NDB No. 15001 Finfish, anchovy, european, raw

Engraulis encrasicholus (L.)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	73.37		1	62.36		
Energy	kcal	131		0	111		
Energy	kj	548		0	466		
Protein (N x 5.95)	g	20.35		1	17.30		
Total lipid (fat)	g	4.84	0.318	26	4.11		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.44		1	1.22		
Sugars, total	g						
Minerals:							
Calcium	mg	147	33.925	2	125		
Iron	mg	3.25	0.600	4	2.76		
Magnesium	mg	41	3.530	2	35		
Phosphorus	mg	174	26.408	3	148		
Potassium	mg	383	51.205	2	326		
Sodium	mg	104	5.645	2	88		
Zinc	mg	1.72	0.126	4	1.46		
Copper	mg	0.211	0.086	10	0.179		
Manganese	mg	0.070		0	0.060		
Selenium	µg	36.5		0	31.0		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.055		1	0.047		
Riboflavin	mg	0.256		1	0.218		
Niacin	mg	14.024		1	11.920		
Pantothenic acid	mg	0.645		0	0.548		
Vitamin B-6	mg	0.143		1	0.122		
Folate	µg	9		0	7		
Vitamin B-12	µg	0.62		1	0.53		
Vitamin A	IU	50		0	43		
Vitamin A, RE	µg	15		0	13		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.282		0	1.090		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.014		1	0.012		
14:0	g	0.302		0	0.257		
15.0	g						
16:0	g	0.715		1	0.608		
17:0	g						
18:0	g	0.252		1	0.214		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.182	0	1.005
14:1	g			
16:1	g	0.400	1	0.340
18:1	g	0.624	1	0.530
20:1	g			
22.1	g	0.115	1	0.098
Polyunsaturated, total	g	1.637	0	1.391
18:2	g	0.097	1	0.082
18:3	g			
18:4	g	0.055	1	0.047
20:4	g	0.007	1	0.006
20:5	g	0.538	1	0.457
22:5	g	0.029	1	0.025
22:6	g	0.911	1	0.774
Cholesterol	mg	60	0	51
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.228	0	0.194
Threonine	g	0.892	0	0.758
Isoleucine	g	0.938	0	0.797
Leucine	g	1.654	0	1.406
Lysine	g	1.869	0	1.589
Methionine	g	0.602	0	0.512
Cystine	g	0.218	0	0.185
Phenylalanine	g	0.794	0	0.675
Tyrosine	g	0.687	0	0.584
Valine	g	1.048	0	0.891
Arginine	g	1.217	0	1.034
Histidine	g	0.599	0	0.509
Alanine	g	1.231	0	1.046
Aspartic acid	g	2.084	0	1.771
Glutamic acid	g	3.038	0	2.582
Glycine	g	0.977	0	0.830
Proline	g	0.720	0	0.612
Serine	g	0.830	0	0.706
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 4g	Measure 3* 45g
Proximates:							
Water	g	50.30		0	14.26	2.01	22.64
Energy	kcal	210		0	60	8	95
Energy	kj	879		0	249	35	396
Protein (N x 5.95)	g	28.89		0	8.19	1.16	13.00
Total lipid (fat)	g	9.71		0	2.75	0.39	4.37
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	11.10		0	3.15	0.44	5.00
Sugars, total	g						
Minerals:							
Calcium	mg	232		0	66	9	104
Iron	mg	4.63		0	1.31	0.19	2.08
Magnesium	mg	69		0	20	3	31
Phosphorus	mg	252		0	71	10	113
Potassium	mg	544		0	154	22	245
Sodium	mg	3668		0	1040	147	1651
Zinc	mg	2.44		0	0.69	0.10	1.10
Copper	mg	0.339		0	0.096	0.014	0.153
Manganese	mg	0.100		0	0.028	0.004	0.045
Selenium	µg	68.1		0	19.3	2.7	30.6
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.078		0	0.022	0.003	0.035
Riboflavin	mg	0.363		0	0.103	0.015	0.163
Niacin	mg	19.903		0	5.643	0.796	8.956
Pantothenic acid	mg	0.909		0	0.258	0.036	0.409
Vitamin B-6	mg	0.203		0	0.058	0.008	0.091
Folate	µg	13		0	4	1	6
Vitamin B-12	µg	0.88		0	0.25	0.04	0.40
Vitamin A	IU	70		0	20	3	32
Vitamin A, RE	µg	21		0	6	1	9
Vitamin E, α-TE	mg	5.000		0	1.418	0.200	2.250
Lipids:							
Saturated, total	g	2.203		0	0.625	0.088	0.991
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.020		0	0.006	0.001	0.009
14:0	g	0.428		0	0.121	0.017	0.193
15.0	g						
16:0	g	1.326		0	0.376	0.053	0.597
17:0	g						
18:0	g	0.420		0	0.119	0.017	0.189
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.770	0	1.069	0.151	1.697
14:1	g					
16:1	g	0.590	0	0.167	0.024	0.265
18:1	g	2.942	0	0.834	0.118	1.324
20:1	g	0.009	0	0.003	0.000	0.004
22.1	g	0.163	0	0.046	0.007	0.073
Polyunsaturated, total	g	2.562	0	0.726	0.102	1.153
18:2	g	0.362	0	0.103	0.014	0.163
18:3	g	0.017	0	0.005	0.001	0.008
18:4	g	0.078	0	0.022	0.003	0.035
20:4	g	0.010	0	0.003	0.000	0.005
20:5	g	0.763	0	0.216	0.031	0.343
22:5	g	0.041	0	0.012	0.002	0.018
22:6	g	1.292	0	0.366	0.052	0.581
Cholesterol	mg	85	0	24	3	38
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.324	0	0.092	0.013	0.146
Threonine	g	1.266	0	0.359	0.051	0.570
Isoleucine	g	1.331	0	0.377	0.053	0.599
Leucine	g	2.348	0	0.666	0.094	1.057
Lysine	g	2.653	0	0.752	0.106	1.194
Methionine	g	0.855	0	0.242	0.034	0.385
Cystine	g	0.310	0	0.088	0.012	0.139
Phenylalanine	g	1.128	0	0.320	0.045	0.508
Tyrosine	g	0.975	0	0.276	0.039	0.439
Valine	g	1.488	0	0.422	0.060	0.670
Arginine	g	1.729	0	0.490	0.069	0.778
Histidine	g	0.850	0	0.241	0.034	0.383
Alanine	g	1.747	0	0.495	0.070	0.786
Aspartic acid	g	2.958	0	0.839	0.118	1.331
Glutamic acid	g	4.312	0	1.222	0.172	1.940
Glycine	g	1.387	0	0.393	0.055	0.624
Proline	g	1.021	0	0.289	0.041	0.459
Serine	g	1.179	0	0.334	0.047	0.531
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz, boneless
Measure 2: 1 anchovy
Measure 3: 1 can (2 oz) drained

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

Percichthyidae and Centrarchidae

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 79g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	75.66	0.694	16	59.77	64.31	
Energy	kcal	114		0	90	97	
Energy	kj	477		0	377	405	
Protein (N x 5.95)	g	18.86	0.506	16	14.90	16.03	
Total lipid (fat)	g	3.69		17	2.92	3.14	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.52	0.292	16	1.20	1.29	
Sugars, total	g						
Minerals:							
Calcium	mg	80		2	63	68	
Iron	mg	1.49		2	1.18	1.27	
Magnesium	mg	30		2	24	26	
Phosphorus	mg	200		2	158	170	
Potassium	mg	356		11	281	303	
Sodium	mg	70		2	55	60	
Zinc	mg	0.65	0.129	62	0.51	0.55	
Copper	mg	0.093		51	0.073	0.079	
Manganese	mg	0.889		21	0.702	0.756	
Selenium	µg	12.6		0	10.0	10.7	
Vitamins:							
Ascorbic acid	mg	2.0		0	1.6	1.7	
Thiamin	mg	0.075		0	0.059	0.064	
Riboflavin	mg	0.074		0	0.058	0.063	
Niacin	mg	1.250		0	0.988	1.063	
Pantothenic acid	mg	0.750		0	0.593	0.637	
Vitamin B-6	mg	0.120		0	0.095	0.102	
Folate	µg	15		0	12	13	
Vitamin B-12	µg	2.00		0	1.58	1.70	
Vitamin A	IU	100		0	79	85	
Vitamin A, RE	µg	30		0	24	26	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.780		0	0.616	0.663	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.087		9	0.069	0.074	
15.0	g						
16:0	g	0.593		9	0.468	0.504	
17:0	g						
18:0	g	0.100		9	0.079	0.085	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.431	0	1.130	1.216
14:1	g				
16:1	g	0.382	9	0.302	0.325
18:1	g	0.991	9	0.783	0.842
20:1	g	0.057	2	0.045	0.048
22.1	g				
Polyunsaturated, total	g	1.062	0	0.839	0.903
18:2	g	0.087	9	0.069	0.074
18:3	g	0.111	9	0.088	0.094
18:4	g	0.039	6	0.031	0.033
20:4	g	0.144	9	0.114	0.122
20:5	g	0.238	9	0.188	0.202
22:5	g	0.084	9	0.066	0.071
22:6	g	0.357	9	0.282	0.303
Cholesterol	mg	68	2	54	58
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.211	0	0.167	0.179
Threonine	g	0.827	0	0.653	0.703
Isoleucine	g	0.869	0	0.687	0.739
Leucine	g	1.533	0	1.211	1.303
Lysine	g	1.732	0	1.368	1.472
Methionine	g	0.558	0	0.441	0.474
Cystine	g	0.202	0	0.160	0.172
Phenylalanine	g	0.736	0	0.581	0.626
Tyrosine	g	0.637	0	0.503	0.541
Valine	g	0.971	0	0.767	0.825
Arginine	g	1.128	0	0.891	0.959
Histidine	g	0.555	0	0.438	0.472
Alanine	g	1.140	0	0.901	0.969
Aspartic acid	g	1.931	0	1.525	1.641
Glutamic acid	g	2.815	0	2.224	2.393
Glycine	g	0.905	0	0.715	0.769
Proline	g	0.667	0	0.527	0.567
Serine	g	0.769	0	0.608	0.654
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15004 Finfish, bass, striped, raw

Morone saxatilis (Walbaum)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 159g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	79.22	0.522	10	125.96	67.34	
Energy	kcal	97		0	154	82	
Energy	kj	406		0	646	345	
Protein (N x 5.95)	g	17.73	0.391	10	28.19	15.07	
Total lipid (fat)	g	2.33	0.381	14	3.70	1.98	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04	0.024	10	1.65	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	24	13	
Iron	mg	0.84		1	1.34	0.71	
Magnesium	mg	40		0	64	34	
Phosphorus	mg	198		0	315	168	
Potassium	mg	256		0	407	218	
Sodium	mg	69		0	110	59	
Zinc	mg	0.40	0.013	134	0.64	0.34	
Copper	mg	0.031	0.002	132	0.049	0.026	
Manganese	mg	0.015		0	0.024	0.013	
Selenium	µg	36.5		0	58.0	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.159	0.085	
Riboflavin	mg	0.030		0	0.048	0.026	
Niacin	mg	2.100		0	3.339	1.785	
Pantothenic acid	mg	0.750		0	1.192	0.637	
Vitamin B-6	mg	0.300		0	0.477	0.255	
Folate	µg	9		0	14	8	
Vitamin B-12	µg	3.82	0.160	8	6.07	3.25	
Vitamin A	IU	90		0	143	77	
Vitamin A, RE	µg	27		0	43	23	
Vitamin E, α-TE	mg	0.500		0	0.795	0.425	
Lipids:							
Saturated, total	g	0.507		0	0.806	0.431	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.042	0.006	2	0.067	0.036	
15.0	g						
16:0	g	0.379	0.016	2	0.603	0.322	
17:0	g						
18:0	g	0.086	0.025	2	0.137	0.073	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.660		0	1.049	0.561
14:1	g					
16:1	g	0.151	0.003	2	0.240	0.128
18:1	g	0.448	0.075	2	0.712	0.381
20:1	g	0.057	0.013	2	0.091	0.048
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.784		0	1.247	0.666
18:2	g	0.015	0.001	2	0.024	0.013
18:3	g	0.015		1	0.024	0.013
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.169	0.022	2	0.269	0.144
22:5	g	0.000		0	0.000	0.000
22:6	g	0.585	0.088	2	0.930	0.497
Cholesterol	mg	80		1	127	68
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.199		0	0.316	0.169
Threonine	g	0.777		0	1.235	0.660
Isoleucine	g	0.817		0	1.299	0.694
Leucine	g	1.441		0	2.291	1.225
Lysine	g	1.628		0	2.589	1.384
Methionine	g	0.525		0	0.835	0.446
Cystine	g	0.190		0	0.302	0.161
Phenylalanine	g	0.692		0	1.100	0.588
Tyrosine	g	0.599		0	0.952	0.509
Valine	g	0.914		0	1.453	0.777
Arginine	g	1.061		0	1.687	0.902
Histidine	g	0.522		0	0.830	0.444
Alanine	g	1.072		0	1.704	0.911
Aspartic acid	g	1.816		0	2.887	1.544
Glutamic acid	g	2.647		0	4.209	2.250
Glycine	g	0.851		0	1.353	0.723
Proline	g	0.627		0	0.997	0.533
Serine	g	0.723		0	1.150	0.615
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15005 Finfish, bluefish, raw

Pomatomus saltatrix (L.)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 150g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	70.86		3	106.29	60.23	
Energy	kcal	124		0	186	105	
Energy	kj	519		0	779	441	
Protein (N x 5.95)	g	20.04		3	30.06	17.03	
Total lipid (fat)	g	4.24		3	6.36	3.60	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		3	1.56	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	7		3	11	6	
Iron	mg	0.48	0.008	6	0.72	0.41	
Magnesium	mg	33		3	50	28	
Phosphorus	mg	227		3	341	193	
Potassium	mg	372		3	558	316	
Sodium	mg	60		3	90	51	
Zinc	mg	0.81	0.036	107	1.22	0.69	
Copper	mg	0.053	0.002	108	0.080	0.045	
Manganese	mg	0.021		3	0.032	0.018	
Selenium	µg	36.5		0	54.8	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.058		3	0.087	0.049	
Riboflavin	mg	0.080		3	0.120	0.068	
Niacin	mg	5.950		3	8.925	5.058	
Pantothenic acid	mg	0.828		3	1.242	0.704	
Vitamin B-6	mg	0.402		3	0.603	0.342	
Folate	µg	2		2	2	1	
Vitamin B-12	µg	5.39		2	8.09	4.58	
Vitamin A	IU	398		3	597	338	
Vitamin A, RE	µg	119		0	179	101	
Vitamin E, α-TE	mg	0.500		0	0.750	0.425	
Lipids:							
Saturated, total	g	0.915		0	1.373	0.778	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.179		2	0.268	0.152	
15.0	g						
16:0	g	0.576		2	0.864	0.490	
17:0	g						
18:0	g	0.160		2	0.240	0.136	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.793	0	2.689	1.524
14:1	g				
16:1	g	0.277	2	0.416	0.235
18:1	g	0.684	2	1.026	0.581
20:1	g	0.340	2	0.510	0.289
22.1	g	0.492	2	0.738	0.418
Polyunsaturated, total	g	1.060	0	1.590	0.901
18:2	g	0.060	2	0.090	0.051
18:3	g	0.000	0	0.000	0.000
18:4	g	0.167	2	0.251	0.142
20:4	g	0.000	0	0.000	0.000
20:5	g	0.252	2	0.378	0.214
22:5	g	0.062	2	0.093	0.053
22:6	g	0.519	2	0.779	0.441
Cholesterol	mg	59	0	89	50
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.224	0	0.336	0.190
Threonine	g	0.878	0	1.317	0.746
Isoleucine	g	0.923	0	1.385	0.785
Leucine	g	1.629	0	2.443	1.385
Lysine	g	1.840	0	2.760	1.564
Methionine	g	0.593	0	0.889	0.504
Cystine	g	0.215	0	0.323	0.183
Phenylalanine	g	0.782	0	1.173	0.665
Tyrosine	g	0.676	0	1.014	0.575
Valine	g	1.032	0	1.548	0.877
Arginine	g	1.199	0	1.799	1.019
Histidine	g	0.590	0	0.885	0.501
Alanine	g	1.212	0	1.818	1.030
Aspartic acid	g	2.052	0	3.078	1.744
Glutamic acid	g	2.991	0	4.487	2.542
Glycine	g	0.962	0	1.443	0.818
Proline	g	0.709	0	1.063	0.603
Serine	g	0.818	0	1.227	0.695
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet

Measure 2: 3 oz

NDB No. 15006 Finfish, burbot, raw

Lota lota (L.)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 116g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	79.26	0.648	13	91.94	67.37	
Energy	kcal	90		0	104	77	
Energy	kj	377		0	437	320	
Protein (N x 5.95)	g	19.31	0.713	14	22.40	16.41	
Total lipid (fat)	g	0.81	0.059	13	0.94	0.69	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.16	0.075	12	1.35	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	50		1	58	43	
Iron	mg	0.90		1	1.04	0.77	
Magnesium	mg	32	1.500	2	37	27	
Phosphorus	mg	200		1	232	170	
Potassium	mg	404	54.000	2	469	343	
Sodium	mg	97	26.500	2	113	82	
Zinc	mg	0.76	0.245	2	0.88	0.65	
Copper	mg	0.200		1	0.232	0.170	
Manganese	mg	0.700		1	0.812	0.595	
Selenium	µg	12.6		0	14.6	10.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.372		0	0.432	0.316	
Riboflavin	mg	0.141		0	0.164	0.120	
Niacin	mg	1.620		0	1.879	1.377	
Pantothenic acid	mg	0.150		0	0.174	0.128	
Vitamin B-6	mg	0.300		0	0.348	0.255	
Folate	µg	1		0	1	1	
Vitamin B-12	µg	0.80		0	0.93	0.68	
Vitamin A	IU	15		0	17	13	
Vitamin A, RE	µg	4		0	5	3	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.163		0	0.189	0.139	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.006		1	0.007	0.005	
15.0	g						
16:0	g	0.120	0.002	7	0.139	0.102	
17:0	g						
18:0	g	0.037	0.002	7	0.043	0.031	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.133		0	0.154	0.113
14:1	g					
16:1	g	0.026	0.004	7	0.030	0.022
18:1	g	0.098	0.002	7	0.114	0.083
20:1	g	0.006		1	0.007	0.005
22.1	g	0.003		1	0.003	0.003
Polyunsaturated, total	g	0.297		0	0.345	0.252
18:2	g	0.009	0.003	7	0.010	0.008
18:3	g					
18:4	g					
20:4	g	0.096	0.005	6	0.111	0.082
20:5	g	0.070	0.004	7	0.081	0.060
22:5	g	0.026	0.001	6	0.030	0.022
22:6	g	0.096	0.010	7	0.111	0.082
Cholesterol	mg	60	25.500	2	70	51
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.216		0	0.251	0.184
Threonine	g	0.847		0	0.983	0.720
Isoleucine	g	0.890		0	1.032	0.757
Leucine	g	1.570		0	1.821	1.335
Lysine	g	1.774		0	2.058	1.508
Methionine	g	0.572		0	0.664	0.486
Cystine	g	0.207		0	0.240	0.176
Phenylalanine	g	0.754		0	0.875	0.641
Tyrosine	g	0.652		0	0.756	0.554
Valine	g	0.995		0	1.154	0.846
Arginine	g	1.156		0	1.341	0.983
Histidine	g	0.569		0	0.660	0.484
Alanine	g	1.168		0	1.355	0.993
Aspartic acid	g	1.978		0	2.294	1.681
Glutamic acid	g	2.883		0	3.344	2.451
Glycine	g	0.927		0	1.075	0.788
Proline	g	0.683		0	0.792	0.581
Serine	g	0.788		0	0.914	0.670
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15007 Finfish, butterfish, raw

Peprilus triacanthus (Peck)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 32g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	74.13	0.681	42	23.72	63.01	
Energy	kcal	146		0	47	124	
Energy	kj	611		0	196	519	
Protein (N x 5.95)	g	17.28	0.125	42	5.53	14.69	
Total lipid (fat)	g	8.02	0.729	43	2.57	6.82	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.20	0.027	42	0.38	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	22		0	7	19	
Iron	mg	0.50		0	0.16	0.43	
Magnesium	mg	25		0	8	21	
Phosphorus	mg	240		0	77	204	
Potassium	mg	375	9.200	24	120	319	
Sodium	mg	89	3.209	24	28	76	
Zinc	mg	0.77	0.027	73	0.25	0.65	
Copper	mg	0.054	0.002	72	0.017	0.046	
Manganese	mg	0.015		0	0.005	0.013	
Selenium	µg	36.5		0	11.7	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.038	0.102	
Riboflavin	mg	0.150		0	0.048	0.128	
Niacin	mg	4.500		0	1.440	3.825	
Pantothenic acid	mg	0.750		0	0.240	0.637	
Vitamin B-6	mg	0.300		0	0.096	0.255	
Folate	µg	15		0	5	13	
Vitamin B-12	µg	1.90		0	0.61	1.62	
Vitamin A	IU	100		0	32	85	
Vitamin A, RE	µg	30		0	10	26	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.380		0	1.082	2.873	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.380	0	1.082	2.873
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.590	0	0.189	0.501
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	65	0	21	55
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.194	0	0.062	0.165
Threonine	g	0.758	0	0.243	0.644
Isoleucine	g	0.796	0	0.255	0.677
Leucine	g	1.405	0	0.450	1.194
Lysine	g	1.587	0	0.508	1.349
Methionine	g	0.512	0	0.164	0.435
Cystine	g	0.185	0	0.059	0.157
Phenylalanine	g	0.675	0	0.216	0.574
Tyrosine	g	0.583	0	0.187	0.496
Valine	g	0.890	0	0.285	0.757
Arginine	g	1.034	0	0.331	0.879
Histidine	g	0.509	0	0.163	0.433
Alanine	g	1.045	0	0.334	0.888
Aspartic acid	g	1.770	0	0.566	1.504
Glutamic acid	g	2.580	0	0.826	2.193
Glycine	g	0.830	0	0.266	0.706
Proline	g	0.611	0	0.196	0.519
Serine	g	0.705	0	0.226	0.599
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15008 Finfish, carp, raw

Cyprinus carpio (L.)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 218g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	76.31	0.362	65	166.36	64.86	
Energy	kcal	127		0	277	108	
Energy	kj	531		0	1158	451	
Protein (N x 5.95)	g	17.83	0.113	63	38.87	15.16	
Total lipid (fat)	g	5.60	0.207	163	12.21	4.76	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.46	0.128	64	3.18	1.24	
Sugars, total	g						
Minerals:							
Calcium	mg	41	6.828	11	89	35	
Iron	mg	1.24	0.200	7	2.70	1.05	
Magnesium	mg	29	2.434	7	63	25	
Phosphorus	mg	415	125.413	7	905	353	
Potassium	mg	333	35.915	14	726	283	
Sodium	mg	49	1.308	5	107	42	
Zinc	mg	1.48	0.245	44	3.23	1.26	
Copper	mg	0.057	0.009	32	0.124	0.048	
Manganese	mg	0.042		0	0.092	0.036	
Selenium	µg	12.6		0	27.5	10.7	
Vitamins:							
Ascorbic acid	mg	1.6		1	3.5	1.4	
Thiamin	mg	0.115		0	0.251	0.098	
Riboflavin	mg	0.055		0	0.120	0.047	
Niacin	mg	1.640		0	3.575	1.394	
Pantothenic acid	mg	0.750		0	1.635	0.637	
Vitamin B-6	mg	0.190		1	0.414	0.161	
Folate	µg	15		0	33	13	
Vitamin B-12	µg	1.53		1	3.34	1.30	
Vitamin A	IU	29	6.659	3	63	25	
Vitamin A, RE	µg	9		0	20	8	
Vitamin E, α-TE	mg	0.630		0	1.373	0.536	
Lipids:							
Saturated, total	g	1.083		0	2.361	0.921	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.114	0.016	13	0.249	0.097	
15.0	g						
16:0	g	0.657	0.032	13	1.432	0.558	
17:0	g						
18:0	g	0.185	0.007	13	0.403	0.157	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.328		0	5.075	1.979
14:1	g					
16:1	g	0.655	0.060	13	1.428	0.557
18:1	g	1.150	0.105	13	2.507	0.977
20:1	g	0.071	0.017	11	0.155	0.060
22.1	g	0.402		1	0.876	0.342
Polyunsaturated, total	g	1.431		0	3.120	1.216
18:2	g	0.517	0.104	13	1.127	0.439
18:3	g	0.270	0.042	13	0.589	0.230
18:4	g	0.058	0.007	9	0.126	0.049
20:4	g	0.152	0.015	12	0.331	0.129
20:5	g	0.238	0.040	12	0.519	0.202
22:5	g	0.082	0.008	11	0.179	0.070
22:6	g	0.114	0.019	13	0.249	0.097
Cholesterol	mg	66	4.375	2	144	56
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.200		0	0.436	0.170
Threonine	g	0.782		0	1.705	0.665
Isoleucine	g	0.822		0	1.792	0.699
Leucine	g	1.449		0	3.159	1.232
Lysine	g	1.638		0	3.571	1.392
Methionine	g	0.528		0	1.151	0.449
Cystine	g	0.191		0	0.416	0.162
Phenylalanine	g	0.696		0	1.517	0.592
Tyrosine	g	0.602		0	1.312	0.512
Valine	g	0.919		0	2.003	0.781
Arginine	g	1.067		0	2.326	0.907
Histidine	g	0.525		0	1.145	0.446
Alanine	g	1.078		0	2.350	0.916
Aspartic acid	g	1.826		0	3.981	1.552
Glutamic acid	g	2.662		0	5.803	2.263
Glycine	g	0.856		0	1.866	0.728
Proline	g	0.631		0	1.376	0.536
Serine	g	0.728		0	1.587	0.619
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 170g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	69.63		0	118.37	59.19	
Energy	kcal	162		0	275	138	
Energy	kj	678		0	1153	576	
Protein (N x 5.95)	g	22.86		0	38.86	19.43	
Total lipid (fat)	g	7.17		0	12.19	6.09	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.87		0	3.18	1.59	
Sugars, total	g						
Minerals:							
Calcium	mg	52		0	88	44	
Iron	mg	1.59		0	2.70	1.35	
Magnesium	mg	38		0	65	32	
Phosphorus	mg	531		0	903	451	
Potassium	mg	427		0	726	363	
Sodium	mg	63		0	107	54	
Zinc	mg	1.90		0	3.23	1.62	
Copper	mg	0.073		0	0.124	0.062	
Manganese	mg	0.050		0	0.085	0.043	
Selenium	µg	16.2		0	27.5	13.8	
Vitamins:							
Ascorbic acid	mg	1.6		0	2.7	1.4	
Thiamin	mg	0.140		0	0.238	0.119	
Riboflavin	mg	0.070		0	0.119	0.060	
Niacin	mg	2.100		0	3.570	1.785	
Pantothenic acid	mg	0.870		0	1.479	0.740	
Vitamin B-6	mg	0.219		0	0.372	0.186	
Folate	µg	17		0	29	15	
Vitamin B-12	µg	1.47		0	2.50	1.25	
Vitamin A	IU	32		0	54	27	
Vitamin A, RE	µg	9		0	15	8	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.388		0	2.360	1.180	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.146		0	0.248	0.124	
15.0	g						
16:0	g	0.842		0	1.431	0.716	
17:0	g						
18:0	g	0.237		0	0.403	0.201	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.985	0	5.074	2.537
14:1	g				
16:1	g	0.840	0	1.428	0.714
18:1	g	1.474	0	2.506	1.253
20:1	g	0.091	0	0.155	0.077
22.1	g	0.515	0	0.876	0.438
Polyunsaturated, total	g	1.835	0	3.119	1.560
18:2	g	0.663	0	1.127	0.564
18:3	g	0.346	0	0.588	0.294
18:4	g	0.074	0	0.126	0.063
20:4	g	0.195	0	0.331	0.166
20:5	g	0.305	0	0.518	0.259
22:5	g	0.105	0	0.179	0.089
22:6	g	0.146	0	0.248	0.124
Cholesterol	mg	84	0	143	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.256	0	0.435	0.218
Threonine	g	1.002	0	1.703	0.852
Isoleucine	g	1.054	0	1.792	0.896
Leucine	g	1.858	0	3.159	1.579
Lysine	g	2.100	0	3.570	1.785
Methionine	g	0.677	0	1.151	0.575
Cystine	g	0.245	0	0.417	0.208
Phenylalanine	g	0.893	0	1.518	0.759
Tyrosine	g	0.772	0	1.312	0.656
Valine	g	1.178	0	2.003	1.001
Arginine	g	1.368	0	2.326	1.163
Histidine	g	0.673	0	1.144	0.572
Alanine	g	1.383	0	2.351	1.176
Aspartic acid	g	2.341	0	3.980	1.990
Glutamic acid	g	3.413	0	5.802	2.901
Glycine	g	1.097	0	1.865	0.932
Proline	g	0.808	0	1.374	0.687
Serine	g	0.933	0	1.586	0.793
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Ictalurus punctatus (Rafinesque)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 159g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	80.36	0.301	5	127.77	68.31	
Energy	kcal	95		0	151	81	
Energy	kj	397		0	631	337	
Protein (N x 5.95)	g	16.38	0.235	5	26.04	13.92	
Total lipid (fat)	g	2.82	0.595	5	4.48	2.40	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.96	0.025	5	1.53	0.82	
Sugars, total	g						
Minerals:							
Calcium	mg	14	7.641	5	22	12	
Iron	mg	0.30	0.024	4	0.48	0.26	
Magnesium	mg	23	0.520	4	37	20	
Phosphorus	mg	209	18.568	4	332	178	
Potassium	mg	358	18.886	4	569	304	
Sodium	mg	43	3.871	4	68	37	
Zinc	mg	0.51	0.032	4	0.81	0.43	
Copper	mg	0.034	0.002	4	0.054	0.029	
Manganese	mg	0.025	0.005	4	0.040	0.021	
Selenium	µg	12.6	0.823	5	20.0	10.7	
Vitamins:							
Ascorbic acid	mg	0.7	0.225	4	1.1	0.6	
Thiamin	mg	0.210	0.030	4	0.334	0.179	
Riboflavin	mg	0.072	0.006	5	0.114	0.061	
Niacin	mg	1.907	0.167	4	3.032	1.621	
Pantothenic acid	mg	0.765	0.120	4	1.216	0.650	
Vitamin B-6	mg	0.116	0.012	4	0.184	0.099	
Folate	µg	10	0.011	2	16	9	
Vitamin B-12	µg	2.23	0.155	4	3.55	1.90	
Vitamin A	IU	50	0.000	4	80	43	
Vitamin A, RE	µg	15		0	24	13	
Vitamin E, α-TE	mg	0.600		0	0.954	0.510	
Lipids:							
Saturated, total	g	0.722		0	1.148	0.614	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.064		10	0.102	0.054	
15.0	g						
16:0	g	0.442		10	0.703	0.376	
17:0	g						
18:0	g	0.150		10	0.239	0.128	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.844		0	1.342	0.717
14:1	g					
16:1	g	0.176		10	0.280	0.150
18:1	g	0.594		10	0.944	0.505
20:1	g	0.021		10	0.033	0.018
22.1	g	0.008		10	0.013	0.007
Polyunsaturated, total	g	0.865		0	1.375	0.735
18:2	g	0.101		10	0.161	0.086
18:3	g	0.071		10	0.113	0.060
18:4	g	0.013		10	0.021	0.011
20:4	g	0.149		10	0.237	0.127
20:5	g	0.130		10	0.207	0.111
22:5	g	0.100	0.000	10	0.159	0.085
22:6	g	0.234		10	0.372	0.199
Cholesterol	mg	58	3.530	4	92	49
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.183		0	0.291	0.156
Threonine	g	0.718		0	1.142	0.610
Isoleucine	g	0.755		0	1.200	0.642
Leucine	g	1.331		0	2.116	1.131
Lysine	g	1.504		0	2.391	1.278
Methionine	g	0.485		0	0.771	0.412
Cystine	g	0.176		0	0.280	0.150
Phenylalanine	g	0.639		0	1.016	0.543
Tyrosine	g	0.553		0	0.879	0.470
Valine	g	0.844		0	1.342	0.717
Arginine	g	0.980		0	1.558	0.833
Histidine	g	0.482		0	0.766	0.410
Alanine	g	0.991		0	1.576	0.842
Aspartic acid	g	1.677		0	2.666	1.425
Glutamic acid	g	2.445		0	3.888	2.078
Glycine	g	0.786		0	1.250	0.668
Proline	g	0.579		0	0.921	0.492
Serine	g	0.668		0	1.062	0.568
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 87g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.81		0	51.16	49.99	
Energy	kcal	229		0	199	195	
Energy	kj	958		0	833	814	
Protein (N x 5.95)	g	18.09		0	15.74	15.38	
Total lipid (fat)	g	13.33		0	11.60	11.33	
Carbohydrate, by difference	g	8.04		0	6.99	6.83	
Fiber, total dietary	g	0.7		0	0.7	0.6	
Ash	g	1.26		0	1.10	1.07	
Sugars, total	g						
Minerals:							
Calcium	mg	44		0	38	37	
Iron	mg	1.43		0	1.24	1.22	
Magnesium	mg	27		0	23	23	
Phosphorus	mg	216		0	188	184	
Potassium	mg	340		0	296	289	
Sodium	mg	280		0	244	238	
Zinc	mg	0.86		0	0.75	0.73	
Copper	mg	0.101		0	0.088	0.086	
Manganese	mg	0.040		0	0.035	0.034	
Selenium	µg	13.9		0	12.1	11.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.073		0	0.064	0.062	
Riboflavin	mg	0.133		0	0.116	0.113	
Niacin	mg	2.282		0	1.985	1.940	
Pantothenic acid	mg	0.730		0	0.635	0.620	
Vitamin B-6	mg	0.190		0	0.165	0.161	
Folate	µg	30		0	26	26	
Vitamin B-12	µg	1.90		0	1.65	1.62	
Vitamin A	IU	28		0	24	24	
Vitamin A, RE	µg	8		0	7	7	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.288		0	2.861	2.795	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.091		0	0.079	0.077	
15.0	g						
16:0	g	2.008		0	1.747	1.707	
17:0	g						
18:0	g	1.169		0	1.017	0.994	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.611	0	4.882	4.769
14:1	g				
16:1	g	0.171	0	0.149	0.145
18:1	g	5.347	0	4.652	4.545
20:1	g	0.049	0	0.043	0.042
22.1	g	0.002	0	0.002	0.002
Polyunsaturated, total	g	3.325	0	2.893	2.826
18:2	g	2.616	0	2.276	2.224
18:3	g	0.178	0	0.155	0.151
18:4	g	0.030	0	0.026	0.026
20:4	g	0.098	0	0.085	0.083
20:5	g	0.119	0	0.104	0.101
22:5	g	0.057	0	0.050	0.048
22:6	g	0.222	0	0.193	0.189
Cholesterol	mg	81	0	70	69
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.200	0	0.174	0.170
Threonine	g	0.790	0	0.687	0.672
Isoleucine	g	0.836	0	0.727	0.711
Leucine	g	1.508	0	1.312	1.282
Lysine	g	1.597	0	1.389	1.357
Methionine	g	0.527	0	0.458	0.448
Cystine	g	0.205	0	0.178	0.174
Phenylalanine	g	0.726	0	0.632	0.617
Tyrosine	g	0.622	0	0.541	0.529
Valine	g	0.943	0	0.820	0.802
Arginine	g	1.077	0	0.937	0.915
Histidine	g	0.530	0	0.461	0.451
Alanine	g	1.103	0	0.960	0.938
Aspartic acid	g	1.817	0	1.581	1.544
Glutamic acid	g	2.720	0	2.366	2.312
Glycine	g	0.851	0	0.740	0.723
Proline	g	0.686	0	0.597	0.583
Serine	g	0.764	0	0.665	0.649
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 16g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	47.50		6	7.60	13.47	
Energy	kcal	252		0	40	71	
Energy	kj	1054		0	169	299	
Protein (N x 5.95)	g	24.60		6	3.94	6.97	
Total lipid (fat)	g	17.90		6	2.86	5.07	
Carbohydrate, by difference	g	4.00		0	0.64	1.13	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	6.50		2	1.04	1.84	
Sugars, total	g						
Minerals:							
Calcium	mg	275		0	44	78	
Iron	mg	11.88		0	1.90	3.37	
Magnesium	mg	300		0	48	85	
Phosphorus	mg	356		0	57	101	
Potassium	mg	181		0	29	51	
Sodium	mg	1500		0	240	425	
Zinc	mg	0.95		0	0.15	0.27	
Copper	mg	0.110		0	0.018	0.031	
Manganese	mg	0.050		0	0.008	0.014	
Selenium	µg	65.5		0	10.5	18.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.190		0	0.030	0.054	
Riboflavin	mg	0.620		0	0.099	0.176	
Niacin	mg	0.120		0	0.019	0.034	
Pantothenic acid	mg	3.500		0	0.560	0.992	
Vitamin B-6	mg	0.320		0	0.051	0.091	
Folate	µg	50		0	8	14	
Vitamin B-12	µg	20.00		0	3.20	5.67	
Vitamin A	IU	1868		0	299	530	
Vitamin A, RE	µg	560		0	90	159	
Vitamin E, α-TE	mg	7.000		0	1.120	1.985	
Lipids:							
Saturated, total	g	4.060		0	0.650	1.151	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.212		0	0.034	0.060	
15.0	g						
16:0	g	3.555		0	0.569	1.008	
17:0	g						
18:0	g	0.293		0	0.047	0.083	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.631	0	0.741	1.313
14:1	g				
16:1	g	1.043	0	0.167	0.296
18:1	g	3.165	0	0.506	0.897
20:1	g	0.309	0	0.049	0.088
22.1	g	0.114	0	0.018	0.032
Polyunsaturated, total	g	7.405	0	1.185	2.099
18:2	g	0.081	0	0.013	0.023
18:3	g	0.017	0	0.003	0.005
18:4	g	0.033	0	0.005	0.009
20:4	g	0.505	0	0.081	0.143
20:5	g	2.741	0	0.439	0.777
22:5	g	0.229	0	0.037	0.065
22:6	g	3.800	0	0.608	1.077
Cholesterol	mg	588	0	94	167
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.323	0	0.052	0.092
Threonine	g	1.263	6	0.202	0.358
Isoleucine	g	1.035	6	0.166	0.293
Leucine	g	2.133	6	0.341	0.605
Lysine	g	1.834	6	0.293	0.520
Methionine	g	0.646	6	0.103	0.183
Cystine	g	0.449	6	0.072	0.127
Phenylalanine	g	1.071	6	0.171	0.304
Tyrosine	g	0.968	6	0.155	0.274
Valine	g	1.263	6	0.202	0.358
Arginine	g	1.590	6	0.254	0.451
Histidine	g	0.649	6	0.104	0.184
Alanine	g	1.653	6	0.264	0.469
Aspartic acid	g	2.385	6	0.382	0.676
Glutamic acid	g	3.633	6	0.581	1.030
Glycine	g	0.740	6	0.118	0.210
Proline	g	1.200	6	0.192	0.340
Serine	g	1.897	6	0.304	0.538
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 oz

NDB No. 15013 Finfish, cisco, raw

Coregonus artedi Lesueur

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 79g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	78.93	0.310	68	62.35	67.09	
Energy	kcal	98		0	77	83	
Energy	kj	410		0	324	349	
Protein (N x 5.95)	g	18.99	0.225	68	15.00	16.14	
Total lipid (fat)	g	1.91	0.149	69	1.51	1.62	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.20	0.032	70	0.95	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	9	10	
Iron	mg	0.40		0	0.32	0.34	
Magnesium	mg	17		0	13	14	
Phosphorus	mg	152		0	120	129	
Potassium	mg	354	8.519	18	280	301	
Sodium	mg	55	1.653	18	43	47	
Zinc	mg	0.37		1	0.29	0.31	
Copper	mg	0.072		0	0.057	0.061	
Manganese	mg	0.067		0	0.053	0.057	
Selenium	µg	12.6		0	10.0	10.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.088		0	0.070	0.075	
Riboflavin	mg	0.100		0	0.079	0.085	
Niacin	mg	2.510		0	1.983	2.133	
Pantothenic acid	mg	0.750		0	0.593	0.637	
Vitamin B-6	mg	0.300		0	0.237	0.255	
Folate	µg	15		0	12	13	
Vitamin B-12	µg	1.00		0	0.79	0.85	
Vitamin A	IU	100		0	79	85	
Vitamin A, RE	µg	30		0	24	26	
Vitamin E, α-TE	mg	0.065		0	0.051	0.055	
Lipids:							
Saturated, total	g	0.421		0	0.333	0.358	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.088		1	0.070	0.075	
15.0	g						
16:0	g	0.285		1	0.225	0.242	
17:0	g						
18:0	g	0.048		1	0.038	0.041	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.469	0	0.371	0.399
14:1	g				
16:1	g	0.114	1	0.090	0.097
18:1	g	0.291	1	0.230	0.247
20:1	g	0.019	1	0.015	0.016
22.1	g	0.045	1	0.036	0.038
Polyunsaturated, total	g	0.613	0	0.484	0.521
18:2	g	0.069	1	0.055	0.059
18:3	g	0.055	1	0.043	0.047
18:4	g	0.029	1	0.023	0.025
20:4	g	0.055	1	0.043	0.047
20:5	g	0.095	1	0.075	0.081
22:5	g	0.053	1	0.042	0.045
22:6	g	0.257	1	0.203	0.218
Cholesterol	mg	50	0	40	43
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.213	0	0.168	0.181
Threonine	g	0.832	0	0.657	0.707
Isoleucine	g	0.875	0	0.691	0.744
Leucine	g	1.543	0	1.219	1.312
Lysine	g	1.744	0	1.378	1.482
Methionine	g	0.562	0	0.444	0.478
Cystine	g	0.204	0	0.161	0.173
Phenylalanine	g	0.741	0	0.585	0.630
Tyrosine	g	0.641	0	0.506	0.545
Valine	g	0.978	0	0.773	0.831
Arginine	g	1.136	0	0.897	0.966
Histidine	g	0.559	0	0.442	0.475
Alanine	g	1.148	0	0.907	0.976
Aspartic acid	g	1.944	0	1.536	1.652
Glutamic acid	g	2.834	0	2.239	2.409
Glycine	g	0.911	0	0.720	0.774
Proline	g	0.671	0	0.530	0.570
Serine	g	0.775	0	0.612	0.659
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15014 Finfish, cisco, smoked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	69.80		2	19.79	59.33	
Energy	kcal	177		0	50	150	
Energy	kj	741		0	210	630	
Protein (N x 5.95)	g	16.36		2	4.64	13.91	
Total lipid (fat)	g	11.90		2	3.37	10.12	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.00		2	0.57	1.70	
Sugars, total	g						
Minerals:							
Calcium	mg	26		2	7	22	
Iron	mg	0.49		2	0.14	0.42	
Magnesium	mg	17		2	5	14	
Phosphorus	mg	150		2	43	128	
Potassium	mg	293		2	83	249	
Sodium	mg	481		2	136	409	
Zinc	mg	0.30		2	0.09	0.26	
Copper	mg	0.215		2	0.061	0.183	
Manganese	mg	0.021		2	0.006	0.018	
Selenium	µg	18.1		0	5.1	15.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.046		2	0.013	0.039	
Riboflavin	mg	0.159		2	0.045	0.135	
Niacin	mg	2.310		2	0.655	1.964	
Pantothenic acid	mg	0.308		2	0.087	0.262	
Vitamin B-6	mg	0.268		2	0.076	0.228	
Folate	µg	2		2	1	2	
Vitamin B-12	µg	4.26		2	1.21	3.62	
Vitamin A	IU	943		2	267	802	
Vitamin A, RE	µg	283		0	80	241	
Vitamin E, α-TE	mg	0.200		0	0.057	0.170	
Lipids:							
Saturated, total	g	1.741		0	0.494	1.480	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.654		2	0.185	0.556	
15.0	g						
16:0	g	0.888		2	0.252	0.755	
17:0	g						
18:0	g	0.199		2	0.056	0.169	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.484	0	1.555	4.661
14:1	g				
16:1	g	2.665	2	0.756	2.265
18:1	g	2.450	2	0.695	2.083
20:1	g	0.369	2	0.105	0.314
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.274	0	0.645	1.933
18:2	g	0.422	2	0.120	0.359
18:3	g	0.000	0	0.000	0.000
18:4	g	0.227	2	0.064	0.193
20:4	g	0.106	2	0.030	0.090
20:5	g	0.639	2	0.181	0.543
22:5	g	0.268	2	0.076	0.228
22:6	g	0.612	2	0.174	0.520
Cholesterol	mg	32	2	9	27
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.183	0	0.052	0.156
Threonine	g	0.717	0	0.203	0.609
Isoleucine	g	0.754	0	0.214	0.641
Leucine	g	1.330	0	0.377	1.131
Lysine	g	1.503	0	0.426	1.278
Methionine	g	0.484	0	0.137	0.411
Cystine	g	0.175	0	0.050	0.149
Phenylalanine	g	0.639	0	0.181	0.543
Tyrosine	g	0.552	0	0.156	0.469
Valine	g	0.843	0	0.239	0.717
Arginine	g	0.979	0	0.278	0.832
Histidine	g	0.482	0	0.137	0.410
Alanine	g	0.990	0	0.281	0.842
Aspartic acid	g	1.676	0	0.475	1.425
Glutamic acid	g	2.443	0	0.693	2.077
Glycine	g	0.785	0	0.223	0.667
Proline	g	0.579	0	0.164	0.492
Serine	g	0.668	0	0.189	0.568
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 3 oz

NDB No. 15015 Finfish, cod, Atlantic, raw

Gadus morhua (L.)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 231g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	81.22	0.040	537	187.62	69.04	
Energy	kcal	82		0	189	70	
Energy	kj	343		0	792	292	
Protein (N x 5.95)	g	17.81	0.040	605	41.14	15.14	
Total lipid (fat)	g	0.67	0.007	293	1.55	0.57	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.16	0.013	165	2.68	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	16	1.489	101	37	14	
Iron	mg	0.38	0.031	26	0.88	0.32	
Magnesium	mg	32	1.273	30	74	27	
Phosphorus	mg	203	3.657	75	469	173	
Potassium	mg	413	11.091	49	954	351	
Sodium	mg	54	3.370	44	125	46	
Zinc	mg	0.45	0.012	188	1.04	0.38	
Copper	mg	0.028	0.001	136	0.065	0.024	
Manganese	mg	0.015		0	0.035	0.013	
Selenium	µg	33.1	2.412	11	76.5	28.1	
Vitamins:							
Ascorbic acid	mg	1.0	1.000	2	2.3	0.9	
Thiamin	mg	0.076	0.004	40	0.176	0.065	
Riboflavin	mg	0.065	0.004	68	0.150	0.055	
Niacin	mg	2.063	0.074	69	4.766	1.754	
Pantothenic acid	mg	0.153	0.009	45	0.353	0.130	
Vitamin B-6	mg	0.245	0.035	4	0.566	0.208	
Folate	µg	7		0	16	6	
Vitamin B-12	µg	0.91	0.051	55	2.10	0.77	
Vitamin A	IU	40		1	92	34	
Vitamin A, RE	µg	12		0	28	10	
Vitamin E, α-TE	mg	0.230		0	0.531	0.196	
Lipids:							
Saturated, total	g	0.131		0	0.303	0.111	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.009		25	0.021	0.008	
15.0	g						
16:0	g	0.091		26	0.210	0.077	
17:0	g						
18:0	g	0.030		26	0.069	0.026	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.094		0	0.217	0.080
14:1	g					
16:1	g	0.016		26	0.037	0.014
18:1	g	0.061		26	0.141	0.052
20:1	g	0.015		23	0.035	0.013
22.1	g	0.003		19	0.007	0.003
Polyunsaturated, total	g	0.231		0	0.534	0.196
18:2	g	0.005		25	0.012	0.004
18:3	g	0.001		19	0.002	0.001
18:4	g	0.001		22	0.002	0.001
20:4	g	0.022		23	0.051	0.019
20:5	g	0.064		26	0.148	0.054
22:5	g	0.010		22	0.023	0.009
22:6	g	0.120		26	0.277	0.102
Cholesterol	mg	43	0.969	37	99	37
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.199		0	0.460	0.169
Threonine	g	0.781		0	1.804	0.664
Isoleucine	g	0.821		0	1.897	0.698
Leucine	g	1.447		0	3.343	1.230
Lysine	g	1.635		0	3.777	1.390
Methionine	g	0.527		0	1.217	0.448
Cystine	g	0.191		0	0.441	0.162
Phenylalanine	g	0.695		0	1.605	0.591
Tyrosine	g	0.601		0	1.388	0.511
Valine	g	0.917		0	2.118	0.779
Arginine	g	1.066		0	2.462	0.906
Histidine	g	0.524		0	1.210	0.445
Alanine	g	1.077		0	2.488	0.915
Aspartic acid	g	1.823		0	4.211	1.550
Glutamic acid	g	2.658		0	6.140	2.259
Glycine	g	0.855		0	1.975	0.727
Proline	g	0.630		0	1.455	0.536
Serine	g	0.726		0	1.677	0.617
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 180g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	75.92		0	136.66	64.53	
Energy	kcal	105		0	189	89	
Energy	kj	439		0	790	373	
Protein (N x 5.95)	g	22.83		0	41.09	19.41	
Total lipid (fat)	g	0.86		0	1.55	0.73	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.49		0	2.68	1.27	
Sugars, total	g						
Minerals:							
Calcium	mg	14	2.300	2	25	12	
Iron	mg	0.49		0	0.88	0.42	
Magnesium	mg	42	3.720	2	76	36	
Phosphorus	mg	138	2.000	2	248	117	
Potassium	mg	244	13.685	2	439	207	
Sodium	mg	78	13.225	2	140	66	
Zinc	mg	0.58		0	1.04	0.49	
Copper	mg	0.036		0	0.065	0.031	
Manganese	mg	0.020		0	0.036	0.017	
Selenium	µg	37.6	1.558	29	67.7	32.0	
Vitamins:							
Ascorbic acid	mg	1.0		0	1.8	0.9	
Thiamin	mg	0.088		0	0.158	0.075	
Riboflavin	mg	0.079		0	0.142	0.067	
Niacin	mg	2.513		0	4.523	2.136	
Pantothenic acid	mg	0.180		0	0.324	0.153	
Vitamin B-6	mg	0.283		0	0.509	0.241	
Folate	µg	8		0	15	7	
Vitamin B-12	µg	1.05		0	1.89	0.89	
Vitamin A	IU	46		0	83	39	
Vitamin A, RE	µg	14		0	25	12	
Vitamin E, α-TE	mg	0.300		0	0.540	0.255	
Lipids:							
Saturated, total	g	0.168		0	0.302	0.143	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.012		0	0.022	0.010	
15.0	g						
16:0	g	0.117		0	0.211	0.099	
17:0	g						
18:0	g	0.038		0	0.068	0.032	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.124	0	0.223	0.105
14:1	g				
16:1	g	0.021	0	0.038	0.018
18:1	g	0.078	0	0.140	0.066
20:1	g	0.019	0	0.034	0.016
22.1	g	0.004	0	0.007	0.003
Polyunsaturated, total	g	0.292	0	0.526	0.248
18:2	g	0.006	0	0.011	0.005
18:3	g	0.001	0	0.002	0.001
18:4	g	0.001	0	0.002	0.001
20:4	g	0.028	0	0.050	0.024
20:5	g	0.004	0	0.007	0.003
22:5	g	0.013	0	0.023	0.011
22:6	g	0.154	0	0.277	0.131
Cholesterol	mg	55	0	99	47
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.256	0	0.461	0.218
Threonine	g	1.001	0	1.802	0.851
Isoleucine	g	1.052	0	1.894	0.894
Leucine	g	1.856	0	3.341	1.578
Lysine	g	2.097	0	3.775	1.782
Methionine	g	0.676	0	1.217	0.575
Cystine	g	0.245	0	0.441	0.208
Phenylalanine	g	0.891	0	1.604	0.757
Tyrosine	g	0.771	0	1.388	0.655
Valine	g	1.176	0	2.117	1.000
Arginine	g	1.366	0	2.459	1.161
Histidine	g	0.672	0	1.210	0.571
Alanine	g	1.381	0	2.486	1.174
Aspartic acid	g	2.338	0	4.208	1.987
Glutamic acid	g	3.408	0	6.134	2.897
Glycine	g	1.096	0	1.973	0.932
Proline	g	0.807	0	1.453	0.686
Serine	g	0.932	0	1.678	0.792
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 312g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	75.61		0	235.90	64.27	
Energy	kcal	105		0	328	89	
Energy	kj	439		0	1370	373	
Protein (N x 5.95)	g	22.76		0	71.01	19.35	
Total lipid (fat)	g	0.86		0	2.68	0.73	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.49		0	4.65	1.27	
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	66	18	
Iron	mg	0.49		0	1.53	0.42	
Magnesium	mg	41		0	128	35	
Phosphorus	mg	260		0	811	221	
Potassium	mg	528		0	1647	449	
Sodium	mg	218		0	680	185	
Zinc	mg	0.58		0	1.81	0.49	
Copper	mg	0.037		0	0.115	0.031	
Manganese	mg	0.020		0	0.062	0.017	
Selenium	µg	38.1		0	118.9	32.4	
Vitamins:							
Ascorbic acid	mg	1.0		0	3.1	0.9	
Thiamin	mg	0.087		0	0.271	0.074	
Riboflavin	mg	0.079		0	0.246	0.067	
Niacin	mg	2.505		0	7.816	2.129	
Pantothenic acid	mg	0.170		0	0.530	0.145	
Vitamin B-6	mg	0.282		0	0.880	0.240	
Folate	µg	8		0	25	7	
Vitamin B-12	µg	1.04		0	3.26	0.89	
Vitamin A	IU	46		0	144	39	
Vitamin A, RE	µg	14		0	44	12	
Vitamin E, α-TE	mg	0.200		0	0.624	0.170	
Lipids:							
Saturated, total	g	0.167		0	0.521	0.142	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.012		0	0.037	0.010	
15.0	g						
16:0	g	0.116		0	0.362	0.099	
17:0	g						
18:0	g	0.038		0	0.119	0.032	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.124	0	0.387	0.105
14:1	g				
16:1	g	0.020	0	0.062	0.017
18:1	g	0.078	0	0.243	0.066
20:1	g	0.019	0	0.059	0.016
22.1	g	0.004	0	0.012	0.003
Polyunsaturated, total	g	0.291	0	0.908	0.247
18:2	g	0.006	0	0.019	0.005
18:3	g	0.001	0	0.003	0.001
18:4	g	0.001	0	0.003	0.001
20:4	g	0.028	0	0.087	0.024
20:5	g	0.004	0	0.012	0.003
22:5	g	0.013	0	0.041	0.011
22:6	g	0.153	0	0.477	0.130
Cholesterol	mg	55	0	172	47
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.255	0	0.796	0.217
Threonine	g	0.998	0	3.114	0.848
Isoleucine	g	1.049	0	3.273	0.892
Leucine	g	1.850	0	5.772	1.573
Lysine	g	2.091	0	6.524	1.777
Methionine	g	0.674	0	2.103	0.573
Cystine	g	0.244	0	0.761	0.207
Phenylalanine	g	0.889	0	2.774	0.756
Tyrosine	g	0.768	0	2.396	0.653
Valine	g	1.173	0	3.660	0.997
Arginine	g	1.362	0	4.249	1.158
Histidine	g	0.670	0	2.090	0.570
Alanine	g	1.377	0	4.296	1.170
Aspartic acid	g	2.331	0	7.273	1.981
Glutamic acid	g	3.398	0	10.602	2.888
Glycine	g	1.093	0	3.410	0.929
Proline	g	0.805	0	2.512	0.684
Serine	g	0.929	0	2.898	0.790
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 can
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 80g	Measure 3* 85g
Proximates:							
Water	g	16.14		0	4.58	12.91	13.72
Energy	kcal	290		0	82	232	247
Energy	kj	1213		0	344	970	1031
Protein (N x 5.95)	g	62.82		0	17.81	50.26	53.40
Total lipid (fat)	g	2.37		0	0.67	1.90	2.01
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	18.67		0	5.29	14.94	15.87
Sugars, total	g						
Minerals:							
Calcium	mg	160		1	45	128	136
Iron	mg	2.50		1	0.71	2.00	2.13
Magnesium	mg	133		0	38	106	113
Phosphorus	mg	950		1	269	760	808
Potassium	mg	1458		0	413	1166	1239
Sodium	mg	7027		0	1992	5622	5973
Zinc	mg	1.59		0	0.45	1.27	1.35
Copper	mg	0.176		0	0.050	0.141	0.150
Manganese	mg	0.050		0	0.014	0.040	0.043
Selenium	µg	147.8		0	41.9	118.2	125.6
Vitamins:							
Ascorbic acid	mg	3.5		0	1.0	2.8	3.0
Thiamin	mg	0.268		0	0.076	0.214	0.228
Riboflavin	mg	0.240		1	0.068	0.192	0.204
Niacin	mg	7.500		1	2.126	6.000	6.375
Pantothenic acid	mg	1.675		1	0.475	1.340	1.424
Vitamin B-6	mg	0.864		0	0.245	0.691	0.734
Folate	µg	25		0	7	20	21
Vitamin B-12	µg	10.00		1	2.84	8.00	8.50
Vitamin A	IU	141		0	40	113	120
Vitamin A, RE	µg	42		0	12	34	36
Vitamin E, α-TE	mg	0.600		0	0.170	0.480	0.510
Lipids:							
Saturated, total	g	0.462		0	0.131	0.370	0.393
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.032		0	0.009	0.026	0.027
15.0	g						
16:0	g	0.321		0	0.091	0.257	0.273
17:0	g						
18:0	g	0.106		0	0.030	0.085	0.090
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.342	0	0.097	0.274	0.291
14:1	g					
16:1	g	0.056	0	0.016	0.045	0.048
18:1	g	0.215	0	0.061	0.172	0.183
20:1	g	0.053	0	0.015	0.042	0.045
22.1	g	0.011	0	0.003	0.009	0.009
Polyunsaturated, total	g	0.804	0	0.228	0.643	0.683
18:2	g	0.018	0	0.005	0.014	0.015
18:3	g	0.004	0	0.001	0.003	0.003
18:4	g	0.004	0	0.001	0.003	0.003
20:4	g	0.078	0	0.022	0.062	0.066
20:5	g	0.011	0	0.003	0.009	0.009
22:5	g	0.035	0	0.010	0.028	0.030
22:6	g	0.423	0	0.120	0.338	0.360
Cholesterol	mg	152	0	43	122	129
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.704	0	0.200	0.563	0.598
Threonine	g	2.754	0	0.781	2.203	2.341
Isoleucine	g	2.895	0	0.821	2.316	2.461
Leucine	g	5.106	0	1.448	4.085	4.340
Lysine	g	5.769	0	1.636	4.615	4.904
Methionine	g	1.859	0	0.527	1.487	1.580
Cystine	g	0.673	0	0.191	0.538	0.572
Phenylalanine	g	2.452	0	0.695	1.962	2.084
Tyrosine	g	2.121	0	0.601	1.697	1.803
Valine	g	3.236	0	0.917	2.589	2.751
Arginine	g	3.759	0	1.066	3.007	3.195
Histidine	g	1.849	0	0.524	1.479	1.572
Alanine	g	3.799	0	1.077	3.039	3.229
Aspartic acid	g	6.433	0	1.824	5.146	5.468
Glutamic acid	g	9.378	0	2.659	7.502	7.971
Glycine	g	3.015	0	0.855	2.412	2.563
Proline	g	2.221	0	0.630	1.777	1.888
Serine	g	2.563	0	0.727	2.050	2.179
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 piece (5-1/2" x 1-1/2" x 1/2")
Measure 3: 3 oz

