		0	BFSN	4		0.00	0.00	
Vitamin A, RAE µg	56		0	AS	1		48	139	
Retinol µg	56	2.459	12	A	1		48	139	
Carotene, beta µg	0		0	BFSN	4		0	0	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	187		0	AS	1		159	462	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol) mg	2.09		0	BFSN	4		1.78	5.17	
Vitamin E, added mg	0.00		0	BFSN	4		0.00	0.00	
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	21.5		6	AS	1		18.3	53.0	
Vitamin D IU	859	102.007	3	A	1		730	2122	
Vitamin K (phylloquinone) µg	0.1		0	BFSN	4		0.1	0.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

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Salmon, sockeye, canned, drained solids, without skin and bones

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Others:									
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 27 (2014)

NDB No. 15253
Salmon, sockeye, canned, total can contents

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.07	0.294	12	A	1		60.41	296.38	
Energy kcal	153		0	NC	4		130	637	
Energy kJ	639		0	NC	4		543	2665	
Protein (N x 6.25) g	20.63	0.107	12	A	1		17.54	86.05	
Total lipid (fat) g	7.17	0.305	12	A	1		6.10	29.92	
Ash g	2.45	0.049	12	A	1		2.08	10.22	
Carbohydrate, by difference g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.00		0	BFSN	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	198	6.705	12	A	1		168	824	
Iron, Fe mg	0.57	0.020	12	A	1		0.49	2.40	
Magnesium, Mg mg	30	0.747	12	A	1		25	125	
Phosphorus, P mg	321	4.989	12	A	1		273	1338	
Potassium, K mg	329	5.102	12	A	1		280	1373	
Sodium, Na mg	433	18.836	12	A	1		368	1805	
Zinc, Zn mg	0.67	0.017	12	A	1		0.57	2.79	
Copper, Cu mg	0.061	0.001	12	A	1		0.052	0.253	
Manganese, Mn mg	0.024	0.004	12	A	1		0.021	0.101	
Selenium, Se µg	30.1		0	BFSN	4		25.6	125.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.020		0		4		0.017	0.083	
Riboflavin mg	0.200		0		4		0.170	0.834	
Niacin mg	6.000		0		4		5.100	25.020	
Pantothenic acid mg									
Vitamin B-6 mg	0.330		0		4		0.281	1.376	
Folate, total µg									
Folic acid µg	0		0	BFSN	4		0	0	
Folate, food µg	3		0	BFSN	4		3	14	
Folate, DFE µg	3		0	NC	4		3	14	
Choline, total mg	74.8		0	BFSN	4		63.6	311.9	
Betaine mg									
Vitamin B-12 µg	0.40		0		4		0.34	1.67	
Vitamin B-12, added µg	0.00		0	BFSN	4		0.00	0.00	
Vitamin A, RAE µg	39		0	AS	1		33	161	
Retinol µg	39	2.979	12	A	1		33	161	
Carotene, beta µg	0		0	BFSN	4		0	0	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	129		0	NC	4		110	538	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol) mg	1.88		0	BFSN	4		1.60	7.83	
Vitamin E, added mg	0.00		0	BFSN	4		0.00	0.00	
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	19.0		0	BFSN	4		16.2	79.4	
Vitamin D IU	761		0	BFSN	4		647	3175	
Vitamin K (phylloquinone) µg	0.1		0	BFSN	4		0.1	0.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 15253

Salmon, sockeye, canned, total can contents

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Amino Acids:									
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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
Others:									
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 27 (2014)

NDB No. 93600
Turtle, green, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.50		0		1		66.73		
Energy kcal	89		0		1		76		
Energy kJ	372		0		1		317		
Protein g	19.80		0		1		16.83		
Total lipid (fat) g	0.50		0		1		0.43		
Ash g	1.20		0	NR	4		1.02		
Carbohydrate, by difference g	0.00		0	Z	7		0.00		
Fiber, total dietary g	0.0		0		7		0.0		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	118		0		1		100		
Iron, Fe mg	1.40		0		1		1.19		
Magnesium, Mg mg	20		0		4		17		
Phosphorus, P mg	180		0		1		153		
Potassium, K mg	230		0		1		196		
Sodium, Na mg	68		0		1		58		
Zinc, Zn mg	1.00		0		4		0.85		
Copper, Cu mg	0.250		0		4		0.213		
Manganese, Mn mg									
Selenium, Se µg	16.8		0	BFSN	4		14.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.120		0		1		0.102		
Riboflavin mg	0.150		0		1		0.128		
Niacin mg	1.100		0		1		0.935		
Pantothenic acid mg									
Vitamin B-6 mg	0.120		0		4		0.102		
Folate, total µg	15		0		4		13		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	15		0	NR	4		13		
Folate, DFE µg	15		0	NC	4		13		
Choline, total mg	65.0		0	T	4		55.3		
Betaine mg									
Vitamin B-12 µg	1.00		0		4		0.85		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	30		0	NC	4		26		
Retinol µg	30		0	T	4		26		
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	100		0	NC	4		85		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.50		0	NR	4		0.43		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.1		0	T	4		0.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 93600
Turtle, green, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
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									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

NDB No. 15251
USDA Commodity, salmon nuggets, breaded, frozen, heated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.38		1	A	1		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									
Minerals:									
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									
Vitamins:									
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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 15251
USDA Commodity, salmon nuggets, breaded, frozen, heated

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.570		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									
Others:									
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 **Carbohydrate** 4

Food Group: 15 Finfish and Shellfish Products

NDB No. 15252
USDA Commodity, salmon nuggets, cooked as purchased, unheated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.57		1	A	1		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									
Minerals:									
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									
Vitamins:									
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									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 15252
USDA Commodity, salmon nuggets, cooked as purchased, unheated

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.497		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									
Others:									
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 **Carbohydrate** 4

Food Group: 15 Finfish and Shellfish Products