NDB No. 15019 Finfish, cod, Pacific, raw

Gadus macrocephalus Tilesius

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 116g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	81.28	0.058	237	94.28	69.09	
Energy	kcal	82		0	95	70	
Energy	kj	343		0	398	292	
Protein (N x 5.95)	g	17.90	0.260	226	20.76	15.21	
Total lipid (fat)	g	0.63	0.031	18	0.73	0.54	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.20	0.007	226	1.39	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	7		1	8	6	
Iron	mg	0.26	0.024	3	0.30	0.22	
Magnesium	mg	24		1	28	20	
Phosphorus	mg	174		1	202	148	
Potassium	mg	403	2.102	126	467	343	
Sodium	mg	71	1.109	126	82	60	
Zinc	mg	0.40	0.015	60	0.46	0.34	
Copper	mg	0.026	0.002	61	0.030	0.022	
Manganese	mg	0.012		1	0.014	0.010	
Selenium	µg	36.5		0	42.3	31.0	
Vitamins:							
Ascorbic acid	mg	2.9		0	3.4	2.5	
Thiamin	mg	0.022	0.003	3	0.026	0.019	
Riboflavin	mg	0.042	0.002	3	0.049	0.036	
Niacin	mg	2.040	0.248	3	2.366	1.734	
Pantothenic acid	mg	0.140	0.040	2	0.162	0.119	
Vitamin B-6	mg	0.400		0	0.464	0.340	
Folate	µg	7		0	8	6	
Vitamin B-12	µg	0.90		0	1.04	0.77	
Vitamin A	IU	28		1	32	24	
Vitamin A, RE	µg	8		0	9	7	
Vitamin E, α-TE	mg	0.230		0	0.267	0.196	
Lipids:							
Saturated, total	g	0.081		0	0.094	0.069	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.003		1	0.003	0.003	
15.0	g						
16:0	g	0.066		1	0.077	0.056	
17:0	g						
18:0	g	0.012		1	0.014	0.010	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.082	0	0.095	0.070
14:1	g				
16:1	g	0.031	1	0.036	0.026
18:1	g	0.051	1	0.059	0.043
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.244	0	0.283	0.207
18:2	g	0.006	1	0.007	0.005
18:3	g	0.002	1	0.002	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.017	1	0.020	0.014
20:5	g	0.080	1	0.093	0.068
22:5	g	0.004	1	0.005	0.003
22:6	g	0.135	1	0.157	0.115
Cholesterol	mg	37	1	43	31
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.200	0	0.232	0.170
Threonine	g	0.785	0	0.911	0.667
Isoleucine	g	0.825	0	0.957	0.701
Leucine	g	1.455	0	1.688	1.237
Lysine	g	1.644	0	1.907	1.397
Methionine	g	0.530	0	0.615	0.451
Cystine	g	0.192	0	0.223	0.163
Phenylalanine	g	0.699	0	0.811	0.594
Tyrosine	g	0.604	0	0.701	0.513
Valine	g	0.922	0	1.070	0.784
Arginine	g	1.071	0	1.242	0.910
Histidine	g	0.527	0	0.611	0.448
Alanine	g	1.083	0	1.256	0.921
Aspartic acid	g	1.833	0	2.126	1.558
Glutamic acid	g	2.672	0	3.100	2.271
Glycine	g	0.859	0	0.996	0.730
Proline	g	0.633	0	0.734	0.538
Serine	g	0.730	0	0.847	0.620
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15020 Finfish, croaker, Atlantic, raw

Micropogonias undulatus (L.)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 79g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	78.03	0.594	7	61.64	66.33	
Energy	kcal	104		0	82	88	
Energy	kj	435		0	344	370	
Protein (N x 5.95)	g	17.78	0.301	7	14.05	15.11	
Total lipid (fat)	g	3.17	0.529	8	2.50	2.69	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.11	0.113	7	0.88	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	15		1	12	13	
Iron	mg	0.37		1	0.29	0.31	
Magnesium	mg	40		1	32	34	
Phosphorus	mg	210		1	166	179	
Potassium	mg	345		1	273	293	
Sodium	mg	56		1	44	48	
Zinc	mg	0.42	0.009	91	0.33	0.36	
Copper	mg	0.042	0.002	92	0.033	0.036	
Manganese	mg	0.025		1	0.020	0.021	
Selenium	µg	36.5		0	28.8	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.075		0	0.059	0.064	
Riboflavin	mg	0.095		0	0.075	0.081	
Niacin	mg	4.200		0	3.318	3.570	
Pantothenic acid	mg	0.750		0	0.593	0.637	
Vitamin B-6	mg	0.300		0	0.237	0.255	
Folate	µg	15		0	12	13	
Vitamin B-12	µg	2.50		0	1.98	2.13	
Vitamin A	IU	60		0	47	51	
Vitamin A, RE	µg	18		0	14	15	
Vitamin E, α-TE	mg	1.000		0	0.790	0.850	
Lipids:							
Saturated, total	g	1.088		0	0.860	0.925	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.049		1	0.039	0.042	
15.0	g						
16:0	g	0.836		1	0.660	0.711	
17:0	g						
18:0	g	0.203		1	0.160	0.173	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.149	0	0.908	0.977
14:1	g				
16:1	g	0.464	1	0.367	0.394
18:1	g	0.593	1	0.468	0.504
20:1	g	0.086	1	0.068	0.073
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.464	0	0.367	0.394
18:2	g	0.046	1	0.036	0.039
18:3	g	0.009	1	0.007	0.008
18:4	g	0.011	1	0.009	0.009
20:4	g	0.092	1	0.073	0.078
20:5	g	0.123	1	0.097	0.105
22:5	g	0.086	1	0.068	0.073
22:6	g	0.097	1	0.077	0.082
Cholesterol	mg	61	1	48	52
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.199	0	0.157	0.169
Threonine	g	0.780	0	0.616	0.663
Isoleucine	g	0.819	0	0.647	0.696
Leucine	g	1.445	0	1.142	1.228
Lysine	g	1.633	0	1.290	1.388
Methionine	g	0.526	0	0.416	0.447
Cystine	g	0.191	0	0.151	0.162
Phenylalanine	g	0.694	0	0.548	0.590
Tyrosine	g	0.600	0	0.474	0.510
Valine	g	0.916	0	0.724	0.779
Arginine	g	1.064	0	0.841	0.904
Histidine	g	0.523	0	0.413	0.445
Alanine	g	1.075	0	0.849	0.914
Aspartic acid	g	1.821	0	1.439	1.548
Glutamic acid	g	2.654	0	2.097	2.256
Glycine	g	0.854	0	0.675	0.726
Proline	g	0.629	0	0.497	0.535
Serine	g	0.725	0	0.573	0.616
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 87g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.76		0	51.99	50.80	
Energy	kcal	221		0	192	188	
Energy	kj	925		0	805	786	
Protein (N x 5.95)	g	18.20		0	15.83	15.47	
Total lipid (fat)	g	12.67		0	11.02	10.77	
Carbohydrate, by difference	g	7.54		0	6.56	6.41	
Fiber, total dietary	g	0.4		0	0.4	0.4	
Ash	g	1.37		0	1.19	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	32		0	28	27	
Iron	mg	0.86		0	0.75	0.73	
Magnesium	mg	42		0	37	36	
Phosphorus	mg	217		0	189	184	
Potassium	mg	340		0	296	289	
Sodium	mg	348		0	303	296	
Zinc	mg	0.52		0	0.45	0.44	
Copper	mg	0.065		0	0.057	0.055	
Manganese	mg	0.080		0	0.070	0.068	
Selenium	µg	38.8		0	33.8	33.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.078	0.077	
Riboflavin	mg	0.130		0	0.113	0.111	
Niacin	mg	4.300		0	3.741	3.655	
Pantothenic acid	mg	0.740		0	0.644	0.629	
Vitamin B-6	mg	0.260		0	0.226	0.221	
Folate	µg	34		0	30	29	
Vitamin B-12	µg	2.10		0	1.83	1.78	
Vitamin A	IU	75		0	65	64	
Vitamin A, RE	µg	22		0	19	19	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.476		0	3.024	2.955	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.088		0	0.077	0.075	
15.0	g						
16:0	g	2.194		0	1.909	1.865	
17:0	g						
18:0	g	1.193		0	1.038	1.014	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.320	0	4.628	4.522
14:1	g				
16:1	g	0.444	0	0.386	0.377
18:1	g	4.789	0	4.166	4.071
20:1	g	0.079	0	0.069	0.067
22.1	g				
Polyunsaturated, total	g	2.917	0	2.538	2.479
18:2	g	2.376	0	2.067	2.020
18:3	g	0.157	0	0.137	0.133
18:4	g	0.010	0	0.009	0.009
20:4	g	0.089	0	0.077	0.076
20:5	g	0.113	0	0.098	0.096
22:5	g	0.079	0	0.069	0.067
22:6	g	0.089	0	0.077	0.076
Cholesterol	mg	84	0	73	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.208	0	0.181	0.177
Threonine	g	0.788	0	0.686	0.670
Isoleucine	g	0.847	0	0.737	0.720
Leucine	g	1.480	0	1.288	1.258
Lysine	g	1.571	0	1.367	1.335
Methionine	g	0.525	0	0.457	0.446
Cystine	g	0.217	0	0.189	0.184
Phenylalanine	g	0.742	0	0.646	0.631
Tyrosine	g	0.621	0	0.540	0.528
Valine	g	0.947	0	0.824	0.805
Arginine	g	1.061	0	0.923	0.902
Histidine	g	0.525	0	0.457	0.446
Alanine	g	1.067	0	0.928	0.907
Aspartic acid	g	1.791	0	1.558	1.522
Glutamic acid	g	2.981	0	2.593	2.534
Glycine	g	0.850	0	0.740	0.723
Proline	g	0.759	0	0.660	0.645
Serine	g	0.788	0	0.686	0.670
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15022 Finfish, cusk, raw

Brosme brosme (Muller)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 122g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	76.35	0.662	25	93.15	64.90	
Energy	kcal	87		0	106	74	
Energy	kj	364		0	444	309	
Protein (N x 5.95)	g	18.99	0.383	12	23.17	16.14	
Total lipid (fat)	g	0.69	0.106	4	0.84	0.59	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.25	0.133	6	1.52	1.06	
Sugars, total	g						
Minerals:							
Calcium	mg	10	5.029	23	12	9	
Iron	mg	0.83		0	1.01	0.71	
Magnesium	mg	31	2.018	19	38	26	
Phosphorus	mg	204	17.349	6	249	173	
Potassium	mg	392	14.022	22	478	333	
Sodium	mg	31	5.357	20	38	26	
Zinc	mg	0.38	0.010	76	0.46	0.32	
Copper	mg	0.018	0.001	74	0.022	0.015	
Manganese	mg	0.015		0	0.018	0.013	
Selenium	µg	36.5		0	44.5	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.042		0	0.051	0.036	
Riboflavin	mg	0.133	0.023	7	0.162	0.113	
Niacin	mg	2.686	0.083	7	3.277	2.283	
Pantothenic acid	mg	0.279	0.028	7	0.340	0.237	
Vitamin B-6	mg	0.387	0.085	3	0.472	0.329	
Folate	µg	2		0	2	2	
Vitamin B-12	µg	1.04	0.125	7	1.27	0.89	
Vitamin A	IU	60		0	73	51	
Vitamin A, RE	µg	18		0	22	15	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.130		0	0.159	0.111	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.090	0	0.110	0.077
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.280	0	0.342	0.238
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	41	0	50	35
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.213	0	0.260	0.181
Threonine	g	0.833	0	1.016	0.708
Isoleucine	g	0.875	0	1.067	0.744
Leucine	g	1.544	0	1.884	1.312
Lysine	g	1.744	0	2.128	1.482
Methionine	g	0.562	0	0.686	0.478
Cystine	g	0.204	0	0.249	0.173
Phenylalanine	g	0.742	0	0.905	0.631
Tyrosine	g	0.641	0	0.782	0.545
Valine	g	0.979	0	1.194	0.832
Arginine	g	1.137	0	1.387	0.966
Histidine	g	0.559	0	0.682	0.475
Alanine	g	1.149	0	1.402	0.977
Aspartic acid	g	1.945	0	2.373	1.653
Glutamic acid	g	2.835	0	3.459	2.410
Glycine	g	0.912	0	1.113	0.775
Proline	g	0.672	0	0.820	0.571
Serine	g	0.775	0	0.946	0.659
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet

Measure 2: 3 oz

NDB No. 15023 Finfish, dolphinfish, raw

Coryphaena hippurus (L.)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 204g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	77.55	2.950	2	158.20	65.92	
Energy	kcal	85		0	173	72	
Energy	kj	356		0	726	303	
Protein (N x 5.95)	g	18.50		1	37.74	15.72	
Total lipid (fat)	g	0.70		1	1.43	0.60	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.10		1	4.28	1.78	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	31	13	
Iron	mg	1.13		0	2.31	0.96	
Magnesium	mg	30		0	61	26	
Phosphorus	mg	143		0	292	122	
Potassium	mg	416		1	849	354	
Sodium	mg	88	10.500	2	180	75	
Zinc	mg	0.46	0.035	65	0.94	0.39	
Copper	mg	0.041	0.002	64	0.084	0.035	
Manganese	mg	0.015		0	0.031	0.013	
Selenium	µg	36.5		0	74.5	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.020		0	0.041	0.017	
Riboflavin	mg	0.070		0	0.143	0.060	
Niacin	mg	6.100		0	12.444	5.185	
Pantothenic acid	mg	0.750		0	1.530	0.637	
Vitamin B-6	mg	0.400		0	0.816	0.340	
Folate	µg	5		0	10	4	
Vitamin B-12	µg	0.60		0	1.22	0.51	
Vitamin A	IU	180		0	367	153	
Vitamin A, RE	µg	54		0	110	46	
Vitamin E, α-TE	mg	0.300		0	0.612	0.255	
Lipids:							
Saturated, total	g	0.188		0	0.384	0.160	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		1	0.002	0.001	
14:0	g	0.014	0.007	3	0.029	0.012	
15.0	g						
16:0	g	0.120	0.022	3	0.245	0.102	
17:0	g						
18:0	g	0.046	0.006	3	0.094	0.039	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.121		0	0.247	0.103
14:1	g					
16:1	g	0.023	0.015	3	0.047	0.020
18:1	g	0.086	0.013	3	0.175	0.073
20:1	g	0.003	0.002	2	0.006	0.003
22.1	g	0.009	0.003	2	0.018	0.008
Polyunsaturated, total	g	0.165		0	0.337	0.140
18:2	g	0.036	0.018	3	0.073	0.031
18:3	g	0.005		1	0.010	0.004
18:4	g	0.005		1	0.010	0.004
20:4	g	0.002		1	0.004	0.002
20:5	g	0.020	0.012	3	0.041	0.017
22:5	g	0.009	0.002	2	0.018	0.008
22:6	g	0.088	0.009	3	0.180	0.075
Cholesterol	mg	73		1	149	62
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.207		0	0.422	0.176
Threonine	g	0.811		0	1.654	0.689
Isoleucine	g	0.852		0	1.738	0.724
Leucine	g	1.504		0	3.068	1.278
Lysine	g	1.699		0	3.466	1.444
Methionine	g	0.548		0	1.118	0.466
Cystine	g	0.198		0	0.404	0.168
Phenylalanine	g	0.722		0	1.473	0.614
Tyrosine	g	0.625		0	1.275	0.531
Valine	g	0.953		0	1.944	0.810
Arginine	g	1.107		0	2.258	0.941
Histidine	g	0.545		0	1.112	0.463
Alanine	g	1.119		0	2.283	0.951
Aspartic acid	g	1.894		0	3.864	1.610
Glutamic acid	g	2.762		0	5.634	2.348
Glycine	g	0.888		0	1.812	0.755
Proline	g	0.654		0	1.334	0.556
Serine	g	0.755		0	1.540	0.642
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15024 Finfish, drum, freshwater, raw

Aplodinotus grunniens Rafinesque

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 198g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	77.33	0.125	650	153.11	65.73	
Energy	kcal	119		0	236	101	
Energy	kj	498		0	986	423	
Protein (N x 5.95)	g	17.54	0.019	650	34.73	14.91	
Total lipid (fat)	g	4.93	0.103	905	9.76	4.19	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08	0.016	652	2.14	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	60		1	119	51	
Iron	mg	0.90		1	1.78	0.77	
Magnesium	mg	30		1	59	26	
Phosphorus	mg	180		1	356	153	
Potassium	mg	275	1.857	189	545	234	
Sodium	mg	75	0.644	163	149	64	
Zinc	mg	0.66	0.156	4	1.31	0.56	
Copper	mg	0.232	0.032	2	0.459	0.197	
Manganese	mg	0.700		1	1.386	0.595	
Selenium	µg	12.6		0	24.9	10.7	
Vitamins:							
Ascorbic acid	mg	1.0		0	2.0	0.9	
Thiamin	mg	0.070		0	0.139	0.060	
Riboflavin	mg	0.170		0	0.337	0.145	
Niacin	mg	2.350		0	4.653	1.998	
Pantothenic acid	mg	0.750		0	1.485	0.637	
Vitamin B-6	mg	0.300		0	0.594	0.255	
Folate	µg	15		0	30	13	
Vitamin B-12	µg	2.00		0	3.96	1.70	
Vitamin A	IU	170		0	337	145	
Vitamin A, RE	µg	51		0	101	43	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.119		0	2.216	0.951	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.105	0.008	7	0.208	0.089	
15.0	g						
16:0	g	0.872	0.042	7	1.727	0.741	
17:0	g						
18:0	g	0.142	0.013	7	0.281	0.121	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.190		0	4.336	1.862
14:1	g					
16:1	g	0.791	0.062	7	1.566	0.672
18:1	g	1.199	0.101	7	2.374	1.019
20:1	g	0.081	0.028	7	0.160	0.069
22.1	g	0.119		1	0.236	0.101
Polyunsaturated, total	g	1.154		0	2.285	0.981
18:2	g	0.155	0.022	7	0.307	0.132
18:3	g	0.114	0.041	6	0.226	0.097
18:4	g					
20:4	g	0.224	0.059	6	0.444	0.190
20:5	g	0.230	0.024	7	0.455	0.196
22:5	g	0.144	0.020	7	0.285	0.122
22:6	g	0.287	0.078	7	0.568	0.244
Cholesterol	mg	64		1	127	54
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.196		0	0.388	0.167
Threonine	g	0.769		0	1.523	0.654
Isoleucine	g	0.808		0	1.600	0.687
Leucine	g	1.425		0	2.822	1.211
Lysine	g	1.611		0	3.190	1.369
Methionine	g	0.519		0	1.028	0.441
Cystine	g	0.188		0	0.372	0.160
Phenylalanine	g	0.685		0	1.356	0.582
Tyrosine	g	0.592		0	1.172	0.503
Valine	g	0.904		0	1.790	0.768
Arginine	g	1.049		0	2.077	0.892
Histidine	g	0.516		0	1.022	0.439
Alanine	g	1.061		0	2.101	0.902
Aspartic acid	g	1.796		0	3.556	1.527
Glutamic acid	g	2.618		0	5.184	2.225
Glycine	g	0.842		0	1.667	0.716
Proline	g	0.620		0	1.228	0.527
Serine	g	0.716		0	1.418	0.609
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Anguilla spp.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 204g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	68.26		12	139.25	58.02	
Energy	kcal	184		0	375	156	
Energy	kj	770		0	1571	655	
Protein (N x 5.95)	g	18.44		12	37.62	15.67	
Total lipid (fat)	g	11.66	0.885	14	23.79	9.91	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.41		11	2.88	1.20	
Sugars, total	g						
Minerals:							
Calcium	mg	20		1	41	17	
Iron	mg	0.50		1	1.02	0.43	
Magnesium	mg	20		0	41	17	
Phosphorus	mg	216		2	441	184	
Potassium	mg	272		5	555	231	
Sodium	mg	51		4	104	43	
Zinc	mg	1.62	0.076	40	3.30	1.38	
Copper	mg	0.023	0.002	30	0.047	0.020	
Manganese	mg	0.035		0	0.071	0.030	
Selenium	µg	6.5		0	13.3	5.5	
Vitamins:							
Ascorbic acid	mg	1.8		0	3.7	1.5	
Thiamin	mg	0.150	0.016	4	0.306	0.128	
Riboflavin	mg	0.040		1	0.082	0.034	
Niacin	mg	3.500		1	7.140	2.975	
Pantothenic acid	mg	0.240		1	0.490	0.204	
Vitamin B-6	mg	0.067	0.026	10	0.137	0.057	
Folate	µg	15		0	31	13	
Vitamin B-12	µg	3.00		1	6.12	2.55	
Vitamin A	IU	3475	1525.000	2	7089	2954	
Vitamin A, RE	µg	1043		0	2128	887	
Vitamin E, α-TE	mg	4.000		0	8.160	3.400	
Lipids:							
Saturated, total	g	2.358		0	4.810	2.004	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.580		2	1.183	0.493	
15.0	g						
16:0	g	1.585		2	3.233	1.347	
17:0	g						
18:0	g	0.191		2	0.390	0.162	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.190	0	14.668	6.111
14:1	g				
16:1	g	1.255	2	2.560	1.067
18:1	g	2.772	2	5.655	2.356
20:1	g	3.000	1	6.120	2.550
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.947	0	1.932	0.805
18:2	g	0.196	2	0.400	0.167
18:3	g	0.432	1	0.881	0.367
18:4	g	0.000	0	0.000	0.000
20:4	g	0.095	2	0.194	0.081
20:5	g	0.084	1	0.171	0.071
22:5	g	0.074	1	0.151	0.063
22:6	g	0.063	2	0.129	0.054
Cholesterol	mg	126	2	257	107
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.207	0	0.422	0.176
Threonine	g	0.809	0	1.650	0.688
Isoleucine	g	0.850	0	1.734	0.723
Leucine	g	1.499	0	3.058	1.274
Lysine	g	1.694	0	3.456	1.440
Methionine	g	0.546	0	1.114	0.464
Cystine	g	0.198	0	0.404	0.168
Phenylalanine	g	0.720	0	1.469	0.612
Tyrosine	g	0.623	0	1.271	0.530
Valine	g	0.950	0	1.938	0.808
Arginine	g	1.104	0	2.252	0.938
Histidine	g	0.543	0	1.108	0.462
Alanine	g	1.115	0	2.275	0.948
Aspartic acid	g	1.889	0	3.854	1.606
Glutamic acid	g	2.753	0	5.616	2.340
Glycine	g	0.885	0	1.805	0.752
Proline	g	0.652	0	1.330	0.554
Serine	g	0.753	0	1.536	0.640
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 22g	Measure 3* 17g
Proximates:							
Water	g	59.31		0	16.81	13.05	10.08
Energy	kcal	236		0	67	52	40
Energy	kj	987		0	280	217	168
Protein (N x 5.95)	g	23.65		0	6.70	5.20	4.02
Total lipid (fat)	g	14.95		0	4.24	3.29	2.54
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.80		0	0.51	0.40	0.31
Sugars, total	g						
Minerals:							
Calcium	mg	26		0	7	6	4
Iron	mg	0.64		0	0.18	0.14	0.11
Magnesium	mg	26		0	7	6	4
Phosphorus	mg	277		0	79	61	47
Potassium	mg	349		0	99	77	59
Sodium	mg	65		0	18	14	11
Zinc	mg	2.08		0	0.59	0.46	0.35
Copper	mg	0.029		0	0.008	0.006	0.005
Manganese	mg	0.040		0	0.011	0.009	0.007
Selenium	µg	8.3		0	2.4	1.8	1.4
Vitamins:							
Ascorbic acid	mg	1.8		0	0.5	0.4	0.3
Thiamin	mg	0.183		0	0.052	0.040	0.031
Riboflavin	mg	0.051		0	0.014	0.011	0.009
Niacin	mg	4.487		0	1.272	0.987	0.763
Pantothenic acid	mg	0.280		0	0.079	0.062	0.048
Vitamin B-6	mg	0.077		0	0.022	0.017	0.013
Folate	µg	17		0	5	4	3
Vitamin B-12	µg	2.88		0	0.82	0.63	0.49
Vitamin A	IU	3787		0	1074	833	644
Vitamin A, RE	µg	1136		0	322	250	193
Vitamin E, α-TE	mg	5.100		0	1.446	1.122	0.867
Lipids:							
Saturated, total	g	3.023		0	0.857	0.665	0.514
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.740		0	0.210	0.163	0.126
15.0	g						
16:0	g	2.032		0	0.576	0.447	0.345
17:0	g						
18:0	g	0.245		0	0.069	0.054	0.042
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.218	0	2.613	2.028	1.567
14:1	g					
16:1	g	1.609	0	0.456	0.354	0.274
18:1	g	3.554	0	1.008	0.782	0.604
20:1	g	3.846	0	1.090	0.846	0.654
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.214	0	0.344	0.267	0.206
18:2	g	0.251	0	0.071	0.055	0.043
18:3	g	0.554	0	0.157	0.122	0.094
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.122	0	0.035	0.027	0.021
20:5	g	0.108	0	0.031	0.024	0.018
22:5	g	0.095	0	0.027	0.021	0.016
22:6	g	0.081	0	0.023	0.018	0.014
Cholesterol	mg	161	0	46	35	27
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.265	0	0.075	0.058	0.045
Threonine	g	1.037	0	0.294	0.228	0.176
Isoleucine	g	1.090	0	0.309	0.240	0.185
Leucine	g	1.922	0	0.545	0.423	0.327
Lysine	g	2.171	0	0.615	0.478	0.369
Methionine	g	0.700	0	0.198	0.154	0.119
Cystine	g	0.253	0	0.072	0.056	0.043
Phenylalanine	g	0.923	0	0.262	0.203	0.157
Tyrosine	g	0.798	0	0.226	0.176	0.136
Valine	g	1.218	0	0.345	0.268	0.207
Arginine	g	1.415	0	0.401	0.311	0.241
Histidine	g	0.696	0	0.197	0.153	0.118
Alanine	g	1.430	0	0.405	0.315	0.243
Aspartic acid	g	2.421	0	0.686	0.533	0.412
Glutamic acid	g	3.530	0	1.001	0.777	0.600
Glycine	g	1.135	0	0.322	0.250	0.193
Proline	g	0.836	0	0.237	0.184	0.142
Serine	g	0.965	0	0.274	0.212	0.164
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz, boneless
Measure 2: 1 oz, with bone (yield after bone removed)
Measure 3: 1 cubic inch, boneless, cooked

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 57g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	46.32		0	26.40	12.97	
Energy	kcal	272		0	155	76	
Energy	kj	1138		0	649	319	
Protein (N x 5.95)	g	15.65		0	8.92	4.38	
Total lipid (fat)	g	12.23		0	6.97	3.42	
Carbohydrate, by difference	g	23.75		0	13.54	6.65	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.63		0	1.50	0.74	
Sugars, total	g						
Minerals:							
Calcium	mg	20		10	11	6	
Iron	mg	0.74		11	0.42	0.21	
Magnesium	mg	25		11	14	7	
Phosphorus	mg	181		10	103	51	
Potassium	mg	261		0	149	73	
Sodium	mg	582		0	332	163	
Zinc	mg	0.66		0	0.38	0.18	
Copper	mg	0.101		0	0.058	0.028	
Manganese	mg	0.236		7	0.135	0.066	
Selenium	µg	16.6	0.686	46	9.5	4.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.127		0	0.072	0.036	
Riboflavin	mg	0.178		0	0.101	0.050	
Niacin	mg	2.129		0	1.214	0.596	
Pantothenic acid	mg	0.333		0	0.190	0.093	
Vitamin B-6	mg	0.060		0	0.034	0.017	
Folate	µg	18		0	10	5	
Vitamin B-12	µg	1.80		0	1.02	0.50	
Vitamin A	IU	106		0	60	30	
Vitamin A, RE	µg	31		0	18	9	
Vitamin E, α-TE	mg	1.366		0	0.779	0.382	
Lipids:							
Saturated, total	g	3.149		0	1.795	0.882	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.069		0	0.039	0.019	
15.0	g						
16:0	g	1.868		0	1.065	0.523	
17:0	g						
18:0	g	1.184		0	0.675	0.332	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.067	0	2.888	1.419
14:1	g				
16:1	g	0.058	0	0.033	0.016
18:1	g	4.989	0	2.844	1.397
20:1	g	0.010	0	0.006	0.003
22.1	g	0.002	0	0.001	0.001
Polyunsaturated, total	g	3.166	0	1.805	0.886
18:2	g	2.738	0	1.561	0.767
18:3	g	0.172	0	0.098	0.048
18:4	g	0.000	0	0.000	0.000
20:4	g	0.018	0	0.010	0.005
20:5	g	0.086	0	0.049	0.024
22:5	g	0.006	0	0.003	0.002
22:6	g	0.128	0	0.073	0.036
Cholesterol	mg	112	0	64	31
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.194	0	0.111	0.054
Threonine	g	0.646	0	0.368	0.181
Isoleucine	g	0.745	0	0.425	0.209
Leucine	g	1.266	0	0.722	0.354
Lysine	g	1.123	0	0.640	0.314
Methionine	g	0.424	0	0.242	0.119
Cystine	g	0.227	0	0.129	0.064
Phenylalanine	g	0.699	0	0.398	0.196
Tyrosine	g	0.538	0	0.307	0.151
Valine	g	0.835	0	0.476	0.234
Arginine	g	0.847	0	0.483	0.237
Histidine	g	0.419	0	0.239	0.117
Alanine	g	0.832	0	0.474	0.233
Aspartic acid	g	1.373	0	0.783	0.384
Glutamic acid	g	3.180	0	1.813	0.890
Glycine	g	0.679	0	0.387	0.190
Proline	g	0.921	0	0.525	0.258
Serine	g	0.758	0	0.432	0.212
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 piece (4" x 2" x 1/2")
Measure 2: 1 stick (4" x 1" x 1/2")

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

Bothidae and Pleuronectidae

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 163g	Measure 3* 85g
Proximates:							
Water	g	79.06	0.438	623	22.41	128.87	67.20
Energy	kcal	91		0	26	148	77
Energy	kj	381		0	108	621	324
Protein (N x 5.95)	g	18.84		595	5.34	30.71	16.01
Total lipid (fat)	g	1.19	0.039	596	0.34	1.94	1.01
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.20	0.012	597	0.34	1.96	1.02
Sugars, total	g						
Minerals:							
Calcium	mg	18		32	5	29	15
Iron	mg	0.36		9	0.10	0.59	0.31
Magnesium	mg	31		5	9	51	26
Phosphorus	mg	184		29	52	300	156
Potassium	mg	361		259	102	588	307
Sodium	mg	81		262	23	132	69
Zinc	mg	0.45	0.008	518	0.13	0.73	0.38
Copper	mg	0.032	0.002	507	0.009	0.052	0.027
Manganese	mg	0.017		3	0.005	0.028	0.014
Selenium	µg	32.7	1.935	30	9.3	53.3	27.8
Vitamins:							
Ascorbic acid	mg	1.7		0	0.5	2.8	1.4
Thiamin	mg	0.089		14	0.025	0.145	0.076
Riboflavin	mg	0.076		17	0.022	0.124	0.065
Niacin	mg	2.899		17	0.822	4.725	2.464
Pantothenic acid	mg	0.503		4	0.143	0.820	0.428
Vitamin B-6	mg	0.208		8	0.059	0.339	0.177
Folate	µg	8		0	2	13	7
Vitamin B-12	µg	1.52		13	0.43	2.48	1.29
Vitamin A	IU	33	5.590	4	9	54	28
Vitamin A, RE	µg	10		0	3	16	9
Vitamin E, α-TE	mg	1.890		0	0.536	3.081	1.607
Lipids:							
Saturated, total	g	0.283		0	0.080	0.461	0.241
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.048		8	0.014	0.078	0.041
15.0	g						
16:0	g	0.158		8	0.045	0.258	0.134
17:0	g						
18:0	g	0.071		8	0.020	0.116	0.060
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.233	0	0.066	0.380	0.198
14:1	g					
16:1	g	0.080	8	0.023	0.130	0.068
18:1	g	0.120	8	0.034	0.196	0.102
20:1	g	0.028	7	0.008	0.046	0.024
22.1	g	0.008	8	0.002	0.013	0.007
Polyunsaturated, total	g	0.329	0	0.093	0.536	0.280
18:2	g	0.008	8	0.002	0.013	0.007
18:3	g	0.008	8	0.002	0.013	0.007
18:4	g	0.016	6	0.005	0.026	0.014
20:4	g	0.038	8	0.011	0.062	0.032
20:5	g	0.093	8	0.026	0.152	0.079
22:5	g	0.046	8	0.013	0.075	0.039
22:6	g	0.106	8	0.030	0.173	0.090
Cholesterol	mg	48	14	14	78	41
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.211	0	0.060	0.344	0.179
Threonine	g	0.826	0	0.234	1.346	0.702
Isoleucine	g	0.868	0	0.246	1.415	0.738
Leucine	g	1.532	0	0.434	2.497	1.302
Lysine	g	1.731	0	0.491	2.822	1.471
Methionine	g	0.558	0	0.158	0.910	0.474
Cystine	g	0.202	0	0.057	0.329	0.172
Phenylalanine	g	0.736	0	0.209	1.200	0.626
Tyrosine	g	0.636	0	0.180	1.037	0.541
Valine	g	0.971	0	0.275	1.583	0.825
Arginine	g	1.128	0	0.320	1.839	0.959
Histidine	g	0.555	0	0.157	0.905	0.472
Alanine	g	1.140	0	0.323	1.858	0.969
Aspartic acid	g	1.930	0	0.547	3.146	1.640
Glutamic acid	g	2.813	0	0.797	4.585	2.391
Glycine	g	0.905	0	0.257	1.475	0.769
Proline	g	0.666	0	0.189	1.086	0.566
Serine	g	0.769	0	0.218	1.253	0.654
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz, boneless, raw
Measure 2: 1 fillet
Measure 3: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 127g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	73.16		0	92.91	62.19	
Energy	kcal	117		0	149	99	
Energy	kj	490		0	622	417	
Protein (N x 5.95)	g	24.16		0	30.68	20.54	
Total lipid (fat)	g	1.53		0	1.94	1.30	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.50	0.110	11	1.91	1.27	
Sugars, total	g						
Minerals:							
Calcium	mg	18		11	23	15	
Iron	mg	0.34	0.024	11	0.43	0.29	
Magnesium	mg	58		11	74	49	
Phosphorus	mg	289		11	367	246	
Potassium	mg	344	23.500	11	437	292	
Sodium	mg	105	13.100	11	133	89	
Zinc	mg	0.63	0.057	11	0.80	0.54	
Copper	mg	0.026		11	0.033	0.022	
Manganese	mg	0.020		0	0.025	0.017	
Selenium	µg	58.2	5.410	33	73.9	49.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080	0.010	11	0.102	0.068	
Riboflavin	mg	0.114	0.015	11	0.145	0.097	
Niacin	mg	2.179	0.219	11	2.767	1.852	
Pantothenic acid	mg	0.580		0	0.737	0.493	
Vitamin B-6	mg	0.240		0	0.305	0.204	
Folate	µg	9		0	12	8	
Vitamin B-12	µg	2.51	0.372	11	3.19	2.13	
Vitamin A	IU	38		0	48	32	
Vitamin A, RE	µg	11		0	14	9	
Vitamin E, α-TE	mg	1.890		0	2.400	1.607	
Lipids:							
Saturated, total	g	0.363		0	0.461	0.309	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.057	11.600	11	0.072	0.048	
15.0	g						
16:0	g	0.226	12.800	11	0.287	0.192	
17:0	g						
18:0	g	0.055	5.000	11	0.070	0.047	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.236		0	0.300	0.201
14:1	g					
16:1	g	0.067	7.200	11	0.085	0.057
18:1	g	0.154	12.600	11	0.196	0.131
20:1	g	0.035	6.700	11	0.044	0.030
22.1	g	0.020	9.200	11	0.025	0.017
Polyunsaturated, total	g	0.646		0	0.820	0.549
18:2	g	0.014	1.300	11	0.018	0.012
18:3	g	0.016	4.200	11	0.020	0.014
18:4	g	0.000		0	0.000	0.000
20:4	g	0.048	5.700	11	0.061	0.041
20:5	g	0.243	32.500	11	0.309	0.207
22:5	g	0.046	3.400	11	0.058	0.039
22:6	g	0.258	22.300	11	0.328	0.219
Cholesterol	mg	68	3.510	11	86	58
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.271		0	0.344	0.230
Threonine	g	1.059		0	1.345	0.900
Isoleucine	g	1.113		0	1.414	0.946
Leucine	g	1.963		0	2.493	1.669
Lysine	g	2.219		0	2.818	1.886
Methionine	g	0.715		0	0.908	0.608
Cystine	g	0.259		0	0.329	0.220
Phenylalanine	g	0.943		0	1.198	0.802
Tyrosine	g	0.816		0	1.036	0.694
Valine	g	1.245		0	1.581	1.058
Arginine	g	1.446		0	1.836	1.229
Histidine	g	0.711		0	0.903	0.604
Alanine	g	1.461		0	1.855	1.242
Aspartic acid	g	2.474		0	3.142	2.103
Glutamic acid	g	3.606		0	4.580	3.065
Glycine	g	1.160		0	1.473	0.986
Proline	g	0.854		0	1.085	0.726
Serine	g	0.986		0	1.252	0.838
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 42g	Measure 2*	Measure 3*
Proximates:							
Water	g	80.35		2	33.75		
Energy	kcal	84		0	35		
Energy	kj	351		0	147		
Protein (N x 5.95)	g	9.07		2	3.81		
Total lipid (fat)	g	1.73		2	0.73		
Carbohydrate, by difference	g	7.41		0	3.11		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.44		2	0.60		
Sugars, total	g						
Minerals:							
Calcium	mg	23		2	10		
Iron	mg	2.48		2	1.04		
Magnesium	mg	9		2	4		
Phosphorus	mg	73		2	31		
Potassium	mg	91		2	38		
Sodium	mg	524		2	220		
Zinc	mg	0.82		2	0.34		
Copper	mg	0.195		2	0.082		
Manganese	mg	0.073		2	0.031		
Selenium	µg	10.5		0	4.4		
Vitamins:							
Ascorbic acid	mg	0.8		0	0.3		
Thiamin	mg	0.065		2	0.027		
Riboflavin	mg	0.059		2	0.025		
Niacin	mg	1.000		0	0.420		
Pantothenic acid	mg	0.200		2	0.084		
Vitamin B-6	mg	0.080		0	0.034		
Folate	µg	3		2	1		
Vitamin B-12	µg	0.84		2	0.35		
Vitamin A	IU	89		2	37		
Vitamin A, RE	µg	27		0	11		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.412		0	0.173		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.056		2	0.024		
15.0	g						
16:0	g	0.300		2	0.126		
17:0	g						
18:0	g	0.056		2	0.024		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.824	0	0.346
14:1	g			
16:1	g	0.257	2	0.108
18:1	g	0.407	2	0.171
20:1	g	0.109	2	0.046
22.1	g	0.051	2	0.021
Polyunsaturated, total	g	0.285	0	0.120
18:2	g	0.116	2	0.049
18:3	g			
18:4	g	0.022	2	0.009
20:4	g			
20:5	g	0.075	2	0.032
22:5	g	0.027	2	0.011
22:6	g	0.045	2	0.019
Cholesterol	mg	30	2	13
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.086	2	0.036
Threonine	g	0.488	2	0.205
Isoleucine	g	0.486	2	0.204
Leucine	g	0.810	2	0.340
Lysine	g	0.842	2	0.354
Methionine	g	0.255	2	0.107
Cystine	g	0.113	2	0.047
Phenylalanine	g	0.493	2	0.207
Tyrosine	g	0.380	2	0.160
Valine	g	0.548	2	0.230
Arginine	g	0.595	2	0.250
Histidine	g	0.261	2	0.110
Alanine	g	0.546	2	0.229
Aspartic acid	g	0.772	2	0.324
Glutamic acid	g	1.750	2	0.735
Glycine	g	0.403	2	0.169
Proline	g	0.341	2	0.143
Serine	g	0.473	2	0.199
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 15031 Finfish, grouper, mixed species, raw
Epinephelus spp.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 259g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	79.22	0.478	6	205.18	67.34	
Energy	kcal	92		0	238	78	
Energy	kj	385		0	997	327	
Protein (N x 5.95)	g	19.38	0.457	6	50.19	16.47	
Total lipid (fat)	g	1.02		7	2.64	0.87	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.17	0.014	5	3.03	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	27	4.075	5	70	23	
Iron	mg	0.89	0.015	5	2.31	0.76	
Magnesium	mg	31	0.580	3	80	26	
Phosphorus	mg	162		5	420	138	
Potassium	mg	483	9.220	3	1251	411	
Sodium	mg	53	9.409	4	137	45	
Zinc	mg	0.48	0.030	51	1.24	0.41	
Copper	mg	0.020	0.002	52	0.052	0.017	
Manganese	mg	0.014	0.001	3	0.036	0.012	
Selenium	µg	36.5		0	94.5	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070	0.058	2	0.181	0.060	
Riboflavin	mg	0.005	0.000	2	0.013	0.004	
Niacin	mg	0.313		1	0.811	0.266	
Pantothenic acid	mg	0.750		0	1.942	0.637	
Vitamin B-6	mg	0.300		0	0.777	0.255	
Folate	µg	9		0	23	7	
Vitamin B-12	µg	0.60	0.000	2	1.55	0.51	
Vitamin A	IU	143		0	370	122	
Vitamin A, RE	µg	43		0	111	37	
Vitamin E, α-TE	mg	0.500		0	1.295	0.425	
Lipids:							
Saturated, total	g	0.233		0	0.603	0.198	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.012		2	0.031	0.010	
15.0	g						
16:0	g	0.169		2	0.438	0.144	
17:0	g						
18:0	g	0.049		2	0.127	0.042	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.202	0	0.523	0.172
14:1	g				
16:1	g	0.027	2	0.070	0.023
18:1	g	0.145	2	0.376	0.123
20:1	g	0.029	1	0.075	0.025
22.1	g	0.007	1	0.018	0.006
Polyunsaturated, total	g	0.321	0	0.831	0.273
18:2	g	0.012	2	0.031	0.010
18:3	g	0.010	1	0.026	0.009
18:4	g	0.000	0	0.000	0.000
20:4	g	0.033	2	0.085	0.028
20:5	g	0.027	2	0.070	0.023
22:5	g	0.010	2	0.026	0.009
22:6	g	0.220	2	0.570	0.187
Cholesterol	mg	37	2	96	31
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.217	0	0.562	0.184
Threonine	g	0.849	0	2.199	0.722
Isoleucine	g	0.893	0	2.313	0.759
Leucine	g	1.575	0	4.079	1.339
Lysine	g	1.779	0	4.608	1.512
Methionine	g	0.574	0	1.487	0.488
Cystine	g	0.208	0	0.539	0.177
Phenylalanine	g	0.756	0	1.958	0.643
Tyrosine	g	0.654	0	1.694	0.556
Valine	g	0.998	0	2.585	0.848
Arginine	g	1.159	0	3.002	0.985
Histidine	g	0.570	0	1.476	0.484
Alanine	g	1.172	0	3.035	0.996
Aspartic acid	g	1.984	0	5.139	1.686
Glutamic acid	g	2.892	0	7.490	2.458
Glycine	g	0.930	0	2.409	0.791
Proline	g	0.685	0	1.774	0.582
Serine	g	0.791	0	2.049	0.672
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 202g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	73.36		0	148.19	62.36	
Energy	kcal	118		0	238	100	
Energy	kj	494		0	998	420	
Protein (N x 5.95)	g	24.84		0	50.18	21.11	
Total lipid (fat)	g	1.30		0	2.63	1.10	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.41	0.055	2	2.85	1.20	
Sugars, total	g						
Minerals:							
Calcium	mg	21	7.285	2	42	18	
Iron	mg	1.14		0	2.30	0.97	
Magnesium	mg	37	2.055	2	75	31	
Phosphorus	mg	143	43.170	2	289	122	
Potassium	mg	475	27.520	2	960	404	
Sodium	mg	53	2.905	2	107	45	
Zinc	mg	0.51	0.005	2	1.03	0.43	
Copper	mg	0.045	0.005	2	0.091	0.038	
Manganese	mg	0.012	0.001	2	0.024	0.010	
Selenium	µg	46.8		0	94.5	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.081		0	0.164	0.069	
Riboflavin	mg	0.006		0	0.012	0.005	
Niacin	mg	0.381		0	0.770	0.324	
Pantothenic acid	mg	0.870		0	1.757	0.740	
Vitamin B-6	mg	0.350		0	0.707	0.298	
Folate	µg	10		0	21	9	
Vitamin B-12	µg	0.69		0	1.40	0.59	
Vitamin A	IU	165		0	333	140	
Vitamin A, RE	µg	50		0	101	43	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.299		0	0.604	0.254	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.025	0.029	2	0.051	0.021	
15.0	g						
16:0	g	0.140	0.033	2	0.283	0.119	
17:0	g						
18:0	g	0.059	0.011	2	0.119	0.050	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.268		0	0.541	0.228
14:1	g					
16:1	g	0.026	0.016	2	0.053	0.022
18:1	g	0.086	0.013	2	0.174	0.073
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.403		0	0.814	0.343
18:2	g	0.018	0.008	2	0.036	0.015
18:3	g					
18:4	g					
20:4	g	0.057	0.019	2	0.115	0.048
20:5	g	0.035	0.008	2	0.071	0.030
22:5	g	0.017	0.000	2	0.034	0.014
22:6	g	0.213	0.077	2	0.430	0.181
Cholesterol	mg	47		0	95	40
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.278		0	0.562	0.236
Threonine	g	1.089		0	2.200	0.926
Isoleucine	g	1.145		0	2.313	0.973
Leucine	g	2.019		0	4.078	1.716
Lysine	g	2.282		0	4.610	1.940
Methionine	g	0.735		0	1.485	0.625
Cystine	g	0.266		0	0.537	0.226
Phenylalanine	g	0.970		0	1.959	0.825
Tyrosine	g	0.839		0	1.695	0.713
Valine	g	1.280		0	2.586	1.088
Arginine	g	1.487		0	3.004	1.264
Histidine	g	0.731		0	1.477	0.621
Alanine	g	1.503		0	3.036	1.278
Aspartic acid	g	2.544		0	5.139	2.162
Glutamic acid	g	3.709		0	7.492	3.153
Glycine	g	1.193		0	2.410	1.014
Proline	g	0.878		0	1.774	0.746
Serine	g	1.014		0	2.048	0.862
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15033 Finfish, haddock, raw

Melanogrammus aeglefinus (L.)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 193g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	79.92	0.125	104	154.25	67.93	
Energy	kcal	87		0	168	74	
Energy	kj	364		0	703	309	
Protein (N x 5.95)	g	18.91	0.149	96	36.50	16.07	
Total lipid (fat)	g	0.72	0.020	36	1.39	0.61	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.21	0.027	94	2.34	1.03	
Sugars, total	g						
Minerals:							
Calcium	mg	33	6.142	25	64	28	
Iron	mg	1.05	0.350	2	2.03	0.89	
Magnesium	mg	39	15.085	2	75	33	
Phosphorus	mg	188	10.886	31	363	160	
Potassium	mg	311	13.336	16	600	264	
Sodium	mg	68	9.327	9	131	58	
Zinc	mg	0.37	0.015	101	0.71	0.31	
Copper	mg	0.026	0.002	92	0.050	0.022	
Manganese	mg	0.025		0	0.048	0.021	
Selenium	µg	30.2	3.953	11	58.3	25.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.035	0.002	27	0.068	0.030	
Riboflavin	mg	0.037	0.005	31	0.071	0.031	
Niacin	mg	3.803	0.119	31	7.340	3.233	
Pantothenic acid	mg	0.127	0.012	30	0.245	0.108	
Vitamin B-6	mg	0.300	0.050	2	0.579	0.255	
Folate	µg	12		0	22	10	
Vitamin B-12	µg	1.20	0.072	50	2.32	1.02	
Vitamin A	IU	55	25.000	2	106	47	
Vitamin A, RE	µg	17		0	33	14	
Vitamin E, α-TE	mg	0.390		0	0.753	0.331	
Lipids:							
Saturated, total	g	0.130		0	0.251	0.111	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.008	0.003	8	0.015	0.007	
15.0	g						
16:0	g	0.088	0.013	8	0.170	0.075	
17:0	g						
18:0	g	0.033	0.006	8	0.064	0.028	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.118		0	0.228	0.100
14:1	g					
16:1	g	0.017	0.003	8	0.033	0.014
18:1	g	0.067	0.017	8	0.129	0.057
20:1	g	0.010	0.002	8	0.019	0.009
22.1	g	0.023		1	0.044	0.020
Polyunsaturated, total	g	0.241		0	0.465	0.205
18:2	g	0.009	0.002	8	0.017	0.008
18:3	g	0.002	0.002	7	0.004	0.002
18:4	g	0.003	0.000	7	0.006	0.003
20:4	g	0.023	0.003	8	0.044	0.020
20:5	g	0.059	0.011	8	0.114	0.050
22:5	g	0.019	0.003	8	0.037	0.016
22:6	g	0.126	0.026	8	0.243	0.107
Cholesterol	mg	57	9.688	4	110	48
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.212		0	0.409	0.180
Threonine	g	0.829		0	1.600	0.705
Isoleucine	g	0.871		0	1.681	0.740
Leucine	g	1.537		0	2.966	1.306
Lysine	g	1.736		0	3.350	1.476
Methionine	g	0.560		0	1.081	0.476
Cystine	g	0.203		0	0.392	0.173
Phenylalanine	g	0.738		0	1.424	0.627
Tyrosine	g	0.638		0	1.231	0.542
Valine	g	0.974		0	1.880	0.828
Arginine	g	1.131		0	2.183	0.961
Histidine	g	0.557		0	1.075	0.473
Alanine	g	1.143		0	2.206	0.972
Aspartic acid	g	1.936		0	3.736	1.646
Glutamic acid	g	2.822		0	5.446	2.399
Glycine	g	0.908		0	1.752	0.772
Proline	g	0.669		0	1.291	0.569
Serine	g	0.771		0	1.488	0.655
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 150g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	74.25		0	111.38	63.11	
Energy	kcal	112		0	168	95	
Energy	kj	469		0	704	399	
Protein (N x 5.95)	g	24.24		0	36.36	20.60	
Total lipid (fat)	g	0.93		0	1.40	0.79	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.55		0	2.33	1.32	
Sugars, total	g						
Minerals:							
Calcium	mg	42		0	63	36	
Iron	mg	1.35		0	2.02	1.15	
Magnesium	mg	50		0	75	43	
Phosphorus	mg	241		0	362	205	
Potassium	mg	399		0	599	339	
Sodium	mg	87		0	131	74	
Zinc	mg	0.48		0	0.72	0.41	
Copper	mg	0.033		0	0.050	0.028	
Manganese	mg	0.030		0	0.045	0.026	
Selenium	µg	40.5		1	60.8	34.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.040		0	0.060	0.034	
Riboflavin	mg	0.045		0	0.068	0.038	
Niacin	mg	4.632		0	6.948	3.937	
Pantothenic acid	mg	0.150		0	0.225	0.128	
Vitamin B-6	mg	0.346		0	0.519	0.294	
Folate	µg	13		0	20	11	
Vitamin B-12	µg	1.39		0	2.08	1.18	
Vitamin A	IU	63		0	95	54	
Vitamin A, RE	µg	19		0	29	16	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.167		0	0.251	0.142	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.010		0	0.015	0.009	
15.0	g						
16:0	g	0.113		0	0.170	0.096	
17:0	g						
18:0	g	0.042		0	0.063	0.036	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.151	0	0.226	0.128
14:1	g				
16:1	g	0.022	0	0.033	0.019
18:1	g	0.086	0	0.129	0.073
20:1	g	0.013	0	0.020	0.011
22.1	g	0.029	0	0.044	0.025
Polyunsaturated, total	g	0.309	0	0.464	0.263
18:2	g	0.012	0	0.018	0.010
18:3	g	0.003	0	0.005	0.003
18:4	g	0.004	0	0.006	0.003
20:4	g	0.029	0	0.044	0.025
20:5	g	0.076	0	0.114	0.065
22:5	g	0.024	0	0.036	0.020
22:6	g	0.162	0	0.243	0.138
Cholesterol	mg	74	0	111	63
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.272	0	0.408	0.231
Threonine	g	1.063	0	1.594	0.904
Isoleucine	g	1.117	0	1.676	0.949
Leucine	g	1.971	0	2.957	1.675
Lysine	g	2.227	0	3.340	1.893
Methionine	g	0.718	0	1.077	0.610
Cystine	g	0.260	0	0.390	0.221
Phenylalanine	g	0.946	0	1.419	0.804
Tyrosine	g	0.818	0	1.227	0.695
Valine	g	1.249	0	1.874	1.062
Arginine	g	1.451	0	2.176	1.233
Histidine	g	0.714	0	1.071	0.607
Alanine	g	1.466	0	2.199	1.246
Aspartic acid	g	2.483	0	3.724	2.111
Glutamic acid	g	3.619	0	5.429	3.076
Glycine	g	1.164	0	1.746	0.989
Proline	g	0.857	0	1.286	0.728
Serine	g	0.989	0	1.484	0.841
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15035 Finfish, haddock, smoked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 17g	Measure 3* 85g
Proximates:							
Water	g	71.48		0	20.26	12.15	60.76
Energy	kcal	116		0	33	20	99
Energy	kj	485		0	137	82	412
Protein (N x 5.95)	g	25.23		0	7.15	4.29	21.45
Total lipid (fat)	g	0.96		0	0.27	0.16	0.82
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.62		0	0.46	0.28	1.38
Sugars, total	g						
Minerals:							
Calcium	mg	49		0	14	8	42
Iron	mg	1.40		0	0.40	0.24	1.19
Magnesium	mg	54		0	15	9	46
Phosphorus	mg	251		0	71	43	213
Potassium	mg	415		0	118	71	353
Sodium	mg	763		0	216	130	649
Zinc	mg	0.50		0	0.14	0.09	0.43
Copper	mg	0.042		0	0.012	0.007	0.036
Manganese	mg	0.030		0	0.009	0.005	0.026
Selenium	µg	42.9		0	12.2	7.3	36.5
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.047		0	0.013	0.008	0.040
Riboflavin	mg	0.049		0	0.014	0.008	0.042
Niacin	mg	5.073		0	1.438	0.862	4.312
Pantothenic acid	mg	0.170		0	0.048	0.029	0.145
Vitamin B-6	mg	0.400		0	0.113	0.068	0.340
Folate	µg	15		0	4	3	13
Vitamin B-12	µg	1.60		0	0.45	0.27	1.36
Vitamin A	IU	73		0	21	12	62
Vitamin A, RE	µg	22		0	6	4	19
Vitamin E, α-TE	mg	0.400		0	0.113	0.068	0.340
Lipids:							
Saturated, total	g	0.173		0	0.049	0.029	0.147
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.011		0	0.003	0.002	0.009
15.0	g						
16:0	g	0.117		0	0.033	0.020	0.099
17:0	g						
18:0	g	0.044		0	0.012	0.007	0.037
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.157	0	0.045	0.027	0.133
14:1	g					
16:1	g	0.023	0	0.007	0.004	0.020
18:1	g	0.089	0	0.025	0.015	0.076
20:1	g	0.013	0	0.004	0.002	0.011
22.1	g	0.031	0	0.009	0.005	0.026
Polyunsaturated, total	g	0.321	0	0.091	0.055	0.273
18:2	g	0.012	0	0.003	0.002	0.010
18:3	g	0.003	0	0.001	0.001	0.003
18:4	g	0.004	0	0.001	0.001	0.003
20:4	g	0.031	0	0.009	0.005	0.026
20:5	g	0.079	0	0.022	0.013	0.067
22:5	g	0.025	0	0.007	0.004	0.021
22:6	g	0.168	0	0.048	0.029	0.143
Cholesterol	mg	77	0	22	13	65
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.283	0	0.080	0.048	0.241
Threonine	g	1.106	0	0.314	0.188	0.940
Isoleucine	g	1.162	0	0.329	0.198	0.988
Leucine	g	2.050	0	0.581	0.348	1.742
Lysine	g	2.317	0	0.657	0.394	1.969
Methionine	g	0.747	0	0.212	0.127	0.635
Cystine	g	0.270	0	0.077	0.046	0.230
Phenylalanine	g	0.985	0	0.279	0.167	0.837
Tyrosine	g	0.852	0	0.242	0.145	0.724
Valine	g	1.300	0	0.369	0.221	1.105
Arginine	g	1.509	0	0.428	0.257	1.283
Histidine	g	0.743	0	0.211	0.126	0.632
Alanine	g	1.526	0	0.433	0.259	1.297
Aspartic acid	g	2.583	0	0.732	0.439	2.196
Glutamic acid	g	3.766	0	1.068	0.640	3.201
Glycine	g	1.211	0	0.343	0.206	1.029
Proline	g	0.892	0	0.253	0.152	0.758
Serine	g	1.029	0	0.292	0.175	0.875
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz, boneless
Measure 2: 1 cubic inch, boneless
Measure 3: 3 oz

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

Hippoglossus hippoglossus (L.) and H. stenolepis Schmidt

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 204g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	77.92	0.146	124	158.96	66.23	
Energy	kcal	110		0	224	94	
Energy	kj	460		0	938	391	
Protein (N x 5.95)	g	20.81	0.123	116	42.45	17.69	
Total lipid (fat)	g	2.29	0.236	55	4.67	1.95	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.36	0.009	115	2.77	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	47		14	96	40	
Iron	mg	0.84		0	1.71	0.71	
Magnesium	mg	83		1	169	71	
Phosphorus	mg	222		17	453	189	
Potassium	mg	450		93	918	383	
Sodium	mg	54	1.576	102	110	46	
Zinc	mg	0.42		39	0.86	0.36	
Copper	mg	0.027		37	0.055	0.023	
Manganese	mg	0.015		0	0.031	0.013	
Selenium	µg	36.5		0	74.5	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		1	0.122	0.051	
Riboflavin	mg	0.075	0.025	2	0.153	0.064	
Niacin	mg	5.848	1.277	5	11.930	4.971	
Pantothenic acid	mg	0.329	0.030	2	0.671	0.280	
Vitamin B-6	mg	0.344		1	0.702	0.292	
Folate	µg	12		0	24	10	
Vitamin B-12	µg	1.18	0.103	8	2.42	1.01	
Vitamin A	IU	155	95.000	2	316	132	
Vitamin A, RE	µg	47		0	96	40	
Vitamin E, α-TE	mg	0.850		0	1.734	0.723	
Lipids:							
Saturated, total	g	0.325		0	0.663	0.276	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.056		16	0.114	0.048	
15.0	g						
16:0	g	0.212		16	0.432	0.180	
17:0	g						
18:0	g	0.049		16	0.100	0.042	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.750	0	1.530	0.637
14:1	g				
16:1	g	0.163	16	0.333	0.139
18:1	g	0.361	16	0.736	0.307
20:1	g	0.124	16	0.253	0.105
22.1	g	0.102	1	0.208	0.087
Polyunsaturated, total	g	0.730	0	1.489	0.620
18:2	g	0.030	16	0.061	0.026
18:3	g	0.065	16	0.133	0.055
18:4	g	0.039	16	0.080	0.033
20:4	g	0.139	16	0.284	0.118
20:5	g	0.071	16	0.145	0.060
22:5	g	0.094	16	0.192	0.080
22:6	g	0.292	16	0.596	0.248
Cholesterol	mg	32	3	65	27
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.233	0	0.475	0.198
Threonine	g	0.912	0	1.860	0.775
Isoleucine	g	0.959	0	1.956	0.815
Leucine	g	1.692	0	3.452	1.438
Lysine	g	1.911	0	3.898	1.624
Methionine	g	0.616	0	1.257	0.524
Cystine	g	0.223	0	0.455	0.190
Phenylalanine	g	0.813	0	1.659	0.691
Tyrosine	g	0.703	0	1.434	0.598
Valine	g	1.072	0	2.187	0.911
Arginine	g	1.245	0	2.540	1.058
Histidine	g	0.613	0	1.251	0.521
Alanine	g	1.259	0	2.568	1.070
Aspartic acid	g	2.131	0	4.347	1.811
Glutamic acid	g	3.107	0	6.338	2.641
Glycine	g	0.999	0	2.038	0.849
Proline	g	0.736	0	1.501	0.626
Serine	g	0.849	0	1.732	0.722
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 159g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	71.69		0	113.99	60.94	
Energy	kcal	140		0	223	119	
Energy	kj	586		0	932	498	
Protein (N x 5.95)	g	26.69		0	42.44	22.69	
Total lipid (fat)	g	2.94		0	4.67	2.50	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.74		0	2.77	1.48	
Sugars, total	g						
Minerals:							
Calcium	mg	60		0	95	51	
Iron	mg	1.07		0	1.70	0.91	
Magnesium	mg	107		0	170	91	
Phosphorus	mg	285		0	453	242	
Potassium	mg	576		0	916	490	
Sodium	mg	69		0	110	59	
Zinc	mg	0.53		0	0.84	0.45	
Copper	mg	0.035		0	0.056	0.030	
Manganese	mg	0.020		0	0.032	0.017	
Selenium	µg	46.8		0	74.4	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.069		0	0.110	0.059	
Riboflavin	mg	0.091		0	0.145	0.077	
Niacin	mg	7.123		0	11.326	6.055	
Pantothenic acid	mg	0.380		0	0.604	0.323	
Vitamin B-6	mg	0.397		0	0.631	0.337	
Folate	µg	14		0	22	12	
Vitamin B-12	µg	1.37		0	2.17	1.16	
Vitamin A	IU	179		0	285	152	
Vitamin A, RE	µg	54		0	86	46	
Vitamin E, α-TE	mg	1.090		0	1.733	0.927	
Lipids:							
Saturated, total	g	0.417		0	0.663	0.354	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.072		0	0.114	0.061	
15.0	g						
16:0	g	0.272		0	0.432	0.231	
17:0	g						
18:0	g	0.063		0	0.100	0.054	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.967	0	1.538	0.822
14:1	g				
16:1	g	0.209	0	0.332	0.178
18:1	g	0.463	0	0.736	0.394
20:1	g	0.159	0	0.253	0.135
22.1	g	0.131	0	0.208	0.111
Polyunsaturated, total	g	0.940	0	1.495	0.799
18:2	g	0.038	0	0.060	0.032
18:3	g	0.083	0	0.132	0.071
18:4	g	0.050	0	0.080	0.043
20:4	g	0.178	0	0.283	0.151
20:5	g	0.091	0	0.145	0.077
22:5	g	0.121	0	0.192	0.103
22:6	g	0.374	0	0.595	0.318
Cholesterol	mg	41	0	65	35
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.299	0	0.475	0.254
Threonine	g	1.170	0	1.860	0.995
Isoleucine	g	1.230	0	1.956	1.045
Leucine	g	2.169	0	3.449	1.844
Lysine	g	2.451	0	3.897	2.083
Methionine	g	0.790	0	1.256	0.672
Cystine	g	0.286	0	0.455	0.243
Phenylalanine	g	1.042	0	1.657	0.886
Tyrosine	g	0.901	0	1.433	0.766
Valine	g	1.375	0	2.186	1.169
Arginine	g	1.597	0	2.539	1.357
Histidine	g	0.786	0	1.250	0.668
Alanine	g	1.614	0	2.566	1.372
Aspartic acid	g	2.733	0	4.345	2.323
Glutamic acid	g	3.984	0	6.335	3.386
Glycine	g	1.281	0	2.037	1.089
Proline	g	0.944	0	1.501	0.802
Serine	g	1.089	0	1.732	0.926
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

NDB No. 15038 Finfish, halibut, Greenland, raw

Reinhardtius hippoglossoides (Walbaum)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 204g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	70.27	1.361	19	143.35	59.73	
Energy	kcal	186		0	379	158	
Energy	kj	778		0	1587	661	
Protein (N x 5.95)	g	14.37	1.004	3	29.31	12.21	
Total lipid (fat)	g	13.84	0.773	22	28.23	11.76	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00	0.058	3	2.04	0.85	
Sugars, total	g						
Minerals:							
Calcium	mg	3		1	6	3	
Iron	mg	0.66		0	1.35	0.56	
Magnesium	mg	26		0	53	22	
Phosphorus	mg	164		1	335	139	
Potassium	mg	268		1	547	228	
Sodium	mg	80		1	163	68	
Zinc	mg	0.40		0	0.82	0.34	
Copper	mg	0.030		0	0.061	0.026	
Manganese	mg	0.012		0	0.024	0.010	
Selenium	µg	36.5		0	74.5	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		1	0.122	0.051	
Riboflavin	mg	0.080		1	0.163	0.068	
Niacin	mg	1.500		1	3.060	1.275	
Pantothenic acid	mg	0.250		1	0.510	0.213	
Vitamin B-6	mg	0.420		0	0.857	0.357	
Folate	µg	1		0	2	1	
Vitamin B-12	µg	1.00		1	2.04	0.85	
Vitamin A	IU	55	15.000	2	112	47	
Vitamin A, RE	µg	17		0	35	14	
Vitamin E, α-TE	mg	0.850		0	1.734	0.723	
Lipids:							
Saturated, total	g	2.419		0	4.935	2.056	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.008	0.003	2	0.016	0.007	
14:0	g	0.754	0.029	3	1.538	0.641	
15.0	g						
16:0	g	1.440	0.052	3	2.938	1.224	
17:0	g						
18:0	g	0.193	0.018	2	0.394	0.164	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.378		0	17.091	7.121
14:1	g					
16:1	g	1.763	0.243	3	3.597	1.499
18:1	g	2.393	0.489	3	4.882	2.034
20:1	g	2.237	0.073	3	4.563	1.901
22.1	g	1.968	0.296	3	4.015	1.673
Polyunsaturated, total	g	1.367		0	2.789	1.162
18:2	g	0.123	0.001	2	0.251	0.105
18:3	g	0.043	0.000	2	0.088	0.037
18:4	g	0.132	0.005	2	0.269	0.112
20:4	g	0.061	0.009	2	0.124	0.052
20:5	g	0.526	0.051	3	1.073	0.447
22:5	g	0.089	0.021	2	0.182	0.076
22:6	g	0.393	0.016	3	0.802	0.334
Cholesterol	mg	46	0.733	9	94	39
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.161		0	0.328	0.137
Threonine	g	0.630		0	1.285	0.536
Isoleucine	g	0.662		0	1.350	0.563
Leucine	g	1.168		0	2.383	0.993
Lysine	g	1.320		0	2.693	1.122
Methionine	g	0.425		0	0.867	0.361
Cystine	g	0.154		0	0.314	0.131
Phenylalanine	g	0.561		0	1.144	0.477
Tyrosine	g	0.485		0	0.989	0.412
Valine	g	0.740		0	1.510	0.629
Arginine	g	0.860		0	1.754	0.731
Histidine	g	0.423		0	0.863	0.360
Alanine	g	0.869		0	1.773	0.739
Aspartic acid	g	1.471		0	3.001	1.250
Glutamic acid	g	2.145		0	4.376	1.823
Glycine	g	0.690		0	1.408	0.587
Proline	g	0.508		0	1.036	0.432
Serine	g	0.586		0	1.195	0.498
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

NDB No. 15039 Finfish, herring, Atlantic, raw

Clupea harengus harengus (L.)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 184g	Measure 3* 85g
Proximates:							
Water	g	72.05	0.496	138	20.43	132.57	61.24
Energy	kcal	158		0	45	291	134
Energy	kj	661		0	187	1216	562
Protein (N x 5.95)	g	17.96	0.235	59	5.09	33.05	15.27
Total lipid (fat)	g	9.04	0.091	2524	2.56	16.63	7.68
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.46	0.035	28	0.41	2.69	1.24
Sugars, total	g						
Minerals:							
Calcium	mg	57	16.753	3	16	105	48
Iron	mg	1.10		1	0.31	2.02	0.94
Magnesium	mg	32		1	9	59	27
Phosphorus	mg	236	33.702	4	67	434	201
Potassium	mg	327	50.952	5	93	602	278
Sodium	mg	90	4.019	7	26	166	77
Zinc	mg	0.99	0.073	56	0.28	1.82	0.84
Copper	mg	0.092	0.006	48	0.026	0.169	0.078
Manganese	mg	0.035		0	0.010	0.064	0.030
Selenium	µg	36.5		0	10.3	67.2	31.0
Vitamins:							
Ascorbic acid	mg	0.7	0.700	2	0.2	1.3	0.6
Thiamin	mg	0.092	0.007	43	0.026	0.169	0.078
Riboflavin	mg	0.233	0.031	32	0.066	0.429	0.198
Niacin	mg	3.217	0.166	34	0.912	5.919	2.734
Pantothenic acid	mg	0.645	0.098	12	0.183	1.187	0.548
Vitamin B-6	mg	0.302	0.022	17	0.086	0.556	0.257
Folate	µg	10		0	3	18	9
Vitamin B-12	µg	13.67	0.558	6	3.87	25.15	11.62
Vitamin A	IU	94	7.416	129	27	173	80
Vitamin A, RE	µg	28		0	8	52	24
Vitamin E, α-TE	mg	1.070		0	0.303	1.969	0.910
Lipids:							
Saturated, total	g	2.040		0	0.578	3.754	1.734
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.005	0.000	12	0.001	0.009	0.004
12:0	g	0.012	0.001	20	0.003	0.022	0.010
14:0	g	0.554	0.021	24	0.157	1.019	0.471
15.0	g						
16:0	g	1.353	0.048	24	0.384	2.490	1.150
17:0	g						
18:0	g	0.109	0.008	24	0.031	0.201	0.093
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.736		0	1.059	6.874	3.176
14:1	g						
16:1	g	0.622	0.029	24	0.176	1.144	0.529
18:1	g	1.516	0.090	24	0.430	2.789	1.289
20:1	g	0.721	0.056	24	0.204	1.327	0.613
22.1	g	0.840	0.090	24	0.238	1.546	0.714
Polyunsaturated, total	g	2.133		0	0.605	3.925	1.813
18:2	g	0.130	0.005	22	0.037	0.239	0.111
18:3	g	0.103	0.008	20	0.029	0.190	0.088
18:4	g	0.214	0.026	21	0.061	0.394	0.182
20:4	g	0.060	0.004	21	0.017	0.110	0.051
20:5	g	0.709	0.028	24	0.201	1.305	0.603
22:5	g	0.055	0.009	22	0.016	0.101	0.047
22:6	g	0.862	0.057	24	0.244	1.586	0.733
Cholesterol	mg	60	1.593	20	17	110	51
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.201		0	0.057	0.370	0.171
Threonine	g	0.787		0	0.223	1.448	0.669
Isoleucine	g	0.828		0	0.235	1.524	0.704
Leucine	g	1.460		0	0.414	2.686	1.241
Lysine	g	1.650		0	0.468	3.036	1.403
Methionine	g	0.532		0	0.151	0.979	0.452
Cystine	g	0.193		0	0.055	0.355	0.164
Phenylalanine	g	0.701		0	0.199	1.290	0.596
Tyrosine	g	0.606		0	0.172	1.115	0.515
Valine	g	0.925		0	0.262	1.702	0.786
Arginine	g	1.075		0	0.305	1.978	0.914
Histidine	g	0.529		0	0.150	0.973	0.450
Alanine	g	1.086		0	0.308	1.998	0.923
Aspartic acid	g	1.839		0	0.521	3.384	1.563
Glutamic acid	g	2.681		0	0.760	4.933	2.279
Glycine	g	0.862		0	0.244	1.586	0.733
Proline	g	0.635		0	0.180	1.168	0.540
Serine	g	0.733		0	0.208	1.349	0.623
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz, boneless, raw
Measure 2: 1 fillet
Measure 3: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 143g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	64.16		0	91.75	54.54	
Energy	kcal	203		0	290	173	
Energy	kj	849		0	1214	722	
Protein (N x 5.95)	g	23.03		0	32.93	19.58	
Total lipid (fat)	g	11.59		0	16.57	9.85	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.87		0	2.67	1.59	
Sugars, total	g						
Minerals:							
Calcium	mg	74		0	106	63	
Iron	mg	1.41		0	2.02	1.20	
Magnesium	mg	41		0	59	35	
Phosphorus	mg	303		0	433	258	
Potassium	mg	419		0	599	356	
Sodium	mg	115		0	164	98	
Zinc	mg	1.27		0	1.82	1.08	
Copper	mg	0.118		0	0.169	0.100	
Manganese	mg	0.040		0	0.057	0.034	
Selenium	µg	46.8		0	66.9	39.8	
Vitamins:							
Ascorbic acid	mg	0.7		0	1.0	0.6	
Thiamin	mg	0.112		0	0.160	0.095	
Riboflavin	mg	0.299		0	0.428	0.254	
Niacin	mg	4.124		0	5.897	3.505	
Pantothenic acid	mg	0.740		0	1.058	0.629	
Vitamin B-6	mg	0.348		0	0.498	0.296	
Folate	µg	12		0	16	10	
Vitamin B-12	µg	13.14		0	18.79	11.17	
Vitamin A	IU	102		0	146	87	
Vitamin A, RE	µg	31		0	44	26	
Vitamin E, α-TE	mg	1.340		0	1.916	1.139	
Lipids:							
Saturated, total	g	2.615		0	3.739	2.223	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.015		0	0.021	0.013	
14:0	g	0.710		0	1.015	0.603	
15.0	g						
16:0	g	1.735		0	2.481	1.475	
17:0	g						
18:0	g	0.140		0	0.200	0.119	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.790	0	6.850	4.071
14:1	g				
16:1	g	0.797	0	1.140	0.677
18:1	g	1.944	0	2.780	1.652
20:1	g	0.924	0	1.321	0.785
22.1	g	1.077	0	1.540	0.915
Polyunsaturated, total	g	2.735	0	3.911	2.325
18:2	g	0.167	0	0.239	0.142
18:3	g	0.132	0	0.189	0.112
18:4	g	0.274	0	0.392	0.233
20:4	g	0.077	0	0.110	0.065
20:5	g	0.909	0	1.300	0.773
22:5	g	0.071	0	0.102	0.060
22:6	g	1.105	0	1.580	0.939
Cholesterol	mg	77	0	110	65
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.258	0	0.369	0.219
Threonine	g	1.010	0	1.444	0.859
Isoleucine	g	1.061	0	1.517	0.902
Leucine	g	1.872	0	2.677	1.591
Lysine	g	2.115	0	3.024	1.798
Methionine	g	0.682	0	0.975	0.580
Cystine	g	0.247	0	0.353	0.210
Phenylalanine	g	0.899	0	1.286	0.764
Tyrosine	g	0.778	0	1.113	0.661
Valine	g	1.187	0	1.697	1.009
Arginine	g	1.378	0	1.971	1.171
Histidine	g	0.678	0	0.970	0.576
Alanine	g	1.393	0	1.992	1.184
Aspartic acid	g	2.358	0	3.372	2.004
Glutamic acid	g	3.438	0	4.916	2.922
Glycine	g	1.106	0	1.582	0.940
Proline	g	0.814	0	1.164	0.692
Serine	g	0.940	0	1.344	0.799
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15041 Finfish, herring, Atlantic, pickled

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 28g	Measure 3* 20g
Proximates:							
Water	g	55.22		2	77.31	15.65	11.04
Energy	kcal	262		0	367	74	52
Energy	kj	1096		0	1534	311	219
Protein (N x 5.95)	g	14.19		2	19.87	4.02	2.84
Total lipid (fat)	g	18.00		2	25.20	5.10	3.60
Carbohydrate, by difference	g	9.64		0	13.50	2.73	1.93
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	2.95		2	4.13	0.84	0.59
Sugars, total	g						
Minerals:							
Calcium	mg	77		2	108	22	15
Iron	mg	1.22		2	1.71	0.35	0.24
Magnesium	mg	8		2	11	2	2
Phosphorus	mg	89		2	125	25	18
Potassium	mg	69		2	97	20	14
Sodium	mg	870		2	1218	247	174
Zinc	mg	0.53		2	0.74	0.15	0.11
Copper	mg	0.105		2	0.147	0.030	0.021
Manganese	mg	0.040		2	0.056	0.011	0.008
Selenium	µg	58.5		0	81.9	16.6	11.7
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.036		2	0.050	0.010	0.007
Riboflavin	mg	0.139		2	0.195	0.039	0.028
Niacin	mg	3.300		0	4.620	0.936	0.660
Pantothenic acid	mg	0.081		2	0.113	0.023	0.016
Vitamin B-6	mg	0.170		0	0.238	0.048	0.034
Folate	µg	2		2	3	1	0
Vitamin B-12	µg	4.27		2	5.98	1.21	0.85
Vitamin A	IU	861		2	1205	244	172
Vitamin A, RE	µg	258		0	361	73	52
Vitamin E, α-TE	mg	1.000		0	1.400	0.284	0.200
Lipids:							
Saturated, total	g	2.381		0	3.333	0.675	0.476
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.721		2	1.009	0.204	0.144
15.0	g						
16:0	g	1.555		2	2.177	0.441	0.311
17:0	g						
18:0	g	0.105		2	0.147	0.030	0.021
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.947	0	16.726	3.387	2.389
14:1	g					
16:1	g	1.383	2	1.936	0.392	0.277
18:1	g	1.750	2	2.450	0.496	0.350
20:1	g	3.648	2	5.107	1.034	0.730
22.1	g	5.166	2	7.232	1.465	1.033
Polyunsaturated, total	g	1.679	0	2.351	0.476	0.336
18:2	g	0.211	2	0.295	0.060	0.042
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.843	2	1.180	0.239	0.169
22:5	g	0.079	2	0.111	0.022	0.016
22:6	g	0.546	2	0.764	0.155	0.109
Cholesterol	mg	13	2	18	4	3
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.159	0	0.223	0.045	0.032
Threonine	g	0.622	0	0.871	0.176	0.124
Isoleucine	g	0.654	0	0.916	0.185	0.131
Leucine	g	1.153	0	1.614	0.327	0.231
Lysine	g	1.303	0	1.824	0.369	0.261
Methionine	g	0.420	0	0.588	0.119	0.084
Cystine	g	0.152	0	0.213	0.043	0.030
Phenylalanine	g	0.554	0	0.776	0.157	0.111
Tyrosine	g	0.479	0	0.671	0.136	0.096
Valine	g	0.731	0	1.023	0.207	0.146
Arginine	g	0.849	0	1.189	0.241	0.170
Histidine	g	0.418	0	0.585	0.119	0.084
Alanine	g	0.858	0	1.201	0.243	0.172
Aspartic acid	g	1.453	0	2.034	0.412	0.291
Glutamic acid	g	2.118	0	2.965	0.600	0.424
Glycine	g	0.681	0	0.953	0.193	0.136
Proline	g	0.502	0	0.703	0.142	0.100
Serine	g	0.579	0	0.811	0.164	0.116
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz, boneless
Measure 3: 1 cubic inch

NDB No. 15042 Finfish, herring, Atlantic, kippered

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 17g	Measure 3* 65g
Proximates:							
Water	g	59.70		0	16.92	10.15	38.80
Energy	kcal	217		0	62	37	141
Energy	kj	908		0	257	154	590
Protein (N x 5.95)	g	24.58		0	6.97	4.18	15.98
Total lipid (fat)	g	12.37		0	3.51	2.10	8.04
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.94		0	0.55	0.33	1.26
Sugars, total	g						
Minerals:							
Calcium	mg	84		0	24	14	55
Iron	mg	1.51		0	0.43	0.26	0.98
Magnesium	mg	46		0	13	8	30
Phosphorus	mg	325		0	92	55	211
Potassium	mg	447		0	127	76	291
Sodium	mg	918		0	260	156	597
Zinc	mg	1.36		0	0.39	0.23	0.88
Copper	mg	0.135		0	0.038	0.023	0.088
Manganese	mg	0.050		0	0.014	0.009	0.033
Selenium	µg	52.6		0	14.9	8.9	34.2
Vitamins:							
Ascorbic acid	mg	1.0		0	0.3	0.2	0.7
Thiamin	mg	0.126		0	0.036	0.021	0.082
Riboflavin	mg	0.319		0	0.090	0.054	0.207
Niacin	mg	4.402		0	1.248	0.748	2.861
Pantothenic acid	mg	0.880		0	0.249	0.150	0.572
Vitamin B-6	mg	0.413		0	0.117	0.070	0.268
Folate	µg	14		0	4	2	9
Vitamin B-12	µg	18.70		0	5.30	3.18	12.16
Vitamin A	IU	128		0	36	22	83
Vitamin A, RE	µg	39		0	11	7	25
Vitamin E, α-TE	mg	1.000		0	0.284	0.170	0.650
Lipids:							
Saturated, total	g	2.791		0	0.791	0.474	1.814
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.016		0	0.005	0.003	0.010
14:0	g	0.758		0	0.215	0.129	0.493
15.0	g						
16:0	g	1.851		0	0.525	0.315	1.203
17:0	g						
18:0	g	0.149		0	0.042	0.025	0.097
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.112	0	1.449	0.869	3.323
14:1	g					
16:1	g	0.851	0	0.241	0.145	0.553
18:1	g	2.074	0	0.588	0.353	1.348
20:1	g	0.986	0	0.280	0.168	0.641
22.1	g	1.149	0	0.326	0.195	0.747
Polyunsaturated, total	g	2.919	0	0.828	0.496	1.897
18:2	g	0.178	0	0.050	0.030	0.116
18:3	g	0.141	0	0.040	0.024	0.092
18:4	g	0.293	0	0.083	0.050	0.190
20:4	g	0.082	0	0.023	0.014	0.053
20:5	g	0.970	0	0.275	0.165	0.630
22:5	g	0.075	0	0.021	0.013	0.049
22:6	g	1.179	0	0.334	0.200	0.766
Cholesterol	mg	82	0	23	14	53
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.275	0	0.078	0.047	0.179
Threonine	g	1.078	0	0.306	0.183	0.701
Isoleucine	g	1.133	0	0.321	0.193	0.736
Leucine	g	1.998	0	0.566	0.340	1.299
Lysine	g	2.258	0	0.640	0.384	1.468
Methionine	g	0.728	0	0.206	0.124	0.473
Cystine	g	0.264	0	0.075	0.045	0.172
Phenylalanine	g	0.960	0	0.272	0.163	0.624
Tyrosine	g	0.830	0	0.235	0.141	0.540
Valine	g	1.266	0	0.359	0.215	0.823
Arginine	g	1.471	0	0.417	0.250	0.956
Histidine	g	0.724	0	0.205	0.123	0.471
Alanine	g	1.487	0	0.422	0.253	0.967
Aspartic acid	g	2.517	0	0.714	0.428	1.636
Glutamic acid	g	3.669	0	1.040	0.624	2.385
Glycine	g	1.180	0	0.335	0.201	0.767
Proline	g	0.869	0	0.246	0.148	0.565
Serine	g	1.003	0	0.284	0.171	0.652
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz, boneless
Measure 2: 1 cubic inch, boneless, cooked
Measure 3: 1 large fillet (7" x 2-1/4" x 1/4")

NDB No. 15043 Finfish, herring, Pacific, raw

Clupea harengus pallasi Valenciennes

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 184g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	71.52	0.477	84	131.60	60.79	
Energy	kcal	195		0	359	166	
Energy	kj	816		0	1501	694	
Protein (N x 5.95)	g	16.39	0.133	70	30.16	13.93	
Total lipid (fat)	g	13.88	0.475	128	25.54	11.80	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.37	0.031	71	4.36	2.01	
Sugars, total	g						
Minerals:							
Calcium	mg	83		0	153	71	
Iron	mg	1.12		1	2.06	0.95	
Magnesium	mg	32		0	59	27	
Phosphorus	mg	228		0	420	194	
Potassium	mg	423	7.117	31	778	360	
Sodium	mg	74	0.631	31	136	63	
Zinc	mg	0.53	0.050	14	0.98	0.45	
Copper	mg	0.078	0.006	18	0.144	0.066	
Manganese	mg	0.045		0	0.083	0.038	
Selenium	µg	36.5		0	67.2	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.110	0.051	
Riboflavin	mg	0.200		0	0.368	0.170	
Niacin	mg	2.200		0	4.048	1.870	
Pantothenic acid	mg	1.000		0	1.840	0.850	
Vitamin B-6	mg	0.450		0	0.828	0.383	
Folate	µg	5		0	9	4	
Vitamin B-12	µg	10.00		0	18.40	8.50	
Vitamin A	IU	106	28.000	2	195	90	
Vitamin A, RE	µg	32		0	59	27	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.257		0	5.993	2.768	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.913	0.043	3	1.680	0.776	
15.0	g						
16:0	g	2.023	0.266	3	3.722	1.720	
17:0	g						
18:0	g	0.257	0.024	3	0.473	0.218	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.872		0	12.644	5.841
14:1	g					
16:1	g	1.057	0.016	3	1.945	0.898
18:1	g	2.913	0.471	3	5.360	2.476
20:1	g	1.359	0.233	2	2.501	1.155
22.1	g	1.492	0.022	2	2.745	1.268
Polyunsaturated, total	g	2.423		0	4.458	2.060
18:2	g	0.192	0.051	3	0.353	0.163
18:3	g	0.057	0.027	2	0.105	0.048
18:4	g	0.248	0.151	2	0.456	0.211
20:4	g	0.096	0.064	2	0.177	0.082
20:5	g	0.969	0.165	3	1.783	0.824
22:5	g	0.172	0.010	2	0.316	0.146
22:6	g	0.689	0.170	3	1.268	0.586
Cholesterol	mg	77	5.391	3	142	65
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.184		0	0.339	0.156
Threonine	g	0.719		0	1.323	0.611
Isoleucine	g	0.755		0	1.389	0.642
Leucine	g	1.332		0	2.451	1.132
Lysine	g	1.506		0	2.771	1.280
Methionine	g	0.485		0	0.892	0.412
Cystine	g	0.176		0	0.324	0.150
Phenylalanine	g	0.640		0	1.178	0.544
Tyrosine	g	0.553		0	1.018	0.470
Valine	g	0.845		0	1.555	0.718
Arginine	g	0.981		0	1.805	0.834
Histidine	g	0.483		0	0.889	0.411
Alanine	g	0.991		0	1.823	0.842
Aspartic acid	g	1.679		0	3.089	1.427
Glutamic acid	g	2.447		0	4.502	2.080
Glycine	g	0.787		0	1.448	0.669
Proline	g	0.580		0	1.067	0.493
Serine	g	0.669		0	1.231	0.569
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15044 Finfish, ling, raw

Molva molva (L.)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 193g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	79.63	0.265	16	153.69	67.69	
Energy	kcal	87		0	168	74	
Energy	kj	364		0	703	309	
Protein (N x 5.95)	g	18.99	0.281	10	36.65	16.14	
Total lipid (fat)	g	0.64	0.105	7	1.24	0.54	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.40	0.103	6	2.70	1.19	
Sugars, total	g						
Minerals:							
Calcium	mg	34	13.800	2	66	29	
Iron	mg	0.65	0.050	2	1.25	0.55	
Magnesium	mg	63		1	122	54	
Phosphorus	mg	198	8.322	3	382	168	
Potassium	mg	379		1	731	322	
Sodium	mg	135		1	261	115	
Zinc	mg	0.78		0	1.51	0.66	
Copper	mg	0.110		0	0.212	0.094	
Manganese	mg	0.030		0	0.058	0.026	
Selenium	µg	36.5		0	70.4	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110	0.020	2	0.212	0.094	
Riboflavin	mg	0.190	0.078	5	0.367	0.161	
Niacin	mg	2.300	0.115	3	4.439	1.955	
Pantothenic acid	mg	0.320	0.040	3	0.618	0.272	
Vitamin B-6	mg	0.304	0.047	3	0.587	0.258	
Folate	µg	7		0	14	6	
Vitamin B-12	µg	0.56	0.068	5	1.08	0.48	
Vitamin A	IU	100	65.064	3	193	85	
Vitamin A, RE	µg	30		0	58	26	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.120		0	0.232	0.102	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.090	0	0.174	0.077
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.220	0	0.425	0.187
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	40	0	77	34
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.213	0	0.411	0.181
Threonine	g	0.832	0	1.606	0.707
Isoleucine	g	0.875	0	1.689	0.744
Leucine	g	1.543	0	2.978	1.312
Lysine	g	1.744	0	3.366	1.482
Methionine	g	0.562	0	1.085	0.478
Cystine	g	0.204	0	0.394	0.173
Phenylalanine	g	0.741	0	1.430	0.630
Tyrosine	g	0.641	0	1.237	0.545
Valine	g	0.978	0	1.888	0.831
Arginine	g	1.136	0	2.192	0.966
Histidine	g	0.559	0	1.079	0.475
Alanine	g	1.148	0	2.216	0.976
Aspartic acid	g	1.944	0	3.752	1.652
Glutamic acid	g	2.834	0	5.470	2.409
Glycine	g	0.911	0	1.758	0.774
Proline	g	0.671	0	1.295	0.570
Serine	g	0.775	0	1.496	0.659
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15045 Finfish, lingcod, raw

Ophiodon elongatus Girard

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 193g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	81.03	0.066	181	156.39	68.88	
Energy	kcal	85		0	164	72	
Energy	kj	356		0	687	303	
Protein (N x 5.95)	g	17.66	0.078	173	34.08	15.01	
Total lipid (fat)	g	1.06	0.143	16	2.05	0.90	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.21	0.005	174	2.34	1.03	
Sugars, total	g						
Minerals:							
Calcium	mg	14		1	27	12	
Iron	mg	0.32	0.000	2	0.62	0.27	
Magnesium	mg	26		1	50	22	
Phosphorus	mg	201		1	388	171	
Potassium	mg	437	2.904	95	843	371	
Sodium	mg	59	1.020	95	114	50	
Zinc	mg	0.45	0.013	78	0.87	0.38	
Copper	mg	0.027	0.001	75	0.052	0.023	
Manganese	mg	0.020		1	0.039	0.017	
Selenium	µg	36.5		0	70.4	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.030	0.006	3	0.058	0.026	
Riboflavin	mg	0.114	0.009	3	0.220	0.097	
Niacin	mg	1.900	0.179	3	3.667	1.615	
Pantothenic acid	mg	0.750		0	1.448	0.637	
Vitamin B-6	mg	0.300		0	0.579	0.255	
Folate	µg	9		0	17	8	
Vitamin B-12	µg	3.60		0	6.95	3.06	
Vitamin A	IU	50		0	97	43	
Vitamin A, RE	µg	15		0	29	13	
Vitamin E, α-TE	mg	0.230		0	0.444	0.196	
Lipids:							
Saturated, total	g	0.197		0	0.380	0.167	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.000		0	0.000	0.000	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.350	0	0.676	0.298
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.000	0	0.000	0.000
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.300	0	0.579	0.255
18:2	g	0.000	0	0.000	0.000
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	52	0	100	44
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.198	0	0.382	0.168
Threonine	g	0.774	0	1.494	0.658
Isoleucine	g	0.814	0	1.571	0.692
Leucine	g	1.435	0	2.770	1.220
Lysine	g	1.622	0	3.130	1.379
Methionine	g	0.523	0	1.009	0.445
Cystine	g	0.189	0	0.365	0.161
Phenylalanine	g	0.689	0	1.330	0.586
Tyrosine	g	0.596	0	1.150	0.507
Valine	g	0.910	0	1.756	0.774
Arginine	g	1.057	0	2.040	0.898
Histidine	g	0.520	0	1.004	0.442
Alanine	g	1.068	0	2.061	0.908
Aspartic acid	g	1.808	0	3.489	1.537
Glutamic acid	g	2.636	0	5.087	2.241
Glycine	g	0.848	0	1.637	0.721
Proline	g	0.624	0	1.204	0.530
Serine	g	0.720	0	1.390	0.612
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

NDB No. 15046 Finfish, mackerel, Atlantic, raw

Scomber scombrus L.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 112g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	63.55	0.657	142	71.18	54.02	
Energy	kcal	205		0	230	174	
Energy	kj	858		0	961	729	
Protein (N x 5.95)	g	18.60	0.171	83	20.83	15.81	
Total lipid (fat)	g	13.89	0.380	364	15.56	11.81	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.35	0.032	60	1.51	1.15	
Sugars, total	g						
Minerals:							
Calcium	mg	12	2.437	7	13	10	
Iron	mg	1.63	0.398	3	1.83	1.39	
Magnesium	mg	76		1	85	65	
Phosphorus	mg	217	11.557	8	243	184	
Potassium	mg	314	19.569	10	352	267	
Sodium	mg	90	7.283	14	101	77	
Zinc	mg	0.63	0.017	82	0.71	0.54	
Copper	mg	0.073	0.004	81	0.082	0.062	
Manganese	mg	0.015		0	0.017	0.013	
Selenium	µg	44.1	2.285	11	49.4	37.5	
Vitamins:							
Ascorbic acid	mg	0.4	0.400	2	0.4	0.3	
Thiamin	mg	0.176	0.050	6	0.197	0.150	
Riboflavin	mg	0.312	0.032	7	0.349	0.265	
Niacin	mg	9.080	1.278	11	10.170	7.718	
Pantothenic acid	mg	0.856	0.113	7	0.959	0.728	
Vitamin B-6	mg	0.399	0.045	16	0.447	0.339	
Folate	µg	1		0	1	1	
Vitamin B-12	µg	8.71	1.332	9	9.76	7.40	
Vitamin A	IU	165	44.628	6	185	140	
Vitamin A, RE	µg	50		0	56	43	
Vitamin E, α-TE	mg	1.520		0	1.702	1.292	
Lipids:							
Saturated, total	g	3.257		0	3.648	2.768	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.017		18	0.019	0.014	
14:0	g	0.674		29	0.755	0.573	
15.0	g						
16:0	g	2.125		29	2.380	1.806	
17:0	g						
18:0	g	0.423		29	0.474	0.360	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.456		0	6.111	4.638
14:1	g					
16:1	g	0.727		29	0.814	0.618
18:1	g	2.283		29	2.557	1.941
20:1	g	1.039		29	1.164	0.883
22.1	g	1.407		29	1.576	1.196
Polyunsaturated, total	g	3.350		0	3.752	2.848
18:2	g	0.219		23	0.245	0.186
18:3	g	0.159		20	0.178	0.135
18:4	g	0.278		27	0.311	0.236
20:4	g	0.183		20	0.205	0.156
20:5	g	0.898		29	1.006	0.763
22:5	g	0.212		23	0.237	0.180
22:6	g	1.401		29	1.569	1.191
Cholesterol	mg	70	10.000	2	78	60
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.208		0	0.233	0.177
Threonine	g	0.815		0	0.913	0.693
Isoleucine	g	0.857		0	0.960	0.728
Leucine	g	1.512		0	1.693	1.285
Lysine	g	1.708		0	1.913	1.452
Methionine	g	0.551		0	0.617	0.468
Cystine	g	0.199		0	0.223	0.169
Phenylalanine	g	0.726		0	0.813	0.617
Tyrosine	g	0.628		0	0.703	0.534
Valine	g	0.958		0	1.073	0.814
Arginine	g	1.113		0	1.247	0.946
Histidine	g	0.548		0	0.614	0.466
Alanine	g	1.125		0	1.260	0.956
Aspartic acid	g	1.905		0	2.134	1.619
Glutamic acid	g	2.777		0	3.110	2.360
Glycine	g	0.893		0	1.000	0.759
Proline	g	0.658		0	0.737	0.559
Serine	g	0.759		0	0.850	0.645
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 88g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	53.27		0	46.88	45.28	
Energy	kcal	262		0	231	223	
Energy	kj	1096		0	964	932	
Protein (N x 5.95)	g	23.85		0	20.99	20.27	
Total lipid (fat)	g	17.81		0	15.67	15.14	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.53	0.070	10	1.35	1.30	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	13	13	
Iron	mg	1.57	0.080	10	1.38	1.33	
Magnesium	mg	97		0	85	82	
Phosphorus	mg	278		0	245	236	
Potassium	mg	401	15.900	10	353	341	
Sodium	mg	83	8.200	10	73	71	
Zinc	mg	0.94	0.060	10	0.83	0.80	
Copper	mg	0.094		0	0.083	0.080	
Manganese	mg	0.020		0	0.018	0.017	
Selenium	µg	51.6	1.508	33	45.4	43.9	
Vitamins:							
Ascorbic acid	mg	0.4		0	0.4	0.3	
Thiamin	mg	0.159	0.006	10	0.140	0.135	
Riboflavin	mg	0.412	0.013	10	0.363	0.350	
Niacin	mg	6.850	0.470	10	6.028	5.822	
Pantothenic acid	mg	0.990		0	0.871	0.842	
Vitamin B-6	mg	0.460		0	0.405	0.391	
Folate	µg	2		0	1	1	
Vitamin B-12	µg	19.00	1.610	10	16.72	16.15	
Vitamin A	IU	180		0	158	153	
Vitamin A, RE	µg	54		0	48	46	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.176		0	3.675	3.550	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.592	83.700	10	0.521	0.503	
15.0	g						
16:0	g	1.375	188.900	10	1.210	1.169	
17:0	g						
18:0	g	0.256	39.100	10	0.225	0.218	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.006		0	6.165	5.955
14:1	g					
16:1	g	0.534	105.400	10	0.470	0.454
18:1	g	1.202	313.300	10	1.058	1.022
20:1	g	1.598	244.500	10	1.406	1.358
22.1	g	2.498	368.800	10	2.198	2.123
Polyunsaturated, total	g	4.300		0	3.784	3.655
18:2	g	0.147	17.000	10	0.129	0.125
18:3	g	0.113	14.100	10	0.099	0.096
18:4	g					
20:4	g	0.051	7.100	10	0.045	0.043
20:5	g	0.504	75.500	10	0.444	0.428
22:5	g	0.106	15.000	10	0.093	0.090
22:6	g	0.699	58.700	10	0.615	0.594
Cholesterol	mg	75	2.940	10	66	64
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.267		0	0.235	0.227
Threonine	g	1.045		0	0.920	0.888
Isoleucine	g	1.099		0	0.967	0.934
Leucine	g	1.938		0	1.705	1.647
Lysine	g	2.190		0	1.927	1.862
Methionine	g	0.706		0	0.621	0.600
Cystine	g	0.256		0	0.225	0.218
Phenylalanine	g	0.931		0	0.819	0.791
Tyrosine	g	0.805		0	0.708	0.684
Valine	g	1.228		0	1.081	1.044
Arginine	g	1.427		0	1.256	1.213
Histidine	g	0.702		0	0.618	0.597
Alanine	g	1.442		0	1.269	1.226
Aspartic acid	g	2.442		0	2.149	2.076
Glutamic acid	g	3.559		0	3.132	3.025
Glycine	g	1.145		0	1.008	0.973
Proline	g	0.843		0	0.742	0.717
Serine	g	0.973		0	0.856	0.827
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Trachurus symmetricus (Ayers)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 190g	Measure 2* 28g	Measure 3* 16g
Proximates:							
Water	g	69.17		2	131.42	19.61	11.07
Energy	kcal	156		0	296	44	25
Energy	kj	653		0	1241	185	104
Protein (N x 5.95)	g	23.19		2	44.06	6.57	3.71
Total lipid (fat)	g	6.30		2	11.97	1.79	1.01
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.73		2	3.29	0.49	0.28
Sugars, total	g						
Minerals:							
Calcium	mg	241		2	458	68	39
Iron	mg	2.04		2	3.88	0.58	0.33
Magnesium	mg	37		2	70	10	6
Phosphorus	mg	301		2	572	85	48
Potassium	mg	194		2	369	55	31
Sodium	mg	379		2	720	107	61
Zinc	mg	1.02		2	1.94	0.29	0.16
Copper	mg	0.147		2	0.279	0.042	0.024
Manganese	mg	0.040		2	0.076	0.011	0.006
Selenium	µg	37.7		0	71.6	10.7	6.0
Vitamins:							
Ascorbic acid	mg	0.9		2	1.7	0.3	0.1
Thiamin	mg	0.040		2	0.076	0.011	0.006
Riboflavin	mg	0.212		2	0.403	0.060	0.034
Niacin	mg	6.180		2	11.742	1.752	0.989
Pantothenic acid	mg	0.305		2	0.579	0.086	0.049
Vitamin B-6	mg	0.210		2	0.399	0.060	0.034
Folate	µg	5		2	10	1	1
Vitamin B-12	µg	6.94		2	13.19	1.97	1.11
Vitamin A	IU	434		2	825	123	69
Vitamin A, RE	µg	130		0	247	37	21
Vitamin E, α-TE	mg	1.400		0	2.660	0.397	0.224
Lipids:							
Saturated, total	g	1.857		0	3.528	0.526	0.297
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.007		2	0.013	0.002	0.001
14:0	g	0.289		2	0.549	0.082	0.046
15.0	g						
16:0	g	1.185		2	2.252	0.336	0.190
17:0	g						
18:0	g	0.376		2	0.714	0.107	0.060
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.225	0	4.228	0.631	0.356
14:1	g					
16:1	g	0.400	2	0.760	0.113	0.064
18:1	g	1.132	2	2.151	0.321	0.181
20:1	g	0.278	2	0.528	0.079	0.044
22.1	g	0.414	2	0.787	0.117	0.066
Polyunsaturated, total	g	1.651	0	3.137	0.468	0.264
18:2	g	0.099	2	0.188	0.028	0.016
18:3	g	0.043	2	0.082	0.012	0.007
18:4	g	0.106	2	0.201	0.030	0.017
20:4	g	0.069	2	0.131	0.020	0.011
20:5	g	0.434	2	0.825	0.123	0.069
22:5	g	0.104	2	0.198	0.029	0.017
22:6	g	0.796	2	1.512	0.226	0.127
Cholesterol	mg	79	2	150	22	13
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.260	0	0.494	0.074	0.042
Threonine	g	1.017	0	1.932	0.288	0.163
Isoleucine	g	1.069	0	2.031	0.303	0.171
Leucine	g	1.885	0	3.581	0.534	0.302
Lysine	g	2.130	0	4.047	0.604	0.341
Methionine	g	0.686	0	1.303	0.194	0.110
Cystine	g	0.249	0	0.473	0.071	0.040
Phenylalanine	g	0.905	0	1.720	0.257	0.145
Tyrosine	g	0.783	0	1.488	0.222	0.125
Valine	g	1.195	0	2.271	0.339	0.191
Arginine	g	1.388	0	2.637	0.393	0.222
Histidine	g	0.683	0	1.298	0.194	0.109
Alanine	g	1.403	0	2.666	0.398	0.224
Aspartic acid	g	2.375	0	4.513	0.673	0.380
Glutamic acid	g	3.462	0	6.578	0.981	0.554
Glycine	g	1.113	0	2.115	0.316	0.178
Proline	g	0.820	0	1.558	0.232	0.131
Serine	g	0.946	0	1.797	0.268	0.151
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz, boneless
Measure 3: 1 cubic inch

NDB No. 15049 Finfish, mackerel, king, raw

Scombermorus cavalla (Cuvier)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 198g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	75.85	0.456	6	150.18	64.47	
Energy	kcal	105		0	208	89	
Energy	kj	439		0	869	373	
Protein (N x 5.95)	g	20.28	0.786	6	40.15	17.24	
Total lipid (fat)	g	2.00	0.188	6	3.96	1.70	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.28	0.017	6	2.53	1.09	
Sugars, total	g						
Minerals:							
Calcium	mg	31		2	61	26	
Iron	mg	1.78		2	3.52	1.51	
Magnesium	mg	32		2	63	27	
Phosphorus	mg	248		2	491	211	
Potassium	mg	435		2	861	370	
Sodium	mg	158		2	313	134	
Zinc	mg	0.56	0.018	106	1.11	0.48	
Copper	mg	0.026	0.001	107	0.051	0.022	
Manganese	mg	0.005		0	0.010	0.004	
Selenium	µg	36.5		0	72.3	31.0	
Vitamins:							
Ascorbic acid	mg	1.6		0	3.2	1.4	
Thiamin	mg	0.100		2	0.198	0.085	
Riboflavin	mg	0.476		2	0.942	0.405	
Niacin	mg	8.590		2	17.008	7.301	
Pantothenic acid	mg	0.839		2	1.661	0.713	
Vitamin B-6	mg	0.442		2	0.875	0.376	
Folate	µg	8		2	15	6	
Vitamin B-12	µg	15.60		2	30.89	13.26	
Vitamin A	IU	727		2	1439	618	
Vitamin A, RE	µg	218		0	432	185	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.363		0	0.719	0.309	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.082		2	0.162	0.070	
15.0	g						
16:0	g	0.242		2	0.479	0.206	
17:0	g						
18:0	g	0.039		2	0.077	0.033	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.764	0	1.513	0.649
14:1	g				
16:1	g	0.118	2	0.234	0.100
18:1	g	0.311	2	0.616	0.264
20:1	g	0.122	2	0.242	0.104
22.1	g	0.213	2	0.422	0.181
Polyunsaturated, total	g	0.460	0	0.911	0.391
18:2	g	0.040	2	0.079	0.034
18:3	g				
18:4	g	0.090	2	0.178	0.077
20:4	g				
20:5	g	0.136	2	0.269	0.116
22:5	g	0.017	2	0.034	0.014
22:6	g	0.177	2	0.350	0.150
Cholesterol	mg	53	2	105	45
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.227	0	0.449	0.193
Threonine	g	0.889	0	1.760	0.756
Isoleucine	g	0.935	0	1.851	0.795
Leucine	g	1.648	0	3.263	1.401
Lysine	g	1.863	0	3.689	1.584
Methionine	g	0.600	0	1.188	0.510
Cystine	g	0.217	0	0.430	0.184
Phenylalanine	g	0.792	0	1.568	0.673
Tyrosine	g	0.685	0	1.356	0.582
Valine	g	1.045	0	2.069	0.888
Arginine	g	1.214	0	2.404	1.032
Histidine	g	0.597	0	1.182	0.507
Alanine	g	1.227	0	2.429	1.043
Aspartic acid	g	2.077	0	4.112	1.765
Glutamic acid	g	3.028	0	5.995	2.574
Glycine	g	0.974	0	1.929	0.828
Proline	g	0.717	0	1.420	0.609
Serine	g	0.827	0	1.637	0.703
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

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

Scomber spp. and Trachurus spp.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 225g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	70.15	2.322	12	157.84	59.63	
Energy	kcal	158		0	356	134	
Energy	kj	661		0	1487	562	
Protein (N x 5.95)	g	20.07		11	45.16	17.06	
Total lipid (fat)	g	7.89	0.865	126	17.75	6.71	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.62		6	3.65	1.38	
Sugars, total	g						
Minerals:							
Calcium	mg	23		1	52	20	
Iron	mg	1.16	0.143	4	2.61	0.99	
Magnesium	mg	28		1	63	24	
Phosphorus	mg	125		1	281	106	
Potassium	mg	406	8.686	3	914	345	
Sodium	mg	86	1.938	3	194	73	
Zinc	mg	0.67	0.028	63	1.51	0.57	
Copper	mg	0.093	0.006	56	0.209	0.079	
Manganese	mg	0.015		0	0.034	0.013	
Selenium	µg	36.5		0	82.1	31.0	
Vitamins:							
Ascorbic acid	mg	2.0		0	4.5	1.7	
Thiamin	mg	0.111		2	0.250	0.094	
Riboflavin	mg	0.421		5	0.947	0.358	
Niacin	mg	8.320		3	18.720	7.072	
Pantothenic acid	mg	0.316	0.075	12	0.711	0.269	
Vitamin B-6	mg	0.330	0.029	11	0.743	0.281	
Folate	µg	2	0.060	5	5	2	
Vitamin B-12	µg	4.40		4	9.90	3.74	
Vitamin A	IU	43		4	97	37	
Vitamin A, RE	µg	13		0	29	11	
Vitamin E, α-TE	mg	1.000		0	2.250	0.850	
Lipids:							
Saturated, total	g	2.247		0	5.056	1.910	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.009		11	0.020	0.008	
14:0	g	0.340		83	0.765	0.289	
15.0	g						
16:0	g	1.389		83	3.125	1.181	
17:0	g						
18:0	g	0.441		83	0.992	0.375	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.629	0	5.915	2.235
14:1	g				
16:1	g	0.470	83	1.058	0.400
18:1	g	1.328	83	2.988	1.129
20:1	g	0.325	65	0.731	0.276
22.1	g	0.485	41	1.091	0.412
Polyunsaturated, total	g	1.940	0	4.365	1.649
18:2	g	0.116	83	0.261	0.099
18:3	g	0.050	42	0.113	0.043
18:4	g	0.125	33	0.281	0.106
20:4	g	0.081	58	0.182	0.069
20:5	g	0.509	83	1.145	0.433
22:5	g	0.123	60	0.277	0.105
22:6	g	0.932	82	2.097	0.792
Cholesterol	mg	47	6	106	40
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.225	0	0.506	0.191
Threonine	g	0.880	0	1.980	0.748
Isoleucine	g	0.925	0	2.081	0.786
Leucine	g	1.631	0	3.670	1.386
Lysine	g	1.843	0	4.147	1.567
Methionine	g	0.594	0	1.337	0.505
Cystine	g	0.215	0	0.484	0.183
Phenylalanine	g	0.783	0	1.762	0.666
Tyrosine	g	0.678	0	1.526	0.576
Valine	g	1.034	0	2.327	0.879
Arginine	g	1.201	0	2.702	1.021
Histidine	g	0.591	0	1.330	0.502
Alanine	g	1.214	0	2.731	1.032
Aspartic acid	g	2.055	0	4.624	1.747
Glutamic acid	g	2.996	0	6.741	2.547
Glycine	g	0.963	0	2.167	0.819
Proline	g	0.710	0	1.597	0.603
Serine	g	0.819	0	1.843	0.696
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet

Measure 2: 3 oz

NDB No. 15051 Finfish, mackerel, spanish, raw

Scombermorus maculatus (Mitchill)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 187g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	71.67	4.380	3	134.02	60.92	
Energy	kcal	139		0	260	118	
Energy	kj	582		0	1088	495	
Protein (N x 5.95)	g	19.29	1.200	3	36.07	16.40	
Total lipid (fat)	g	6.30	3.810	3	11.78	5.36	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.27	0.080	3	2.37	1.08	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.950	3	21	9	
Iron	mg	0.44	0.120	3	0.82	0.37	
Magnesium	mg	33	1.670	3	62	28	
Phosphorus	mg	205	31.300	3	383	174	
Potassium	mg	446	32.480	3	834	379	
Sodium	mg	59	7.090	3	110	50	
Zinc	mg	0.49	0.030	3	0.92	0.42	
Copper	mg	0.055	0.005	3	0.103	0.047	
Manganese	mg	0.014	0.001	3	0.026	0.012	
Selenium	µg	36.5		0	68.3	31.0	
Vitamins:							
Ascorbic acid	mg	1.6		0	3.0	1.4	
Thiamin	mg	0.130		1	0.243	0.111	
Riboflavin	mg	0.170		1	0.318	0.145	
Niacin	mg	2.300		1	4.301	1.955	
Pantothenic acid	mg	0.750		0	1.403	0.637	
Vitamin B-6	mg	0.400		0	0.748	0.340	
Folate	µg	1		0	2	1	
Vitamin B-12	µg	2.40		1	4.49	2.04	
Vitamin A	IU	100		0	187	85	
Vitamin A, RE	µg	30		0	56	26	
Vitamin E, α-TE	mg	0.689		0	1.288	0.586	
Lipids:							
Saturated, total	g	1.828		0	3.418	1.554	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.173		3	0.324	0.147	
15.0	g						
16:0	g	1.239		3	2.317	1.053	
17:0	g						
18:0	g	0.416		3	0.778	0.354	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.530	0	2.861	1.301
14:1	g				
16:1	g	0.291	3	0.544	0.247
18:1	g	1.117	3	2.089	0.949
20:1	g	0.072	3	0.135	0.061
22.1	g	0.050	3	0.094	0.043
Polyunsaturated, total	g	1.739	0	3.252	1.478
18:2	g	0.097	3	0.181	0.082
18:3	g	0.034	3	0.064	0.029
18:4	g	0.000	0	0.000	0.000
20:4	g	0.166	3	0.310	0.141
20:5	g	0.329	3	0.615	0.280
22:5	g	0.101	3	0.189	0.086
22:6	g	1.012	3	1.892	0.860
Cholesterol	mg	76	1	142	65
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.216	0	0.404	0.184
Threonine	g	0.846	0	1.582	0.719
Isoleucine	g	0.889	0	1.662	0.756
Leucine	g	1.568	0	2.932	1.333
Lysine	g	1.771	0	3.312	1.505
Methionine	g	0.571	0	1.068	0.485
Cystine	g	0.207	0	0.387	0.176
Phenylalanine	g	0.753	0	1.408	0.640
Tyrosine	g	0.651	0	1.217	0.553
Valine	g	0.994	0	1.859	0.845
Arginine	g	1.154	0	2.158	0.981
Histidine	g	0.568	0	1.062	0.483
Alanine	g	1.167	0	2.182	0.992
Aspartic acid	g	1.975	0	3.693	1.679
Glutamic acid	g	2.879	0	5.384	2.447
Glycine	g	0.926	0	1.732	0.787
Proline	g	0.682	0	1.275	0.580
Serine	g	0.787	0	1.472	0.669
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet

Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 146g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	68.46		3	99.95	58.19	
Energy	kcal	158		0	231	134	
Energy	kj	661		0	965	562	
Protein (N x 5.95)	g	23.59		3	34.44	20.05	
Total lipid (fat)	g	6.32		3	9.23	5.37	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.53		3	2.23	1.30	
Sugars, total	g						
Minerals:							
Calcium	mg	13	2.230	2	19	11	
Iron	mg	0.74		3	1.08	0.63	
Magnesium	mg	38	1.595	2	55	32	
Phosphorus	mg	271	74.770	2	396	230	
Potassium	mg	554		3	809	471	
Sodium	mg	66		3	96	56	
Zinc	mg	0.62		3	0.91	0.53	
Copper	mg	0.065	0.002	2	0.095	0.055	
Manganese	mg	0.012		2	0.018	0.010	
Selenium	µg	40.6		0	59.3	34.5	
Vitamins:							
Ascorbic acid	mg	1.6		0	2.3	1.4	
Thiamin	mg	0.130		1	0.190	0.111	
Riboflavin	mg	0.210		1	0.307	0.179	
Niacin	mg	5.000		1	7.300	4.250	
Pantothenic acid	mg	0.870		0	1.270	0.740	
Vitamin B-6	mg	0.460		0	0.672	0.391	
Folate	µg	1		0	2	1	
Vitamin B-12	µg	7.00		1	10.22	5.95	
Vitamin A	IU	109		0	159	93	
Vitamin A, RE	µg	33		0	48	28	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.801		0	2.629	1.531	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.204		3	0.298	0.173	
15.0	g						
16:0	g	1.155		3	1.686	0.982	
17:0	g						
18:0	g	0.442		3	0.645	0.376	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.139	0	3.123	1.818
14:1	g				
16:1	g	0.309	3	0.451	0.263
18:1	g	1.104	3	1.612	0.938
20:1	g	0.123	3	0.180	0.105
22.1	g	0.070	3	0.102	0.060
Polyunsaturated, total	g	1.805	0	2.635	1.534
18:2	g	0.108	3	0.158	0.092
18:3	g	0.116	3	0.169	0.099
18:4	g				
20:4	g	0.159	3	0.232	0.135
20:5	g	0.294	3	0.429	0.250
22:5	g	0.095	3	0.139	0.081
22:6	g	0.952	3	1.390	0.809
Cholesterol	mg	73	1	107	62
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.264	0	0.385	0.224
Threonine	g	1.034	0	1.510	0.879
Isoleucine	g	1.087	0	1.587	0.924
Leucine	g	1.917	0	2.799	1.629
Lysine	g	2.166	0	3.162	1.841
Methionine	g	0.698	0	1.019	0.593
Cystine	g	0.253	0	0.369	0.215
Phenylalanine	g	0.921	0	1.345	0.783
Tyrosine	g	0.796	0	1.162	0.677
Valine	g	1.215	0	1.774	1.033
Arginine	g	1.411	0	2.060	1.199
Histidine	g	0.694	0	1.013	0.590
Alanine	g	1.427	0	2.083	1.213
Aspartic acid	g	2.415	0	3.526	2.053
Glutamic acid	g	3.521	0	5.141	2.993
Glycine	g	1.132	0	1.653	0.962
Proline	g	0.834	0	1.218	0.709
Serine	g	0.962	0	1.405	0.818
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15053 Finfish, milkfish, raw

Chanos chanos (Forskaal)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	70.85	1.250	2	60.22		
Energy	kcal	148		0	126		
Energy	kj	619		0	526		
Protein (N x 5.95)	g	20.53		1	17.45		
Total lipid (fat)	g	6.73	0.570	2	5.72		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.14		1	0.97		
Sugars, total	g						
Minerals:							
Calcium	mg	51		1	43		
Iron	mg	0.32		1	0.27		
Magnesium	mg	30		0	26		
Phosphorus	mg	162		1	138		
Potassium	mg	292		0	248		
Sodium	mg	72		0	61		
Zinc	mg	0.82	0.040	40	0.70		
Copper	mg	0.034	0.002	41	0.029		
Manganese	mg	0.020		0	0.017		
Selenium	µg	12.6		0	10.7		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.013		1	0.011		
Riboflavin	mg	0.054		1	0.046		
Niacin	mg	6.440		1	5.474		
Pantothenic acid	mg	0.750		0	0.637		
Vitamin B-6	mg	0.423		1	0.360		
Folate	µg	16		0	14		
Vitamin B-12	µg	3.40		1	2.89		
Vitamin A	IU	100		0	85		
Vitamin A, RE	µg	30		0	26		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.660		0	1.411		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.580	0	2.193
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.840	0	1.564
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	52	1	44
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.230	0	0.196
Threonine	g	0.900	0	0.765
Isoleucine	g	0.946	0	0.804
Leucine	g	1.669	0	1.419
Lysine	g	1.886	0	1.603
Methionine	g	0.608	0	0.517
Cystine	g	0.220	0	0.187
Phenylalanine	g	0.802	0	0.682
Tyrosine	g	0.693	0	0.589
Valine	g	1.058	0	0.899
Arginine	g	1.229	0	1.045
Histidine	g	0.604	0	0.513
Alanine	g	1.242	0	1.056
Aspartic acid	g	2.102	0	1.787
Glutamic acid	g	3.065	0	2.605
Glycine	g	0.986	0	0.838
Proline	g	0.726	0	0.617
Serine	g	0.838	0	0.712
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 3 oz

NDB No. 15054 Finfish, monkfish, raw

Lophius piscatorius L.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	83.24		2	70.75		
Energy	kcal	76		0	65		
Energy	kj	318		0	270		
Protein (N x 5.95)	g	14.48		2	12.31		
Total lipid (fat)	g	1.52		2	1.29		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.21		1	1.03		
Sugars, total	g						
Minerals:							
Calcium	mg	8		1	7		
Iron	mg	0.32		1	0.27		
Magnesium	mg	21		1	18		
Phosphorus	mg	200		0	170		
Potassium	mg	400		0	340		
Sodium	mg	18		1	15		
Zinc	mg	0.41		1	0.35		
Copper	mg	0.028		1	0.024		
Manganese	mg	0.024		1	0.020		
Selenium	µg	36.5		0	31.0		
Vitamins:							
Ascorbic acid	mg	1.0		0	0.9		
Thiamin	mg	0.025		1	0.021		
Riboflavin	mg	0.060		1	0.051		
Niacin	mg	2.100		0	1.785		
Pantothenic acid	mg	0.150		0	0.128		
Vitamin B-6	mg	0.240		0	0.204		
Folate	µg	7		0	6		
Vitamin B-12	µg	0.90		0	0.77		
Vitamin A	IU	40		0	34		
Vitamin A, RE	µg	12		0	10		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.340		0	0.289		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.240	0	0.204
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.610	0	0.518
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	25	1	21
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.162	0	0.138
Threonine	g	0.635	0	0.540
Isoleucine	g	0.667	0	0.567
Leucine	g	1.177	0	1.000
Lysine	g	1.330	0	1.131
Methionine	g	0.429	0	0.365
Cystine	g	0.155	0	0.132
Phenylalanine	g	0.565	0	0.480
Tyrosine	g	0.489	0	0.416
Valine	g	0.746	0	0.634
Arginine	g	0.867	0	0.737
Histidine	g	0.426	0	0.362
Alanine	g	0.876	0	0.745
Aspartic acid	g	1.483	0	1.261
Glutamic acid	g	2.162	0	1.838
Glycine	g	0.695	0	0.591
Proline	g	0.512	0	0.435
Serine	g	0.591	0	0.502
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 3 oz

NDB No. 15055 Finfish, mullet, striped, raw

Mugil cephalus L.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 119g	Measure 3* 85g
Proximates:							
Water	g	77.01	0.631	18	21.83	91.64	65.46
Energy	kcal	117		0	33	139	99
Energy	kj	490		0	139	583	417
Protein (N x 5.95)	g	19.35	0.523	16	5.49	23.03	16.45
Total lipid (fat)	g	3.79	0.357	43	1.07	4.51	3.22
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.20	0.038	14	0.34	1.43	1.02
Sugars, total	g						
Minerals:							
Calcium	mg	41	7.422	6	12	49	35
Iron	mg	1.02	0.091	11	0.29	1.21	0.87
Magnesium	mg	29	0.795	6	8	35	25
Phosphorus	mg	221	8.792	7	63	263	188
Potassium	mg	357	19.552	10	101	425	303
Sodium	mg	65	3.466	12	18	77	55
Zinc	mg	0.52	0.015	200	0.15	0.62	0.44
Copper	mg	0.051	0.003	202	0.014	0.061	0.043
Manganese	mg	0.016	0.002	6	0.005	0.019	0.014
Selenium	µg	36.5		0	10.3	43.4	31.0
Vitamins:							
Ascorbic acid	mg	1.2	0.071	8	0.3	1.4	1.0
Thiamin	mg	0.090		0	0.026	0.107	0.077
Riboflavin	mg	0.080		0	0.023	0.095	0.068
Niacin	mg	5.200		0	1.474	6.188	4.420
Pantothenic acid	mg	0.760	0.070	2	0.215	0.904	0.646
Vitamin B-6	mg	0.425	0.005	2	0.120	0.506	0.361
Folate	µg	9	2.500	2	2	10	7
Vitamin B-12	µg	0.22		0	0.06	0.26	0.19
Vitamin A	IU	122		1	35	145	104
Vitamin A, RE	µg	37		0	10	44	31
Vitamin E, α-TE	mg	1.000		0	0.284	1.190	0.850
Lipids:							
Saturated, total	g	1.116		0	0.316	1.328	0.949
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.003	0.000	2	0.001	0.004	0.003
14:0	g	0.245	0.015	24	0.069	0.292	0.208
15.0	g						
16:0	g	0.747	0.033	25	0.212	0.889	0.635
17:0	g						
18:0	g	0.100	0.008	25	0.028	0.119	0.085
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.078		0	0.306	1.283	0.916
14:1	g						
16:1	g	0.564	0.030	24	0.160	0.671	0.479
18:1	g	0.293	0.010	24	0.083	0.349	0.249
20:1	g	0.023	0.002	3	0.007	0.027	0.020
22.1	g	0.031	0.011	2	0.009	0.037	0.026
Polyunsaturated, total	g	0.715		0	0.203	0.851	0.608
18:2	g	0.088	0.018	25	0.025	0.105	0.075
18:3	g	0.025	0.002	22	0.007	0.030	0.021
18:4	g	0.082	0.007	23	0.023	0.098	0.070
20:4	g	0.096	0.007	25	0.027	0.114	0.082
20:5	g	0.217	0.017	25	0.062	0.258	0.184
22:5	g	0.099	0.007	25	0.028	0.118	0.084
22:6	g	0.108	0.022	25	0.031	0.129	0.092
Cholesterol	mg	49		1	14	58	42
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.217		0	0.062	0.258	0.184
Threonine	g	0.848		0	0.240	1.009	0.721
Isoleucine	g	0.892		0	0.253	1.061	0.758
Leucine	g	1.573		0	0.446	1.872	1.337
Lysine	g	1.777		0	0.504	2.115	1.510
Methionine	g	0.573		0	0.162	0.682	0.487
Cystine	g	0.207		0	0.059	0.246	0.176
Phenylalanine	g	0.755		0	0.214	0.898	0.642
Tyrosine	g	0.653		0	0.185	0.777	0.555
Valine	g	0.997		0	0.283	1.186	0.847
Arginine	g	1.158		0	0.328	1.378	0.984
Histidine	g	0.570		0	0.162	0.678	0.484
Alanine	g	1.170		0	0.332	1.392	0.995
Aspartic acid	g	1.981		0	0.562	2.357	1.684
Glutamic acid	g	2.889		0	0.819	3.438	2.456
Glycine	g	0.929		0	0.263	1.106	0.790
Proline	g	0.684		0	0.194	0.814	0.581
Serine	g	0.789		0	0.224	0.939	0.671
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz, raw
Measure 2: 1 fillet
Measure 3: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 93g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	70.52		0	65.58	59.94	
Energy	kcal	150		0	140	128	
Energy	kj	628		0	584	534	
Protein (N x 5.95)	g	24.81		0	23.07	21.09	
Total lipid (fat)	g	4.86		0	4.52	4.13	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.34	0.075	2	1.25	1.14	
Sugars, total	g						
Minerals:							
Calcium	mg	31	0.850	2	29	26	
Iron	mg	1.41	0.060	2	1.31	1.20	
Magnesium	mg	33	1.475	2	31	28	
Phosphorus	mg	244	40.235	2	227	207	
Potassium	mg	458	4.670	2	426	389	
Sodium	mg	71	5.065	2	66	60	
Zinc	mg	0.88	0.250	2	0.82	0.75	
Copper	mg	0.141	0.066	2	0.131	0.120	
Manganese	mg	0.022	0.009	2	0.020	0.019	
Selenium	µg	46.8		0	43.5	39.8	
Vitamins:							
Ascorbic acid	mg	1.2		0	1.1	1.0	
Thiamin	mg	0.100		0	0.093	0.085	
Riboflavin	mg	0.100		0	0.093	0.085	
Niacin	mg	6.300		0	5.859	5.355	
Pantothenic acid	mg	0.880		0	0.818	0.748	
Vitamin B-6	mg	0.490		0	0.456	0.417	
Folate	µg	10		0	9	8	
Vitamin B-12	µg	0.25		0	0.23	0.21	
Vitamin A	IU	141		0	131	120	
Vitamin A, RE	µg	42		0	39	36	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.431		0	1.331	1.216	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.062	0.039	2	0.058	0.053	
15.0	g						
16:0	g	0.291	0.098	2	0.271	0.247	
17:0	g						
18:0	g	0.096	0.008	2	0.089	0.082	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.382		0	1.285	1.175
14:1	g					
16:1	g	0.177	0.069	2	0.165	0.150
18:1	g	0.196	0.044	2	0.182	0.167
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.917		0	0.853	0.779
18:2	g	0.094	0.014	2	0.087	0.080
18:3	g					
18:4	g					
20:4	g	0.097	0.011	2	0.090	0.082
20:5	g	0.180	0.016	2	0.167	0.153
22:5	g	0.092	0.008	2	0.086	0.078
22:6	g	0.148	0.006	2	0.138	0.126
Cholesterol	mg	63		0	59	54
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.278		0	0.259	0.236
Threonine	g	1.088		0	1.012	0.925
Isoleucine	g	1.143		0	1.063	0.972
Leucine	g	2.016		0	1.875	1.714
Lysine	g	2.278		0	2.119	1.936
Methionine	g	0.734		0	0.683	0.624
Cystine	g	0.266		0	0.247	0.226
Phenylalanine	g	0.968		0	0.900	0.823
Tyrosine	g	0.837		0	0.778	0.711
Valine	g	1.278		0	1.189	1.086
Arginine	g	1.484		0	1.380	1.261
Histidine	g	0.730		0	0.679	0.620
Alanine	g	1.500		0	1.395	1.275
Aspartic acid	g	2.540		0	2.362	2.159
Glutamic acid	g	3.703		0	3.444	3.148
Glycine	g	1.191		0	1.108	1.012
Proline	g	0.877		0	0.816	0.745
Serine	g	1.012		0	0.941	0.860
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Sebastes marinus L.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 64g	Measure 3* 85g
Proximates:							
Water	g	78.70	0.129	183	22.31	50.37	66.89
Energy	kcal	94		0	27	60	80
Energy	kj	393		0	111	252	334
Protein (N x 5.95)	g	18.62	0.137	135	5.28	11.92	15.83
Total lipid (fat)	g	1.63	0.092	208	0.46	1.04	1.39
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.20	0.021	115	0.34	0.77	1.02
Sugars, total	g						
Minerals:							
Calcium	mg	107	8.118	50	30	68	91
Iron	mg	0.92	0.047	24	0.26	0.59	0.78
Magnesium	mg	30	2.809	24	9	19	26
Phosphorus	mg	216	6.315	29	61	138	184
Potassium	mg	273	26.229	6	77	175	232
Sodium	mg	75	9.236	5	21	48	64
Zinc	mg	0.48	0.043	105	0.14	0.31	0.41
Copper	mg	0.026	0.003	79	0.007	0.017	0.022
Manganese	mg	0.015		0	0.004	0.010	0.013
Selenium	µg	43.3	6.177	9	12.3	27.7	36.8
Vitamins:							
Ascorbic acid	mg	0.8		0	0.2	0.5	0.7
Thiamin	mg	0.110		0	0.031	0.070	0.094
Riboflavin	mg	0.110		1	0.031	0.070	0.094
Niacin	mg	2.000		1	0.567	1.280	1.700
Pantothenic acid	mg	0.360		1	0.102	0.230	0.306
Vitamin B-6	mg	0.230		0	0.065	0.147	0.196
Folate	µg	9		0	3	6	8
Vitamin B-12	µg	1.00		1	0.28	0.64	0.85
Vitamin A	IU	40	10.000	2	11	26	34
Vitamin A, RE	µg	12		0	3	8	10
Vitamin E, α-TE	mg	1.250		0	0.354	0.800	1.063
Lipids:							
Saturated, total	g	0.244		0	0.069	0.156	0.207
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.003		1	0.001	0.002	0.003
14:0	g	0.063	0.004	21	0.018	0.040	0.054
15.0	g						
16:0	g	0.139	0.012	21	0.039	0.089	0.118
17:0	g						
18:0	g	0.034	0.003	21	0.010	0.022	0.029
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.625		0	0.177	0.400	0.531
14:1	g						
16:1	g	0.086	0.011	21	0.024	0.055	0.073
18:1	g	0.207	0.013	21	0.059	0.132	0.176
20:1	g	0.100	0.017	20	0.028	0.064	0.085
22.1	g	0.229	0.015	21	0.065	0.147	0.195
Polyunsaturated, total	g	0.427		0	0.121	0.273	0.363
18:2	g	0.028	0.008	21	0.008	0.018	0.024
18:3	g	0.057	0.018	21	0.016	0.036	0.048
18:4	g	0.024	0.008	19	0.007	0.015	0.020
20:4	g	0.004	0.024	21	0.001	0.003	0.003
20:5	g	0.080	0.006	21	0.023	0.051	0.068
22:5	g	0.023	0.002	21	0.007	0.015	0.020
22:6	g	0.211	0.021	21	0.060	0.135	0.179
Cholesterol	mg	42	2.380	10	12	27	36
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.209		0	0.059	0.134	0.178
Threonine	g	0.817		0	0.232	0.523	0.694
Isoleucine	g	0.858		0	0.243	0.549	0.729
Leucine	g	1.514		0	0.429	0.969	1.287
Lysine	g	1.711		0	0.485	1.095	1.454
Methionine	g	0.551		0	0.156	0.353	0.468
Cystine	g	0.200		0	0.057	0.128	0.170
Phenylalanine	g	0.727		0	0.206	0.465	0.618
Tyrosine	g	0.629		0	0.178	0.403	0.535
Valine	g	0.960		0	0.272	0.614	0.816
Arginine	g	1.115		0	0.316	0.714	0.948
Histidine	g	0.548		0	0.155	0.351	0.466
Alanine	g	1.126		0	0.319	0.721	0.957
Aspartic acid	g	1.907		0	0.541	1.220	1.621
Glutamic acid	g	2.780		0	0.788	1.779	2.363
Glycine	g	0.894		0	0.253	0.572	0.760
Proline	g	0.659		0	0.187	0.422	0.560
Serine	g	0.760		0	0.215	0.486	0.646
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz, boneless, raw
Measure 2: 1 fillet
Measure 3: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 50g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	72.69		0	36.34	61.79	
Energy	kcal	121		0	61	103	
Energy	kj	506		0	253	430	
Protein (N x 5.95)	g	23.88		0	11.94	20.30	
Total lipid (fat)	g	2.09		0	1.04	1.78	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.54		0	0.77	1.31	
Sugars, total	g						
Minerals:							
Calcium	mg	137		0	69	116	
Iron	mg	1.18		0	0.59	1.00	
Magnesium	mg	39		0	20	33	
Phosphorus	mg	277		0	139	235	
Potassium	mg	350		0	175	298	
Sodium	mg	96		0	48	82	
Zinc	mg	0.61		0	0.31	0.52	
Copper	mg	0.033		0	0.017	0.028	
Manganese	mg	0.020		0	0.010	0.017	
Selenium	µg	55.5		0	27.8	47.2	
Vitamins:							
Ascorbic acid	mg	0.8		0	0.4	0.7	
Thiamin	mg	0.130		0	0.065	0.111	
Riboflavin	mg	0.134		0	0.067	0.114	
Niacin	mg	2.436		0	1.218	2.071	
Pantothenic acid	mg	0.420		0	0.210	0.357	
Vitamin B-6	mg	0.270		0	0.135	0.230	
Folate	µg	10		0	5	9	
Vitamin B-12	µg	1.15		0	0.58	0.98	
Vitamin A	IU	46		0	23	39	
Vitamin A, RE	µg	14		0	7	12	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.313		0	0.157	0.266	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.004		0	0.002	0.003	
14:0	g	0.081		0	0.041	0.069	
15.0	g						
16:0	g	0.178		0	0.089	0.151	
17:0	g						
18:0	g	0.044		0	0.022	0.037	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.801	0	0.401	0.681
14:1	g				
16:1	g	0.110	0	0.055	0.094
18:1	g	0.265	0	0.133	0.225
20:1	g	0.128	0	0.064	0.109
22.1	g	0.294	0	0.147	0.250
Polyunsaturated, total	g	0.547	0	0.274	0.465
18:2	g	0.036	0	0.018	0.031
18:3	g	0.073	0	0.037	0.062
18:4	g	0.031	0	0.016	0.026
20:4	g	0.005	0	0.003	0.004
20:5	g	0.103	0	0.052	0.088
22:5	g	0.029	0	0.015	0.025
22:6	g	0.271	0	0.136	0.230
Cholesterol	mg	54	0	27	46
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.267	0	0.134	0.227
Threonine	g	1.047	0	0.524	0.890
Isoleucine	g	1.100	0	0.550	0.935
Leucine	g	1.941	0	0.970	1.650
Lysine	g	2.193	0	1.097	1.864
Methionine	g	0.707	0	0.354	0.601
Cystine	g	0.256	0	0.128	0.218
Phenylalanine	g	0.932	0	0.466	0.792
Tyrosine	g	0.806	0	0.403	0.685
Valine	g	1.230	0	0.615	1.045
Arginine	g	1.429	0	0.715	1.215
Histidine	g	0.703	0	0.352	0.598
Alanine	g	1.444	0	0.722	1.227
Aspartic acid	g	2.445	0	1.222	2.078
Glutamic acid	g	3.564	0	1.782	3.029
Glycine	g	1.146	0	0.573	0.974
Proline	g	0.844	0	0.422	0.717
Serine	g	0.974	0	0.487	0.828
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15059 Finfish, pout, ocean, raw

Macrozoarces americanus (Schneider)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 176g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	81.36	0.695	6	143.19	69.16	
Energy	kcal	79		0	139	67	
Energy	kj	331		0	583	281	
Protein (N x 5.95)	g	16.64	0.676	5	29.29	14.14	
Total lipid (fat)	g	0.91	0.096	5	1.60	0.77	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.13	0.022	5	1.99	0.96	
Sugars, total	g						
Minerals:							
Calcium	mg	10		1	18	9	
Iron	mg	0.28		1	0.49	0.24	
Magnesium	mg	13		1	23	11	
Phosphorus	mg	200		0	352	170	
Potassium	mg	400		0	704	340	
Sodium	mg	61		1	107	52	
Zinc	mg	1.03	0.055	34	1.81	0.88	
Copper	mg	0.032	0.003	34	0.056	0.027	
Manganese	mg	0.015		1	0.026	0.013	
Selenium	µg	36.5		0	64.2	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		0	0.141	0.068	
Riboflavin	mg	0.060		0	0.106	0.051	
Niacin	mg	2.100		0	3.696	1.785	
Pantothenic acid	mg	0.150		0	0.264	0.128	
Vitamin B-6	mg	0.240		0	0.422	0.204	
Folate	µg	7		0	12	6	
Vitamin B-12	µg	0.90		0	1.58	0.77	
Vitamin A	IU	40		0	70	34	
Vitamin A, RE	µg	12		0	21	10	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.320		0	0.563	0.272	
4:0	g						
6.0	g						
8:0	g	0.057		1	0.100	0.048	
10:0	g						
12:0	g						
14:0	g	0.031		1	0.055	0.026	
15.0	g						
16:0	g	0.176		1	0.310	0.150	
17:0	g						
18:0	g	0.056		1	0.099	0.048	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.329	0	0.579	0.280
14:1	g				
16:1	g	0.082	1	0.144	0.070
18:1	g	0.247	1	0.435	0.210
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.032	0	0.056	0.027
18:2	g	0.032	1	0.056	0.027
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	52	1	92	44
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.186	0	0.327	0.158
Threonine	g	0.729	0	1.283	0.620
Isoleucine	g	0.767	0	1.350	0.652
Leucine	g	1.352	0	2.380	1.149
Lysine	g	1.528	0	2.689	1.299
Methionine	g	0.492	0	0.866	0.418
Cystine	g	0.178	0	0.313	0.151
Phenylalanine	g	0.650	0	1.144	0.553
Tyrosine	g	0.562	0	0.989	0.478
Valine	g	0.857	0	1.508	0.728
Arginine	g	0.996	0	1.753	0.847
Histidine	g	0.490	0	0.862	0.417
Alanine	g	1.006	0	1.771	0.855
Aspartic acid	g	1.704	0	2.999	1.448
Glutamic acid	g	2.484	0	4.372	2.111
Glycine	g	0.799	0	1.406	0.679
Proline	g	0.588	0	1.035	0.500
Serine	g	0.679	0	1.195	0.577
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

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

Morone americana Gmelin and Perca flavescens (Mitchill)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 60g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	79.13	0.128	38	47.48	67.26	
Energy	kcal	91		0	55	77	
Energy	kj	381		0	229	324	
Protein (N x 5.95)	g	19.39	0.172	39	11.63	16.48	
Total lipid (fat)	g	0.92	0.049	24	0.55	0.78	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.24	0.068	39	0.74	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	80		2	48	68	
Iron	mg	0.90		2	0.54	0.77	
Magnesium	mg	30		2	18	26	
Phosphorus	mg	200		2	120	170	
Potassium	mg	269		4	161	229	
Sodium	mg	62		4	37	53	
Zinc	mg	1.11	0.153	53	0.67	0.94	
Copper	mg	0.150	0.006	80	0.090	0.128	
Manganese	mg	0.700		2	0.420	0.595	
Selenium	µg	12.6		0	7.6	10.7	
Vitamins:							
Ascorbic acid	mg	1.7		0	1.0	1.4	
Thiamin	mg	0.070		0	0.042	0.060	
Riboflavin	mg	0.100		0	0.060	0.085	
Niacin	mg	1.520		0	0.912	1.292	
Pantothenic acid	mg	0.750		0	0.450	0.637	
Vitamin B-6	mg	0.120		0	0.072	0.102	
Folate	µg	5		0	3	4	
Vitamin B-12	µg	1.90		0	1.14	1.62	
Vitamin A	IU	28		0	17	24	
Vitamin A, RE	µg	9		0	5	8	
Vitamin E, α-TE	mg	0.200		0	0.120	0.170	
Lipids:							
Saturated, total	g	0.185		0	0.111	0.157	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.013		16	0.008	0.011	
15.0	g						
16:0	g	0.140		16	0.084	0.119	
17:0	g						
18:0	g	0.031		16	0.019	0.026	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.152	0	0.091	0.129
14:1	g				
16:1	g	0.057	16	0.034	0.048
18:1	g	0.070	16	0.042	0.060
20:1	g	0.024	6	0.014	0.020
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.368	0	0.221	0.313
18:2	g	0.011	16	0.007	0.009
18:3	g	0.012	16	0.007	0.010
18:4	g	0.008	16	0.005	0.007
20:4	g	0.052	16	0.031	0.044
20:5	g	0.079	16	0.047	0.067
22:5	g	0.028	16	0.017	0.024
22:6	g	0.174	16	0.104	0.148
Cholesterol	mg	90	2	54	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.217	0	0.130	0.184
Threonine	g	0.850	0	0.510	0.723
Isoleucine	g	0.893	0	0.536	0.759
Leucine	g	1.576	0	0.946	1.340
Lysine	g	1.781	0	1.069	1.514
Methionine	g	0.574	0	0.344	0.488
Cystine	g	0.208	0	0.125	0.177
Phenylalanine	g	0.757	0	0.454	0.643
Tyrosine	g	0.655	0	0.393	0.557
Valine	g	0.999	0	0.599	0.849
Arginine	g	1.160	0	0.696	0.986
Histidine	g	0.571	0	0.343	0.485
Alanine	g	1.173	0	0.704	0.997
Aspartic acid	g	1.985	0	1.191	1.687
Glutamic acid	g	2.894	0	1.736	2.460
Glycine	g	0.931	0	0.559	0.791
Proline	g	0.686	0	0.412	0.583
Serine	g	0.791	0	0.475	0.672
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 46g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	73.25		0	33.70	62.26	
Energy	kcal	117		0	54	99	
Energy	kj	490		0	225	417	
Protein (N x 5.95)	g	24.86		0	11.44	21.13	
Total lipid (fat)	g	1.18		0	0.54	1.00	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.59		0	0.73	1.35	
Sugars, total	g						
Minerals:							
Calcium	mg	102		0	47	87	
Iron	mg	1.16		0	0.53	0.99	
Magnesium	mg	38		0	17	32	
Phosphorus	mg	257		0	118	218	
Potassium	mg	344		0	158	292	
Sodium	mg	79		0	36	67	
Zinc	mg	1.43		0	0.66	1.22	
Copper	mg	0.192		0	0.088	0.163	
Manganese	mg	0.900		0	0.414	0.765	
Selenium	µg	16.1		0	7.4	13.7	
Vitamins:							
Ascorbic acid	mg	1.7		0	0.8	1.4	
Thiamin	mg	0.080		0	0.037	0.068	
Riboflavin	mg	0.120		0	0.055	0.102	
Niacin	mg	1.900		0	0.874	1.615	
Pantothenic acid	mg	0.870		0	0.400	0.740	
Vitamin B-6	mg	0.140		0	0.064	0.119	
Folate	µg	6		0	3	5	
Vitamin B-12	µg	2.20		0	1.01	1.87	
Vitamin A	IU	32		0	15	27	
Vitamin A, RE	µg	10		0	5	9	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.237		0	0.109	0.201	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.017		0	0.008	0.014	
15.0	g						
16:0	g	0.179		0	0.082	0.152	
17:0	g						
18:0	g	0.040		0	0.018	0.034	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.195	0	0.090	0.166
14:1	g				
16:1	g	0.073	0	0.034	0.062
18:1	g	0.090	0	0.041	0.077
20:1	g	0.031	0	0.014	0.026
22.1	g				
Polyunsaturated, total	g	0.472	0	0.217	0.401
18:2	g	0.014	0	0.006	0.012
18:3	g	0.015	0	0.007	0.013
18:4	g	0.010	0	0.005	0.009
20:4	g	0.067	0	0.031	0.057
20:5	g	0.101	0	0.046	0.086
22:5	g	0.036	0	0.017	0.031
22:6	g	0.223	0	0.103	0.190
Cholesterol	mg	115	0	53	98
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.278	0	0.128	0.236
Threonine	g	1.090	0	0.501	0.927
Isoleucine	g	1.145	0	0.527	0.973
Leucine	g	2.020	0	0.929	1.717
Lysine	g	2.283	0	1.050	1.941
Methionine	g	0.736	0	0.339	0.626
Cystine	g	0.266	0	0.122	0.226
Phenylalanine	g	0.970	0	0.446	0.825
Tyrosine	g	0.839	0	0.386	0.713
Valine	g	1.281	0	0.589	1.089
Arginine	g	1.487	0	0.684	1.264
Histidine	g	0.732	0	0.337	0.622
Alanine	g	1.503	0	0.691	1.278
Aspartic acid	g	2.545	0	1.171	2.163
Glutamic acid	g	3.711	0	1.707	3.154
Glycine	g	1.193	0	0.549	1.014
Proline	g	0.879	0	0.404	0.747
Serine	g	1.014	0	0.466	0.862
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15062 Finfish, pike, northern, raw

Esox lucius L.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 198g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	78.92	0.059	238	156.26	67.08	
Energy	kcal	88		0	174	75	
Energy	kj	368		0	729	313	
Protein (N x 5.95)	g	19.26	0.046	236	38.13	16.37	
Total lipid (fat)	g	0.69	0.005	224	1.37	0.59	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.20	0.089	16	2.38	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	57	15.246	3	113	48	
Iron	mg	0.55	0.150	2	1.09	0.47	
Magnesium	mg	31		0	61	26	
Phosphorus	mg	220	23.024	3	436	187	
Potassium	mg	259	35.500	2	513	220	
Sodium	mg	39		0	77	33	
Zinc	mg	0.67	0.053	59	1.33	0.57	
Copper	mg	0.051	0.019	8	0.101	0.043	
Manganese	mg	0.240		0	0.475	0.204	
Selenium	µg	12.6		0	24.9	10.7	
Vitamins:							
Ascorbic acid	mg	3.8	0.854	4	7.5	3.2	
Thiamin	mg	0.058	0.011	4	0.115	0.049	
Riboflavin	mg	0.063	0.013	3	0.125	0.054	
Niacin	mg	2.300		0	4.554	1.955	
Pantothenic acid	mg	0.750		0	1.485	0.637	
Vitamin B-6	mg	0.117	0.024	3	0.232	0.099	
Folate	µg	15		0	30	13	
Vitamin B-12	µg	2.00		0	3.96	1.70	
Vitamin A	IU	70		1	139	60	
Vitamin A, RE	µg	21		0	42	18	
Vitamin E, α-TE	mg	0.200		0	0.396	0.170	
Lipids:							
Saturated, total	g	0.118		0	0.234	0.100	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.001		1	0.002	0.001	
14:0	g	0.018	0.003	4	0.036	0.015	
15.0	g						
16:0	g	0.078	0.002	4	0.154	0.066	
17:0	g						
18:0	g	0.018	0.002	4	0.036	0.015	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.157		0	0.311	0.133
14:1	g					
16:1	g	0.056	0.013	4	0.111	0.048
18:1	g	0.079	0.013	4	0.156	0.067
20:1	g	0.013	0.001	3	0.026	0.011
22.1	g	0.005	0.003	3	0.010	0.004
Polyunsaturated, total	g	0.202		0	0.400	0.172
18:2	g	0.032	0.005	4	0.063	0.027
18:3	g	0.021	0.004	3	0.042	0.018
18:4	g	0.000		0	0.000	0.000
20:4	g	0.028	0.009	3	0.055	0.024
20:5	g	0.033	0.005	4	0.065	0.028
22:5	g	0.014	0.003	4	0.028	0.012
22:6	g	0.074	0.029	4	0.147	0.063
Cholesterol	mg	39		1	77	33
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.216		0	0.428	0.184
Threonine	g	0.844		0	1.671	0.717
Isoleucine	g	0.887		0	1.756	0.754
Leucine	g	1.565		0	3.099	1.330
Lysine	g	1.768		0	3.501	1.503
Methionine	g	0.570		0	1.129	0.484
Cystine	g	0.206		0	0.408	0.175
Phenylalanine	g	0.752		0	1.489	0.639
Tyrosine	g	0.650		0	1.287	0.553
Valine	g	0.992		0	1.964	0.843
Arginine	g	1.152		0	2.281	0.979
Histidine	g	0.567		0	1.123	0.482
Alanine	g	1.165		0	2.307	0.990
Aspartic acid	g	1.972		0	3.905	1.676
Glutamic acid	g	2.875		0	5.692	2.444
Glycine	g	0.924		0	1.830	0.785
Proline	g	0.681		0	1.348	0.579
Serine	g	0.786		0	1.556	0.668
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 155g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	72.97		0	113.10	62.02	
Energy	kcal	113		0	175	96	
Energy	kj	473		0	733	402	
Protein (N x 5.95)	g	24.69		0	38.27	20.99	
Total lipid (fat)	g	0.88		0	1.36	0.75	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.54		0	2.39	1.31	
Sugars, total	g						
Minerals:							
Calcium	mg	73		0	113	62	
Iron	mg	0.71		0	1.10	0.60	
Magnesium	mg	40		0	62	34	
Phosphorus	mg	282		0	437	240	
Potassium	mg	331		0	513	281	
Sodium	mg	49		0	76	42	
Zinc	mg	0.86		0	1.33	0.73	
Copper	mg	0.065		0	0.101	0.055	
Manganese	mg	0.310		0	0.481	0.264	
Selenium	µg	16.2		0	25.1	13.8	
Vitamins:							
Ascorbic acid	mg	3.8		0	5.9	3.2	
Thiamin	mg	0.067		0	0.104	0.057	
Riboflavin	mg	0.077		0	0.119	0.065	
Niacin	mg	2.800		0	4.340	2.380	
Pantothenic acid	mg	0.870		0	1.349	0.740	
Vitamin B-6	mg	0.135		0	0.209	0.115	
Folate	µg	17		0	27	15	
Vitamin B-12	µg	2.30		0	3.56	1.95	
Vitamin A	IU	81		0	126	69	
Vitamin A, RE	µg	24		0	37	20	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.151		0	0.234	0.128	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		0	0.002	0.001	
14:0	g	0.023		0	0.036	0.020	
15.0	g						
16:0	g	0.100		0	0.155	0.085	
17:0	g						
18:0	g	0.023		0	0.036	0.020	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.201	0	0.312	0.171
14:1	g				
16:1	g	0.072	0	0.112	0.061
18:1	g	0.101	0	0.157	0.086
20:1	g	0.017	0	0.026	0.014
22.1	g	0.006	0	0.009	0.005
Polyunsaturated, total	g	0.259	0	0.401	0.220
18:2	g	0.041	0	0.064	0.035
18:3	g	0.027	0	0.042	0.023
18:4	g				
20:4	g	0.036	0	0.056	0.031
20:5	g	0.042	0	0.065	0.036
22:5	g	0.018	0	0.028	0.015
22:6	g	0.095	0	0.147	0.081
Cholesterol	mg	50	0	78	43
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.277	0	0.429	0.235
Threonine	g	1.082	0	1.677	0.920
Isoleucine	g	1.138	0	1.764	0.967
Leucine	g	2.007	0	3.111	1.706
Lysine	g	2.267	0	3.514	1.927
Methionine	g	0.731	0	1.133	0.621
Cystine	g	0.265	0	0.411	0.225
Phenylalanine	g	0.964	0	1.494	0.819
Tyrosine	g	0.833	0	1.291	0.708
Valine	g	1.272	0	1.972	1.081
Arginine	g	1.477	0	2.289	1.255
Histidine	g	0.727	0	1.127	0.618
Alanine	g	1.493	0	2.314	1.269
Aspartic acid	g	2.528	0	3.918	2.149
Glutamic acid	g	3.685	0	5.712	3.132
Glycine	g	1.185	0	1.837	1.007
Proline	g	0.873	0	1.353	0.742
Serine	g	1.007	0	1.561	0.856
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

NDB No. 15064 Finfish, pike, walleye, raw

Stizostedion vitreum vitreum (Mitchill)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 159g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	79.31	0.210	28	126.10	67.41	
Energy	kcal	93		0	148	79	
Energy	kj	389		0	619	331	
Protein (N x 5.95)	g	19.14	0.106	29	30.43	16.27	
Total lipid (fat)	g	1.22	0.162	14	1.94	1.04	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.20	0.018	29	1.91	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	110		1	175	94	
Iron	mg	1.30		1	2.07	1.10	
Magnesium	mg	30		1	48	26	
Phosphorus	mg	210		1	334	179	
Potassium	mg	389	70.392	3	619	331	
Sodium	mg	51	0.667	3	81	43	
Zinc	mg	0.62	0.070	28	0.99	0.53	
Copper	mg	0.178	0.111	3	0.283	0.151	
Manganese	mg	0.800		1	1.272	0.680	
Selenium	µg	12.6		0	20.0	10.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.270		0	0.429	0.230	
Riboflavin	mg	0.160		0	0.254	0.136	
Niacin	mg	2.300		0	3.657	1.955	
Pantothenic acid	mg	0.750		0	1.192	0.637	
Vitamin B-6	mg	0.120		0	0.191	0.102	
Folate	µg	15		0	24	13	
Vitamin B-12	µg	2.00		0	3.18	1.70	
Vitamin A	IU	70		0	111	60	
Vitamin A, RE	µg	21		0	33	18	
Vitamin E, α-TE	mg	0.200		0	0.318	0.170	
Lipids:							
Saturated, total	g	0.249		0	0.396	0.212	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.018	0.000	7	0.029	0.015	
15.0	g						
16:0	g	0.197	0.004	7	0.313	0.167	
17:0	g						
18:0	g	0.034	0.002	7	0.054	0.029	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.294		0	0.467	0.250
14:1	g					
16:1	g	0.098	0.007	7	0.156	0.083
18:1	g	0.196	0.013	7	0.312	0.167
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.447		0	0.711	0.380
18:2	g	0.026	0.002	7	0.041	0.022
18:3	g	0.014	0.000	7	0.022	0.012
18:4	g	0.000		0	0.000	0.000
20:4	g	0.058	0.006	7	0.092	0.049
20:5	g	0.086	0.003	7	0.137	0.073
22:5	g	0.038	0.002	7	0.060	0.032
22:6	g	0.225	0.011	7	0.358	0.191
Cholesterol	mg	86		1	137	73
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.214		0	0.340	0.182
Threonine	g	0.839		0	1.334	0.713
Isoleucine	g	0.882		0	1.402	0.750
Leucine	g	1.555		0	2.472	1.322
Lysine	g	1.758		0	2.795	1.494
Methionine	g	0.566		0	0.900	0.481
Cystine	g	0.205		0	0.326	0.174
Phenylalanine	g	0.747		0	1.188	0.635
Tyrosine	g	0.646		0	1.027	0.549
Valine	g	0.986		0	1.568	0.838
Arginine	g	1.145		0	1.821	0.973
Histidine	g	0.563		0	0.895	0.479
Alanine	g	1.157		0	1.840	0.983
Aspartic acid	g	1.960		0	3.116	1.666
Glutamic acid	g	2.857		0	4.543	2.428
Glycine	g	0.919		0	1.461	0.781
Proline	g	0.677		0	1.076	0.575
Serine	g	0.781		0	1.242	0.664
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15065 Finfish, pollock, Atlantic, raw

Pollachius virens L.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 193g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	78.18	0.171	62	150.89	66.45	
Energy	kcal	92		0	178	78	
Energy	kj	385		0	743	327	
Protein (N x 5.95)	g	19.44	0.214	61	37.52	16.52	
Total lipid (fat)	g	0.98	0.027	14	1.89	0.83	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.41	0.029	56	2.72	1.20	
Sugars, total	g						
Minerals:							
Calcium	mg	60	11.988	17	116	51	
Iron	mg	0.46		0	0.89	0.39	
Magnesium	mg	67		1	129	57	
Phosphorus	mg	221	8.557	22	427	188	
Potassium	mg	356	9.510	30	687	303	
Sodium	mg	86	5.136	28	166	73	
Zinc	mg	0.47	0.016	84	0.91	0.40	
Copper	mg	0.050	0.003	75	0.097	0.043	
Manganese	mg	0.015		0	0.029	0.013	
Selenium	µg	36.5		0	70.4	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.047	0.003	2	0.091	0.040	
Riboflavin	mg	0.185	0.023	10	0.357	0.157	
Niacin	mg	3.270	0.231	10	6.311	2.780	
Pantothenic acid	mg	0.358	0.020	10	0.691	0.304	
Vitamin B-6	mg	0.287	0.002	2	0.554	0.244	
Folate	µg	3		0	6	3	
Vitamin B-12	µg	3.19	0.350	11	6.16	2.71	
Vitamin A	IU	35	5.000	2	68	30	
Vitamin A, RE	µg	11		0	21	9	
Vitamin E, α-TE	mg	0.230		0	0.444	0.196	
Lipids:							
Saturated, total	g	0.135		0	0.261	0.115	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.005		1	0.010	0.004	
15.0	g						
16:0	g	0.084		1	0.162	0.071	
17:0	g						
18:0	g	0.043		1	0.083	0.037	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.112	0	0.216	0.095
14:1	g				
16:1	g	0.012	1	0.023	0.010
18:1	g	0.067	1	0.129	0.057
20:1	g	0.022	1	0.042	0.019
22.1	g	0.010	1	0.019	0.009
Polyunsaturated, total	g	0.483	0	0.932	0.411
18:2	g	0.009	1	0.017	0.008
18:3	g	0.000	0	0.000	0.000
18:4	g	0.005	1	0.010	0.004
20:4	g	0.026	1	0.050	0.022
20:5	g	0.071	1	0.137	0.060
22:5	g	0.022	1	0.042	0.019
22:6	g	0.350	1	0.676	0.298
Cholesterol	mg	71	1	137	60
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.218	0	0.421	0.185
Threonine	g	0.852	0	1.644	0.724
Isoleucine	g	0.896	0	1.729	0.762
Leucine	g	1.580	0	3.049	1.343
Lysine	g	1.786	0	3.447	1.518
Methionine	g	0.576	0	1.112	0.490
Cystine	g	0.208	0	0.401	0.177
Phenylalanine	g	0.759	0	1.465	0.645
Tyrosine	g	0.656	0	1.266	0.558
Valine	g	1.002	0	1.934	0.852
Arginine	g	1.164	0	2.247	0.989
Histidine	g	0.572	0	1.104	0.486
Alanine	g	1.176	0	2.270	1.000
Aspartic acid	g	1.991	0	3.843	1.692
Glutamic acid	g	2.903	0	5.603	2.468
Glycine	g	0.933	0	1.801	0.793
Proline	g	0.688	0	1.328	0.585
Serine	g	0.793	0	1.530	0.674
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

NDB No. 15066 Finfish, pollock, walleye, raw

Theragra chalcogramma (Pallas)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 77g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	81.56	0.431	7	62.80	69.33	
Energy	kcal	81		0	62	69	
Energy	kj	339		0	261	288	
Protein (N x 5.95)	g	17.18	0.461	6	13.23	14.60	
Total lipid (fat)	g	0.80	0.030	11	0.62	0.68	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.21	0.104	6	0.93	1.03	
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.346	3	4	4	
Iron	mg	0.23	0.030	11	0.18	0.20	
Magnesium	mg	57		0	44	48	
Phosphorus	mg	376		0	290	320	
Potassium	mg	326	21.200	11	251	277	
Sodium	mg	99	6.100	11	76	84	
Zinc	mg	0.44	0.018	48	0.34	0.37	
Copper	mg	0.043	0.005	49	0.033	0.037	
Manganese	mg	0.015		0	0.012	0.013	
Selenium	µg	21.9	1.806	11	16.9	18.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.065	0.003	11	0.050	0.055	
Riboflavin	mg	0.058	0.005	11	0.045	0.049	
Niacin	mg	1.290	0.070	11	0.993	1.097	
Pantothenic acid	mg	0.140	0.040	2	0.108	0.119	
Vitamin B-6	mg	0.060	0.016	4	0.046	0.051	
Folate	µg	3	0.400	2	2	3	
Vitamin B-12	µg	3.10	0.360	11	2.39	2.63	
Vitamin A	IU	66	26.000	2	51	56	
Vitamin A, RE	µg	20		0	15	17	
Vitamin E, α-TE	mg	0.200		0	0.154	0.170	
Lipids:							
Saturated, total	g	0.164		0	0.126	0.139	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.008		11	0.006	0.007	
15.0	g						
16:0	g	0.123		11	0.095	0.105	
17:0	g						
18:0	g	0.028		11	0.022	0.024	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.125		0	0.096	0.106
14:1	g					
16:1	g	0.011		11	0.008	0.009
18:1	g	0.092		11	0.071	0.078
20:1	g	0.018		11	0.014	0.015
22.1	g	0.004		11	0.003	0.003
Polyunsaturated, total	g	0.412		0	0.317	0.350
18:2	g	0.009		11	0.007	0.008
18:3	g	0.004		11	0.003	0.003
18:4	g	0.000		0	0.000	0.000
20:4	g	0.011		11	0.008	0.009
20:5	g	0.150		11	0.116	0.128
22:5	g	0.011		11	0.008	0.009
22:6	g	0.222		11	0.171	0.189
Cholesterol	mg	71	4.200	11	55	60
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.192		0	0.148	0.163
Threonine	g	0.753		0	0.580	0.640
Isoleucine	g	0.792		0	0.610	0.673
Leucine	g	1.396		0	1.075	1.187
Lysine	g	1.578		0	1.215	1.341
Methionine	g	0.509		0	0.392	0.433
Cystine	g	0.184		0	0.142	0.156
Phenylalanine	g	0.671		0	0.517	0.570
Tyrosine	g	0.580		0	0.447	0.493
Valine	g	0.885		0	0.681	0.752
Arginine	g	1.028		0	0.792	0.874
Histidine	g	0.506		0	0.390	0.430
Alanine	g	1.039		0	0.800	0.883
Aspartic acid	g	1.759		0	1.354	1.495
Glutamic acid	g	2.565		0	1.975	2.180
Glycine	g	0.825		0	0.635	0.701
Proline	g	0.608		0	0.468	0.517
Serine	g	0.701		0	0.540	0.596
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15067 Finfish, pollock, walleye, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 60g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	74.06	0.340	11	44.44	62.95	
Energy	kcal	113		0	68	96	
Energy	kj	473		0	284	402	
Protein (N x 5.95)	g	23.51	0.700	11	14.11	19.98	
Total lipid (fat)	g	1.12	0.040	11	0.67	0.95	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.48	0.070	11	0.89	1.26	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	4	5	
Iron	mg	0.28	0.030	11	0.17	0.24	
Magnesium	mg	73		0	44	62	
Phosphorus	mg	482		0	289	410	
Potassium	mg	387	24.300	11	232	329	
Sodium	mg	116	6.600	11	70	99	
Zinc	mg	0.60	0.000	11	0.36	0.51	
Copper	mg	0.055		0	0.033	0.047	
Manganese	mg	0.020		0	0.012	0.017	
Selenium	µg	43.4		0	26.0	36.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.074	0.005	11	0.044	0.063	
Riboflavin	mg	0.076	0.005	11	0.046	0.065	
Niacin	mg	1.650	1.000	11	0.990	1.403	
Pantothenic acid	mg	0.160		0	0.096	0.136	
Vitamin B-6	mg	0.069		0	0.041	0.059	
Folate	µg	4		0	2	3	
Vitamin B-12	µg	4.20	0.400	11	2.52	3.57	
Vitamin A	IU	76		0	46	65	
Vitamin A, RE	µg	23		0	14	20	
Vitamin E, α-TE	mg	0.200		0	0.120	0.170	
Lipids:							
Saturated, total	g	0.231		0	0.139	0.196	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.014		11	0.008	0.012	
15.0	g						
16:0	g	0.173		11	0.104	0.147	
17:0	g						
18:0	g	0.038		11	0.023	0.032	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.174		0	0.104	0.148
14:1	g					
16:1	g	0.019		11	0.011	0.016
18:1	g	0.124		11	0.074	0.105
20:1	g	0.024		11	0.014	0.020
22.1	g	0.008		11	0.005	0.007
Polyunsaturated, total	g	0.524		0	0.314	0.445
18:2	g	0.012		11	0.007	0.010
18:3	g	0.008		11	0.005	0.007
18:4	g	0.000		0	0.000	0.000
20:4	g	0.016		11	0.010	0.014
20:5	g	0.185		11	0.111	0.157
22:5	g	0.016		11	0.010	0.014
22:6	g	0.283		11	0.170	0.241
Cholesterol	mg	96	5.870	11	58	82
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.263		0	0.158	0.224
Threonine	g	1.031		0	0.619	0.876
Isoleucine	g	1.083		0	0.650	0.921
Leucine	g	1.911		0	1.147	1.624
Lysine	g	2.159		0	1.295	1.835
Methionine	g	0.696		0	0.418	0.592
Cystine	g	0.252		0	0.151	0.214
Phenylalanine	g	0.918		0	0.551	0.780
Tyrosine	g	0.794		0	0.476	0.675
Valine	g	1.211		0	0.727	1.029
Arginine	g	1.407		0	0.844	1.196
Histidine	g	0.692		0	0.415	0.588
Alanine	g	1.422		0	0.853	1.209
Aspartic acid	g	2.408		0	1.445	2.047
Glutamic acid	g	3.510		0	2.106	2.983
Glycine	g	1.129		0	0.677	0.960
Proline	g	0.831		0	0.499	0.706
Serine	g	0.959		0	0.575	0.815
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15068 Finfish, pompano, florida, raw

Trachinotus carolinus (L.)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 112g	Measure 3* 85g
Proximates:							
Water	g	71.12	1.704	6	20.16	79.65	60.45
Energy	kcal	164		0	46	184	139
Energy	kj	686		0	194	768	583
Protein (N x 5.95)	g	18.48	0.842	6	5.24	20.70	15.71
Total lipid (fat)	g	9.47	2.259	7	2.68	10.61	8.05
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.10	0.033	6	0.31	1.23	0.94
Sugars, total	g						
Minerals:							
Calcium	mg	22	3.899	6	6	25	19
Iron	mg	0.60	0.046	6	0.17	0.67	0.51
Magnesium	mg	27	1.354	6	8	30	23
Phosphorus	mg	195	19.532	6	55	218	166
Potassium	mg	381	39.072	7	108	427	324
Sodium	mg	65	3.496	7	18	73	55
Zinc	mg	0.72	0.022	65	0.20	0.81	0.61
Copper	mg	0.038	0.010	64	0.011	0.043	0.032
Manganese	mg	0.013	0.002	6	0.004	0.015	0.011
Selenium	µg	36.5		0	10.3	40.9	31.0
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.560		0	0.159	0.627	0.476
Riboflavin	mg	0.120		0	0.034	0.134	0.102
Niacin	mg	3.000		0	0.851	3.360	2.550
Pantothenic acid	mg	0.750		0	0.213	0.840	0.637
Vitamin B-6	mg	0.200		0	0.057	0.224	0.170
Folate	µg	15		0	4	17	13
Vitamin B-12	µg	1.30		0	0.37	1.46	1.10
Vitamin A	IU	110		0	31	123	94
Vitamin A, RE	µg	33		0	9	37	28
Vitamin E, α-TE	mg	0.180		0	0.051	0.202	0.153
Lipids:							
Saturated, total	g	3.509		0	0.995	3.930	2.983
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.410	0.037	2	0.116	0.459	0.349
15.0	g						
16:0	g	2.217	0.064	2	0.629	2.483	1.884
17:0	g						
18:0	g	0.824	0.018	2	0.234	0.923	0.700
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.586		0	0.733	2.896	2.198
14:1	g						
16:1	g	0.563	0.105	2	0.160	0.631	0.479
18:1	g	2.023	0.199	2	0.574	2.266	1.720
20:1	g	0.000		0	0.000	0.000	0.000
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	1.137		0	0.322	1.273	0.966
18:2	g	0.121	0.032	2	0.034	0.136	0.103
18:3	g	0.000		0	0.000	0.000	0.000
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.246	0.045	2	0.070	0.276	0.209
20:5	g	0.175	0.098	2	0.050	0.196	0.149
22:5	g	0.202	0.033	2	0.057	0.226	0.172
22:6	g	0.393	0.196	2	0.111	0.440	0.334
Cholesterol	mg	50		1	14	56	43
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.207		0	0.059	0.232	0.176
Threonine	g	0.810		0	0.230	0.907	0.689
Isoleucine	g	0.851		0	0.241	0.953	0.723
Leucine	g	1.502		0	0.426	1.682	1.277
Lysine	g	1.697		0	0.481	1.901	1.442
Methionine	g	0.547		0	0.155	0.613	0.465
Cystine	g	0.198		0	0.056	0.222	0.168
Phenylalanine	g	0.721		0	0.204	0.808	0.613
Tyrosine	g	0.624		0	0.177	0.699	0.530
Valine	g	0.952		0	0.270	1.066	0.809
Arginine	g	1.106		0	0.314	1.239	0.940
Histidine	g	0.544		0	0.154	0.609	0.462
Alanine	g	1.117		0	0.317	1.251	0.949
Aspartic acid	g	1.892		0	0.536	2.119	1.608
Glutamic acid	g	2.758		0	0.782	3.089	2.344
Glycine	g	0.887		0	0.251	0.993	0.754
Proline	g	0.653		0	0.185	0.731	0.555
Serine	g	0.754		0	0.214	0.844	0.641
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz, boneless, raw
Measure 2: 1 fillet
Measure 3: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 88g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.97		0	55.41	53.52	
Energy	kcal	211		0	186	179	
Energy	kj	883		0	777	751	
Protein (N x 5.95)	g	23.69		0	20.85	20.14	
Total lipid (fat)	g	12.14		0	10.68	10.32	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.38		1	1.21	1.17	
Sugars, total	g						
Minerals:							
Calcium	mg	43		1	38	37	
Iron	mg	0.67		1	0.59	0.57	
Magnesium	mg	31		1	27	26	
Phosphorus	mg	341		1	300	290	
Potassium	mg	636		1	560	541	
Sodium	mg	76		1	67	65	
Zinc	mg	0.69		1	0.61	0.59	
Copper	mg	0.078		1	0.069	0.066	
Manganese	mg	0.025		1	0.022	0.021	
Selenium	µg	46.8		0	41.2	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.680		0	0.598	0.578	
Riboflavin	mg	0.150		0	0.132	0.128	
Niacin	mg	3.800		0	3.344	3.230	
Pantothenic acid	mg	0.870		0	0.766	0.740	
Vitamin B-6	mg	0.230		0	0.202	0.196	
Folate	µg	17		0	15	15	
Vitamin B-12	µg	1.20		0	1.06	1.02	
Vitamin A	IU	120		0	106	102	
Vitamin A, RE	µg	36		0	32	31	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.499		0	3.959	3.824	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.208		1	0.183	0.177	
15.0	g						
16:0	g	0.949		1	0.835	0.807	
17:0	g						
18:0	g	0.350		1	0.308	0.298	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.315	0	2.917	2.818
14:1	g				
16:1	g	0.251	1	0.221	0.213
18:1	g	0.747	1	0.657	0.635
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.458	0	1.283	1.239
18:2	g	0.055	1	0.048	0.047
18:3	g				
18:4	g				
20:4	g	0.141	1	0.124	0.120
20:5	g	0.131	1	0.115	0.111
22:5	g	0.114	1	0.100	0.097
22:6	g	0.028	1	0.025	0.024
Cholesterol	mg	64	0	56	54
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.265	0	0.233	0.225
Threonine	g	1.038	0	0.913	0.882
Isoleucine	g	1.092	0	0.961	0.928
Leucine	g	1.925	0	1.694	1.636
Lysine	g	2.175	0	1.914	1.849
Methionine	g	0.701	0	0.617	0.596
Cystine	g	0.254	0	0.224	0.216
Phenylalanine	g	0.925	0	0.814	0.786
Tyrosine	g	0.800	0	0.704	0.680
Valine	g	1.220	0	1.074	1.037
Arginine	g	1.417	0	1.247	1.204
Histidine	g	0.697	0	0.613	0.592
Alanine	g	1.433	0	1.261	1.218
Aspartic acid	g	2.426	0	2.135	2.062
Glutamic acid	g	3.536	0	3.112	3.006
Glycine	g	1.137	0	1.001	0.966
Proline	g	0.838	0	0.737	0.712
Serine	g	0.966	0	0.850	0.821
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet

Measure 2: 3 oz

NDB No. 15070 Finfish, rockfish, Pacific, mixed species, raw

Sebastes spp.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 191g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	79.26		159	151.39	67.37	
Energy	kcal	94		0	180	80	
Energy	kj	393		0	751	334	
Protein (N x 5.95)	g	18.75	0.071	144	35.81	15.94	
Total lipid (fat)	g	1.57		81	3.00	1.33	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.20	0.004	146	2.29	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg	9		1	17	8	
Iron	mg	0.41	0.020	2	0.78	0.35	
Magnesium	mg	26		1	50	22	
Phosphorus	mg	178		1	340	151	
Potassium	mg	405	2.351	140	774	344	
Sodium	mg	60	0.684	141	115	51	
Zinc	mg	0.41	0.017	119	0.78	0.35	
Copper	mg	0.029	0.002	117	0.055	0.025	
Manganese	mg	0.016		1	0.031	0.014	
Selenium	µg	36.5		0	69.7	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.038	0.003	6	0.073	0.032	
Riboflavin	mg	0.069	0.007	6	0.132	0.059	
Niacin	mg	3.218	0.422	6	6.146	2.735	
Pantothenic acid	mg	0.750		0	1.433	0.637	
Vitamin B-6	mg	0.230		0	0.439	0.196	
Folate	µg	9		0	17	8	
Vitamin B-12	µg	1.00		0	1.91	0.85	
Vitamin A	IU	190		1	363	162	
Vitamin A, RE	µg	57		0	109	48	
Vitamin E, α-TE	mg	1.250		0	2.388	1.063	
Lipids:							
Saturated, total	g	0.370		0	0.707	0.315	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.040		1	0.076	0.034	
14:0	g	0.060		2	0.115	0.051	
15.0	g						
16:0	g	0.192		2	0.367	0.163	
17:0	g						
18:0	g	0.076		2	0.145	0.065	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.330		0	0.630	0.281
14:1	g					
16:1	g	0.081		2	0.155	0.069
18:1	g	0.219		2	0.418	0.186
20:1	g	0.029		2	0.055	0.025
22.1	g	0.019		2	0.036	0.016
Polyunsaturated, total	g	0.482		0	0.921	0.410
18:2	g	0.030		2	0.057	0.026
18:3	g	0.017		2	0.032	0.014
18:4	g	0.016		2	0.031	0.014
20:4	g	0.016		2	0.031	0.014
20:5	g	0.141		2	0.269	0.120
22:5	g	0.036		2	0.069	0.031
22:6	g	0.204		2	0.390	0.173
Cholesterol	mg	35	3.500	2	67	30
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.210		0	0.401	0.179
Threonine	g	0.822		0	1.570	0.699
Isoleucine	g	0.864		0	1.650	0.734
Leucine	g	1.524		0	2.911	1.295
Lysine	g	1.722		0	3.289	1.464
Methionine	g	0.555		0	1.060	0.472
Cystine	g	0.201		0	0.384	0.171
Phenylalanine	g	0.732		0	1.398	0.622
Tyrosine	g	0.633		0	1.209	0.538
Valine	g	0.966		0	1.845	0.821
Arginine	g	1.122		0	2.143	0.954
Histidine	g	0.552		0	1.054	0.469
Alanine	g	1.134		0	2.166	0.964
Aspartic acid	g	1.920		0	3.667	1.632
Glutamic acid	g	2.799		0	5.346	2.379
Glycine	g	0.900		0	1.719	0.765
Proline	g	0.663		0	1.266	0.564
Serine	g	0.765		0	1.461	0.650
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 149g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	73.41		0	109.38	62.40	
Energy	kcal	121		0	180	103	
Energy	kj	506		0	754	430	
Protein (N x 5.95)	g	24.04		0	35.82	20.43	
Total lipid (fat)	g	2.01		0	2.99	1.71	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.54		0	2.29	1.31	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	18	10	
Iron	mg	0.53		0	0.79	0.45	
Magnesium	mg	34		0	51	29	
Phosphorus	mg	228		0	340	194	
Potassium	mg	520		0	775	442	
Sodium	mg	77		0	115	65	
Zinc	mg	0.53		0	0.79	0.45	
Copper	mg	0.037		0	0.055	0.031	
Manganese	mg	0.020		0	0.030	0.017	
Selenium	µg	46.8		0	69.7	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.044		0	0.066	0.037	
Riboflavin	mg	0.084		0	0.125	0.071	
Niacin	mg	3.919		0	5.839	3.331	
Pantothenic acid	mg	0.870		0	1.296	0.740	
Vitamin B-6	mg	0.270		0	0.402	0.230	
Folate	µg	10		0	15	9	
Vitamin B-12	µg	1.20		0	1.79	1.02	
Vitamin A	IU	219		0	326	186	
Vitamin A, RE	µg	66		0	98	56	
Vitamin E, α-TE	mg	1.250		0	1.863	1.063	
Lipids:							
Saturated, total	g	0.474		0	0.706	0.403	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.051		0	0.076	0.043	
14:0	g	0.077		0	0.115	0.065	
15.0	g						
16:0	g	0.246		0	0.367	0.209	
17:0	g						
18:0	g	0.097		0	0.145	0.082	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.447	0	0.666	0.380
14:1	g				
16:1	g	0.104	0	0.155	0.088
18:1	g	0.281	0	0.419	0.239
20:1	g	0.037	0	0.055	0.031
22.1	g	0.024	0	0.036	0.020
Polyunsaturated, total	g	0.594	0	0.885	0.505
18:2	g	0.038	0	0.057	0.032
18:3	g	0.022	0	0.033	0.019
18:4	g	0.021	0	0.031	0.018
20:4	g	0.021	0	0.031	0.018
20:5	g	0.181	0	0.270	0.154
22:5	g	0.046	0	0.069	0.039
22:6	g	0.262	0	0.390	0.223
Cholesterol	mg	44	0	66	37
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.269	0	0.401	0.229
Threonine	g	1.054	0	1.570	0.896
Isoleucine	g	1.108	0	1.651	0.942
Leucine	g	1.954	0	2.911	1.661
Lysine	g	2.208	0	3.290	1.877
Methionine	g	0.712	0	1.061	0.605
Cystine	g	0.258	0	0.384	0.219
Phenylalanine	g	0.938	0	1.398	0.797
Tyrosine	g	0.812	0	1.210	0.690
Valine	g	1.238	0	1.845	1.052
Arginine	g	1.438	0	2.143	1.222
Histidine	g	0.708	0	1.055	0.602
Alanine	g	1.454	0	2.166	1.236
Aspartic acid	g	2.461	0	3.667	2.092
Glutamic acid	g	3.588	0	5.346	3.050
Glycine	g	1.154	0	1.719	0.981
Proline	g	0.850	0	1.266	0.723
Serine	g	0.981	0	1.462	0.834
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 14g	Measure 2* 28g	Measure 3* 227g
Proximates:							
Water	g	67.73		8	9.48	19.20	153.75
Energy	kcal	140		0	20	40	318
Energy	kj	586		0	82	166	1330
Protein (N x 5.95)	g	22.32		8	3.12	6.33	50.67
Total lipid (fat)	g	6.42		8	0.90	1.82	14.57
Carbohydrate, by difference	g	1.50		0	0.21	0.43	3.40
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.37		3	0.19	0.39	3.11
Sugars, total	g						
Minerals:							
Calcium	mg	22		0	3	6	50
Iron	mg	0.60		0	0.08	0.17	1.36
Magnesium	mg	20		0	3	6	45
Phosphorus	mg	402		0	56	114	913
Potassium	mg	221		0	31	63	502
Sodium	mg	91		0	13	26	207
Zinc	mg	1.00		0	0.14	0.28	2.27
Copper	mg	0.100		0	0.014	0.028	0.227
Manganese	mg	0.010		0	0.001	0.003	0.023
Selenium	µg	40.3		0	5.6	11.4	91.5
Vitamins:							
Ascorbic acid	mg	16.0		0	2.2	4.5	36.3
Thiamin	mg	0.240		0	0.034	0.068	0.545
Riboflavin	mg	0.740		0	0.104	0.210	1.680
Niacin	mg	1.800		0	0.252	0.510	4.086
Pantothenic acid	mg	1.000		0	0.140	0.284	2.270
Vitamin B-6	mg	0.160		0	0.022	0.045	0.363
Folate	µg	80		0	11	23	182
Vitamin B-12	µg	10.00		0	1.40	2.84	22.70
Vitamin A	IU	263		0	37	75	597
Vitamin A, RE	µg	79		0	11	22	179
Vitamin E, α-TE	mg	7.000		0	0.980	1.985	15.890
Lipids:							
Saturated, total	g	1.456		0	0.204	0.413	3.305
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.076		1	0.011	0.022	0.173
15.0	g						
16:0	g	1.275		1	0.179	0.361	2.894
17:0	g						
18:0	g	0.105		1	0.015	0.030	0.238
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.661	0	0.233	0.471	3.770
14:1	g					
16:1	g	0.374	1	0.052	0.106	0.849
18:1	g	1.135	1	0.159	0.322	2.576
20:1	g	0.111	1	0.016	0.031	0.252
22.1	g	0.041	1	0.006	0.012	0.093
Polyunsaturated, total	g	2.656	0	0.372	0.753	6.029
18:2	g	0.029	1	0.004	0.008	0.066
18:3	g	0.006	1	0.001	0.002	0.014
18:4	g	0.012	1	0.002	0.003	0.027
20:4	g	0.181	1	0.025	0.051	0.411
20:5	g	0.983	1	0.138	0.279	2.231
22:5	g	0.082	1	0.011	0.023	0.186
22:6	g	1.363	1	0.191	0.386	3.094
Cholesterol	mg	374	5	52	106	849
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.293	12	0.041	0.083	0.665
Threonine	g	1.017	26	0.142	0.288	2.309
Isoleucine	g	1.142	26	0.160	0.324	2.592
Leucine	g	1.956	26	0.274	0.555	4.440
Lysine	g	1.699	26	0.238	0.482	3.857
Methionine	g	0.553	26	0.077	0.157	1.255
Cystine	g	0.389	26	0.054	0.110	0.883
Phenylalanine	g	1.092	26	0.153	0.310	2.479
Tyrosine	g	1.121	26	0.157	0.318	2.545
Valine	g	1.307	26	0.183	0.371	2.967
Arginine	g	1.278	26	0.179	0.362	2.901
Histidine	g	0.607	25	0.085	0.172	1.378
Alanine	g	1.428	26	0.200	0.405	3.242
Aspartic acid	g	1.789	26	0.250	0.507	4.061
Glutamic acid	g	2.670	26	0.374	0.757	6.061
Glycine	g	0.650	26	0.091	0.184	1.476
Proline	g	1.189	26	0.166	0.337	2.699
Serine	g	0.975	26	0.137	0.276	2.213
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 oz
Measure 3: 1 can (8 oz), solids and liquid

NDB No. 15073 Finfish, roughy, orange, raw

Hoplostethus atlanticus

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	75.90		1	64.52		
Energy	kcal	69		0	59		
Energy	kj	289		0	246		
Protein (N x 5.95)	g	14.70		1	12.49		
Total lipid (fat)	g	0.70		0	0.60		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	0.90		1	0.77		
Sugars, total	g						
Minerals:							
Calcium	mg	30		0	26		
Iron	mg	0.18		0	0.15		
Magnesium	mg	30		0	26		
Phosphorus	mg	200		0	170		
Potassium	mg	300		0	255		
Sodium	mg	63		0	54		
Zinc	mg	0.75		0	0.64		
Copper	mg	0.140		0	0.119		
Manganese	mg	0.015		0	0.013		
Selenium	µg	36.5		0	31.0		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.100		0	0.085		
Riboflavin	mg	0.150		0	0.128		
Niacin	mg	3.000		0	2.550		
Pantothenic acid	mg	0.550		0	0.468		
Vitamin B-6	mg	0.300		0	0.255		
Folate	µg	7		0	6		
Vitamin B-12	µg	2.00		0	1.70		
Vitamin A	IU	70		0	60		
Vitamin A, RE	µg	21		0	18		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.018		0	0.015		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.006		0	0.005		
15.0	g						
16:0	g	0.010		0	0.009		
17:0	g						
18:0	g	0.003		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.479	0	0.407
14:1	g			
16:1	g	0.058	0	0.049
18:1	g	0.280	0	0.238
20:1	g	0.093	0	0.079
22.1	g	0.039	0	0.033
Polyunsaturated, total	g	0.013	0	0.011
18:2	g	0.007	0	0.006
18:3	g	0.001	0	0.001
18:4	g	0.001	0	0.001
20:4	g	0.001	0	0.001
20:5	g	0.001	0	0.001
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	20	0	17
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.165	0	0.140
Threonine	g	0.644	0	0.547
Isoleucine	g	0.677	0	0.575
Leucine	g	1.195	0	1.016
Lysine	g	1.350	0	1.148
Methionine	g	0.435	0	0.370
Cystine	g	0.158	0	0.134
Phenylalanine	g	0.574	0	0.488
Tyrosine	g	0.496	0	0.422
Valine	g	0.757	0	0.643
Arginine	g	0.880	0	0.748
Histidine	g	0.433	0	0.368
Alanine	g	0.889	0	0.756
Aspartic acid	g	1.505	0	1.279
Glutamic acid	g	2.194	0	1.865
Glycine	g	0.706	0	0.600
Proline	g	0.520	0	0.442
Serine	g	0.600	0	0.510
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 3 oz

NDB No. 15074 Finfish, sablefish, raw

Anoplopoma fimbria (Pallas)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 193g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	71.02	0.294	169	137.07	60.37	
Energy	kcal	195		0	376	166	
Energy	kj	816		0	1575	694	
Protein (N x 5.95)	g	13.41	0.089	169	25.88	11.40	
Total lipid (fat)	g	15.30	0.314	178	29.53	13.01	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05	0.016	169	2.03	0.89	
Sugars, total	g						
Minerals:							
Calcium	mg	35		0	68	30	
Iron	mg	1.28		0	2.47	1.09	
Magnesium	mg	55		0	106	47	
Phosphorus	mg	168		0	324	143	
Potassium	mg	358	2.652	56	691	304	
Sodium	mg	56	1.253	56	108	48	
Zinc	mg	0.32	0.012	103	0.62	0.27	
Copper	mg	0.022	0.001	100	0.042	0.019	
Manganese	mg	0.015		0	0.029	0.013	
Selenium	µg	36.5		0	70.4	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.193	0.085	
Riboflavin	mg	0.090		0	0.174	0.077	
Niacin	mg	4.000		0	7.720	3.400	
Pantothenic acid	mg	0.750		0	1.448	0.637	
Vitamin B-6	mg	0.300		0	0.579	0.255	
Folate	µg	15		0	29	13	
Vitamin B-12	µg	1.50		0	2.90	1.27	
Vitamin A	IU	310		0	598	264	
Vitamin A, RE	µg	93		0	179	79	
Vitamin E, α-TE	mg	0.500		0	0.965	0.425	
Lipids:							
Saturated, total	g	3.201		0	6.178	2.721	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.009		1	0.017	0.008	
14:0	g	0.719	0.141	3	1.388	0.611	
15.0	g						
16:0	g	2.054	0.348	3	3.964	1.746	
17:0	g						
18:0	g	0.408	0.094	3	0.787	0.347	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.057		0	15.550	6.848
14:1	g					
16:1	g	1.223	0.238	3	2.360	1.040
18:1	g	4.074	0.831	3	7.863	3.463
20:1	g	1.421	0.701	3	2.743	1.208
22.1	g	1.304	0.541	3	2.517	1.108
Polyunsaturated, total	g	2.042		0	3.941	1.736
18:2	g	0.165	0.076	3	0.318	0.140
18:3	g	0.095	0.053	3	0.183	0.081
18:4	g	0.114	0.098	2	0.220	0.097
20:4	g	0.104	0.027	3	0.201	0.088
20:5	g	0.677	0.355	3	1.307	0.575
22:5	g	0.169	0.120	2	0.326	0.144
22:6	g	0.718	0.609	3	1.386	0.610
Cholesterol	mg	49		1	95	42
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.150		0	0.289	0.128
Threonine	g	0.588		0	1.135	0.500
Isoleucine	g	0.618		0	1.193	0.525
Leucine	g	1.090		0	2.104	0.927
Lysine	g	1.232		0	2.378	1.047
Methionine	g	0.397		0	0.766	0.337
Cystine	g	0.144		0	0.278	0.122
Phenylalanine	g	0.524		0	1.011	0.445
Tyrosine	g	0.453		0	0.874	0.385
Valine	g	0.691		0	1.334	0.587
Arginine	g	0.803		0	1.550	0.683
Histidine	g	0.395		0	0.762	0.336
Alanine	g	0.811		0	1.565	0.689
Aspartic acid	g	1.373		0	2.650	1.167
Glutamic acid	g	2.002		0	3.864	1.702
Glycine	g	0.644		0	1.243	0.547
Proline	g	0.474		0	0.915	0.403
Serine	g	0.547		0	1.056	0.465
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

NDB No. 15075 Finfish, sablefish, smoked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	60.14		0	17.05	51.12	
Energy	kcal	257		0	73	218	
Energy	kj	1075		0	305	914	
Protein (N x 5.95)	g	17.65		0	5.00	15.00	
Total lipid (fat)	g	20.14		0	5.71	17.12	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.38		0	0.39	1.17	
Sugars, total	g						
Minerals:							
Calcium	mg	50		0	14	43	
Iron	mg	1.69		0	0.48	1.44	
Magnesium	mg	74		0	21	63	
Phosphorus	mg	222		0	63	189	
Potassium	mg	471		0	134	400	
Sodium	mg	737		0	209	626	
Zinc	mg	0.43		0	0.12	0.37	
Copper	mg	0.036		0	0.010	0.031	
Manganese	mg	0.020		0	0.006	0.017	
Selenium	µg	50.2		0	14.2	42.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.037	0.111	
Riboflavin	mg	0.120		0	0.034	0.102	
Niacin	mg	5.300		0	1.503	4.505	
Pantothenic acid	mg	0.990		0	0.281	0.842	
Vitamin B-6	mg	0.390		0	0.111	0.331	
Folate	µg	20		0	6	17	
Vitamin B-12	µg	2.00		0	0.57	1.70	
Vitamin A	IU	408		0	116	347	
Vitamin A, RE	µg	122		0	35	104	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.213		0	1.194	3.581	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.012		0	0.003	0.010	
14:0	g	0.946		0	0.268	0.804	
15.0	g						
16:0	g	2.703		0	0.766	2.298	
17:0	g						
18:0	g	0.537		0	0.152	0.456	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.605	0	3.007	9.014
14:1	g				
16:1	g	1.609	0	0.456	1.368
18:1	g	5.361	0	1.520	4.557
20:1	g	1.870	0	0.530	1.590
22.1	g	1.716	0	0.486	1.459
Polyunsaturated, total	g	2.688	0	0.762	2.285
18:2	g	0.217	0	0.062	0.184
18:3	g	0.125	0	0.035	0.106
18:4	g	0.150	0	0.043	0.128
20:4	g	0.137	0	0.039	0.116
20:5	g	0.891	0	0.253	0.757
22:5	g	0.222	0	0.063	0.189
22:6	g	0.945	0	0.268	0.803
Cholesterol	mg	64	0	18	54
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.198	0	0.056	0.168
Threonine	g	0.774	0	0.219	0.658
Isoleucine	g	0.814	0	0.231	0.692
Leucine	g	1.435	0	0.407	1.220
Lysine	g	1.622	0	0.460	1.379
Methionine	g	0.523	0	0.148	0.445
Cystine	g	0.189	0	0.054	0.161
Phenylalanine	g	0.689	0	0.195	0.586
Tyrosine	g	0.596	0	0.169	0.507
Valine	g	0.910	0	0.258	0.774
Arginine	g	1.057	0	0.300	0.898
Histidine	g	0.520	0	0.147	0.442
Alanine	g	1.068	0	0.303	0.908
Aspartic acid	g	1.808	0	0.513	1.537
Glutamic acid	g	2.636	0	0.747	2.241
Glycine	g	0.848	0	0.240	0.721
Proline	g	0.624	0	0.177	0.530
Serine	g	0.720	0	0.204	0.612
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 198g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	68.50	1.146	21	135.63	58.23	
Energy	kcal	142		0	281	121	
Energy	kj	594		0	1176	505	
Protein (N x 5.95)	g	19.84	0.662	9	39.28	16.86	
Total lipid (fat)	g	6.34	1.772	7	12.55	5.39	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.54	0.894	6	5.03	2.16	
Sugars, total	g						
Minerals:							
Calcium	mg	12	4.117	3	24	10	
Iron	mg	0.80		1	1.58	0.68	
Magnesium	mg	29		1	57	25	
Phosphorus	mg	200		1	396	170	
Potassium	mg	490	30.234	3	970	417	
Sodium	mg	44	0.049	2	87	37	
Zinc	mg	0.64		1	1.27	0.54	
Copper	mg	0.250		1	0.495	0.213	
Manganese	mg	0.016		1	0.032	0.014	
Selenium	µg	36.5		0	72.3	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.226	0.038	11	0.447	0.192	
Riboflavin	mg	0.380	0.147	6	0.752	0.323	
Niacin	mg	7.860	0.618	13	15.563	6.681	
Pantothenic acid	mg	1.664	0.375	5	3.295	1.414	
Vitamin B-6	mg	0.818	0.035	4	1.620	0.695	
Folate	µg	25		1	50	21	
Vitamin B-12	µg	3.18	0.312	10	6.30	2.70	
Vitamin A	IU	40		1	79	34	
Vitamin A, RE	µg	12		0	24	10	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.981		0	1.942	0.834	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.137		2	0.271	0.116	
15.0	g						
16:0	g	0.632		2	1.251	0.537	
17:0	g						
18:0	g	0.212		2	0.420	0.180	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.103		0	4.164	1.788
14:1	g					
16:1	g	0.251		2	0.497	0.213
18:1	g	1.351		2	2.675	1.148
20:1	g	0.223		2	0.442	0.190
22.1	g	0.279		1	0.552	0.237
Polyunsaturated, total	g	2.539		0	5.027	2.158
18:2	g	0.172		2	0.341	0.146
18:3	g	0.295		1	0.584	0.251
18:4	g	0.083		1	0.164	0.071
20:4	g	0.267		2	0.529	0.227
20:5	g	0.321		2	0.636	0.273
22:5	g	0.287	0.000	2	0.568	0.244
22:6	g	1.115		2	2.208	0.948
Cholesterol	mg	55		0	109	47
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.222		0	0.440	0.189
Threonine	g	0.870		0	1.723	0.740
Isoleucine	g	0.914		0	1.810	0.777
Leucine	g	1.613		0	3.194	1.371
Lysine	g	1.822		0	3.608	1.549
Methionine	g	0.587		0	1.162	0.499
Cystine	g	0.213		0	0.422	0.181
Phenylalanine	g	0.775		0	1.535	0.659
Tyrosine	g	0.670		0	1.327	0.570
Valine	g	1.022		0	2.024	0.869
Arginine	g	1.187		0	2.350	1.009
Histidine	g	0.584		0	1.156	0.496
Alanine	g	1.200		0	2.376	1.020
Aspartic acid	g	2.032		0	4.023	1.727
Glutamic acid	g	2.962		0	5.865	2.518
Glycine	g	0.952		0	1.885	0.809
Proline	g	0.702		0	1.390	0.597
Serine	g	0.809		0	1.602	0.688
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

NDB No. 15077 Finfish, salmon, chinook, smoked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 136g	Measure 2* 28g	Measure 3* 17g
Proximates:							
Water	g	72.00		2	97.92	20.41	12.24
Energy	kcal	117		0	159	33	20
Energy	kj	490		0	666	139	83
Protein (N x 5.95)	g	18.28		2	24.86	5.18	3.11
Total lipid (fat)	g	4.32		2	5.88	1.22	0.73
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	2.62		2	3.56	0.74	0.45
Sugars, total	g						
Minerals:							
Calcium	mg	11		2	15	3	2
Iron	mg	0.85		2	1.16	0.24	0.14
Magnesium	mg	18		2	24	5	3
Phosphorus	mg	164		2	223	46	28
Potassium	mg	175		2	238	50	30
Sodium	mg	784		2	1066	222	133
Zinc	mg	0.31		2	0.42	0.09	0.05
Copper	mg	0.230		2	0.313	0.065	0.039
Manganese	mg	0.017		2	0.023	0.005	0.003
Selenium	µg	32.4		0	44.1	9.2	5.5
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.023		2	0.031	0.007	0.004
Riboflavin	mg	0.101		2	0.137	0.029	0.017
Niacin	mg	4.720		2	6.419	1.338	0.802
Pantothenic acid	mg	0.870		2	1.183	0.247	0.148
Vitamin B-6	mg	0.278		2	0.378	0.079	0.047
Folate	µg	2		2	3	1	0
Vitamin B-12	µg	3.26		2	4.43	0.92	0.55
Vitamin A	IU	88		2	120	25	15
Vitamin A, RE	µg	26		0	35	7	4
Vitamin E, α-TE	mg	1.350		0	1.836	0.383	0.230
Lipids:							
Saturated, total	g	0.929		0	1.263	0.263	0.158
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.183		2	0.249	0.052	0.031
15.0	g						
16:0	g	0.560		2	0.762	0.159	0.095
17:0	g						
18:0	g	0.186		2	0.253	0.053	0.032
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.023	0	2.751	0.574	0.344
14:1	g					
16:1	g	0.305	2	0.415	0.086	0.052
18:1	g	0.949	2	1.291	0.269	0.161
20:1	g	0.468	2	0.636	0.133	0.080
22.1	g	0.301	2	0.409	0.085	0.051
Polyunsaturated, total	g	0.995	0	1.353	0.282	0.169
18:2	g	0.472	2	0.642	0.134	0.080
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.183	2	0.249	0.052	0.031
22:5	g	0.073	2	0.099	0.021	0.012
22:6	g	0.267	2	0.363	0.076	0.045
Cholesterol	mg	23	2	31	7	4
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.205	0	0.279	0.058	0.035
Threonine	g	0.801	0	1.089	0.227	0.136
Isoleucine	g	0.842	0	1.145	0.239	0.143
Leucine	g	1.486	0	2.021	0.421	0.253
Lysine	g	1.679	0	2.283	0.476	0.285
Methionine	g	0.541	0	0.736	0.153	0.092
Cystine	g	0.196	0	0.267	0.056	0.033
Phenylalanine	g	0.714	0	0.971	0.202	0.121
Tyrosine	g	0.617	0	0.839	0.175	0.105
Valine	g	0.942	0	1.281	0.267	0.160
Arginine	g	1.094	0	1.488	0.310	0.186
Histidine	g	0.538	0	0.732	0.153	0.091
Alanine	g	1.106	0	1.504	0.314	0.188
Aspartic acid	g	1.872	0	2.546	0.531	0.318
Glutamic acid	g	2.729	0	3.711	0.774	0.464
Glycine	g	0.878	0	1.194	0.249	0.149
Proline	g	0.646	0	0.879	0.183	0.110
Serine	g	0.746	0	1.015	0.211	0.127
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cooked, flaked
Measure 2: 1 oz, boneless
Measure 3: 1 cubic inch, boneless, cooked

NDB No. 15078 Finfish, salmon, chinook, raw

Oncorhynchus tshawytscha (Walbaum)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 198g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	73.17	1.473	7	144.88	62.19	
Energy	kcal	180		0	356	153	
Energy	kj	753		0	1491	640	
Protein (N x 5.95)	g	20.06	0.487	7	39.72	17.05	
Total lipid (fat)	g	10.44	1.692	10	20.67	8.87	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.37	0.092	7	2.71	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	22		1	44	19	
Iron	mg	0.71		0	1.41	0.60	
Magnesium	mg	95		0	188	81	
Phosphorus	mg	289		0	572	246	
Potassium	mg	394	3.781	77	780	335	
Sodium	mg	47	1.113	77	93	40	
Zinc	mg	0.44	0.013	110	0.87	0.37	
Copper	mg	0.041	0.003	63	0.081	0.035	
Manganese	mg	0.015		0	0.030	0.013	
Selenium	µg	36.5		0	72.3	31.0	
Vitamins:							
Ascorbic acid	mg	4.0		1	7.9	3.4	
Thiamin	mg	0.036	0.013	7	0.071	0.031	
Riboflavin	mg	0.120	0.011	7	0.238	0.102	
Niacin	mg	7.835	0.407	6	15.513	6.660	
Pantothenic acid	mg	0.750		0	1.485	0.637	
Vitamin B-6	mg	0.400		0	0.792	0.340	
Folate	µg	30		0	59	26	
Vitamin B-12	µg	2.99		0	5.92	2.54	
Vitamin A	IU	455		0	901	387	
Vitamin A, RE	µg	136		0	269	116	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.507		0	4.964	2.131	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.355		1	0.703	0.302	
15.0	g						
16:0	g	1.600		1	3.168	1.360	
17:0	g						
18:0	g	0.557		1	1.103	0.473	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.478	0	8.866	3.806
14:1	g				
16:1	g	0.884	1	1.750	0.751
18:1	g	2.800	1	5.544	2.380
20:1	g	0.452	1	0.895	0.384
22.1	g	0.346	1	0.685	0.294
Polyunsaturated, total	g	2.076	0	4.110	1.765
18:2	g	0.106	1	0.210	0.090
18:3	g	0.086	1	0.170	0.073
18:4	g	0.144	1	0.285	0.122
20:4	g	0.154	1	0.305	0.131
20:5	g	0.788	1	1.560	0.670
22:5	g	0.231	1	0.457	0.196
22:6	g	0.567	1	1.123	0.482
Cholesterol	mg	66	1	131	56
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.225	0	0.446	0.191
Threonine	g	0.879	0	1.740	0.747
Isoleucine	g	0.924	0	1.830	0.785
Leucine	g	1.630	0	3.227	1.385
Lysine	g	1.842	0	3.647	1.566
Methionine	g	0.594	0	1.176	0.505
Cystine	g	0.215	0	0.426	0.183
Phenylalanine	g	0.783	0	1.550	0.666
Tyrosine	g	0.677	0	1.340	0.575
Valine	g	1.033	0	2.045	0.878
Arginine	g	1.200	0	2.376	1.020
Histidine	g	0.590	0	1.168	0.501
Alanine	g	1.213	0	2.402	1.031
Aspartic acid	g	2.054	0	4.067	1.746
Glutamic acid	g	2.994	0	5.928	2.545
Glycine	g	0.963	0	1.907	0.819
Proline	g	0.709	0	1.404	0.603
Serine	g	0.818	0	1.620	0.695
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

NDB No. 15079 Finfish, salmon, chum, raw

Oncorhynchus keta (Walbaum)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 198g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	75.38	1.391	8	149.25	64.07	
Energy	kcal	120		0	238	102	
Energy	kj	502		0	994	427	
Protein (N x 5.95)	g	20.14	1.222	8	39.88	17.12	
Total lipid (fat)	g	3.77	0.650	13	7.46	3.20	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.18	0.035	7	2.34	1.00	
Sugars, total	g						
Minerals:							
Calcium	mg	11		1	22	9	
Iron	mg	0.55		0	1.09	0.47	
Magnesium	mg	22		0	44	19	
Phosphorus	mg	283		1	560	241	
Potassium	mg	429	5.797	6	849	365	
Sodium	mg	50	1.029	6	99	43	
Zinc	mg	0.47	0.015	56	0.93	0.40	
Copper	mg	0.055	0.002	57	0.109	0.047	
Manganese	mg	0.015		0	0.030	0.013	
Selenium	µg	36.5		0	72.3	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080		1	0.158	0.068	
Riboflavin	mg	0.180		1	0.356	0.153	
Niacin	mg	7.000		0	13.860	5.950	
Pantothenic acid	mg	0.750		0	1.485	0.637	
Vitamin B-6	mg	0.400		0	0.792	0.340	
Folate	µg	4		0	8	3	
Vitamin B-12	µg	3.00		0	5.94	2.55	
Vitamin A	IU	99		1	196	84	
Vitamin A, RE	µg	30		0	59	26	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.840		0	1.663	0.714	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.150		2	0.297	0.128	
15.0	g						
16:0	g	0.586		2	1.160	0.498	
17:0	g						
18:0	g	0.104		2	0.206	0.088	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.541		0	3.051	1.310
14:1	g					
16:1	g	0.221		2	0.438	0.188
18:1	g	0.816		2	1.616	0.694
20:1	g	0.184		1	0.364	0.156
22.1	g	0.320		1	0.634	0.272
Polyunsaturated, total	g	0.898		0	1.778	0.763
18:2	g	0.060		2	0.119	0.051
18:3	g	0.034		1	0.067	0.029
18:4	g	0.068		1	0.135	0.058
20:4	g	0.030		1	0.059	0.026
20:5	g	0.233	0.006	2	0.461	0.198
22:5	g	0.079		1	0.156	0.067
22:6	g	0.394	0.217	2	0.780	0.335
Cholesterol	mg	74	32.000	2	147	63
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.226		0	0.447	0.192
Threonine	g	0.883		0	1.748	0.751
Isoleucine	g	0.928		0	1.837	0.789
Leucine	g	1.637		0	3.241	1.391
Lysine	g	1.849		0	3.661	1.572
Methionine	g	0.596		0	1.180	0.507
Cystine	g	0.216		0	0.428	0.184
Phenylalanine	g	0.786		0	1.556	0.668
Tyrosine	g	0.680		0	1.346	0.578
Valine	g	1.037		0	2.053	0.881
Arginine	g	1.205		0	2.386	1.024
Histidine	g	0.593		0	1.174	0.504
Alanine	g	1.218		0	2.412	1.035
Aspartic acid	g	2.062		0	4.083	1.753
Glutamic acid	g	3.006		0	5.952	2.555
Glycine	g	0.967		0	1.915	0.822
Proline	g	0.712		0	1.410	0.605
Serine	g	0.822		0	1.628	0.699
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

NDB No. 15080 Finfish, salmon, chum, drained solids with bone

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 369g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	70.77	0.102	6	261.14	60.15	
Energy	kcal	141		0	520	120	
Energy	kj	590		0	2177	502	
Protein (N x 5.95)	g	21.43	0.105	6	79.08	18.22	
Total lipid (fat)	g	5.50	0.202	7	20.30	4.67	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.47	0.111	6	9.11	2.10	
Sugars, total	g						
Minerals:							
Calcium	mg	249	1.174	6	919	212	
Iron	mg	0.70		0	2.58	0.60	
Magnesium	mg	30		0	111	26	
Phosphorus	mg	354	2.352	6	1306	301	
Potassium	mg	300		0	1107	255	
Sodium	mg	487		1	1797	414	
Zinc	mg	1.00		0	3.69	0.85	
Copper	mg	0.100		0	0.369	0.085	
Manganese	mg	0.020		0	0.074	0.017	
Selenium	µg	43.3		0	159.8	36.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.020		0	0.074	0.017	
Riboflavin	mg	0.160		0	0.590	0.136	
Niacin	mg	7.000		0	25.830	5.950	
Pantothenic acid	mg	0.560		0	2.066	0.476	
Vitamin B-6	mg	0.380		0	1.402	0.323	
Folate	µg	20		0	74	17	
Vitamin B-12	µg	4.40		0	16.24	3.74	
Vitamin A	IU	61	1.335	6	225	52	
Vitamin A, RE	µg	18		0	66	15	
Vitamin E, α-TE	mg	1.600		0	5.904	1.360	
Lipids:							
Saturated, total	g	1.486		0	5.483	1.263	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.482		1	1.779	0.410	
15.0	g						
16:0	g	0.816		1	3.011	0.694	
17:0	g						
18:0	g	0.188		1	0.694	0.160	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.919		0	7.081	1.631
14:1	g					
16:1	g	0.237		1	0.875	0.201
18:1	g	1.159		1	4.277	0.985
20:1	g	0.278		1	1.026	0.236
22.1	g	0.245	0.000	2	0.904	0.208
Polyunsaturated, total	g	1.517		0	5.598	1.289
18:2	g	0.057		1	0.210	0.048
18:3	g	0.049	0.000	2	0.181	0.042
18:4	g	0.073		1	0.269	0.062
20:4	g	0.073		1	0.269	0.062
20:5	g	0.473	0.000	2	1.745	0.402
22:5	g	0.090	0.000	2	0.332	0.077
22:6	g	0.702		1	2.590	0.597
Cholesterol	mg	39		1	144	33
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.240		0	0.886	0.204
Threonine	g	0.940		0	3.469	0.799
Isoleucine	g	0.988		0	3.646	0.840
Leucine	g	1.742		0	6.428	1.481
Lysine	g	1.968		0	7.262	1.673
Methionine	g	0.634		0	2.339	0.539
Cystine	g	0.230		0	0.849	0.196
Phenylalanine	g	0.837		0	3.089	0.711
Tyrosine	g	0.724		0	2.672	0.615
Valine	g	1.104		0	4.074	0.938
Arginine	g	1.282		0	4.731	1.090
Histidine	g	0.631		0	2.328	0.536
Alanine	g	1.296		0	4.782	1.102
Aspartic acid	g	2.195		0	8.100	1.866
Glutamic acid	g	3.199		0	11.804	2.719
Glycine	g	1.029		0	3.797	0.875
Proline	g	0.758		0	2.797	0.644
Serine	g	0.874		0	3.225	0.743
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 can
Measure 2: 3 oz

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

Oncorhynchus kisutch (Walbaum)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 198g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	72.66	0.162	178	143.87	61.76	
Energy	kcal	146		0	289	124	
Energy	kj	611		0	1210	519	
Protein (N x 5.95)	g	21.62	0.044	178	42.81	18.38	
Total lipid (fat)	g	5.93	0.161	219	11.74	5.04	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.21	0.004	178	2.40	1.03	
Sugars, total	g						
Minerals:							
Calcium	mg	36		1	71	31	
Iron	mg	0.56	0.077	3	1.11	0.48	
Magnesium	mg	31	0.897	3	61	26	
Phosphorus	mg	262	16.165	3	519	223	
Potassium	mg	423	2.619	47	838	360	
Sodium	mg	46	1.105	47	91	39	
Zinc	mg	0.41	0.017	74	0.81	0.35	
Copper	mg	0.051	0.003	69	0.101	0.043	
Manganese	mg	0.014	0.001	3	0.028	0.012	
Selenium	µg	36.5		0	72.3	31.0	
Vitamins:							
Ascorbic acid	mg	1.0	0.239	4	2.0	0.9	
Thiamin	mg	0.113	0.030	3	0.224	0.096	
Riboflavin	mg	0.140	0.011	3	0.277	0.119	
Niacin	mg	7.230	0.922	3	14.315	6.146	
Pantothenic acid	mg	0.823	0.055	3	1.630	0.700	
Vitamin B-6	mg	0.549	0.132	3	1.087	0.467	
Folate	µg	9	3.215	3	18	8	
Vitamin B-12	µg	4.17	0.694	3	8.26	3.54	
Vitamin A	IU	100	32.145	3	198	85	
Vitamin A, RE	µg	30		0	59	26	
Vitamin E, α-TE	mg	0.650		0	1.287	0.553	
Lipids:							
Saturated, total	g	1.260		0	2.495	1.071	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.264		6	0.523	0.224	
15.0	g						
16:0	g	0.751		6	1.487	0.638	
17:0	g						
18:0	g	0.207		6	0.410	0.176	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.134		0	4.225	1.814
14:1	g					
16:1	g	0.506		6	1.002	0.430
18:1	g	1.204		6	2.384	1.023
20:1	g	0.250		6	0.495	0.213
22.1	g	0.146		6	0.289	0.124
Polyunsaturated, total	g	1.992		0	3.944	1.693
18:2	g	0.206		6	0.408	0.175
18:3	g	0.157		6	0.311	0.133
18:4	g	0.119		6	0.236	0.101
20:4	g	0.133		6	0.263	0.113
20:5	g	0.429		6	0.849	0.365
22:5	g	0.232	0.000	6	0.459	0.197
22:6	g	0.656		6	1.299	0.558
Cholesterol	mg	45	3.060	3	89	38
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.242		0	0.479	0.206
Threonine	g	0.948		0	1.877	0.806
Isoleucine	g	0.996		0	1.972	0.847
Leucine	g	1.757		0	3.479	1.493
Lysine	g	1.985		0	3.930	1.687
Methionine	g	0.640		0	1.267	0.544
Cystine	g	0.232		0	0.459	0.197
Phenylalanine	g	0.844		0	1.671	0.717
Tyrosine	g	0.730		0	1.445	0.620
Valine	g	1.114		0	2.206	0.947
Arginine	g	1.294		0	2.562	1.100
Histidine	g	0.636		0	1.259	0.541
Alanine	g	1.307		0	2.588	1.111
Aspartic acid	g	2.214		0	4.384	1.882
Glutamic acid	g	3.227		0	6.389	2.743
Glycine	g	1.038		0	2.055	0.882
Proline	g	0.764		0	1.513	0.649
Serine	g	0.882		0	1.746	0.750
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 155g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	65.39		0	101.35	55.58	
Energy	kcal	184		0	285	156	
Energy	kj	770		0	1194	655	
Protein (N x 5.95)	g	27.36		0	42.41	23.26	
Total lipid (fat)	g	7.50		0	11.63	6.38	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.53		0	2.37	1.30	
Sugars, total	g						
Minerals:							
Calcium	mg	46		0	71	39	
Iron	mg	0.71		0	1.10	0.60	
Magnesium	mg	35		0	54	30	
Phosphorus	mg	298		0	462	253	
Potassium	mg	455		0	705	387	
Sodium	mg	53		0	82	45	
Zinc	mg	0.52		0	0.81	0.44	
Copper	mg	0.065		0	0.101	0.055	
Manganese	mg	0.018		0	0.028	0.015	
Selenium	µg	46.2		0	71.6	39.3	
Vitamins:							
Ascorbic acid	mg	1.0		0	1.6	0.9	
Thiamin	mg	0.115		0	0.178	0.098	
Riboflavin	mg	0.159		0	0.246	0.135	
Niacin	mg	7.779		0	12.057	6.612	
Pantothenic acid	mg	0.834		0	1.293	0.709	
Vitamin B-6	mg	0.556		0	0.862	0.473	
Folate	µg	9		0	14	8	
Vitamin B-12	µg	4.48		0	6.94	3.81	
Vitamin A	IU	108		0	167	92	
Vitamin A, RE	µg	32		0	50	27	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.595		0	2.472	1.356	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.334		0	0.518	0.284	
15.0	g						
16:0	g	0.950		0	1.472	0.808	
17:0	g						
18:0	g	0.262		0	0.406	0.223	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.702	0	4.188	2.297
14:1	g				
16:1	g	0.640	0	0.992	0.544
18:1	g	1.524	0	2.362	1.295
20:1	g	0.316	0	0.490	0.269
22.1	g	0.185	0	0.287	0.157
Polyunsaturated, total	g	2.521	0	3.908	2.143
18:2	g	0.260	0	0.403	0.221
18:3	g	0.199	0	0.308	0.169
18:4	g	0.150	0	0.233	0.128
20:4	g	0.169	0	0.262	0.144
20:5	g	0.543	0	0.842	0.462
22:5	g	0.294	0	0.456	0.250
22:6	g	0.831	0	1.288	0.706
Cholesterol	mg	57	0	88	48
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.306	0	0.474	0.260
Threonine	g	1.200	0	1.860	1.020
Isoleucine	g	1.261	0	1.955	1.072
Leucine	g	2.224	0	3.447	1.890
Lysine	g	2.513	0	3.895	2.136
Methionine	g	0.810	0	1.256	0.689
Cystine	g	0.293	0	0.454	0.249
Phenylalanine	g	1.068	0	1.655	0.908
Tyrosine	g	0.924	0	1.432	0.785
Valine	g	1.410	0	2.185	1.198
Arginine	g	1.637	0	2.537	1.391
Histidine	g	0.806	0	1.249	0.685
Alanine	g	1.655	0	2.565	1.407
Aspartic acid	g	2.802	0	4.343	2.382
Glutamic acid	g	4.085	0	6.332	3.472
Glycine	g	1.313	0	2.035	1.116
Proline	g	0.968	0	1.500	0.823
Serine	g	1.116	0	1.730	0.949
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

NDB No. 15083 Finfish, salmon, pink, raw

Oncorhynchus gorbuscha (Walbaum)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 159g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	76.35	0.160	141	121.40	64.90	
Energy	kcal	116		0	184	99	
Energy	kj	485		0	771	412	
Protein (N x 5.95)	g	19.94	0.126	141	31.70	16.95	
Total lipid (fat)	g	3.45	0.141	144	5.49	2.93	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.22	0.014	141	1.94	1.04	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	21	11	
Iron	mg	0.77		0	1.22	0.65	
Magnesium	mg	26		0	41	22	
Phosphorus	mg	230		0	366	196	
Potassium	mg	323	4.635	100	514	275	
Sodium	mg	67	1.516	101	107	57	
Zinc	mg	0.55	0.025	27	0.87	0.47	
Copper	mg	0.077	0.005	27	0.122	0.065	
Manganese	mg	0.015		0	0.024	0.013	
Selenium	µg	44.6		1	70.9	37.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.170		0	0.270	0.145	
Riboflavin	mg	0.060		0	0.095	0.051	
Niacin	mg	7.000		0	11.130	5.950	
Pantothenic acid	mg	0.750		0	1.192	0.637	
Vitamin B-6	mg	0.200		0	0.318	0.170	
Folate	µg	4		0	6	3	
Vitamin B-12	µg	3.00		0	4.77	2.55	
Vitamin A	IU	118		1	188	100	
Vitamin A, RE	µg	35		0	56	30	
Vitamin E, α-TE	mg	1.000		0	1.590	0.850	
Lipids:							
Saturated, total	g	0.558		0	0.887	0.474	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.105		1	0.167	0.089	
15.0	g						
16:0	g	0.316		1	0.502	0.269	
17:0	g						
18:0	g	0.137		1	0.218	0.116	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.934	0	1.485	0.794
14:1	g				
16:1	g	0.155	1	0.246	0.132
18:1	g	0.546	1	0.868	0.464
20:1	g	0.124	1	0.197	0.105
22.1	g	0.109	1	0.173	0.093
Polyunsaturated, total	g	1.353	0	2.151	1.150
18:2	g	0.050	1	0.080	0.043
18:3	g	0.034	1	0.054	0.029
18:4	g	0.090	1	0.143	0.077
20:4	g	0.078	1	0.124	0.066
20:5	g	0.419	1	0.666	0.356
22:5	g	0.096	1	0.153	0.082
22:6	g	0.586	1	0.932	0.498
Cholesterol	mg	52	0	83	44
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.223	0	0.355	0.190
Threonine	g	0.874	0	1.390	0.743
Isoleucine	g	0.919	0	1.461	0.781
Leucine	g	1.621	0	2.577	1.378
Lysine	g	1.831	0	2.911	1.556
Methionine	g	0.590	0	0.938	0.501
Cystine	g	0.214	0	0.340	0.182
Phenylalanine	g	0.778	0	1.237	0.661
Tyrosine	g	0.673	0	1.070	0.572
Valine	g	1.027	0	1.633	0.873
Arginine	g	1.193	0	1.897	1.014
Histidine	g	0.587	0	0.933	0.499
Alanine	g	1.206	0	1.918	1.025
Aspartic acid	g	2.042	0	3.247	1.736
Glutamic acid	g	2.976	0	4.732	2.530
Glycine	g	0.957	0	1.522	0.813
Proline	g	0.705	0	1.121	0.599
Serine	g	0.813	0	1.293	0.691
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

NDB No. 15084 Finfish, salmon, pink, canned, solids with bone and liquid

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 454g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	68.81	0.743	28	312.12	58.49	
Energy	kcal	139		0	631	118	
Energy	kj	582		0	2640	495	
Protein (N x 5.95)	g	19.78	0.164	25	89.72	16.81	
Total lipid (fat)	g	6.05		26	27.44	5.14	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.60	0.046	25	11.79	2.21	
Sugars, total	g						
Minerals:							
Calcium	mg	213	12.474	25	966	181	
Iron	mg	0.84	0.044	25	3.81	0.71	
Magnesium	mg	34	0.961	25	154	29	
Phosphorus	mg	329	7.235	25	1492	280	
Potassium	mg	326	7.284	25	1479	277	
Sodium	mg	554	16.815	25	2513	471	
Zinc	mg	0.92	0.028	25	4.17	0.78	
Copper	mg	0.102	0.004	25	0.463	0.087	
Manganese	mg	0.020		0	0.091	0.017	
Selenium	µg	33.2	0.367	10	150.6	28.2	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	22	0.0	0.0	
Thiamin	mg	0.023	0.000	36	0.104	0.020	
Riboflavin	mg	0.186	0.007	36	0.844	0.158	
Niacin	mg	6.536	0.333	25	29.647	5.556	
Pantothenic acid	mg	0.550		0	2.495	0.468	
Vitamin B-6	mg	0.300		0	1.361	0.255	
Folate	µg	15	0.621	3	70	13	
Vitamin B-12	µg	4.40		0	19.96	3.74	
Vitamin A	IU	55	3.780	14	249	47	
Vitamin A, RE	µg	17		0	77	14	
Vitamin E, α-TE	mg	1.350		0	6.124	1.148	
Lipids:							
Saturated, total	g	1.535		0	6.963	1.305	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.048		1	0.218	0.041	
15.0	g						
16:0	g	1.350		1	6.124	1.148	
17:0	g						
18:0	g	0.135		1	0.612	0.115	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.807	0	8.197	1.536
14:1	g				
16:1	g	0.466	1	2.114	0.396
18:1	g	1.068	1	4.844	0.908
20:1	g	0.272	1	1.234	0.231
22.1	g	0.018	2	0.082	0.015
Polyunsaturated, total	g	2.049	0	9.294	1.742
18:2	g	0.058	1	0.263	0.049
18:3	g	0.058	2	0.263	0.049
18:4	g	0.135	1	0.612	0.115
20:4	g	0.077	1	0.349	0.065
20:5	g	0.845	2	3.833	0.718
22:5	g	0.048	2	0.218	0.041
22:6	g	0.806	1	3.656	0.685
Cholesterol	mg	55	0	249	47
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.222	0	1.007	0.189
Threonine	g	0.867	0	3.933	0.737
Isoleucine	g	0.912	0	4.137	0.775
Leucine	g	1.608	0	7.294	1.367
Lysine	g	1.817	0	8.242	1.544
Methionine	g	0.586	0	2.658	0.498
Cystine	g	0.212	0	0.962	0.180
Phenylalanine	g	0.772	0	3.502	0.656
Tyrosine	g	0.668	0	3.030	0.568
Valine	g	1.019	0	4.622	0.866
Arginine	g	1.184	0	5.371	1.006
Histidine	g	0.582	0	2.640	0.495
Alanine	g	1.196	0	5.425	1.017
Aspartic acid	g	2.026	0	9.190	1.722
Glutamic acid	g	2.953	0	13.395	2.510
Glycine	g	0.950	0	4.309	0.808
Proline	g	0.699	0	3.171	0.594
Serine	g	0.807	0	3.661	0.686
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 can
Measure 2: 3 oz

NDB No. 15085 Finfish, salmon, sockeye, raw

Oncorhynchus nerka (Walbaum)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 198g	Measure 3* 85g
Proximates:							
Water	g	70.24	0.645	48	19.91	139.08	59.70
Energy	kcal	168		0	48	333	143
Energy	kj	703		0	199	1392	598
Protein (N x 5.95)	g	21.30	0.209	45	6.04	42.17	18.11
Total lipid (fat)	g	8.56	0.392	48	2.43	16.95	7.28
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.18	0.010	45	0.33	2.34	1.00
Sugars, total	g						
Minerals:							
Calcium	mg	6		1	2	12	5
Iron	mg	0.47	0.030	11	0.13	0.93	0.40
Magnesium	mg	24		1	7	48	20
Phosphorus	mg	215	4.060	17	61	426	183
Potassium	mg	391	3.210	46	111	774	332
Sodium	mg	47	0.874	46	13	93	40
Zinc	mg	0.54	0.022	62	0.15	1.07	0.46
Copper	mg	0.052	0.003	61	0.015	0.103	0.044
Manganese	mg	0.014		1	0.004	0.028	0.012
Selenium	µg	33.7	0.992	11	9.6	66.7	28.6
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.203	0.007	11	0.058	0.402	0.173
Riboflavin	mg	0.149	0.006	11	0.042	0.295	0.127
Niacin	mg	5.780	0.183	11	1.639	11.444	4.913
Pantothenic acid	mg	0.610	0.017	51	0.173	1.208	0.518
Vitamin B-6	mg	0.190	0.013	41	0.054	0.376	0.161
Folate	µg	4		0	1	8	3
Vitamin B-12	µg	5.00		1	1.42	9.90	4.25
Vitamin A	IU	192		1	54	380	163
Vitamin A, RE	µg	58		0	16	115	49
Vitamin E, α-TE	mg	1.000		0	0.284	1.980	0.850
Lipids:							
Saturated, total	g	1.495		0	0.424	2.960	1.271
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.290		3	0.082	0.574	0.247
15.0	g						
16:0	g	1.011		3	0.287	2.002	0.859
17:0	g						
18:0	g	0.155		3	0.044	0.307	0.132
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.125		0	1.169	8.168	3.506
14:1	g						
16:1	g	0.523		3	0.148	1.036	0.445
18:1	g	1.382		3	0.392	2.736	1.175
20:1	g	1.334		2	0.378	2.641	1.134
22.1	g	0.848		2	0.240	1.679	0.721
Polyunsaturated, total	g	1.879		0	0.533	3.720	1.597
18:2	g	0.380		3	0.108	0.752	0.323
18:3	g	0.092		3	0.026	0.182	0.078
18:4	g	0.102		2	0.029	0.202	0.087
20:4	g	0.094		2	0.027	0.186	0.080
20:5	g	0.519		3	0.147	1.028	0.441
22:5	g	0.039		2	0.011	0.077	0.033
22:6	g	0.653		3	0.185	1.293	0.555
Cholesterol	mg	62	3.400	11	18	123	53
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.239		0	0.068	0.473	0.203
Threonine	g	0.934		0	0.265	1.849	0.794
Isoleucine	g	0.982		0	0.278	1.944	0.835
Leucine	g	1.731		0	0.491	3.427	1.471
Lysine	g	1.956		0	0.555	3.873	1.663
Methionine	g	0.630		0	0.179	1.247	0.536
Cystine	g	0.228		0	0.065	0.451	0.194
Phenylalanine	g	0.832		0	0.236	1.647	0.707
Tyrosine	g	0.719		0	0.204	1.424	0.611
Valine	g	1.097		0	0.311	2.172	0.932
Arginine	g	1.275		0	0.361	2.524	1.084
Histidine	g	0.627		0	0.178	1.241	0.533
Alanine	g	1.288		0	0.365	2.550	1.095
Aspartic acid	g	2.181		0	0.618	4.318	1.854
Glutamic acid	g	3.180		0	0.902	6.296	2.703
Glycine	g	1.022		0	0.290	2.024	0.869
Proline	g	0.753		0	0.213	1.491	0.640
Serine	g	0.869		0	0.246	1.721	0.739
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz, boneless, raw
Measure 2: 1/2 fillet
Measure 3: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 155g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.84		0	95.85	52.56	
Energy	kcal	216		0	335	184	
Energy	kj	904		0	1401	768	
Protein (N x 5.95)	g	27.31		0	42.33	23.21	
Total lipid (fat)	g	10.97		0	17.00	9.32	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.37	0.010	11	2.12	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	11	6	
Iron	mg	0.55	0.020	11	0.85	0.47	
Magnesium	mg	31		0	48	26	
Phosphorus	mg	276		0	428	235	
Potassium	mg	375	18.500	11	581	319	
Sodium	mg	66	5.500	11	102	56	
Zinc	mg	0.51	0.030	11	0.79	0.43	
Copper	mg	0.067		0	0.104	0.057	
Manganese	mg	0.020		0	0.031	0.017	
Selenium	µg	37.8	0.769	33	58.6	32.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.215	0.008	11	0.333	0.183	
Riboflavin	mg	0.171	0.003	11	0.265	0.145	
Niacin	mg	6.670	0.220	11	10.338	5.670	
Pantothenic acid	mg	0.700		0	1.085	0.595	
Vitamin B-6	mg	0.219		0	0.339	0.186	
Folate	µg	5		0	8	4	
Vitamin B-12	µg	5.80	1.020	11	8.99	4.93	
Vitamin A	IU	209		0	324	178	
Vitamin A, RE	µg	63		0	98	54	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.917		0	2.971	1.629	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.258		10	0.400	0.219	
15.0	g						
16:0	g	1.005		10	1.558	0.854	
17:0	g						
18:0	g	0.158		10	0.245	0.134	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.290		0	8.200	4.497
14:1	g					
16:1	g	0.321		10	0.498	0.273
18:1	g	1.338		10	2.074	1.137
20:1	g	0.922		10	1.429	0.784
22.1	g	0.664		10	1.029	0.564
Polyunsaturated, total	g	2.409		0	3.734	2.048
18:2	g	0.113		10	0.175	0.096
18:3	g	0.062		10	0.096	0.053
18:4	g					
20:4	g	0.030		10	0.046	0.026
20:5	g	0.530		10	0.822	0.451
22:5	g	0.132		10	0.205	0.112
22:6	g	0.700		10	1.085	0.595
Cholesterol	mg	87	4.340	11	135	74
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.306		0	0.474	0.260
Threonine	g	1.197		0	1.855	1.017
Isoleucine	g	1.258		0	1.950	1.069
Leucine	g	2.219		0	3.439	1.886
Lysine	g	2.508		0	3.887	2.132
Methionine	g	0.808		0	1.252	0.687
Cystine	g	0.293		0	0.454	0.249
Phenylalanine	g	1.066		0	1.652	0.906
Tyrosine	g	0.922		0	1.429	0.784
Valine	g	1.407		0	2.181	1.196
Arginine	g	1.634		0	2.533	1.389
Histidine	g	0.804		0	1.246	0.683
Alanine	g	1.651		0	2.559	1.403
Aspartic acid	g	2.796		0	4.334	2.377
Glutamic acid	g	4.076		0	6.318	3.465
Glycine	g	1.311		0	2.032	1.114
Proline	g	0.966		0	1.497	0.821
Serine	g	1.114		0	1.727	0.947
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

NDB No. 15087 Finfish, salmon, sockeye, canned, drained solids with bone

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 369g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	68.72	0.213	44	253.58	58.41	
Energy	kcal	153		0	565	130	
Energy	kj	640		0	2362	544	
Protein (N x 5.95)	g	20.47	0.086	45	75.53	17.40	
Total lipid (fat)	g	7.31	0.145	1689	26.97	6.21	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.70	0.062	42	9.96	2.30	
Sugars, total	g						
Minerals:							
Calcium	mg	239	6.835	26	882	203	
Iron	mg	1.06		20	3.91	0.90	
Magnesium	mg	29		20	107	25	
Phosphorus	mg	326	4.988	43	1203	277	
Potassium	mg	377		23	1391	320	
Sodium	mg	538	20.580	20	1985	457	
Zinc	mg	1.02		20	3.76	0.87	
Copper	mg	0.084		20	0.310	0.071	
Manganese	mg	0.030		0	0.111	0.026	
Selenium	µg	35.4		0	130.6	30.1	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	11	0.0	0.0	
Thiamin	mg	0.016	0.001	19	0.059	0.014	
Riboflavin	mg	0.193	0.008	19	0.712	0.164	
Niacin	mg	5.480	0.189	20	20.221	4.658	
Pantothenic acid	mg	0.550		0	2.030	0.468	
Vitamin B-6	mg	0.300		0	1.107	0.255	
Folate	µg	10	1.062	3	36	8	
Vitamin B-12	µg	0.30		0	1.11	0.26	
Vitamin A	IU	176	10.422	32	649	150	
Vitamin A, RE	µg	53		0	196	45	
Vitamin E, α-TE	mg	1.600		0	5.904	1.360	
Lipids:							
Saturated, total	g	1.644		0	6.066	1.397	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.359		2	1.325	0.305	
15.0	g						
16:0	g	1.079		2	3.982	0.917	
17:0	g						
18:0	g	0.205		2	0.756	0.174	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.162		0	11.668	2.688
14:1	g					
16:1	g	0.406		2	1.498	0.345
18:1	g	1.451		2	5.354	1.233
20:1	g	0.918		2	3.387	0.780
22.1	g	0.387		2	1.428	0.329
Polyunsaturated, total	g	1.888		0	6.967	1.605
18:2	g	0.085		2	0.314	0.072
18:3	g	0.090		2	0.332	0.077
18:4	g	0.106		1	0.391	0.090
20:4	g	0.374		2	1.380	0.318
20:5	g	0.492		2	1.815	0.418
22:5	g	0.077		2	0.284	0.065
22:6	g	0.664		2	2.450	0.564
Cholesterol	mg	44	11.721	3	162	37
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.229		0	0.845	0.195
Threonine	g	0.897		0	3.310	0.762
Isoleucine	g	0.943		0	3.480	0.802
Leucine	g	1.664		0	6.140	1.414
Lysine	g	1.880		0	6.937	1.598
Methionine	g	0.606		0	2.236	0.515
Cystine	g	0.219		0	0.808	0.186
Phenylalanine	g	0.799		0	2.948	0.679
Tyrosine	g	0.691		0	2.550	0.587
Valine	g	1.055		0	3.893	0.897
Arginine	g	1.225		0	4.520	1.041
Histidine	g	0.603		0	2.225	0.513
Alanine	g	1.238		0	4.568	1.052
Aspartic acid	g	2.096		0	7.734	1.782
Glutamic acid	g	3.056		0	11.277	2.598
Glycine	g	0.983		0	3.627	0.836
Proline	g	0.724		0	2.672	0.615
Serine	g	0.835		0	3.081	0.710
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 can
Measure 2: 3 oz

NDB No. 15088 Finfish, sardine, Atlantic, canned in oil, drained solids with bone
Clupea harengus harengus L.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 149g	Measure 2* 28g	Measure 3* 16g
Proximates:							
Water	g	59.61	0.643	13	88.82	16.90	9.54
Energy	kcal	208		0	310	59	33
Energy	kj	870		0	1296	247	139
Protein (N x 5.95)	g	24.62	0.452	13	36.68	6.98	3.94
Total lipid (fat)	g	11.45	0.310	13	17.06	3.25	1.83
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	3.38	0.135	35	5.04	0.96	0.54
Sugars, total	g						
Minerals:							
Calcium	mg	382	14.917	22	569	108	61
Iron	mg	2.92	0.225	7	4.35	0.83	0.47
Magnesium	mg	39		2	58	11	6
Phosphorus	mg	490	15.351	22	730	139	78
Potassium	mg	397		1	592	113	64
Sodium	mg	505		1	752	143	81
Zinc	mg	1.31		2	1.95	0.37	0.21
Copper	mg	0.186		2	0.277	0.053	0.030
Manganese	mg	0.108		2	0.161	0.031	0.017
Selenium	µg	52.7		0	78.5	14.9	8.4
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.080	0.031	9	0.119	0.023	0.013
Riboflavin	mg	0.227	0.045	7	0.338	0.064	0.036
Niacin	mg	5.245	0.066	4	7.815	1.487	0.839
Pantothenic acid	mg	0.642		2	0.957	0.182	0.103
Vitamin B-6	mg	0.167	0.022	3	0.249	0.047	0.027
Folate	µg	12		2	18	3	2
Vitamin B-12	µg	8.94		2	13.32	2.53	1.43
Vitamin A	IU	224	2.124	6	334	64	36
Vitamin A, RE	µg	67		0	100	19	11
Vitamin E, α-TE	mg	0.300		0	0.447	0.085	0.048
Lipids:							
Saturated, total	g	1.528		0	2.277	0.433	0.244
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.192	0.087	2	0.286	0.054	0.031
15.0	g						
16:0	g	0.993	0.194	2	1.480	0.282	0.159
17:0	g						
18:0	g	0.343	0.025	2	0.511	0.097	0.055
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.869		0	5.765	1.097	0.619
14:1	g						
16:1	g	0.220	0.158	2	0.328	0.062	0.035
18:1	g	2.145	0.013	2	3.196	0.608	0.343
20:1	g	0.423		1	0.630	0.120	0.068
22.1	g	1.081	1.322	2	1.611	0.306	0.173
Polyunsaturated, total	g	5.148		0	7.671	1.459	0.824
18:2	g	3.543	0.781	2	5.279	1.004	0.567
18:3	g	0.498		1	0.742	0.141	0.080
18:4	g	0.125	0.038	2	0.186	0.035	0.020
20:4	g	0.000		0	0.000	0.000	0.000
20:5	g	0.473	0.117	2	0.705	0.134	0.076
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.509	0.016	2	0.758	0.144	0.081
Cholesterol	mg	142	7.364	4	212	40	23
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.276		0	0.411	0.078	0.044
Threonine	g	1.079		0	1.608	0.306	0.173
Isoleucine	g	1.134		0	1.690	0.321	0.181
Leucine	g	2.001		0	2.981	0.567	0.320
Lysine	g	2.260		0	3.367	0.641	0.362
Methionine	g	0.729		0	1.086	0.207	0.117
Cystine	g	0.264		0	0.393	0.075	0.042
Phenylalanine	g	0.961		0	1.432	0.272	0.154
Tyrosine	g	0.831		0	1.238	0.236	0.133
Valine	g	1.268		0	1.889	0.359	0.203
Arginine	g	1.473		0	2.195	0.418	0.236
Histidine	g	0.725		0	1.080	0.206	0.116
Alanine	g	1.489		0	2.219	0.422	0.238
Aspartic acid	g	2.520		0	3.755	0.714	0.403
Glutamic acid	g	3.674		0	5.474	1.042	0.588
Glycine	g	1.181		0	1.760	0.335	0.189
Proline	g	0.870		0	1.296	0.247	0.139
Serine	g	1.004		0	1.496	0.285	0.161
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, drained
Measure 2: 1 oz
Measure 3: 1 cubic inch

NDB No. 15089 Finfish, sardine, Pacific, canned in tomato sauce, drained solids with bone
Sardinops spp.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 89g	Measure 2* 370g	Measure 3* 38g
Proximates:							
Water	g	68.30		3	60.79	252.71	25.95
Energy	kcal	178		0	158	659	68
Energy	kj	745		0	663	2757	283
Protein (N x 5.95)	g	16.35		3	14.55	60.50	6.21
Total lipid (fat)	g	11.98	0.972	4	10.66	44.33	4.55
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	3.70		4	3.29	13.69	1.41
Sugars, total	g						
Minerals:							
Calcium	mg	240	36.085	3	214	888	91
Iron	mg	2.30	0.400	2	2.05	8.51	0.87
Magnesium	mg	34		1	30	126	13
Phosphorus	mg	366	54.026	3	326	1354	139
Potassium	mg	341		1	303	1262	130
Sodium	mg	414		1	368	1532	157
Zinc	mg	1.40		2	1.25	5.18	0.53
Copper	mg	0.272		2	0.242	1.006	0.103
Manganese	mg	0.206		2	0.183	0.762	0.078
Selenium	µg	40.6		0	36.1	150.2	15.4
Vitamins:							
Ascorbic acid	mg	1.0		2	0.9	3.7	0.4
Thiamin	mg	0.044		4	0.039	0.163	0.017
Riboflavin	mg	0.233	0.035	3	0.207	0.862	0.089
Niacin	mg	4.200	1.600	2	3.738	15.540	1.596
Pantothenic acid	mg	0.730		1	0.650	2.701	0.277
Vitamin B-6	mg	0.123		1	0.109	0.455	0.047
Folate	µg	24		2	22	90	9
Vitamin B-12	µg	9.00		1	8.01	33.30	3.42
Vitamin A	IU	365		2	325	1351	139
Vitamin A, RE	µg	70		0	62	259	27
Vitamin E, α-TE	mg	3.700		0	3.293	13.690	1.406
Lipids:							
Saturated, total	g	3.087		0	2.747	11.422	1.173
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.807		1	0.718	2.986	0.307
15.0	g						
16:0	g	1.997		1	1.777	7.389	0.759
17:0	g						
18:0	g	0.281		1	0.250	1.040	0.107
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.537	0	4.928	20.487	2.104
14:1	g					
16:1	g	0.728	1	0.648	2.694	0.277
18:1	g	2.126	1	1.892	7.866	0.808
20:1	g	0.816	1	0.726	3.019	0.310
22.1	g	1.867	1	1.662	6.908	0.709
Polyunsaturated, total	g	2.426	0	2.159	8.976	0.922
18:2	g	0.141	1	0.125	0.522	0.054
18:3	g	0.270	1	0.240	0.999	0.103
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.341	1	0.303	1.262	0.130
20:5	g	0.611	1	0.544	2.261	0.232
22:5	g	0.070	1	0.062	0.259	0.027
22:6	g	0.993	1	0.884	3.674	0.377
Cholesterol	mg	61	2	54	226	23
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.157	2	0.140	0.581	0.060
Threonine	g	0.795	2	0.708	2.942	0.302
Isoleucine	g	0.795	2	0.708	2.942	0.302
Leucine	g	1.358	2	1.209	5.025	0.516
Lysine	g	1.400	2	1.246	5.180	0.532
Methionine	g	0.476	2	0.424	1.761	0.181
Cystine	g	0.139	2	0.124	0.514	0.053
Phenylalanine	g	0.793	2	0.706	2.934	0.301
Tyrosine	g	0.625	2	0.556	2.313	0.238
Valine	g	0.926	2	0.824	3.426	0.352
Arginine	g	1.049	2	0.934	3.881	0.399
Histidine	g	0.680	2	0.605	2.516	0.258
Alanine	g	1.005	2	0.894	3.718	0.382
Aspartic acid	g	1.666	2	1.483	6.164	0.633
Glutamic acid	g	2.307	2	2.053	8.536	0.877
Glycine	g	0.827	2	0.736	3.060	0.314
Proline	g	0.651	2	0.579	2.409	0.247
Serine	g	0.727	2	0.647	2.690	0.276
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 can
Measure 3: 1 sardine

NDB No. 15090 Finfish, scup, raw

Stenotomus chrysops L.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 166g	Measure 2* 28g	Measure 3* 64g
Proximates:							
Water	g	75.37	0.342	25	125.11	21.37	48.24
Energy	kcal	105		0	174	30	67
Energy	kj	439		0	729	124	281
Protein (N x 5.95)	g	18.88	0.110	25	31.34	5.35	12.08
Total lipid (fat)	g	2.73	0.450	15	4.53	0.77	1.75
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.21	0.020	26	2.01	0.34	0.77
Sugars, total	g						
Minerals:							
Calcium	mg	40		1	66	11	26
Iron	mg	0.53		1	0.88	0.15	0.34
Magnesium	mg	23		1	38	7	15
Phosphorus	mg	185		0	307	52	118
Potassium	mg	287		1	476	81	184
Sodium	mg	42	20.950	2	70	12	27
Zinc	mg	0.48	0.047	71	0.80	0.14	0.31
Copper	mg	0.051	0.003	70	0.085	0.014	0.033
Manganese	mg	0.035		0	0.058	0.010	0.022
Selenium	µg	36.5		0	60.6	10.3	23.4
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.110		0	0.183	0.031	0.070
Riboflavin	mg	0.100		0	0.166	0.028	0.064
Niacin	mg	4.100		0	6.806	1.162	2.624
Pantothenic acid	mg	0.750		0	1.245	0.213	0.480
Vitamin B-6	mg	0.300		0	0.498	0.085	0.192
Folate	µg	15		0	25	4	10
Vitamin B-12	µg	1.40		0	2.32	0.40	0.90
Vitamin A	IU	90		0	149	26	58
Vitamin A, RE	µg	27		0	45	8	17
Vitamin E, α-TE	mg	0.500		0	0.830	0.142	0.320
Lipids:							
Saturated, total	g	0.640		0	1.062	0.181	0.410
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.000		0	0.000	0.000	0.000
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.560	0	0.930	0.159	0.358
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.000	0	0.000	0.000	0.000
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.030	0	1.710	0.292	0.659
18:2	g	0.000	0	0.000	0.000	0.000
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	52	0	86	15	33
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.211	0	0.350	0.060	0.135
Threonine	g	0.827	0	1.373	0.234	0.529
Isoleucine	g	0.870	0	1.444	0.247	0.557
Leucine	g	1.534	0	2.546	0.435	0.982
Lysine	g	1.733	0	2.877	0.491	1.109
Methionine	g	0.559	0	0.928	0.158	0.358
Cystine	g	0.202	0	0.335	0.057	0.129
Phenylalanine	g	0.737	0	1.223	0.209	0.472
Tyrosine	g	0.637	0	1.057	0.181	0.408
Valine	g	0.972	0	1.614	0.276	0.622
Arginine	g	1.129	0	1.874	0.320	0.723
Histidine	g	0.556	0	0.923	0.158	0.356
Alanine	g	1.142	0	1.896	0.324	0.731
Aspartic acid	g	1.933	0	3.209	0.548	1.237
Glutamic acid	g	2.818	0	4.678	0.799	1.804
Glycine	g	0.906	0	1.504	0.257	0.580
Proline	g	0.667	0	1.107	0.189	0.427
Serine	g	0.770	0	1.278	0.218	0.493
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz, boneless, raw
Measure 3: 1 fillet

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

Centropristes striata L. and Lateolabrax japonicus (Cuvier)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 129g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	78.27	0.199	35	100.97	66.53	
Energy	kcal	97		0	125	82	
Energy	kj	406		0	524	345	
Protein (N x 5.95)	g	18.43	0.108	33	23.77	15.67	
Total lipid (fat)	g	2.00	0.221	40	2.58	1.70	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.09	0.022	34	1.41	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	10		1	13	9	
Iron	mg	0.29		1	0.37	0.25	
Magnesium	mg	41		1	53	35	
Phosphorus	mg	194		1	250	165	
Potassium	mg	256		1	330	218	
Sodium	mg	68		1	88	58	
Zinc	mg	0.40		34	0.52	0.34	
Copper	mg	0.019	0.002	34	0.025	0.016	
Manganese	mg	0.015		1	0.019	0.013	
Selenium	µg	36.5		0	47.1	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110		0	0.142	0.094	
Riboflavin	mg	0.120		0	0.155	0.102	
Niacin	mg	1.600		0	2.064	1.360	
Pantothenic acid	mg	0.750		0	0.968	0.637	
Vitamin B-6	mg	0.400		0	0.516	0.340	
Folate	µg	5		0	6	4	
Vitamin B-12	µg	0.30		0	0.39	0.26	
Vitamin A	IU	184	5.365	3	237	156	
Vitamin A, RE	µg	55		0	71	47	
Vitamin E, α-TE	mg	0.500		0	0.645	0.425	
Lipids:							
Saturated, total	g	0.511		0	0.659	0.434	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.049		2	0.063	0.042	
15.0	g						
16:0	g	0.322		2	0.415	0.274	
17:0	g						
18:0	g	0.138		2	0.178	0.117	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.424		0	0.547	0.360
14:1	g					
16:1	g	0.130		2	0.168	0.111
18:1	g	0.294		2	0.379	0.250
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.743		0	0.958	0.632
18:2	g	0.024		2	0.031	0.020
18:3	g	0.000		0	0.000	0.000
18:4	g	0.046		1	0.059	0.039
20:4	g	0.000		0	0.000	0.000
20:5	g	0.161		2	0.208	0.137
22:5	g	0.076		2	0.098	0.065
22:6	g	0.434		2	0.560	0.369
Cholesterol	mg	41	3.000	2	53	35
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.206		0	0.266	0.175
Threonine	g	0.808		0	1.042	0.687
Isoleucine	g	0.849		0	1.095	0.722
Leucine	g	1.498		0	1.932	1.273
Lysine	g	1.693		0	2.184	1.439
Methionine	g	0.546		0	0.704	0.464
Cystine	g	0.198		0	0.255	0.168
Phenylalanine	g	0.720		0	0.929	0.612
Tyrosine	g	0.622		0	0.802	0.529
Valine	g	0.950		0	1.226	0.808
Arginine	g	1.103		0	1.423	0.938
Histidine	g	0.543		0	0.700	0.462
Alanine	g	1.115		0	1.438	0.948
Aspartic acid	g	1.887		0	2.434	1.604
Glutamic acid	g	2.751		0	3.549	2.338
Glycine	g	0.885		0	1.142	0.752
Proline	g	0.652		0	0.841	0.554
Serine	g	0.752		0	0.970	0.639
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 101g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	72.14		0	72.86	61.32	
Energy	kcal	124		0	125	105	
Energy	kj	519		0	524	441	
Protein (N x 5.95)	g	23.63		0	23.87	20.09	
Total lipid (fat)	g	2.56		0	2.59	2.18	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.40		0	1.41	1.19	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	13	11	
Iron	mg	0.37		0	0.37	0.31	
Magnesium	mg	53		0	54	45	
Phosphorus	mg	248		0	250	211	
Potassium	mg	328		0	331	279	
Sodium	mg	87		0	88	74	
Zinc	mg	0.52		0	0.53	0.44	
Copper	mg	0.024		0	0.024	0.020	
Manganese	mg	0.020		0	0.020	0.017	
Selenium	µg	46.8		0	47.3	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.130		0	0.131	0.111	
Riboflavin	mg	0.150		0	0.152	0.128	
Niacin	mg	1.900		0	1.919	1.615	
Pantothenic acid	mg	0.870		0	0.879	0.740	
Vitamin B-6	mg	0.460		0	0.465	0.391	
Folate	µg	6		0	6	5	
Vitamin B-12	µg	0.30		0	0.30	0.26	
Vitamin A	IU	213		0	215	181	
Vitamin A, RE	µg	64		0	65	54	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.655		0	0.662	0.557	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.063		0	0.064	0.054	
15.0	g						
16:0	g	0.413		0	0.417	0.351	
17:0	g						
18:0	g	0.177		0	0.179	0.150	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.544	0	0.549	0.462
14:1	g				
16:1	g	0.167	0	0.169	0.142
18:1	g	0.377	0	0.381	0.320
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.953	0	0.963	0.810
18:2	g	0.031	0	0.031	0.026
18:3	g				
18:4	g	0.059	0	0.060	0.050
20:4	g				
20:5	g	0.206	0	0.208	0.175
22:5	g	0.097	0	0.098	0.082
22:6	g	0.556	0	0.562	0.473
Cholesterol	mg	53	0	54	45
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.265	0	0.268	0.225
Threonine	g	1.036	0	1.046	0.881
Isoleucine	g	1.089	0	1.100	0.926
Leucine	g	1.921	0	1.940	1.633
Lysine	g	2.170	0	2.192	1.844
Methionine	g	0.699	0	0.706	0.594
Cystine	g	0.253	0	0.256	0.215
Phenylalanine	g	0.923	0	0.932	0.785
Tyrosine	g	0.798	0	0.806	0.678
Valine	g	1.217	0	1.229	1.034
Arginine	g	1.414	0	1.428	1.202
Histidine	g	0.696	0	0.703	0.592
Alanine	g	1.429	0	1.443	1.215
Aspartic acid	g	2.420	0	2.444	2.057
Glutamic acid	g	3.528	0	3.563	2.999
Glycine	g	1.134	0	1.145	0.964
Proline	g	0.836	0	0.844	0.711
Serine	g	0.964	0	0.974	0.819
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15093 Finfish, seatrout, mixed species, raw

Cynoscion spp.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 238g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	78.09	0.426	14	185.85	66.38	
Energy	kcal	104		0	248	88	
Energy	kj	435		0	1035	370	
Protein (N x 5.95)	g	16.74	0.412	14	39.84	14.23	
Total lipid (fat)	g	3.61	0.595	14	8.59	3.07	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.26	0.058	15	3.00	1.07	
Sugars, total	g						
Minerals:							
Calcium	mg	17	3.238	6	40	14	
Iron	mg	0.27	0.036	6	0.64	0.23	
Magnesium	mg	31	0.849	6	74	26	
Phosphorus	mg	250	14.089	6	595	213	
Potassium	mg	341		8	812	290	
Sodium	mg	58		8	138	49	
Zinc	mg	0.45	0.012	172	1.07	0.38	
Copper	mg	0.030	0.001	172	0.071	0.026	
Manganese	mg	0.015	0.006	3	0.036	0.013	
Selenium	µg	36.5		0	86.9	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.143	0.051	
Riboflavin	mg	0.170		0	0.405	0.145	
Niacin	mg	2.400		0	5.712	2.040	
Pantothenic acid	mg	0.750		0	1.785	0.637	
Vitamin B-6	mg	0.400		0	0.952	0.340	
Folate	µg	5		0	12	4	
Vitamin B-12	µg	3.00		0	7.14	2.55	
Vitamin A	IU	100		0	238	85	
Vitamin A, RE	µg	30		0	71	26	
Vitamin E, α-TE	mg	0.200		0	0.476	0.170	
Lipids:							
Saturated, total	g	1.009		0	2.401	0.858	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.074		3	0.176	0.063	
15.0	g						
16:0	g	0.640		3	1.523	0.544	
17:0	g						
18:0	g	0.167		3	0.397	0.142	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.884	0	2.104	0.751
14:1	g				
16:1	g	0.362	3	0.862	0.308
18:1	g	0.470	3	1.119	0.400
20:1	g	0.050	1	0.119	0.043
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.725	0	1.725	0.616
18:2	g	0.069	3	0.164	0.059
18:3	g	0.004	1	0.010	0.003
18:4	g	0.008	1	0.019	0.007
20:4	g	0.193	2	0.459	0.164
20:5	g	0.165	3	0.393	0.140
22:5	g	0.076	3	0.181	0.065
22:6	g	0.207	3	0.493	0.176
Cholesterol	mg	83	0	198	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.188	0	0.447	0.160
Threonine	g	0.734	0	1.747	0.624
Isoleucine	g	0.772	0	1.837	0.656
Leucine	g	1.361	0	3.239	1.157
Lysine	g	1.538	0	3.660	1.307
Methionine	g	0.496	0	1.180	0.422
Cystine	g	0.179	0	0.426	0.152
Phenylalanine	g	0.654	0	1.557	0.556
Tyrosine	g	0.565	0	1.345	0.480
Valine	g	0.863	0	2.054	0.734
Arginine	g	1.002	0	2.385	0.852
Histidine	g	0.493	0	1.173	0.419
Alanine	g	1.013	0	2.411	0.861
Aspartic acid	g	1.715	0	4.082	1.458
Glutamic acid	g	2.500	0	5.950	2.125
Glycine	g	0.804	0	1.914	0.683
Proline	g	0.592	0	1.409	0.503
Serine	g	0.683	0	1.626	0.581
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15094 Finfish, shad, american, raw

Alosa sapidissima (Wilson)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 184g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	68.19	0.802	13	125.47	57.96	
Energy	kcal	197		0	362	167	
Energy	kj	824		0	1516	700	
Protein (N x 5.95)	g	16.93	0.621	11	31.15	14.39	
Total lipid (fat)	g	13.77	1.004	11	25.34	11.70	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.32	0.033	11	2.43	1.12	
Sugars, total	g						
Minerals:							
Calcium	mg	47		1	86	40	
Iron	mg	0.97	0.005	2	1.78	0.82	
Magnesium	mg	30		1	55	26	
Phosphorus	mg	272		1	500	231	
Potassium	mg	384	53.500	2	707	326	
Sodium	mg	51	2.550	2	94	43	
Zinc	mg	0.37	0.010	60	0.68	0.31	
Copper	mg	0.064	0.003	61	0.118	0.054	
Manganese	mg	0.042		1	0.077	0.036	
Selenium	µg	36.5		0	67.2	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.150		0	0.276	0.128	
Riboflavin	mg	0.240		0	0.442	0.204	
Niacin	mg	8.400		0	15.456	7.140	
Pantothenic acid	mg	0.750		0	1.380	0.637	
Vitamin B-6	mg	0.400		0	0.736	0.340	
Folate	µg	15		0	28	13	
Vitamin B-12	µg	0.15		0	0.28	0.13	
Vitamin A	IU	110		0	202	94	
Vitamin A, RE	µg	33		0	61	28	
Vitamin E, α-TE	mg	1.000		0	1.840	0.850	
Lipids:							
Saturated, total	g	3.126		0	5.752	2.657	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.008		0	0.015	0.007	
12:0	g	0.018		0	0.033	0.015	
14:0	g	0.849		0	1.562	0.722	
15.0	g						
16:0	g	2.073		0	3.814	1.762	
17:0	g						
18:0	g	0.167		0	0.307	0.142	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.724	0	10.532	4.865
14:1	g				
16:1	g	0.953	0	1.754	0.810
18:1	g	2.323	0	4.274	1.975
20:1	g	1.105	0	2.033	0.939
22.1	g	1.287	0	2.368	1.094
Polyunsaturated, total	g	3.268	0	6.013	2.778
18:2	g	0.199	0	0.366	0.169
18:3	g	0.158	0	0.291	0.134
18:4	g	0.328	0	0.604	0.279
20:4	g	0.092	0	0.169	0.078
20:5	g	1.086	0	1.998	0.923
22:5	g	0.084	0	0.155	0.071
22:6	g	1.321	0	2.431	1.123
Cholesterol	mg	75	0	138	64
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.190	0	0.350	0.161
Threonine	g	0.742	0	1.365	0.631
Isoleucine	g	0.780	0	1.435	0.663
Leucine	g	1.376	0	2.532	1.170
Lysine	g	1.555	0	2.861	1.322
Methionine	g	0.501	0	0.922	0.426
Cystine	g	0.182	0	0.335	0.155
Phenylalanine	g	0.661	0	1.216	0.562
Tyrosine	g	0.572	0	1.052	0.486
Valine	g	0.872	0	1.604	0.741
Arginine	g	1.013	0	1.864	0.861
Histidine	g	0.498	0	0.916	0.423
Alanine	g	1.024	0	1.884	0.870
Aspartic acid	g	1.734	0	3.191	1.474
Glutamic acid	g	2.527	0	4.650	2.148
Glycine	g	0.813	0	1.496	0.691
Proline	g	0.599	0	1.102	0.509
Serine	g	0.691	0	1.271	0.587
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Squaliformes

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	73.58	0.283	29			
Energy	kcal	130		0			
Energy	kj	544		0			
Protein (N x 5.95)	g	20.98	0.256	16			
Total lipid (fat)	g	4.51		52			
Carbohydrate, by difference	g	0.00		0			
Fiber, total dietary	g	0.0		0			
Ash	g	1.39		15			
Sugars, total	g						
Minerals:							
Calcium	mg	34	1.800	4			
Iron	mg	0.84	0.000	2			
Magnesium	mg	49	11.955	2			
Phosphorus	mg	210		3			
Potassium	mg	160	11.730	2			
Sodium	mg	79	12.650	2			
Zinc	mg	0.43	0.009	223			
Copper	mg	0.033	0.001	211			
Manganese	mg	0.015		0			
Selenium	µg	36.5		0			
Vitamins:							
Ascorbic acid	mg	0.0		0			
Thiamin	mg	0.042		5			
Riboflavin	mg	0.062	0.012	6			
Niacin	mg	2.938		5			
Pantothenic acid	mg	0.695		3			
Vitamin B-6	mg	0.400		0			
Folate	µg	3		0			
Vitamin B-12	µg	1.49		6			
Vitamin A	IU	233	33.333	3			
Vitamin A, RE	µg	70		0			
Vitamin E, α-TE	mg	1.000		0			
Lipids:							
Saturated, total	g	0.925		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.000		0			
10:0	g	0.000		0			
12:0	g	0.000		0			
14:0	g	0.080		4			
15.0	g						
16:0	g	0.726		4			
17:0	g						
18:0	g	0.117		4			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.808	0
14:1	g		
16:1	g	0.253	4
18:1	g	0.979	4
20:1	g	0.266	2
22.1	g	0.310	2
Polyunsaturated, total	g	1.195	0
18:2	g	0.076	4
18:3	g	0.028	2
18:4	g	0.031	2
20:4	g	0.108	1
20:5	g	0.316	4
22:5	g	0.109	4
22:6	g	0.527	4
Cholesterol	mg	51	5
Phytosterols	mg		
Amino acids:			
Tryptophan	g	0.235	0
Threonine	g	0.920	0
Isoleucine	g	0.967	0
Leucine	g	1.705	0
Lysine	g	1.926	0
Methionine	g	0.621	0
Cystine	g	0.225	0
Phenylalanine	g	0.819	0
Tyrosine	g	0.708	0
Valine	g	1.081	0
Arginine	g	1.255	0
Histidine	g	0.618	0
Alanine	g	1.269	0
Aspartic acid	g	2.148	0
Glutamic acid	g	3.131	0
Glycine	g	1.007	0
Proline	g	0.742	0
Serine	g	0.856	0
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 15096 Finfish, shark, mixed species, cooked, batter-dipped and fried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	60.09		0	51.08		
Energy	kcal	228		0	194		
Energy	kj	954		0	811		
Protein (N x 5.95)	g	18.62		0	15.83		
Total lipid (fat)	g	13.82		0	11.75		
Carbohydrate, by difference	g	6.39		0	5.43		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.25		0	1.06		
Sugars, total	g						
Minerals:							
Calcium	mg	50		0	43		
Iron	mg	1.11		0	0.94		
Magnesium	mg	43		0	37		
Phosphorus	mg	194		0	165		
Potassium	mg	155		0	132		
Sodium	mg	122		0	104		
Zinc	mg	0.48		0	0.41		
Copper	mg	0.042		0	0.036		
Manganese	mg	0.050		0	0.043		
Selenium	µg	34.0		0	28.9		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.072		0	0.061		
Riboflavin	mg	0.097		0	0.082		
Niacin	mg	2.783		0	2.366		
Pantothenic acid	mg	0.620		0	0.527		
Vitamin B-6	mg	0.300		0	0.255		
Folate	µg	15		0	13		
Vitamin B-12	µg	1.21		0	1.03		
Vitamin A	IU	180		0	153		
Vitamin A, RE	µg	54		0	46		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.205		0	2.724		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.102		0	0.087		
15.0	g						
16:0	g	2.008		0	1.707		
17:0	g						
18:0	g	1.092		0	0.928		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.935	0	5.045
14:1	g			
16:1	g	0.223	0	0.190
18:1	g	5.216	0	4.434
20:1	g	0.217	0	0.184
22.1	g	0.253	0	0.215
Polyunsaturated, total	g	3.701	0	3.146
18:2	g	2.600	0	2.210
18:3	g	0.190	0	0.161
18:4	g	0.025	0	0.021
20:4	g	0.092	0	0.078
20:5	g	0.258	0	0.219
22:5	g	0.089	0	0.076
22:6	g	0.431	0	0.366
Cholesterol	mg	59	0	50
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.212	0	0.180
Threonine	g	0.843	0	0.717
Isoleucine	g	0.867	0	0.737
Leucine	g	1.515	0	1.288
Lysine	g	1.634	0	1.389
Methionine	g	0.541	0	0.460
Cystine	g	0.212	0	0.180
Phenylalanine	g	0.750	0	0.637
Tyrosine	g	0.633	0	0.538
Valine	g	0.965	0	0.820
Arginine	g	1.094	0	0.930
Histidine	g	0.538	0	0.457
Alanine	g	1.097	0	0.932
Aspartic acid	g	1.850	0	1.573
Glutamic acid	g	2.970	0	2.525
Glycine	g	0.872	0	0.741
Proline	g	0.744	0	0.632
Serine	g	0.789	0	0.671
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

NDB No. 15097 Finfish, sheepshead, raw

Archosargus probatocephalus (Walbaum)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 238g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	77.97	0.731	5	185.57	66.27	
Energy	kcal	108		0	257	92	
Energy	kj	452		0	1076	384	
Protein (N x 5.95)	g	20.21	2.337	5	48.10	17.18	
Total lipid (fat)	g	2.41	0.404	5	5.74	2.05	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.09	0.073	5	2.59	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	21	7.900	3	50	18	
Iron	mg	0.46	0.090	3	1.09	0.39	
Magnesium	mg	32	1.840	3	76	27	
Phosphorus	mg	313	25.350	3	745	266	
Potassium	mg	404	63.321	4	962	343	
Sodium	mg	71	11.174	4	169	60	
Zinc	mg	0.39	0.013	62	0.93	0.33	
Copper	mg	0.031	0.002	63	0.074	0.026	
Manganese	mg	0.013	0.003	3	0.031	0.011	
Selenium	µg	36.5		0	86.9	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.010		0	0.024	0.009	
Riboflavin	mg	0.040		0	0.095	0.034	
Niacin	mg	1.500		0	3.570	1.275	
Pantothenic acid	mg	0.750		0	1.785	0.637	
Vitamin B-6	mg	0.300		0	0.714	0.255	
Folate	µg	15		0	36	13	
Vitamin B-12	µg	2.00		0	4.76	1.70	
Vitamin A	IU	100		0	238	85	
Vitamin A, RE	µg	30		0	71	26	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.609		0	1.449	0.518	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.076	0.005	2	0.181	0.065	
15.0	g						
16:0	g	0.406	0.045	2	0.966	0.345	
17:0	g						
18:0	g	0.114	0.004	2	0.271	0.097	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.728		0	1.733	0.619
14:1	g					
16:1	g	0.201	0.027	2	0.478	0.171
18:1	g	0.458	0.025	2	1.090	0.389
20:1	g	0.069		1	0.164	0.059
22.1	g					
Polyunsaturated, total	g	0.518		0	1.233	0.440
18:2	g	0.044	0.015	2	0.105	0.037
18:3	g	0.006		1	0.014	0.005
18:4	g	0.027		1	0.064	0.023
20:4	g	0.106	0.022	2	0.252	0.090
20:5	g	0.138	0.008	2	0.328	0.117
22:5	g	0.074	0.043	2	0.176	0.063
22:6	g	0.123	0.016	2	0.293	0.105
Cholesterol	mg	50		0	119	43
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.226		0	0.538	0.192
Threonine	g	0.886		0	2.109	0.753
Isoleucine	g	0.931		0	2.216	0.791
Leucine	g	1.643		0	3.910	1.397
Lysine	g	1.856		0	4.417	1.578
Methionine	g	0.598		0	1.423	0.508
Cystine	g	0.217		0	0.516	0.184
Phenylalanine	g	0.789		0	1.878	0.671
Tyrosine	g	0.682		0	1.623	0.580
Valine	g	1.041		0	2.478	0.885
Arginine	g	1.210		0	2.880	1.028
Histidine	g	0.595		0	1.416	0.506
Alanine	g	1.222		0	2.908	1.039
Aspartic acid	g	2.070		0	4.927	1.759
Glutamic acid	g	3.017		0	7.180	2.564
Glycine	g	0.970		0	2.309	0.825
Proline	g	0.715		0	1.702	0.608
Serine	g	0.825		0	1.964	0.701
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15098 Finfish, sheepshead, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 186g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	69.04		1	128.41	58.68	
Energy	kcal	126		0	234	107	
Energy	kj	527		0	980	448	
Protein (N x 5.95)	g	26.02		1	48.40	22.12	
Total lipid (fat)	g	1.63		1	3.03	1.39	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.44		1	2.68	1.22	
Sugars, total	g						
Minerals:							
Calcium	mg	37		1	69	31	
Iron	mg	0.67		1	1.25	0.57	
Magnesium	mg	35		1	65	30	
Phosphorus	mg	350		1	651	298	
Potassium	mg	512		1	952	435	
Sodium	mg	73		1	136	62	
Zinc	mg	0.63		1	1.17	0.54	
Copper	mg	0.122		1	0.227	0.104	
Manganese	mg	0.021		1	0.039	0.018	
Selenium	µg	51.3		0	95.4	43.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.010		0	0.019	0.009	
Riboflavin	mg	0.050		0	0.093	0.043	
Niacin	mg	1.800		0	3.348	1.530	
Pantothenic acid	mg	0.870		0	1.618	0.740	
Vitamin B-6	mg	0.350		0	0.651	0.298	
Folate	µg	17		0	32	15	
Vitamin B-12	µg	2.30		0	4.28	1.95	
Vitamin A	IU	115		0	214	98	
Vitamin A, RE	µg	35		0	65	30	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.360		0	0.670	0.306	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.044		1	0.082	0.037	
15.0	g						
16:0	g	0.227		1	0.422	0.193	
17:0	g						
18:0	g	0.089		1	0.166	0.076	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.350	0	0.651	0.298
14:1	g				
16:1	g	0.107	1	0.199	0.091
18:1	g	0.243	1	0.452	0.207
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.382	0	0.711	0.325
18:2	g	0.042	1	0.078	0.036
18:3	g				
18:4	g				
20:4	g	0.110	1	0.205	0.094
20:5	g	0.083	1	0.154	0.071
22:5	g	0.040	1	0.074	0.034
22:6	g	0.107	1	0.199	0.091
Cholesterol	mg	64	0	119	54
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.291	0	0.541	0.247
Threonine	g	1.141	0	2.122	0.970
Isoleucine	g	1.199	0	2.230	1.019
Leucine	g	2.115	0	3.934	1.798
Lysine	g	2.390	0	4.445	2.031
Methionine	g	0.770	0	1.432	0.655
Cystine	g	0.279	0	0.519	0.237
Phenylalanine	g	1.016	0	1.890	0.864
Tyrosine	g	0.878	0	1.633	0.746
Valine	g	1.340	0	2.492	1.139
Arginine	g	1.557	0	2.896	1.323
Histidine	g	0.766	0	1.425	0.651
Alanine	g	1.574	0	2.928	1.338
Aspartic acid	g	2.664	0	4.955	2.264
Glutamic acid	g	3.884	0	7.224	3.301
Glycine	g	1.249	0	2.323	1.062
Proline	g	0.920	0	1.711	0.782
Serine	g	1.062	0	1.975	0.903
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15099 Finfish, smelt, rainbow, raw

Osmerus mordax (Mitchill)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	78.77	0.229	47	66.95		
Energy	kcal	97		0	82		
Energy	kj	406		0	345		
Protein (N x 5.95)	g	17.63	0.222	47	14.99		
Total lipid (fat)	g	2.42	0.107	52	2.06		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.40	0.074	46	1.19		
Sugars, total	g						
Minerals:							
Calcium	mg	60		1	51		
Iron	mg	0.90		1	0.77		
Magnesium	mg	30		1	26		
Phosphorus	mg	230		1	196		
Potassium	mg	290		1	247		
Sodium	mg	60		1	51		
Zinc	mg	1.65	0.350	2	1.40		
Copper	mg	0.139	0.061	2	0.118		
Manganese	mg	0.700		1	0.595		
Selenium	µg	36.5		0	31.0		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.010		0	0.009		
Riboflavin	mg	0.120		1	0.102		
Niacin	mg	1.450		1	1.232		
Pantothenic acid	mg	0.638		1	0.542		
Vitamin B-6	mg	0.150		0	0.128		
Folate	µg	4		0	3		
Vitamin B-12	µg	3.44	0.728	4	2.92		
Vitamin A	IU	50		0	43		
Vitamin A, RE	µg	15		0	13		
Vitamin E, α-TE	mg	0.500		0	0.425		
Lipids:							
Saturated, total	g	0.452		0	0.384		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.002		1	0.002		
14:0	g	0.078	0.005	12	0.066		
15.0	g						
16:0	g	0.328	0.018	12	0.279		
17:0	g						
18:0	g	0.041	0.005	12	0.035		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.641		0	0.545
14:1	g				
16:1	g	0.199	0.008	12	0.169
18:1	g	0.407	0.019	12	0.346
20:1	g	0.028	0.006	6	0.024
22.1	g	0.001	0.001	4	0.001
Polyunsaturated, total	g	0.885		0	0.752
18:2	g	0.045	0.009	12	0.038
18:3	g	0.049	0.013	12	0.042
18:4	g	0.025	0.003	12	0.021
20:4	g	0.055	0.005	12	0.047
20:5	g	0.275	0.017	12	0.234
22:5	g	0.018	0.001	12	0.015
22:6	g	0.418	0.023	12	0.355
Cholesterol	mg	70		1	60
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.197		0	0.167
Threonine	g	0.773		0	0.657
Isoleucine	g	0.812		0	0.690
Leucine	g	1.433		0	1.218
Lysine	g	1.619		0	1.376
Methionine	g	0.522		0	0.444
Cystine	g	0.189		0	0.161
Phenylalanine	g	0.688		0	0.585
Tyrosine	g	0.595		0	0.506
Valine	g	0.908		0	0.772
Arginine	g	1.055		0	0.897
Histidine	g	0.519		0	0.441
Alanine	g	1.066		0	0.906
Aspartic acid	g	1.805		0	1.534
Glutamic acid	g	2.632		0	2.237
Glycine	g	0.846		0	0.719
Proline	g	0.623		0	0.530
Serine	g	0.719		0	0.611
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 3 oz

NDB No. 15100 Finfish, smelt, rainbow, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	72.79		0	61.87		
Energy	kcal	124		0	105		
Energy	kj	519		0	441		
Protein (N x 5.95)	g	22.60		0	19.21		
Total lipid (fat)	g	3.10		0	2.63		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.79		0	1.52		
Sugars, total	g						
Minerals:							
Calcium	mg	77		0	65		
Iron	mg	1.15		0	0.98		
Magnesium	mg	38		0	32		
Phosphorus	mg	295		0	251		
Potassium	mg	372		0	316		
Sodium	mg	77		0	65		
Zinc	mg	2.12		0	1.80		
Copper	mg	0.178		0	0.151		
Manganese	mg	0.900		0	0.765		
Selenium	µg	46.8		0	39.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.010		0	0.009		
Riboflavin	mg	0.146		0	0.124		
Niacin	mg	1.766		0	1.501		
Pantothenic acid	mg	0.740		0	0.629		
Vitamin B-6	mg	0.170		0	0.145		
Folate	µg	5		0	4		
Vitamin B-12	µg	3.97		0	3.37		
Vitamin A	IU	58		0	49		
Vitamin A, RE	µg	17		0	14		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.579		0	0.492		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.003		0	0.003		
14:0	g	0.100		0	0.085		
15.0	g						
16:0	g	0.421		0	0.358		
17:0	g						
18:0	g	0.053		0	0.045		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.822	0	0.699
14:1	g			
16:1	g	0.255	0	0.217
18:1	g	0.522	0	0.444
20:1	g	0.036	0	0.031
22.1	g	0.001	0	0.001
Polyunsaturated, total	g	1.135	0	0.965
18:2	g	0.058	0	0.049
18:3	g	0.063	0	0.054
18:4	g	0.032	0	0.027
20:4	g	0.071	0	0.060
20:5	g	0.353	0	0.300
22:5	g	0.023	0	0.020
22:6	g	0.536	0	0.456
Cholesterol	mg	90	0	77
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.253	0	0.215
Threonine	g	0.991	0	0.842
Isoleucine	g	1.041	0	0.885
Leucine	g	1.837	0	1.561
Lysine	g	2.076	0	1.765
Methionine	g	0.669	0	0.569
Cystine	g	0.242	0	0.206
Phenylalanine	g	0.882	0	0.750
Tyrosine	g	0.763	0	0.649
Valine	g	1.164	0	0.989
Arginine	g	1.352	0	1.149
Histidine	g	0.665	0	0.565
Alanine	g	1.367	0	1.162
Aspartic acid	g	2.314	0	1.967
Glutamic acid	g	3.374	0	2.868
Glycine	g	1.085	0	0.922
Proline	g	0.799	0	0.679
Serine	g	0.922	0	0.784
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 3 oz

NDB No. 15101 Finfish, snapper, mixed species, raw

Lutjanidae

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 218g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	76.87		60	167.58	65.34	
Energy	kcal	100		0	218	85	
Energy	kj	418		0	911	355	
Protein (N x 5.95)	g	20.51		59	44.71	17.43	
Total lipid (fat)	g	1.34		55	2.92	1.14	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.31		52	2.86	1.11	
Sugars, total	g						
Minerals:							
Calcium	mg	32		22	70	27	
Iron	mg	0.18		7	0.39	0.15	
Magnesium	mg	32	0.636	6	70	27	
Phosphorus	mg	198		28	432	168	
Potassium	mg	417		16	909	354	
Sodium	mg	64		19	140	54	
Zinc	mg	0.36	0.010	242	0.78	0.31	
Copper	mg	0.028	0.001	244	0.061	0.024	
Manganese	mg	0.013	0.002	6	0.028	0.011	
Selenium	µg	38.2		1	83.3	32.5	
Vitamins:							
Ascorbic acid	mg	1.6		0	3.5	1.4	
Thiamin	mg	0.046		1	0.100	0.039	
Riboflavin	mg	0.003		1	0.007	0.003	
Niacin	mg	0.284		1	0.619	0.241	
Pantothenic acid	mg	0.750		0	1.635	0.637	
Vitamin B-6	mg	0.400		0	0.872	0.340	
Folate	µg	5		0	11	4	
Vitamin B-12	µg	3.00		0	6.54	2.55	
Vitamin A	IU	100		0	218	85	
Vitamin A, RE	µg	30		0	65	26	
Vitamin E, α-TE	mg	0.500		0	1.090	0.425	
Lipids:							
Saturated, total	g	0.285		0	0.621	0.242	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.036		16	0.078	0.031	
15.0	g						
16:0	g	0.162		16	0.353	0.138	
17:0	g						
18:0	g	0.081		16	0.177	0.069	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.251	0	0.547	0.213
14:1	g				
16:1	g	0.060	16	0.131	0.051
18:1	g	0.165	16	0.360	0.140
20:1	g	0.021	14	0.046	0.018
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.459	0	1.001	0.390
18:2	g	0.019	16	0.041	0.016
18:3	g	0.004	14	0.009	0.003
18:4	g	0.009	14	0.020	0.008
20:4	g	0.049	16	0.107	0.042
20:5	g	0.051	16	0.111	0.043
22:5	g	0.065	16	0.142	0.055
22:6	g	0.260	16	0.567	0.221
Cholesterol	mg	37	0	81	31
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.230	0	0.501	0.196
Threonine	g	0.899	0	1.960	0.764
Isoleucine	g	0.945	0	2.060	0.803
Leucine	g	1.667	0	3.634	1.417
Lysine	g	1.883	0	4.105	1.601
Methionine	g	0.607	0	1.323	0.516
Cystine	g	0.220	0	0.480	0.187
Phenylalanine	g	0.801	0	1.746	0.681
Tyrosine	g	0.692	0	1.509	0.588
Valine	g	1.056	0	2.302	0.898
Arginine	g	1.227	0	2.675	1.043
Histidine	g	0.604	0	1.317	0.513
Alanine	g	1.240	0	2.703	1.054
Aspartic acid	g	2.100	0	4.578	1.785
Glutamic acid	g	3.061	0	6.673	2.602
Glycine	g	0.984	0	2.145	0.836
Proline	g	0.725	0	1.580	0.616
Serine	g	0.837	0	1.825	0.711
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet

Measure 2: 3 oz

NDB No. 15102 Finfish, snapper, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 170g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	70.35		0	119.59	59.80	
Energy	kcal	128		0	218	109	
Energy	kj	536		0	911	456	
Protein (N x 5.95)	g	26.30		0	44.71	22.36	
Total lipid (fat)	g	1.72		0	2.92	1.46	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.41	0.035	2	2.40	1.20	
Sugars, total	g						
Minerals:							
Calcium	mg	40		0	68	34	
Iron	mg	0.24	0.020	2	0.41	0.20	
Magnesium	mg	37	0.515	2	63	31	
Phosphorus	mg	201	75.695	2	342	171	
Potassium	mg	522	2.345	2	887	444	
Sodium	mg	57	2.255	2	97	48	
Zinc	mg	0.44	0.030	2	0.75	0.37	
Copper	mg	0.046	0.006	2	0.078	0.039	
Manganese	mg	0.017	0.003	2	0.029	0.014	
Selenium	µg	49.0		0	83.3	41.6	
Vitamins:							
Ascorbic acid	mg	1.6		0	2.7	1.4	
Thiamin	mg	0.053		0	0.090	0.045	
Riboflavin	mg	0.004		0	0.007	0.003	
Niacin	mg	0.346		0	0.588	0.294	
Pantothenic acid	mg	0.870		0	1.479	0.740	
Vitamin B-6	mg	0.460		0	0.782	0.391	
Folate	µg	6		0	10	5	
Vitamin B-12	µg	3.50		0	5.95	2.98	
Vitamin A	IU	115		0	196	98	
Vitamin A, RE	µg	35		0	60	30	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.365		0	0.620	0.310	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.053	0.013	2	0.090	0.045	
15.0	g						
16:0	g	0.190	0.012	2	0.323	0.161	
17:0	g						
18:0	g	0.070	0.006	2	0.119	0.060	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.322		0	0.547	0.274
14:1	g					
16:1	g	0.048	0.010	2	0.082	0.041
18:1	g	0.123	0.028	2	0.209	0.105
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.588		0	1.000	0.500
18:2	g	0.025	0.002	2	0.043	0.021
18:3	g					
18:4	g					
20:4	g	0.044	0.008	2	0.075	0.037
20:5	g	0.048	0.016	2	0.082	0.041
22:5	g	0.022	0.005	2	0.037	0.019
22:6	g	0.273	0.061	2	0.464	0.232
Cholesterol	mg	47		0	80	40
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.294		0	0.500	0.250
Threonine	g	1.153		0	1.960	0.980
Isoleucine	g	1.212		0	2.060	1.030
Leucine	g	2.137		0	3.633	1.816
Lysine	g	2.415		0	4.106	2.053
Methionine	g	0.778		0	1.323	0.661
Cystine	g	0.282		0	0.479	0.240
Phenylalanine	g	1.027		0	1.746	0.873
Tyrosine	g	0.888		0	1.510	0.755
Valine	g	1.355		0	2.304	1.152
Arginine	g	1.573		0	2.674	1.337
Histidine	g	0.774		0	1.316	0.658
Alanine	g	1.590		0	2.703	1.352
Aspartic acid	g	2.692		0	4.576	2.288
Glutamic acid	g	3.925		0	6.673	3.336
Glycine	g	1.262		0	2.145	1.073
Proline	g	0.930		0	1.581	0.791
Serine	g	1.073		0	1.824	0.912
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15103 Finfish, spot, raw

Leiostomus xanthuras Lacepede

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 64g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	75.95	3.586	10	48.61	64.56	
Energy	kcal	123		0	79	105	
Energy	kj	515		0	330	438	
Protein (N x 5.95)	g	18.51	0.228	10	11.85	15.73	
Total lipid (fat)	g	4.90	2.928	10	3.14	4.17	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.06	0.003	10	0.68	0.90	
Sugars, total	g						
Minerals:							
Calcium	mg	14		1	9	12	
Iron	mg	0.32		1	0.20	0.27	
Magnesium	mg	42		1	27	36	
Phosphorus	mg	186		1	119	158	
Potassium	mg	496		1	317	422	
Sodium	mg	29		1	19	25	
Zinc	mg	0.51	0.013	52	0.33	0.43	
Copper	mg	0.046	0.003	54	0.029	0.039	
Manganese	mg	0.035		1	0.022	0.030	
Selenium	µg	36.5		0	23.4	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.160		0	0.102	0.136	
Riboflavin	mg	0.220		0	0.141	0.187	
Niacin	mg	7.000		0	4.480	5.950	
Pantothenic acid	mg	0.750		0	0.480	0.637	
Vitamin B-6	mg	0.400		0	0.256	0.340	
Folate	µg	5		0	3	4	
Vitamin B-12	µg	3.00		0	1.92	2.55	
Vitamin A	IU	100		0	64	85	
Vitamin A, RE	µg	30		0	19	26	
Vitamin E, α-TE	mg	1.550		0	0.992	1.317	
Lipids:							
Saturated, total	g	1.450		0	0.928	1.232	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.110		1	0.070	0.094	
15.0	g						
16:0	g	1.030		1	0.659	0.876	
17:0	g						
18:0	g	0.310		1	0.198	0.264	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.330	0	0.851	1.131
14:1	g				
16:1	g	0.460	1	0.294	0.391
18:1	g	0.870	1	0.557	0.740
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.090	0	0.698	0.927
18:2	g	0.040	1	0.026	0.034
18:3	g	0.020	1	0.013	0.017
18:4	g	0.160	1	0.102	0.136
20:4	g	0.120	1	0.077	0.102
20:5	g	0.220	1	0.141	0.187
22:5	g	0.120	1	0.077	0.102
22:6	g	0.410	1	0.262	0.349
Cholesterol	mg	60	0	38	51
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.207	0	0.132	0.176
Threonine	g	0.812	0	0.520	0.690
Isoleucine	g	0.853	0	0.546	0.725
Leucine	g	1.505	0	0.963	1.279
Lysine	g	1.700	0	1.088	1.445
Methionine	g	0.548	0	0.351	0.466
Cystine	g	0.198	0	0.127	0.168
Phenylalanine	g	0.723	0	0.463	0.615
Tyrosine	g	0.625	0	0.400	0.531
Valine	g	0.954	0	0.611	0.811
Arginine	g	1.108	0	0.709	0.942
Histidine	g	0.545	0	0.349	0.463
Alanine	g	1.120	0	0.717	0.952
Aspartic acid	g	1.896	0	1.213	1.612
Glutamic acid	g	2.764	0	1.769	2.349
Glycine	g	0.889	0	0.569	0.756
Proline	g	0.655	0	0.419	0.557
Serine	g	0.755	0	0.483	0.642
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15104 Finfish, sturgeon, mixed species, raw

Acipenser spp.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	76.55		2	65.07		
Energy	kcal	105		0	89		
Energy	kj	439		0	373		
Protein (N x 5.95)	g	16.14		2	13.72		
Total lipid (fat)	g	4.04		7	3.43		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.10		1	0.94		
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	11		
Iron	mg	0.70		0	0.60		
Magnesium	mg	35		0	30		
Phosphorus	mg	211		0	179		
Potassium	mg	284		1	241		
Sodium	mg	54		0	46		
Zinc	mg	0.42	0.032	10	0.36		
Copper	mg	0.041	0.007	10	0.035		
Manganese	mg	0.025		0	0.021		
Selenium	µg	12.6		0	10.7		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.070		0	0.060		
Riboflavin	mg	0.070		0	0.060		
Niacin	mg	8.300		0	7.055		
Pantothenic acid	mg	0.750		0	0.637		
Vitamin B-6	mg	0.200		0	0.170		
Folate	µg	15		0	13		
Vitamin B-12	µg	2.20		0	1.87		
Vitamin A	IU	700		1	595		
Vitamin A, RE	µg	210		0	179		
Vitamin E, α-TE	mg	0.500		0	0.425		
Lipids:							
Saturated, total	g	0.915		0	0.778		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.154	0.056	6	0.131		
15.0	g						
16:0	g	0.685	0.038	6	0.582		
17:0	g						
18:0	g	0.076	0.010	6	0.065		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.939		0	1.648
14:1	g				
16:1	g	0.408	0.120	6	0.347
18:1	g	1.433	0.233	6	1.218
20:1	g	0.054	0.037	6	0.046
22.1	g	0.023		4	0.020
Polyunsaturated, total	g	0.690		0	0.587
18:2	g	0.068	0.024	6	0.058
18:3	g	0.100	0.050	6	0.085
18:4	g	0.128	0.020	3	0.109
20:4	g	0.062	0.014	6	0.053
20:5	g	0.194	0.074	6	0.165
22:5	g	0.045	0.019	5	0.038
22:6	g	0.093	0.015	6	0.079
Cholesterol	mg	60		0	51
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.181		0	0.154
Threonine	g	0.708		0	0.602
Isoleucine	g	0.744		0	0.632
Leucine	g	1.312		0	1.115
Lysine	g	1.483		0	1.261
Methionine	g	0.478		0	0.406
Cystine	g	0.173		0	0.147
Phenylalanine	g	0.630		0	0.536
Tyrosine	g	0.545		0	0.463
Valine	g	0.832		0	0.707
Arginine	g	0.966		0	0.821
Histidine	g	0.475		0	0.404
Alanine	g	0.976		0	0.830
Aspartic acid	g	1.653		0	1.405
Glutamic acid	g	2.410		0	2.049
Glycine	g	0.775		0	0.659
Proline	g	0.571		0	0.485
Serine	g	0.659		0	0.560
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 3 oz

NDB No. 15105 Finfish, sturgeon, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 136g	Measure 2* 28g	Measure 3* 19g
Proximates:							
Water	g	69.94		0	95.12	19.83	13.29
Energy	kcal	135		0	184	38	26
Energy	kj	565		0	768	160	107
Protein (N x 5.95)	g	20.70		0	28.15	5.87	3.93
Total lipid (fat)	g	5.18		0	7.04	1.47	0.98
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.41		0	1.92	0.40	0.27
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	23	5	3
Iron	mg	0.90		0	1.22	0.26	0.17
Magnesium	mg	45		0	61	13	9
Phosphorus	mg	271		0	369	77	51
Potassium	mg	364		0	495	103	69
Sodium	mg	69		0	94	20	13
Zinc	mg	0.54		0	0.73	0.15	0.10
Copper	mg	0.053		0	0.072	0.015	0.010
Manganese	mg	0.030		0	0.041	0.009	0.006
Selenium	µg	16.2		0	22.0	4.6	3.1
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.080		0	0.109	0.023	0.015
Riboflavin	mg	0.090		0	0.122	0.026	0.017
Niacin	mg	10.100		0	13.736	2.863	1.919
Pantothenic acid	mg	0.870		0	1.183	0.247	0.165
Vitamin B-6	mg	0.230		0	0.313	0.065	0.044
Folate	µg	17		0	24	5	3
Vitamin B-12	µg	2.50		0	3.40	0.71	0.48
Vitamin A	IU	808		0	1099	229	154
Vitamin A, RE	µg	242		0	329	69	46
Vitamin E, α-TE	mg	0.750		0	1.020	0.213	0.142
Lipids:							
Saturated, total	g	1.173		0	1.595	0.333	0.223
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.197		0	0.268	0.056	0.037
15.0	g						
16:0	g	0.878		0	1.194	0.249	0.167
17:0	g						
18:0	g	0.097		0	0.132	0.027	0.018
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.486	0	3.381	0.705	0.472
14:1	g					
16:1	g	0.523	0	0.711	0.148	0.099
18:1	g	1.837	0	2.498	0.521	0.349
20:1	g	0.069	0	0.094	0.020	0.013
22.1	g	0.029	0	0.039	0.008	0.006
Polyunsaturated, total	g	0.885	0	1.204	0.251	0.168
18:2	g	0.087	0	0.118	0.025	0.017
18:3	g	0.128	0	0.174	0.036	0.024
18:4	g	0.164	0	0.223	0.046	0.031
20:4	g	0.079	0	0.107	0.022	0.015
20:5	g	0.249	0	0.339	0.071	0.047
22:5	g	0.058	0	0.079	0.016	0.011
22:6	g	0.119	0	0.162	0.034	0.023
Cholesterol	mg	77	0	105	22	15
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.232	0	0.316	0.066	0.044
Threonine	g	0.907	0	1.234	0.257	0.172
Isoleucine	g	0.954	0	1.297	0.270	0.181
Leucine	g	1.682	0	2.288	0.477	0.320
Lysine	g	1.901	0	2.585	0.539	0.361
Methionine	g	0.613	0	0.834	0.174	0.116
Cystine	g	0.222	0	0.302	0.063	0.042
Phenylalanine	g	0.808	0	1.099	0.229	0.154
Tyrosine	g	0.699	0	0.951	0.198	0.133
Valine	g	1.066	0	1.450	0.302	0.203
Arginine	g	1.238	0	1.684	0.351	0.235
Histidine	g	0.609	0	0.828	0.173	0.116
Alanine	g	1.252	0	1.703	0.355	0.238
Aspartic acid	g	2.119	0	2.882	0.601	0.403
Glutamic acid	g	3.089	0	4.201	0.876	0.587
Glycine	g	0.993	0	1.350	0.282	0.189
Proline	g	0.732	0	0.996	0.208	0.139
Serine	g	0.844	0	1.148	0.239	0.160
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cooked, flaked
Measure 2: 1 oz, boneless, cooked
Measure 3: 1 oz, with bone, cooked (yield after bone removed)

NDB No. 15106 Finfish, sturgeon, mixed species, smoked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.50		1	17.72	53.13	
Energy	kcal	173		0	49	147	
Energy	kj	724		0	205	615	
Protein (N x 5.95)	g	31.20		1	8.85	26.52	
Total lipid (fat)	g	4.40		1	1.25	3.74	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.90		1	0.54	1.62	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	5	14	
Iron	mg	0.93		0	0.26	0.79	
Magnesium	mg	47		0	13	40	
Phosphorus	mg	281		0	80	239	
Potassium	mg	379		0	107	322	
Sodium	mg	739		0	210	628	
Zinc	mg	0.56		0	0.16	0.48	
Copper	mg	0.050		0	0.014	0.043	
Manganese	mg	0.030		0	0.009	0.026	
Selenium	µg	20.1		0	5.7	17.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.090		0	0.026	0.077	
Riboflavin	mg	0.090		0	0.026	0.077	
Niacin	mg	11.100		0	3.147	9.435	
Pantothenic acid	mg	1.000		0	0.284	0.850	
Vitamin B-6	mg	0.270		0	0.077	0.230	
Folate	µg	20		0	6	17	
Vitamin B-12	µg	2.90		0	0.82	2.46	
Vitamin A	IU	933		0	265	793	
Vitamin A, RE	µg	280		0	79	238	
Vitamin E, α-TE	mg	0.500		0	0.142	0.425	
Lipids:							
Saturated, total	g	1.037		0	0.294	0.881	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.177		1	0.050	0.150	
15.0	g						
16:0	g	0.761		1	0.216	0.647	
17:0	g						
18:0	g	0.099		1	0.028	0.084	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.356	0	0.668	2.003
14:1	g				
16:1	g	0.440	1	0.125	0.374
18:1	g	1.858	1	0.527	1.579
20:1	g	0.033	1	0.009	0.028
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.436	0	0.124	0.371
18:2	g	0.062	1	0.018	0.053
18:3	g	0.115	1	0.033	0.098
18:4	g	0.000	0	0.000	0.000
20:4	g	0.053	1	0.015	0.045
20:5	g	0.082	1	0.023	0.070
22:5	g	0.029	1	0.008	0.025
22:6	g	0.095	1	0.027	0.081
Cholesterol	mg	80	0	23	68
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.349	0	0.099	0.297
Threonine	g	1.368	0	0.388	1.163
Isoleucine	g	1.438	0	0.408	1.222
Leucine	g	2.536	0	0.719	2.156
Lysine	g	2.865	0	0.812	2.435
Methionine	g	0.924	0	0.262	0.785
Cystine	g	0.334	0	0.095	0.284
Phenylalanine	g	1.218	0	0.345	1.035
Tyrosine	g	1.053	0	0.299	0.895
Valine	g	1.607	0	0.456	1.366
Arginine	g	1.867	0	0.529	1.587
Histidine	g	0.919	0	0.261	0.781
Alanine	g	1.887	0	0.535	1.604
Aspartic acid	g	3.195	0	0.906	2.716
Glutamic acid	g	4.658	0	1.321	3.959
Glycine	g	1.498	0	0.425	1.273
Proline	g	1.103	0	0.313	0.938
Serine	g	1.273	0	0.361	1.082
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 3 oz

NDB No. 15107 Finfish, sucker, white, raw

Catostomus commersoni (Lacepede)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 159g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	79.71	0.147	148	126.74	67.75	
Energy	kcal	92		0	146	78	
Energy	kj	385		0	612	327	
Protein (N x 5.95)	g	16.76	0.270	18	26.65	14.25	
Total lipid (fat)	g	2.32	0.069	157	3.69	1.97	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.46	0.179	16	2.32	1.24	
Sugars, total	g						
Minerals:							
Calcium	mg	70		1	111	60	
Iron	mg	1.30		1	2.07	1.10	
Magnesium	mg	30		1	48	26	
Phosphorus	mg	210		1	334	179	
Potassium	mg	380		1	604	323	
Sodium	mg	40		1	64	34	
Zinc	mg	0.75	0.258	3	1.19	0.64	
Copper	mg	0.195	0.106	2	0.310	0.166	
Manganese	mg	0.600		1	0.954	0.510	
Selenium	µg	12.6		0	20.0	10.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.010		0	0.016	0.009	
Riboflavin	mg	0.070		0	0.111	0.060	
Niacin	mg	1.200		0	1.908	1.020	
Pantothenic acid	mg	0.750		0	1.192	0.637	
Vitamin B-6	mg	0.200		0	0.318	0.170	
Folate	µg	15		0	24	13	
Vitamin B-12	µg	2.00		0	3.18	1.70	
Vitamin A	IU	170		0	270	145	
Vitamin A, RE	µg	51		0	81	43	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.452		0	0.719	0.384	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.048	0.002	18	0.076	0.041	
15.0	g						
16:0	g	0.333	0.007	18	0.529	0.283	
17:0	g						
18:0	g	0.066	0.004	18	0.105	0.056	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.706		0	1.123	0.600
14:1	g					
16:1	g	0.382	0.012	18	0.607	0.325
18:1	g	0.303	0.008	18	0.482	0.258
20:1	g	0.014	0.002	18	0.022	0.012
22.1	g					
Polyunsaturated, total	g	0.807		0	1.283	0.686
18:2	g	0.068	0.004	18	0.108	0.058
18:3	g	0.052	0.003	18	0.083	0.044
18:4	g	0.032	0.002	17	0.051	0.027
20:4	g	0.103	0.004	18	0.164	0.088
20:5	g	0.190	0.010	18	0.302	0.161
22:5	g	0.073	0.008	18	0.116	0.062
22:6	g	0.289	0.009	18	0.460	0.246
Cholesterol	mg	41	5.877	5	65	35
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.188		0	0.299	0.160
Threonine	g	0.735		0	1.169	0.625
Isoleucine	g	0.772		0	1.227	0.656
Leucine	g	1.362		0	2.166	1.158
Lysine	g	1.539		0	2.447	1.308
Methionine	g	0.496		0	0.789	0.422
Cystine	g	0.180		0	0.286	0.153
Phenylalanine	g	0.654		0	1.040	0.556
Tyrosine	g	0.566		0	0.900	0.481
Valine	g	0.863		0	1.372	0.734
Arginine	g	1.003		0	1.595	0.853
Histidine	g	0.493		0	0.784	0.419
Alanine	g	1.013		0	1.611	0.861
Aspartic acid	g	1.716		0	2.728	1.459
Glutamic acid	g	2.501		0	3.977	2.126
Glycine	g	0.804		0	1.278	0.683
Proline	g	0.593		0	0.943	0.504
Serine	g	0.684		0	1.088	0.581
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15108 Finfish, sunfish, pumpkin seed, raw

Lepomis gibbosus (L.)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 48g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	79.50	0.212	8	38.16	67.58	
Energy	kcal	89		0	43	76	
Energy	kj	372		0	179	316	
Protein (N x 5.95)	g	19.40	0.141	8	9.31	16.49	
Total lipid (fat)	g	0.70	0.071	8	0.34	0.60	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10	0.035	8	0.53	0.94	
Sugars, total	g						
Minerals:							
Calcium	mg	80		1	38	68	
Iron	mg	1.20		1	0.58	1.02	
Magnesium	mg	30		1	14	26	
Phosphorus	mg	180		1	86	153	
Potassium	mg	350		1	168	298	
Sodium	mg	80		1	38	68	
Zinc	mg	1.55	0.150	2	0.74	1.32	
Copper	mg	0.300		1	0.144	0.255	
Manganese	mg	0.700		1	0.336	0.595	
Selenium	µg	12.6		0	6.0	10.7	
Vitamins:							
Ascorbic acid	mg	1.0		0	0.5	0.9	
Thiamin	mg	0.080		0	0.038	0.068	
Riboflavin	mg	0.070		0	0.034	0.060	
Niacin	mg	1.200		0	0.576	1.020	
Pantothenic acid	mg	0.750		0	0.360	0.637	
Vitamin B-6	mg	0.120		0	0.058	0.102	
Folate	µg	15		0	7	13	
Vitamin B-12	µg	2.00		0	0.96	1.70	
Vitamin A	IU	50		0	24	43	
Vitamin A, RE	µg	15		0	7	13	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.139		0	0.067	0.118	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.012	0.001	8	0.006	0.010	
15.0	g						
16:0	g	0.099	0.002	8	0.048	0.084	
17:0	g						
18:0	g	0.028	0.001	8	0.013	0.024	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.117		0	0.056	0.099
14:1	g					
16:1	g	0.042	0.005	8	0.020	0.036
18:1	g	0.070	0.006	8	0.034	0.060
20:1	g	0.005	0.000	8	0.002	0.004
22.1	g					
Polyunsaturated, total	g	0.246		0	0.118	0.209
18:2	g	0.015	0.001	8	0.007	0.013
18:3	g	0.010	0.002	8	0.005	0.009
18:4	g					
20:4	g	0.079	0.006	8	0.038	0.067
20:5	g	0.037	0.003	8	0.018	0.031
22:5	g	0.033	0.001	8	0.016	0.028
22:6	g	0.072	0.005	8	0.035	0.061
Cholesterol	mg	67		1	32	57
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.217		0	0.104	0.184
Threonine	g	0.850		0	0.408	0.723
Isoleucine	g	0.894		0	0.429	0.760
Leucine	g	1.577		0	0.757	1.340
Lysine	g	1.782		0	0.855	1.515
Methionine	g	0.574		0	0.276	0.488
Cystine	g	0.208		0	0.100	0.177
Phenylalanine	g	0.757		0	0.363	0.643
Tyrosine	g	0.655		0	0.314	0.557
Valine	g	0.999		0	0.480	0.849
Arginine	g	1.161		0	0.557	0.987
Histidine	g	0.571		0	0.274	0.485
Alanine	g	1.173		0	0.563	0.997
Aspartic acid	g	1.987		0	0.954	1.689
Glutamic acid	g	2.896		0	1.390	2.462
Glycine	g	0.931		0	0.447	0.791
Proline	g	0.686		0	0.329	0.583
Serine	g	0.792		0	0.380	0.673
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15109 Finfish, surimi

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	76.34	1.288	3	21.64	64.89	
Energy	kcal	99		0	28	84	
Energy	kj	414		0	117	352	
Protein (N x 5.95)	g	15.18	0.548	3	4.30	12.90	
Total lipid (fat)	g	0.90	0.144	3	0.26	0.77	
Carbohydrate, by difference	g	6.85		0	1.94	5.82	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.72	0.040	3	0.20	0.61	
Sugars, total	g						
Minerals:							
Calcium	mg	9	2.829	3	3	8	
Iron	mg	0.26	0.087	3	0.07	0.22	
Magnesium	mg	43		0	12	37	
Phosphorus	mg	282		0	80	240	
Potassium	mg	112	3.465	2	32	95	
Sodium	mg	143	16.166	3	41	122	
Zinc	mg	0.33		0	0.09	0.28	
Copper	mg	0.032		0	0.009	0.027	
Manganese	mg	0.011		0	0.003	0.009	
Selenium	µg	28.1		0	8.0	23.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.020	0.007	3	0.006	0.017	
Riboflavin	mg	0.021	0.003	3	0.006	0.018	
Niacin	mg	0.220	0.035	3	0.062	0.187	
Pantothenic acid	mg	0.070		0	0.020	0.060	
Vitamin B-6	mg	0.030		0	0.009	0.026	
Folate	µg	2		0	0	1	
Vitamin B-12	µg	1.60		0	0.45	1.36	
Vitamin A	IU	66		0	19	56	
Vitamin A, RE	µg	20		0	6	17	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.180		0	0.051	0.153	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.140		0	0.040	0.119
14:1	g					
16:1	g					
18:1	g					
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.460		0	0.130	0.391
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	30	1.848	3	9	26
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.092		1	0.026	0.078
Threonine	g	0.734		3	0.208	0.624
Isoleucine	g	0.709		3	0.201	0.603
Leucine	g	1.202		3	0.341	1.022
Lysine	g	1.387		3	0.393	1.179
Methionine	g	0.515		3	0.146	0.438
Cystine	g	0.163		0	0.046	0.139
Phenylalanine	g	0.595		3	0.169	0.506
Tyrosine	g	0.612		3	0.174	0.520
Valine	g	0.770		3	0.218	0.655
Arginine	g	1.008		3	0.286	0.857
Histidine	g	0.350		3	0.099	0.298
Alanine	g	0.891		3	0.253	0.757
Aspartic acid	g	1.518		3	0.430	1.290
Glutamic acid	g	2.397		3	0.680	2.037
Glycine	g	0.588		3	0.167	0.500
Proline	g	0.566		3	0.160	0.481
Serine	g	0.663		3	0.188	0.564
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 3 oz

NDB No. 15110 Finfish, swordfish, raw

Xiphias gladius L.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 136g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	75.62	0.859	6	102.84	64.28	
Energy	kcal	121		0	165	103	
Energy	kj	506		0	688	430	
Protein (N x 5.95)	g	19.80	0.356	6	26.93	16.83	
Total lipid (fat)	g	4.01	0.946	7	5.45	3.41	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.48	0.246	4	2.01	1.26	
Sugars, total	g						
Minerals:							
Calcium	mg	4		2	5	3	
Iron	mg	0.81		1	1.10	0.69	
Magnesium	mg	27		2	37	23	
Phosphorus	mg	263		2	358	224	
Potassium	mg	288		2	392	245	
Sodium	mg	90		0	122	77	
Zinc	mg	1.15	0.176	2	1.56	0.98	
Copper	mg	0.126	0.006	2	0.171	0.107	
Manganese	mg	0.019		2	0.026	0.016	
Selenium	µg	48.1	9.805	4	65.4	40.9	
Vitamins:							
Ascorbic acid	mg	1.1		2	1.5	0.9	
Thiamin	mg	0.037		2	0.050	0.031	
Riboflavin	mg	0.095		2	0.129	0.081	
Niacin	mg	9.680		2	13.165	8.228	
Pantothenic acid	mg	0.412		2	0.560	0.350	
Vitamin B-6	mg	0.330		2	0.449	0.281	
Folate	µg	2		0	3	2	
Vitamin B-12	µg	1.75		2	2.38	1.49	
Vitamin A	IU	119		2	162	101	
Vitamin A, RE	µg	36		0	49	31	
Vitamin E, α-TE	mg	0.500		0	0.680	0.425	
Lipids:							
Saturated, total	g	1.097		0	1.492	0.932	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.108		1	0.147	0.092	
15.0	g						
16:0	g	0.753		1	1.024	0.640	
17:0	g						
18:0	g	0.211		1	0.287	0.179	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.545	0	2.101	1.313
14:1	g				
16:1	g	0.251	1	0.341	0.213
18:1	g	1.086	1	1.477	0.923
20:1	g	0.122	1	0.166	0.104
22.1	g	0.086	1	0.117	0.073
Polyunsaturated, total	g	0.922	0	1.254	0.784
18:2	g	0.029	1	0.039	0.025
18:3	g	0.186	1	0.253	0.158
18:4	g	0.000	0	0.000	0.000
20:4	g	0.068	1	0.092	0.058
20:5	g	0.108	1	0.147	0.092
22:5	g	0.000	0	0.000	0.000
22:6	g	0.531	1	0.722	0.451
Cholesterol	mg	39	2	53	33
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.222	0	0.302	0.189
Threonine	g	0.868	0	1.180	0.738
Isoleucine	g	0.912	0	1.240	0.775
Leucine	g	1.609	0	2.188	1.368
Lysine	g	1.818	0	2.472	1.545
Methionine	g	0.586	0	0.797	0.498
Cystine	g	0.212	0	0.288	0.180
Phenylalanine	g	0.773	0	1.051	0.657
Tyrosine	g	0.668	0	0.908	0.568
Valine	g	1.020	0	1.387	0.867
Arginine	g	1.185	0	1.612	1.007
Histidine	g	0.583	0	0.793	0.496
Alanine	g	1.198	0	1.629	1.018
Aspartic acid	g	2.028	0	2.758	1.724
Glutamic acid	g	2.956	0	4.020	2.513
Glycine	g	0.950	0	1.292	0.808
Proline	g	0.700	0	0.952	0.595
Serine	g	0.808	0	1.099	0.687
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 piece (4-1/2" x 2-1/8" x 7/8")
Measure 2: 3 oz

NDB No. 15111 Finfish, swordfish, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 106g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	68.75		0	72.88	58.44	
Energy	kcal	155		0	164	132	
Energy	kj	649		0	688	552	
Protein (N x 5.95)	g	25.39		0	26.91	21.58	
Total lipid (fat)	g	5.14		0	5.45	4.37	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.89		0	2.00	1.61	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	6	5	
Iron	mg	1.04		0	1.10	0.88	
Magnesium	mg	34		0	36	29	
Phosphorus	mg	337		0	357	286	
Potassium	mg	369		0	391	314	
Sodium	mg	115		0	122	98	
Zinc	mg	1.47		0	1.56	1.25	
Copper	mg	0.162		0	0.172	0.138	
Manganese	mg	0.020		0	0.021	0.017	
Selenium	µg	61.7		0	65.4	52.4	
Vitamins:							
Ascorbic acid	mg	1.1		0	1.2	0.9	
Thiamin	mg	0.043		0	0.046	0.037	
Riboflavin	mg	0.116		0	0.123	0.099	
Niacin	mg	11.790		0	12.497	10.021	
Pantothenic acid	mg	0.380		0	0.403	0.323	
Vitamin B-6	mg	0.381		0	0.404	0.324	
Folate	µg	2		0	2	2	
Vitamin B-12	µg	2.02		0	2.14	1.72	
Vitamin A	IU	137		0	145	116	
Vitamin A, RE	µg	41		0	43	35	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.406		0	1.490	1.195	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.138		0	0.146	0.117	
15.0	g						
16:0	g	0.965		0	1.023	0.820	
17:0	g						
18:0	g	0.271		0	0.287	0.230	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.981	0	2.100	1.684
14:1	g				
16:1	g	0.322	0	0.341	0.274
18:1	g	1.392	0	1.476	1.183
20:1	g	0.156	0	0.165	0.133
22.1	g	0.110	0	0.117	0.094
Polyunsaturated, total	g	1.182	0	1.253	1.005
18:2	g	0.037	0	0.039	0.031
18:3	g	0.238	0	0.252	0.202
18:4	g				
20:4	g	0.087	0	0.092	0.074
20:5	g	0.138	0	0.146	0.117
22:5	g				
22:6	g	0.681	0	0.722	0.579
Cholesterol	mg	50	0	53	43
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.284	0	0.301	0.241
Threonine	g	1.113	0	1.180	0.946
Isoleucine	g	1.170	0	1.240	0.995
Leucine	g	2.063	0	2.187	1.754
Lysine	g	2.332	0	2.472	1.982
Methionine	g	0.751	0	0.796	0.638
Cystine	g	0.272	0	0.288	0.231
Phenylalanine	g	0.991	0	1.050	0.842
Tyrosine	g	0.857	0	0.908	0.728
Valine	g	1.308	0	1.386	1.112
Arginine	g	1.519	0	1.610	1.291
Histidine	g	0.747	0	0.792	0.635
Alanine	g	1.535	0	1.627	1.305
Aspartic acid	g	2.600	0	2.756	2.210
Glutamic acid	g	3.790	0	4.017	3.221
Glycine	g	1.219	0	1.292	1.036
Proline	g	0.898	0	0.952	0.763
Serine	g	1.036	0	1.098	0.881
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 piece
Measure 2: 3 oz

NDB No. 15112 Finfish, tilefish, raw

Lopholatilus chamaeleonticeps Goode and Bean

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 193g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	78.90	0.740	2	152.28	67.07	
Energy	kcal	96		0	185	82	
Energy	kj	402		0	776	342	
Protein (N x 5.95)	g	17.50	0.080	2	33.77	14.88	
Total lipid (fat)	g	2.31	0.370	2	4.46	1.96	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.14	0.030	2	2.20	0.97	
Sugars, total	g						
Minerals:							
Calcium	mg	26	5.690	2	50	22	
Iron	mg	0.25	0.040	2	0.48	0.21	
Magnesium	mg	28	1.720	2	54	24	
Phosphorus	mg	187	3.850	2	361	159	
Potassium	mg	433	5.010	2	836	368	
Sodium	mg	53	1.730	2	102	45	
Zinc	mg	0.37	0.030	2	0.71	0.31	
Copper	mg	0.041	0.008	2	0.079	0.035	
Manganese	mg	0.010	0.000	2	0.019	0.009	
Selenium	µg	36.5		0	70.4	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.120		0	0.232	0.102	
Riboflavin	mg	0.160		0	0.309	0.136	
Niacin	mg	2.900		0	5.597	2.465	
Pantothenic acid	mg	0.750		0	1.448	0.637	
Vitamin B-6	mg	0.260		0	0.502	0.221	
Folate	µg	15		0	29	13	
Vitamin B-12	µg	2.20		0	4.25	1.87	
Vitamin A	IU	60		0	116	51	
Vitamin A, RE	µg	18		0	35	15	
Vitamin E, α-TE	mg	0.350		0	0.676	0.298	
Lipids:							
Saturated, total	g	0.441		0	0.851	0.375	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.073		2	0.141	0.062	
15.0	g						
16:0	g	0.285		2	0.550	0.242	
17:0	g						
18:0	g	0.082		2	0.158	0.070	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.571	0	1.102	0.485
14:1	g				
16:1	g	0.134	2	0.259	0.114
18:1	g	0.388	2	0.749	0.330
20:1	g	0.000	0	0.000	0.000
22.1	g	0.049	2	0.095	0.042
Polyunsaturated, total	g	0.599	0	1.156	0.509
18:2	g	0.037	2	0.071	0.031
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.066	2	0.127	0.056
20:5	g	0.085	2	0.164	0.072
22:5	g	0.066	2	0.127	0.056
22:6	g	0.345	2	0.666	0.293
Cholesterol	mg	50	0	97	43
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.196	0	0.378	0.167
Threonine	g	0.767	0	1.480	0.652
Isoleucine	g	0.806	0	1.556	0.685
Leucine	g	1.422	0	2.744	1.209
Lysine	g	1.607	0	3.102	1.366
Methionine	g	0.518	0	1.000	0.440
Cystine	g	0.188	0	0.363	0.160
Phenylalanine	g	0.683	0	1.318	0.581
Tyrosine	g	0.591	0	1.141	0.502
Valine	g	0.902	0	1.741	0.767
Arginine	g	1.047	0	2.021	0.890
Histidine	g	0.515	0	0.994	0.438
Alanine	g	1.058	0	2.042	0.899
Aspartic acid	g	1.792	0	3.459	1.523
Glutamic acid	g	2.612	0	5.041	2.220
Glycine	g	0.840	0	1.621	0.714
Proline	g	0.619	0	1.195	0.526
Serine	g	0.714	0	1.378	0.607
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

NDB No. 15113 Finfish, tilefish, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 150g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	70.24		1	105.36	59.70	
Energy	kcal	147		0	221	125	
Energy	kj	615		0	923	523	
Protein (N x 5.95)	g	24.49		1	36.73	20.82	
Total lipid (fat)	g	4.69		1	7.04	3.99	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.36		1	2.04	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	26		1	39	22	
Iron	mg	0.31		1	0.47	0.26	
Magnesium	mg	33		1	50	28	
Phosphorus	mg	236		1	354	201	
Potassium	mg	512		1	768	435	
Sodium	mg	59		1	89	50	
Zinc	mg	0.53		1	0.80	0.45	
Copper	mg	0.052		1	0.078	0.044	
Manganese	mg	0.015		1	0.023	0.013	
Selenium	µg	51.5		0	77.3	43.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.140		0	0.210	0.119	
Riboflavin	mg	0.190		0	0.285	0.161	
Niacin	mg	3.500		0	5.250	2.975	
Pantothenic acid	mg	0.870		0	1.305	0.740	
Vitamin B-6	mg	0.300		0	0.450	0.255	
Folate	µg	17		0	26	15	
Vitamin B-12	µg	2.50		0	3.75	2.13	
Vitamin A	IU	69		0	104	59	
Vitamin A, RE	µg	21		0	32	18	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.868		0	1.302	0.738	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.135		1	0.203	0.115	
15.0	g						
16:0	g	0.526		1	0.789	0.447	
17:0	g						
18:0	g	0.181		1	0.271	0.154	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.332	0	1.998	1.132
14:1	g				
16:1	g	0.333	1	0.500	0.283
18:1	g	0.944	1	1.416	0.802
20:1	g				
22.1	g	0.055	1	0.083	0.047
Polyunsaturated, total	g	1.246	0	1.869	1.059
18:2	g	0.048	1	0.072	0.041
18:3	g				
18:4	g				
20:4	g	0.150	1	0.225	0.128
20:5	g	0.172	1	0.258	0.146
22:5	g	0.143	1	0.215	0.122
22:6	g	0.733	1	1.099	0.623
Cholesterol	mg	64	0	96	54
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.274	0	0.411	0.233
Threonine	g	1.074	0	1.611	0.913
Isoleucine	g	1.128	0	1.692	0.959
Leucine	g	1.990	0	2.985	1.692
Lysine	g	2.249	0	3.374	1.912
Methionine	g	0.725	0	1.087	0.616
Cystine	g	0.263	0	0.395	0.224
Phenylalanine	g	0.956	0	1.434	0.813
Tyrosine	g	0.827	0	1.240	0.703
Valine	g	1.262	0	1.893	1.073
Arginine	g	1.465	0	2.197	1.245
Histidine	g	0.721	0	1.081	0.613
Alanine	g	1.481	0	2.222	1.259
Aspartic acid	g	2.508	0	3.762	2.132
Glutamic acid	g	3.655	0	5.482	3.107
Glycine	g	1.175	0	1.763	0.999
Proline	g	0.866	0	1.299	0.736
Serine	g	0.999	0	1.498	0.849
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

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

Salmonidae

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 79g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	71.42	0.615	95	56.42	60.71	
Energy	kcal	148		0	117	126	
Energy	kj	619		0	489	526	
Protein (N x 5.95)	g	20.77	3.875	58	16.41	17.65	
Total lipid (fat)	g	6.61		111	5.22	5.62	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.17	0.023	54	0.92	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	43		15	34	37	
Iron	mg	1.50		3	1.19	1.27	
Magnesium	mg	22	1.296	19	17	19	
Phosphorus	mg	245		3	194	208	
Potassium	mg	361	11.057	20	285	307	
Sodium	mg	52	3.843	25	41	44	
Zinc	mg	0.66		18	0.52	0.56	
Copper	mg	0.188		13	0.149	0.160	
Manganese	mg	0.851		2	0.672	0.723	
Selenium	µg	12.6		0	10.0	10.7	
Vitamins:							
Ascorbic acid	mg	0.5		1	0.4	0.4	
Thiamin	mg	0.350		1	0.276	0.298	
Riboflavin	mg	0.330		1	0.261	0.281	
Niacin	mg	4.500		0	3.555	3.825	
Pantothenic acid	mg	1.940		1	1.533	1.649	
Vitamin B-6	mg	0.200		0	0.158	0.170	
Folate	µg	13		1	11	11	
Vitamin B-12	µg	7.79		1	6.15	6.62	
Vitamin A	IU	58	17.856	7	46	49	
Vitamin A, RE	µg	17		0	13	14	
Vitamin E, α-TE	mg	0.200		0	0.158	0.170	
Lipids:							
Saturated, total	g	1.149		0	0.908	0.977	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.185		17	0.146	0.157	
15.0	g						
16:0	g	0.815		18	0.644	0.693	
17:0	g						
18:0	g	0.148		17	0.117	0.126	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.254	0	2.571	2.766
14:1	g				
16:1	g	0.701	18	0.554	0.596
18:1	g	1.440	18	1.138	1.224
20:1	g	0.280	9	0.221	0.238
22.1	g	0.830	1	0.656	0.706
Polyunsaturated, total	g	1.499	0	1.184	1.274
18:2	g	0.175	18	0.138	0.149
18:3	g	0.155	17	0.122	0.132
18:4	g	0.064	17	0.051	0.054
20:4	g	0.189	17	0.149	0.161
20:5	g	0.202	17	0.160	0.172
22:5	g	0.183	17	0.145	0.156
22:6	g	0.528	18	0.417	0.449
Cholesterol	mg	58	6	46	49
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.233	0	0.184	0.198
Threonine	g	0.911	0	0.720	0.774
Isoleucine	g	0.957	0	0.756	0.813
Leucine	g	1.688	0	1.334	1.435
Lysine	g	1.907	0	1.507	1.621
Methionine	g	0.615	0	0.486	0.523
Cystine	g	0.223	0	0.176	0.190
Phenylalanine	g	0.811	0	0.641	0.689
Tyrosine	g	0.701	0	0.554	0.596
Valine	g	1.070	0	0.845	0.910
Arginine	g	1.243	0	0.982	1.057
Histidine	g	0.611	0	0.483	0.519
Alanine	g	1.256	0	0.992	1.068
Aspartic acid	g	2.127	0	1.680	1.808
Glutamic acid	g	3.100	0	2.449	2.635
Glycine	g	0.997	0	0.788	0.847
Proline	g	0.734	0	0.580	0.624
Serine	g	0.847	0	0.669	0.720
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15115 Finfish, trout, rainbow, wild, raw

Salmo gairdneri Richardson

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 159g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	71.87	0.823	30	114.27	61.09	
Energy	kcal	119		0	189	101	
Energy	kj	498		0	792	423	
Protein (N x 5.95)	g	20.48	0.309	28	32.56	17.41	
Total lipid (fat)	g	3.46	0.226	50	5.50	2.94	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.31	0.019	27	2.08	1.11	
Sugars, total	g						
Minerals:							
Calcium	mg	67	13.000	2	107	57	
Iron	mg	0.70	0.310	5	1.11	0.60	
Magnesium	mg	31	0.416	22	49	26	
Phosphorus	mg	271	8.117	5	431	230	
Potassium	mg	481	7.777	22	765	409	
Sodium	mg	31	2.185	22	49	26	
Zinc	mg	1.08	0.044	172	1.72	0.92	
Copper	mg	0.109	0.025	169	0.173	0.093	
Manganese	mg	0.158	0.136	5	0.251	0.134	
Selenium	µg	12.6		0	20.0	10.7	
Vitamins:							
Ascorbic acid	mg	2.4	0.534	6	3.8	2.0	
Thiamin	mg	0.123	0.013	5	0.196	0.105	
Riboflavin	mg	0.105	0.021	5	0.167	0.089	
Niacin	mg	5.384	0.281	5	8.561	4.576	
Pantothenic acid	mg	0.928	0.114	5	1.476	0.789	
Vitamin B-6	mg	0.406	0.017	5	0.646	0.345	
Folate	µg	12	2.147	3	19	10	
Vitamin B-12	µg	4.45	0.560	5	7.08	3.78	
Vitamin A	IU	62	7.244	22	99	53	
Vitamin A, RE	µg	19		0	30	16	
Vitamin E, α-TE	mg	0.200		0	0.318	0.170	
Lipids:							
Saturated, total	g	0.722		0	1.148	0.614	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.011		20	0.017	0.009	
14:0	g	0.079		20	0.126	0.067	
15.0	g						
16:0	g	0.421		20	0.669	0.358	
17:0	g						
18:0	g	0.139		20	0.221	0.118	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.129		0	1.795	0.960
14:1	g					
16:1	g	0.203		20	0.323	0.173
18:1	g	0.614		20	0.976	0.522
20:1	g	0.112		20	0.178	0.095
22.1	g	0.138		20	0.219	0.117
Polyunsaturated, total	g	1.237		0	1.967	1.051
18:2	g	0.239		20	0.380	0.203
18:3	g	0.119		20	0.189	0.101
18:4	g	0.066		20	0.105	0.056
20:4	g	0.109		20	0.173	0.093
20:5	g	0.167		20	0.266	0.142
22:5	g	0.106	0.000	20	0.169	0.090
22:6	g	0.420		20	0.668	0.357
Cholesterol	mg	59	2.954	7	94	50
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.229		0	0.364	0.195
Threonine	g	0.898		0	1.428	0.763
Isoleucine	g	0.944		0	1.501	0.802
Leucine	g	1.664		0	2.646	1.414
Lysine	g	1.881		0	2.991	1.599
Methionine	g	0.606		0	0.964	0.515
Cystine	g	0.220		0	0.350	0.187
Phenylalanine	g	0.799		0	1.270	0.679
Tyrosine	g	0.691		0	1.099	0.587
Valine	g	1.055		0	1.677	0.897
Arginine	g	1.225		0	1.948	1.041
Histidine	g	0.603		0	0.959	0.513
Alanine	g	1.239		0	1.970	1.053
Aspartic acid	g	2.097		0	3.334	1.782
Glutamic acid	g	3.057		0	4.861	2.598
Glycine	g	0.983		0	1.563	0.836
Proline	g	0.724		0	1.151	0.615
Serine	g	0.836		0	1.329	0.711
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15116 Finfish, trout, rainbow, wild, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 143g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	70.50	0.837	4	100.81	59.92	
Energy	kcal	150		0	215	128	
Energy	kj	628		0	898	534	
Protein (N x 5.95)	g	22.92	0.375	4	32.78	19.48	
Total lipid (fat)	g	5.82	0.937	4	8.32	4.95	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.60	0.091	4	2.29	1.36	
Sugars, total	g						
Minerals:							
Calcium	mg	86		0	123	73	
Iron	mg	0.38	0.061	4	0.54	0.32	
Magnesium	mg	31	0.138	4	44	26	
Phosphorus	mg	269	9.221	4	385	229	
Potassium	mg	448	6.590	4	641	381	
Sodium	mg	56	2.211	4	80	48	
Zinc	mg	0.51	0.006	4	0.73	0.43	
Copper	mg	0.058	0.006	4	0.083	0.049	
Manganese	mg	0.021	0.001	4	0.030	0.018	
Selenium	µg	13.2		0	18.9	11.2	
Vitamins:							
Ascorbic acid	mg	2.0	0.265	4	2.9	1.7	
Thiamin	mg	0.152	0.011	4	0.217	0.129	
Riboflavin	mg	0.097	0.010	4	0.139	0.082	
Niacin	mg	5.770	0.419	4	8.251	4.904	
Pantothenic acid	mg	1.065	0.152	4	1.523	0.905	
Vitamin B-6	mg	0.346	0.015	4	0.495	0.294	
Folate	µg	19		1	27	16	
Vitamin B-12	µg	6.30	0.776	4	9.01	5.36	
Vitamin A	IU	50	0.000	4	72	43	
Vitamin A, RE	µg	15		0	21	13	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.619		0	2.315	1.376	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.204		4	0.292	0.173	
15.0	g						
16:0	g	0.918		4	1.313	0.780	
17:0	g						
18:0	g	0.265		4	0.379	0.225	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.746		0	2.497	1.484
14:1	g					
16:1	g	0.675		4	0.965	0.574
18:1	g	0.918		4	1.313	0.780
20:1	g	0.051		4	0.073	0.043
22.1	g					
Polyunsaturated, total	g	1.831		0	2.618	1.556
18:2	g	0.288		4	0.412	0.245
18:3	g	0.187		4	0.267	0.159
18:4	g	0.230		4	0.329	0.196
20:4	g	0.120		4	0.172	0.102
20:5	g	0.468		4	0.669	0.398
22:5	g					
22:6	g	0.520		4	0.744	0.442
Cholesterol	mg	69	1.709	4	99	59
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.257		0	0.368	0.218
Threonine	g	1.005		0	1.437	0.854
Isoleucine	g	1.056		0	1.510	0.898
Leucine	g	1.863		0	2.664	1.584
Lysine	g	2.105		0	3.010	1.789
Methionine	g	0.679		0	0.971	0.577
Cystine	g	0.246		0	0.352	0.209
Phenylalanine	g	0.895		0	1.280	0.761
Tyrosine	g	0.774		0	1.107	0.658
Valine	g	1.181		0	1.689	1.004
Arginine	g	1.372		0	1.962	1.166
Histidine	g	0.675		0	0.965	0.574
Alanine	g	1.387		0	1.983	1.179
Aspartic acid	g	2.348		0	3.358	1.996
Glutamic acid	g	3.422		0	4.893	2.909
Glycine	g	1.100		0	1.573	0.935
Proline	g	0.811		0	1.160	0.689
Serine	g	0.935		0	1.337	0.795
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Thunnus thynnus (L.)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.09	0.781	26	57.88		
Energy	kcal	144		0	122		
Energy	kj	602		0	512		
Protein (N x 5.95)	g	23.33	0.377	18	19.83		
Total lipid (fat)	g	4.90	0.971	7	4.17		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.18	0.020	25	1.00		
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	7		
Iron	mg	1.02	0.034	5	0.87		
Magnesium	mg	50		0	43		
Phosphorus	mg	254		0	216		
Potassium	mg	252	41.695	4	214		
Sodium	mg	39		1	33		
Zinc	mg	0.60	0.039	10	0.51		
Copper	mg	0.086	0.013	16	0.073		
Manganese	mg	0.015		0	0.013		
Selenium	µg	36.5		0	31.0		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.241	0.023	11	0.205		
Riboflavin	mg	0.251	0.055	17	0.213		
Niacin	mg	8.654	0.627	16	7.356		
Pantothenic acid	mg	1.054	0.247	17	0.896		
Vitamin B-6	mg	0.455	0.085	2	0.387		
Folate	µg	2		0	2		
Vitamin B-12	µg	9.43	2.381	18	8.01		
Vitamin A	IU	2184	417.378	11	1856		
Vitamin A, RE	µg	655		0	557		
Vitamin E, α-TE	mg	1.000		0	0.850		
Lipids:							
Saturated, total	g	1.257		0	1.068		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.139		2	0.118		
15.0	g						
16:0	g	0.810		2	0.689		
17:0	g						
18:0	g	0.307		2	0.261		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.600		0	1.360
14:1	g				
16:1	g	0.162		2	0.138
18:1	g	0.924		2	0.785
20:1	g	0.277		1	0.235
22.1	g	0.237		2	0.201
Polyunsaturated, total	g	1.433		0	1.218
18:2	g	0.053		2	0.045
18:3	g	0.000		0	0.000
18:4	g	0.039		1	0.033
20:4	g	0.043		1	0.037
20:5	g	0.283		3	0.241
22:5	g	0.125		3	0.106
22:6	g	0.890		2	0.757
Cholesterol	mg	38	2.987	3	32
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.261		0	0.222
Threonine	g	1.023		0	0.870
Isoleucine	g	1.075		0	0.914
Leucine	g	1.896		0	1.612
Lysine	g	2.142		0	1.821
Methionine	g	0.690		0	0.587
Cystine	g	0.250		0	0.213
Phenylalanine	g	0.911		0	0.774
Tyrosine	g	0.787		0	0.669
Valine	g	1.202		0	1.022
Arginine	g	1.396		0	1.187
Histidine	g	0.687		0	0.584
Alanine	g	1.411		0	1.199
Aspartic acid	g	2.388		0	2.030
Glutamic acid	g	3.482		0	2.960
Glycine	g	1.120		0	0.952
Proline	g	0.825		0	0.701
Serine	g	0.952		0	0.809
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 3 oz

NDB No. 15118 Finfish, tuna, fresh, bluefin, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	59.09		0	50.23		
Energy	kcal	184		0	156		
Energy	kj	770		0	655		
Protein (N x 5.95)	g	29.91		0	25.42		
Total lipid (fat)	g	6.28		0	5.34		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.51		0	1.28		
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	9		
Iron	mg	1.31		0	1.11		
Magnesium	mg	64		0	54		
Phosphorus	mg	326		0	277		
Potassium	mg	323		0	275		
Sodium	mg	50		0	43		
Zinc	mg	0.77		0	0.65		
Copper	mg	0.110		0	0.094		
Manganese	mg	0.020		0	0.017		
Selenium	µg	46.8		0	39.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.278		0	0.236		
Riboflavin	mg	0.306		0	0.260		
Niacin	mg	10.540		0	8.959		
Pantothenic acid	mg	1.370		0	1.165		
Vitamin B-6	mg	0.525		0	0.446		
Folate	µg	2		0	2		
Vitamin B-12	µg	10.88		0	9.25		
Vitamin A	IU	2520		0	2142		
Vitamin A, RE	µg	756		0	643		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.612		0	1.370		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.178		0	0.151		
15.0	g						
16:0	g	1.038		0	0.882		
17:0	g						
18:0	g	0.394		0	0.335		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.053	0	1.745
14:1	g			
16:1	g	0.208	0	0.177
18:1	g	1.185	0	1.007
20:1	g	0.355	0	0.302
22.1	g	0.304	0	0.258
Polyunsaturated, total	g	1.844	0	1.567
18:2	g	0.068	0	0.058
18:3	g			
18:4	g	0.050	0	0.043
20:4	g	0.055	0	0.047
20:5	g	0.363	0	0.309
22:5	g	0.160	0	0.136
22:6	g	1.141	0	0.970
Cholesterol	mg	49	0	42
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.335	0	0.285
Threonine	g	1.311	0	1.114
Isoleucine	g	1.378	0	1.171
Leucine	g	2.431	0	2.066
Lysine	g	2.747	0	2.335
Methionine	g	0.885	0	0.752
Cystine	g	0.321	0	0.273
Phenylalanine	g	1.168	0	0.993
Tyrosine	g	1.010	0	0.859
Valine	g	1.541	0	1.310
Arginine	g	1.790	0	1.522
Histidine	g	0.880	0	0.748
Alanine	g	1.809	0	1.538
Aspartic acid	g	3.062	0	2.603
Glutamic acid	g	4.464	0	3.794
Glycine	g	1.436	0	1.221
Proline	g	1.057	0	0.898
Serine	g	1.220	0	1.037
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 3 oz

NDB No. 15119 Finfish, tuna, light, canned in oil, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 146g	Measure 2* 28g	Measure 3* 171g
Proximates:							
Water	g	59.83	0.557	9	87.35	16.96	102.31
Energy	kcal	198		0	289	56	339
Energy	kj	828		0	1209	235	1416
Protein (N x 5.95)	g	29.13	0.365	6	42.53	8.26	49.81
Total lipid (fat)	g	8.21	0.139	7	11.99	2.33	14.04
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	2.76	0.295	9	4.03	0.78	4.72
Sugars, total	g						
Minerals:							
Calcium	mg	13	2.415	9	19	4	22
Iron	mg	1.39	0.081	8	2.03	0.39	2.38
Magnesium	mg	31	1.591	8	45	9	53
Phosphorus	mg	311	18.785	9	454	88	532
Potassium	mg	207		0	302	59	354
Sodium	mg	354		0	517	100	605
Zinc	mg	0.90	0.106	8	1.31	0.26	1.54
Copper	mg	0.071		0	0.104	0.020	0.121
Manganese	mg	0.015	0.002	8	0.022	0.004	0.026
Selenium	µg	76.0	0.820	44	111.0	21.5	130.0
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.038		1	0.055	0.011	0.065
Riboflavin	mg	0.120		0	0.175	0.034	0.205
Niacin	mg	12.400		0	18.104	3.515	21.204
Pantothenic acid	mg	0.370		0	0.540	0.105	0.633
Vitamin B-6	mg	0.110		1	0.161	0.031	0.188
Folate	µg	5	1.445	3	8	2	9
Vitamin B-12	µg	2.20		0	3.21	0.62	3.76
Vitamin A	IU	78	1.352	6	114	22	133
Vitamin A, RE	µg	23		0	34	7	39
Vitamin E, α-TE	mg	1.200		0	1.752	0.340	2.052
Lipids:							
Saturated, total	g	1.534		0	2.240	0.435	2.623
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.027		1	0.039	0.008	0.046
15.0	g						
16:0	g	1.415		1	2.066	0.401	2.420
17:0	g						
18:0	g	0.092		1	0.134	0.026	0.157
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.949	0	4.306	0.836	5.043
14:1	g					
16:1	g	0.083	1	0.121	0.024	0.142
18:1	g	2.839	1	4.145	0.805	4.855
20:1	g	0.027	1	0.039	0.008	0.046
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.885	0	4.212	0.818	4.933
18:2	g	2.683	1	3.917	0.761	4.588
18:3	g	0.074	1	0.108	0.021	0.127
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.027	1	0.039	0.008	0.046
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.101	1	0.147	0.029	0.173
Cholesterol	mg	18	1	26	5	31
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.326	0	0.476	0.092	0.557
Threonine	g	1.277	0	1.864	0.362	2.184
Isoleucine	g	1.342	0	1.959	0.380	2.295
Leucine	g	2.368	0	3.457	0.671	4.049
Lysine	g	2.675	0	3.905	0.758	4.574
Methionine	g	0.862	0	1.259	0.244	1.474
Cystine	g	0.312	0	0.456	0.088	0.534
Phenylalanine	g	1.137	0	1.660	0.322	1.944
Tyrosine	g	0.983	0	1.435	0.279	1.681
Valine	g	1.501	0	2.191	0.426	2.567
Arginine	g	1.743	0	2.545	0.494	2.981
Histidine	g	0.858	0	1.253	0.243	1.467
Alanine	g	1.762	0	2.573	0.500	3.013
Aspartic acid	g	2.983	0	4.355	0.846	5.101
Glutamic acid	g	4.349	0	6.350	1.233	7.437
Glycine	g	1.398	0	2.041	0.396	2.391
Proline	g	1.030	0	1.504	0.292	1.761
Serine	g	1.189	0	1.736	0.337	2.033
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, solid or chunks, drained
Measure 2: 1 oz
Measure 3: 1 can

NDB No. 15121 Finfish, tuna, light, canned in water, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 154g	Measure 2* 28g	Measure 3* 165g
Proximates:							
Water	g	74.51	0.569	11	114.75	21.12	122.94
Energy	kcal	116		0	179	33	191
Energy	kj	485		0	747	137	800
Protein (N x 5.95)	g	25.51	1.466	6	39.29	7.23	42.09
Total lipid (fat)	g	0.82	0.082	11	1.26	0.23	1.35
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.48	0.146	5	2.28	0.42	2.44
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.564	30	17	3	18
Iron	mg	1.53	0.079	30	2.36	0.43	2.52
Magnesium	mg	27	0.569	33	42	8	45
Phosphorus	mg	163	3.070	29	251	46	269
Potassium	mg	237	5.967	33	365	67	391
Sodium	mg	338	19.913	32	521	96	558
Zinc	mg	0.77	0.033	32	1.19	0.22	1.27
Copper	mg	0.051	0.004	31	0.079	0.014	0.084
Manganese	mg	0.011	0.001	27	0.017	0.003	0.018
Selenium	µg	80.4	0.754	45	123.8	22.8	132.7
Vitamins:							
Ascorbic acid	mg	0.0	0.000	5	0.0	0.0	0.0
Thiamin	mg	0.032	0.006	5	0.049	0.009	0.053
Riboflavin	mg	0.074	0.012	5	0.114	0.021	0.122
Niacin	mg	13.280	0.711	5	20.451	3.765	21.912
Pantothenic acid	mg	0.214	0.040	5	0.330	0.061	0.353
Vitamin B-6	mg	0.350	0.021	5	0.539	0.099	0.577
Folate	µg	4	0.610	7	6	1	7
Vitamin B-12	µg	2.99	0.365	5	4.60	0.85	4.93
Vitamin A	IU	56	5.600	5	86	16	92
Vitamin A, RE	µg	17		0	26	5	28
Vitamin E, α-TE	mg	0.530		0	0.816	0.150	0.875
Lipids:							
Saturated, total	g	0.234		0	0.360	0.066	0.386
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.018		5	0.028	0.005	0.030
15.0	g						
16:0	g	0.156		5	0.240	0.044	0.257
17:0	g						
18:0	g	0.060		5	0.092	0.017	0.099
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.159		0	0.245	0.045	0.262
14:1	g						
16:1	g	0.026		5	0.040	0.007	0.043
18:1	g	0.093		5	0.143	0.026	0.153
20:1	g	0.011		5	0.017	0.003	0.018
22.1	g	0.029		5	0.045	0.008	0.048
Polyunsaturated, total	g	0.337		0	0.519	0.096	0.556
18:2	g	0.009		5	0.014	0.003	0.015
18:3	g	0.002		5	0.003	0.001	0.003
18:4	g	0.013		5	0.020	0.004	0.021
20:4	g	0.034		5	0.052	0.010	0.056
20:5	g	0.047		5	0.072	0.013	0.078
22:5	g	0.009	0.000	5	0.014	0.003	0.015
22:6	g	0.223		5	0.343	0.063	0.368
Cholesterol	mg	30	5.983	3	46	9	50
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.286		0	0.440	0.081	0.472
Threonine	g	1.118		0	1.722	0.317	1.845
Isoleucine	g	1.175		0	1.810	0.333	1.939
Leucine	g	2.073		0	3.192	0.588	3.420
Lysine	g	2.343		0	3.608	0.664	3.866
Methionine	g	0.755		0	1.163	0.214	1.246
Cystine	g	0.273		0	0.420	0.077	0.450
Phenylalanine	g	0.996		0	1.534	0.282	1.643
Tyrosine	g	0.861		0	1.326	0.244	1.421
Valine	g	1.314		0	2.024	0.373	2.168
Arginine	g	1.527		0	2.352	0.433	2.520
Histidine	g	0.751		0	1.157	0.213	1.239
Alanine	g	1.543		0	2.376	0.437	2.546
Aspartic acid	g	2.612		0	4.022	0.741	4.310
Glutamic acid	g	3.808		0	5.864	1.080	6.283
Glycine	g	1.224		0	1.885	0.347	2.020
Proline	g	0.902		0	1.389	0.256	1.488
Serine	g	1.041		0	1.603	0.295	1.718
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, solid or chunks, drained
Measure 2: 1 oz
Measure 3: 1 can

NDB No. 15123 Finfish, tuna, fresh, skipjack, raw

Euthynnus pelamis (L.)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 198g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	70.58	0.429	15	139.75	59.99	
Energy	kcal	103		0	204	88	
Energy	kj	431		0	853	366	
Protein (N x 5.95)	g	22.00	1.245	9	43.56	18.70	
Total lipid (fat)	g	1.01	0.060	5	2.00	0.86	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30		1	2.57	1.10	
Sugars, total	g						
Minerals:							
Calcium	mg	29	5.534	3	57	25	
Iron	mg	1.25	0.024	24	2.48	1.06	
Magnesium	mg	34	4.241	3	67	29	
Phosphorus	mg	222	6.657	8	440	189	
Potassium	mg	407		1	806	346	
Sodium	mg	37	5.234	4	73	31	
Zinc	mg	0.82	0.064	70	1.62	0.70	
Copper	mg	0.086	0.004	93	0.170	0.073	
Manganese	mg	0.015		0	0.030	0.013	
Selenium	µg	36.5		0	72.3	31.0	
Vitamins:							
Ascorbic acid	mg	1.0		0	2.0	0.9	
Thiamin	mg	0.033		1	0.065	0.028	
Riboflavin	mg	0.100		0	0.198	0.085	
Niacin	mg	15.400		0	30.492	13.090	
Pantothenic acid	mg	0.420		0	0.832	0.357	
Vitamin B-6	mg	0.850	0.300	2	1.683	0.723	
Folate	µg	9		0	18	8	
Vitamin B-12	µg	1.90		0	3.76	1.62	
Vitamin A	IU	52	22.716	3	103	44	
Vitamin A, RE	µg	16		0	32	14	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.328		0	0.649	0.279	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.040	0.029	2	0.079	0.034	
15.0	g						
16:0	g	0.233	0.037	2	0.461	0.198	
17:0	g						
18:0	g	0.055	0.042	2	0.109	0.047	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.190		0	0.376	0.161
14:1	g					
16:1	g	0.036	0.026	2	0.071	0.031
18:1	g	0.131	0.012	2	0.259	0.111
20:1	g	0.017		1	0.034	0.014
22.1	g	0.006		1	0.012	0.005
Polyunsaturated, total	g	0.315		0	0.624	0.268
18:2	g	0.016	0.003	2	0.032	0.014
18:3	g					
18:4	g	0.004		1	0.008	0.003
20:4	g	0.026		1	0.051	0.022
20:5	g	0.071	0.043	3	0.141	0.060
22:5	g	0.013	0.000	2	0.026	0.011
22:6	g	0.185	0.052	2	0.366	0.157
Cholesterol	mg	47	0.000	2	93	40
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.246		0	0.487	0.209
Threonine	g	0.964		0	1.909	0.819
Isoleucine	g	1.014		0	2.008	0.862
Leucine	g	1.788		0	3.540	1.520
Lysine	g	2.020		0	4.000	1.717
Methionine	g	0.651		0	1.289	0.553
Cystine	g	0.236		0	0.467	0.201
Phenylalanine	g	0.859		0	1.701	0.730
Tyrosine	g	0.743		0	1.471	0.632
Valine	g	1.133		0	2.243	0.963
Arginine	g	1.316		0	2.606	1.119
Histidine	g	0.648		0	1.283	0.551
Alanine	g	1.331		0	2.635	1.131
Aspartic acid	g	2.253		0	4.461	1.915
Glutamic acid	g	3.284		0	6.502	2.791
Glycine	g	1.056		0	2.091	0.898
Proline	g	0.778		0	1.540	0.661
Serine	g	0.898		0	1.778	0.763
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

NDB No. 15124 Finfish, tuna, white, canned in oil, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 178g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	64.02		1	113.96	54.42	
Energy	kcal	186		0	331	158	
Energy	kj	778		0	1385	661	
Protein (N x 5.95)	g	26.53		1	47.22	22.55	
Total lipid (fat)	g	8.08		1	14.38	6.87	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.18		1	3.88	1.85	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	7	3	
Iron	mg	0.65		0	1.16	0.55	
Magnesium	mg	34		0	61	29	
Phosphorus	mg	267		0	475	227	
Potassium	mg	333		0	593	283	
Sodium	mg	396		0	705	337	
Zinc	mg	0.47		0	0.84	0.40	
Copper	mg	0.130		0	0.231	0.111	
Manganese	mg	0.016		0	0.028	0.014	
Selenium	µg	60.1	6.743	7	107.0	51.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.017		0	0.030	0.014	
Riboflavin	mg	0.079		0	0.141	0.067	
Niacin	mg	11.698		0	20.822	9.943	
Pantothenic acid	mg	0.370		0	0.659	0.315	
Vitamin B-6	mg	0.430		0	0.765	0.366	
Folate	µg	5	0.670	3	8	4	
Vitamin B-12	µg	2.20		0	3.92	1.87	
Vitamin A	IU	80		0	142	68	
Vitamin A, RE	µg	24		0	43	20	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.650		0	2.937	1.403	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.480		0	4.414	2.108
14:1	g					
16:1	g					
18:1	g					
20:1	g					
22.1	g					
Polyunsaturated, total	g	3.380		0	6.016	2.873
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	31	3.493	6	55	26
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.297		0	0.529	0.252
Threonine	g	1.163		0	2.070	0.989
Isoleucine	g	1.223		0	2.177	1.040
Leucine	g	2.156		0	3.838	1.833
Lysine	g	2.437		0	4.338	2.071
Methionine	g	0.785		0	1.397	0.667
Cystine	g	0.284		0	0.506	0.241
Phenylalanine	g	1.036		0	1.844	0.881
Tyrosine	g	0.896		0	1.595	0.762
Valine	g	1.367		0	2.433	1.162
Arginine	g	1.588		0	2.827	1.350
Histidine	g	0.781		0	1.390	0.664
Alanine	g	1.605		0	2.857	1.364
Aspartic acid	g	2.717		0	4.836	2.309
Glutamic acid	g	3.961		0	7.051	3.367
Glycine	g	1.274		0	2.268	1.083
Proline	g	0.938		0	1.670	0.797
Serine	g	1.082		0	1.926	0.920
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 can
Measure 2: 3 oz

NDB No. 15126 Finfish, tuna, white, canned in water, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 172g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	73.19	1.109	5	125.89	62.21	
Energy	kcal	128		0	220	109	
Energy	kj	536		0	922	456	
Protein (N x 5.95)	g	23.62	1.534	3	40.63	20.08	
Total lipid (fat)	g	2.97	0.418	4	5.11	2.52	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.46	0.074	3	2.51	1.24	
Sugars, total	g						
Minerals:							
Calcium	mg	14	4.505	2	24	12	
Iron	mg	0.97	0.033	5	1.67	0.82	
Magnesium	mg	33	1.779	5	57	28	
Phosphorus	mg	217	38.050	2	373	184	
Potassium	mg	237	35.011	6	408	201	
Sodium	mg	377	40.239	7	648	320	
Zinc	mg	0.48	0.016	5	0.83	0.41	
Copper	mg	0.039	0.003	5	0.067	0.033	
Manganese	mg	0.019	0.003	5	0.033	0.016	
Selenium	µg	65.7	28.192	2	113.0	55.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.008	0.001	2	0.014	0.007	
Riboflavin	mg	0.044	0.002	2	0.076	0.037	
Niacin	mg	5.799		0	9.974	4.929	
Pantothenic acid	mg	0.124	0.011	2	0.213	0.105	
Vitamin B-6	mg	0.217	0.064	2	0.373	0.184	
Folate	µg	2	0.033	3	3	2	
Vitamin B-12	µg	1.17	0.121	4	2.01	0.99	
Vitamin A	IU	19	1.563	2	33	16	
Vitamin A, RE	µg	6		0	10	5	
Vitamin E, α-TE	mg	1.590		0	2.735	1.352	
Lipids:							
Saturated, total	g	0.792		0	1.362	0.673	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.082		0	0.141	0.070	
15.0	g						
16:0	g	0.592		0	1.018	0.503	
17:0	g						
18:0	g	0.118		0	0.203	0.100	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.784	0	1.348	0.666
14:1	g				
16:1	g	0.144	0	0.248	0.122
18:1	g	0.518	0	0.891	0.440
20:1	g	0.078	0	0.134	0.066
22.1	g	0.044	0	0.076	0.037
Polyunsaturated, total	g	1.109	0	1.907	0.943
18:2	g	0.055	0	0.095	0.047
18:3	g	0.071	0	0.122	0.060
18:4	g	0.051	0	0.088	0.043
20:4	g	0.051	0	0.088	0.043
20:5	g	0.233	0	0.401	0.198
22:5	g	0.018	0	0.031	0.015
22:6	g	0.629	0	1.082	0.535
Cholesterol	mg	42	0	72	36
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.265	0	0.456	0.225
Threonine	g	1.035	0	1.780	0.880
Isoleucine	g	1.088	0	1.871	0.925
Leucine	g	1.920	0	3.302	1.632
Lysine	g	2.169	0	3.731	1.844
Methionine	g	0.699	0	1.202	0.594
Cystine	g	0.253	0	0.435	0.215
Phenylalanine	g	0.922	0	1.586	0.784
Tyrosine	g	0.797	0	1.371	0.677
Valine	g	1.217	0	2.093	1.034
Arginine	g	1.413	0	2.430	1.201
Histidine	g	0.695	0	1.195	0.591
Alanine	g	1.428	0	2.456	1.214
Aspartic acid	g	2.419	0	4.161	2.056
Glutamic acid	g	3.526	0	6.065	2.997
Glycine	g	1.134	0	1.950	0.964
Proline	g	0.835	0	1.436	0.710
Serine	g	0.964	0	1.658	0.819
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 can
Measure 2: 3 oz

NDB No. 15127 Finfish, tuna, fresh, yellowfin, raw

Thunnus albacares (Bonnaterre)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 16g	Measure 3* 85g
Proximates:							
Water	g	70.99	0.338	24	20.13	11.36	60.34
Energy	kcal	108		0	31	17	92
Energy	kj	452		0	128	72	384
Protein (N x 5.95)	g	23.38	0.687	2	6.63	3.74	19.87
Total lipid (fat)	g	0.95	0.282	7	0.27	0.15	0.81
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.34		1	0.38	0.21	1.14
Sugars, total	g						
Minerals:							
Calcium	mg	16		1	5	3	14
Iron	mg	0.73	0.023	131	0.21	0.12	0.62
Magnesium	mg	50		0	14	8	43
Phosphorus	mg	191		1	54	31	162
Potassium	mg	444		0	126	71	377
Sodium	mg	37		1	10	6	31
Zinc	mg	0.52	0.033	100	0.15	0.08	0.44
Copper	mg	0.064	0.004	110	0.018	0.010	0.054
Manganese	mg	0.015		0	0.004	0.002	0.013
Selenium	µg	36.5		0	10.3	5.8	31.0
Vitamins:							
Ascorbic acid	mg	1.0		0	0.3	0.2	0.9
Thiamin	mg	0.434		1	0.123	0.069	0.369
Riboflavin	mg	0.047		1	0.013	0.008	0.040
Niacin	mg	9.800		1	2.778	1.568	8.330
Pantothenic acid	mg	0.750		0	0.213	0.120	0.637
Vitamin B-6	mg	0.900		0	0.255	0.144	0.765
Folate	µg	2		0	1	0	2
Vitamin B-12	µg	0.52		0	0.15	0.08	0.44
Vitamin A	IU	59	28.000	2	17	9	50
Vitamin A, RE	µg	18		0	5	3	15
Vitamin E, α-TE	mg	0.500		0	0.142	0.080	0.425
Lipids:							
Saturated, total	g	0.235		0	0.067	0.038	0.200
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.009		1	0.003	0.001	0.008
14:0	g	0.011	0.005	3	0.003	0.002	0.009
15.0	g						
16:0	g	0.156	0.055	3	0.044	0.025	0.133
17:0	g						
18:0	g	0.051	0.014	3	0.014	0.008	0.043
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.154		0	0.044	0.025	0.131
14:1	g						
16:1	g	0.025	0.010	3	0.007	0.004	0.021
18:1	g	0.108	0.008	3	0.031	0.017	0.092
20:1	g	0.007	0.000	2	0.002	0.001	0.006
22.1	g	0.014		1	0.004	0.002	0.012
Polyunsaturated, total	g	0.284		0	0.081	0.045	0.241
18:2	g	0.008	0.005	3	0.002	0.001	0.007
18:3	g	0.012		1	0.003	0.002	0.010
18:4	g	0.005		1	0.001	0.001	0.004
20:4	g	0.028	0.016	3	0.008	0.004	0.024
20:5	g	0.037	0.016	3	0.010	0.006	0.031
22:5	g	0.013	0.004	3	0.004	0.002	0.011
22:6	g	0.181	0.042	3	0.051	0.029	0.154
Cholesterol	mg	45	9.650	2	13	7	38
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.262		0	0.074	0.042	0.223
Threonine	g	1.025		0	0.291	0.164	0.871
Isoleucine	g	1.077		0	0.305	0.172	0.915
Leucine	g	1.900		0	0.539	0.304	1.615
Lysine	g	2.147		0	0.609	0.344	1.825
Methionine	g	0.692		0	0.196	0.111	0.588
Cystine	g	0.251		0	0.071	0.040	0.213
Phenylalanine	g	0.913		0	0.259	0.146	0.776
Tyrosine	g	0.789		0	0.224	0.126	0.671
Valine	g	1.204		0	0.341	0.193	1.023
Arginine	g	1.399		0	0.397	0.224	1.189
Histidine	g	0.688		0	0.195	0.110	0.585
Alanine	g	1.414		0	0.401	0.226	1.202
Aspartic acid	g	2.394		0	0.679	0.383	2.035
Glutamic acid	g	3.489		0	0.989	0.558	2.966
Glycine	g	1.122		0	0.318	0.180	0.954
Proline	g	0.827		0	0.234	0.132	0.703
Serine	g	0.954		0	0.270	0.153	0.811
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz, boneless, raw
Measure 2: 1 cubic inch, boneless
Measure 3: 3 oz

NDB No. 15128 Finfish, tuna salad

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 205g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	63.16		0	129.48	53.69	
Energy	kcal	187		0	383	159	
Energy	kj	782		0	1603	665	
Protein (N x 5.95)	g	16.04		0	32.88	13.63	
Total lipid (fat)	g	9.26		0	18.98	7.87	
Carbohydrate, by difference	g	9.41		0	19.29	8.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.14		0	4.39	1.82	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	35	14	
Iron	mg	1.00		0	2.05	0.85	
Magnesium	mg	19		0	39	16	
Phosphorus	mg	178		0	365	151	
Potassium	mg	178		0	365	151	
Sodium	mg	402		0	824	342	
Zinc	mg	0.56		0	1.15	0.48	
Copper	mg	0.145		0	0.297	0.123	
Manganese	mg	0.040		0	0.082	0.034	
Selenium	µg	41.2		0	84.5	35.0	
Vitamins:							
Ascorbic acid	mg	2.2		0	4.5	1.9	
Thiamin	mg	0.031		0	0.064	0.026	
Riboflavin	mg	0.070		0	0.144	0.060	
Niacin	mg	6.700		0	13.735	5.695	
Pantothenic acid	mg	0.260		0	0.533	0.221	
Vitamin B-6	mg	0.081		0	0.166	0.069	
Folate	µg	8		0	16	7	
Vitamin B-12	µg	1.20		0	2.46	1.02	
Vitamin A	IU	97		0	199	82	
Vitamin A, RE	µg	27		0	55	23	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.544		0	3.165	1.312	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.014		0	0.029	0.012	
15.0	g						
16:0	g	1.280		0	2.624	1.088	
17:0	g						
18:0	g	0.249		0	0.510	0.212	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.887	0	5.918	2.454
14:1	g				
16:1	g	0.045	0	0.092	0.038
18:1	g	2.828	0	5.797	2.404
20:1	g	0.014	0	0.029	0.012
22.1	g				
Polyunsaturated, total	g	4.122	0	8.450	3.504
18:2	g	3.722	0	7.630	3.164
18:3	g	0.332	0	0.681	0.282
18:4	g				
20:4	g				
20:5	g	0.014	0	0.029	0.012
22:5	g				
22:6	g	0.055	0	0.113	0.047
Cholesterol	mg	13	0	27	11
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.180	0	0.369	0.153
Threonine	g	0.701	0	1.437	0.596
Isoleucine	g	0.739	0	1.515	0.628
Leucine	g	1.293	0	2.651	1.099
Lysine	g	1.457	0	2.987	1.238
Methionine	g	0.470	0	0.963	0.400
Cystine	g	0.172	0	0.353	0.146
Phenylalanine	g	0.626	0	1.283	0.532
Tyrosine	g	0.539	0	1.105	0.458
Valine	g	0.824	0	1.689	0.700
Arginine	g	0.967	0	1.982	0.822
Histidine	g	0.467	0	0.957	0.397
Alanine	g	0.962	0	1.972	0.818
Aspartic acid	g	1.632	0	3.346	1.387
Glutamic acid	g	2.402	0	4.924	2.042
Glycine	g	0.767	0	1.572	0.652
Proline	g	0.565	0	1.158	0.480
Serine	g	0.657	0	1.347	0.558
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3 oz

NDB No. 15129 Finfish, turbot, european, raw

Scophthalmus maximus (L.)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 204g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	76.95	1.150	2	156.98	65.41	
Energy	kcal	95		0	194	81	
Energy	kj	397		0	810	337	
Protein (N x 5.95)	g	16.05	0.050	2	32.74	13.64	
Total lipid (fat)	g	2.95	0.250	2	6.02	2.51	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.10	1.000	2	4.28	1.78	
Sugars, total	g						
Minerals:							
Calcium	mg	18		1	37	15	
Iron	mg	0.36		0	0.73	0.31	
Magnesium	mg	51		1	104	43	
Phosphorus	mg	129		1	263	110	
Potassium	mg	238	47.215	2	486	202	
Sodium	mg	150		1	306	128	
Zinc	mg	0.22	0.028	2	0.45	0.19	
Copper	mg	0.037	0.000	2	0.075	0.031	
Manganese	mg	0.017		0	0.035	0.014	
Selenium	µg	36.5		0	74.5	31.0	
Vitamins:							
Ascorbic acid	mg	1.7		0	3.5	1.4	
Thiamin	mg	0.066		1	0.135	0.056	
Riboflavin	mg	0.080		1	0.163	0.068	
Niacin	mg	2.200		1	4.488	1.870	
Pantothenic acid	mg	0.570		1	1.163	0.484	
Vitamin B-6	mg	0.210		0	0.428	0.179	
Folate	µg	8		0	16	7	
Vitamin B-12	µg	2.20		1	4.49	1.87	
Vitamin A	IU	35	15.000	2	71	30	
Vitamin A, RE	µg	11		0	22	9	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.750		0	1.530	0.637	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.610	0	1.244	0.518
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.880	0	1.795	0.748
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	48	0	98	41
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.180	0	0.367	0.153
Threonine	g	0.704	0	1.436	0.598
Isoleucine	g	0.740	0	1.510	0.629
Leucine	g	1.305	0	2.662	1.109
Lysine	g	1.474	0	3.007	1.253
Methionine	g	0.475	0	0.969	0.404
Cystine	g	0.172	0	0.351	0.146
Phenylalanine	g	0.627	0	1.279	0.533
Tyrosine	g	0.542	0	1.106	0.461
Valine	g	0.827	0	1.687	0.703
Arginine	g	0.960	0	1.958	0.816
Histidine	g	0.473	0	0.965	0.402
Alanine	g	0.971	0	1.981	0.825
Aspartic acid	g	1.644	0	3.354	1.397
Glutamic acid	g	2.396	0	4.888	2.037
Glycine	g	0.770	0	1.571	0.655
Proline	g	0.568	0	1.159	0.483
Serine	g	0.655	0	1.336	0.557
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet

Measure 2: 3 oz

NDB No. 15130 Finfish, whitefish, mixed species, raw
Coregonus spp.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 198g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	72.77	0.642	37	144.08	61.85	
Energy	kcal	134		0	265	114	
Energy	kj	561		0	1111	477	
Protein (N x 5.95)	g	19.09	0.239	42	37.80	16.23	
Total lipid (fat)	g	5.86	0.451	68	11.60	4.98	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.12	0.014	34	2.22	0.95	
Sugars, total	g						
Minerals:							
Calcium	mg	26		0	51	22	
Iron	mg	0.37		0	0.73	0.31	
Magnesium	mg	33		1	65	28	
Phosphorus	mg	270		0	535	230	
Potassium	mg	317		1	628	269	
Sodium	mg	51	1.004	17	101	43	
Zinc	mg	0.99	0.319	3	1.96	0.84	
Copper	mg	0.072	0.022	2	0.143	0.061	
Manganese	mg	0.067		0	0.133	0.057	
Selenium	µg	12.6		0	24.9	10.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.140		0	0.277	0.119	
Riboflavin	mg	0.120		0	0.238	0.102	
Niacin	mg	3.000		0	5.940	2.550	
Pantothenic acid	mg	0.750		0	1.485	0.637	
Vitamin B-6	mg	0.300		0	0.594	0.255	
Folate	µg	15		0	30	13	
Vitamin B-12	µg	1.00		0	1.98	0.85	
Vitamin A	IU	120		0	238	102	
Vitamin A, RE	µg	36		0	71	31	
Vitamin E, α-TE	mg	0.200		0	0.396	0.170	
Lipids:							
Saturated, total	g	0.906		0	1.794	0.770	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.109		1	0.216	0.093	
15.0	g						
16:0	g	0.599		1	1.186	0.509	
17:0	g						
18:0	g	0.198		1	0.392	0.168	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.996		0	3.952	1.697
14:1	g					
16:1	g	0.520		1	1.030	0.442
18:1	g	1.347		1	2.667	1.145
20:1	g	0.104		1	0.206	0.088
22.1	g	0.025		1	0.050	0.021
Polyunsaturated, total	g	2.149		0	4.255	1.827
18:2	g	0.272		1	0.539	0.231
18:3	g	0.183		1	0.362	0.156
18:4	g	0.050		1	0.099	0.043
20:4	g	0.223		1	0.442	0.190
20:5	g	0.317		1	0.628	0.269
22:5	g	0.163		1	0.323	0.139
22:6	g	0.941		1	1.863	0.800
Cholesterol	mg	60	1.186	24	119	51
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.214		0	0.424	0.182
Threonine	g	0.837		0	1.657	0.711
Isoleucine	g	0.880		0	1.742	0.748
Leucine	g	1.551		0	3.071	1.318
Lysine	g	1.753		0	3.471	1.490
Methionine	g	0.565		0	1.119	0.480
Cystine	g	0.205		0	0.406	0.174
Phenylalanine	g	0.745		0	1.475	0.633
Tyrosine	g	0.644		0	1.275	0.547
Valine	g	0.983		0	1.946	0.836
Arginine	g	1.142		0	2.261	0.971
Histidine	g	0.562		0	1.113	0.478
Alanine	g	1.154		0	2.285	0.981
Aspartic acid	g	1.955		0	3.871	1.662
Glutamic acid	g	2.849		0	5.641	2.422
Glycine	g	0.916		0	1.814	0.779
Proline	g	0.675		0	1.337	0.574
Serine	g	0.779		0	1.542	0.662
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15131 Finfish, whitefish, mixed species, smoked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 136g	Measure 2* 28g	Measure 3* 17g
Proximates:							
Water	g	70.83		2	96.33	20.08	12.04
Energy	kcal	108		0	147	31	18
Energy	kj	452		0	615	128	77
Protein (N x 5.95)	g	23.40		2	31.82	6.63	3.98
Total lipid (fat)	g	0.93		2	1.26	0.26	0.16
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	5.06		2	6.88	1.43	0.86
Sugars, total	g						
Minerals:							
Calcium	mg	18		2	24	5	3
Iron	mg	0.50		2	0.68	0.14	0.09
Magnesium	mg	23		2	31	7	4
Phosphorus	mg	132		2	180	37	22
Potassium	mg	423		2	575	120	72
Sodium	mg	1019		2	1386	289	173
Zinc	mg	0.49		2	0.67	0.14	0.08
Copper	mg	0.315		2	0.428	0.089	0.054
Manganese	mg	0.034		2	0.046	0.010	0.006
Selenium	µg	13.5		0	18.4	3.8	2.3
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.032		2	0.044	0.009	0.005
Riboflavin	mg	0.101		2	0.137	0.029	0.017
Niacin	mg	2.400		2	3.264	0.680	0.408
Pantothenic acid	mg	0.104		2	0.141	0.029	0.018
Vitamin B-6	mg	0.389		2	0.529	0.110	0.066
Folate	µg	7		2	10	2	1
Vitamin B-12	µg	3.26		2	4.43	0.92	0.55
Vitamin A	IU	190		2	258	54	32
Vitamin A, RE	µg	57		0	78	16	10
Vitamin E, α-TE	mg	0.200		0	0.272	0.057	0.034
Lipids:							
Saturated, total	g	0.228		0	0.310	0.065	0.039
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.007		2	0.010	0.002	0.001
15.0	g						
16:0	g	0.177		2	0.241	0.050	0.030
17:0	g						
18:0	g	0.044		2	0.060	0.012	0.007
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.278	0	0.378	0.079	0.047
14:1	g					
16:1	g	0.026	2	0.035	0.007	0.004
18:1	g	0.205	2	0.279	0.058	0.035
20:1	g	0.023	2	0.031	0.007	0.004
22.1	g	0.024	2	0.033	0.007	0.004
Polyunsaturated, total	g	0.293	0	0.398	0.083	0.050
18:2	g	0.084	2	0.114	0.024	0.014
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.048	2	0.065	0.014	0.008
22:5	g	0.005	2	0.007	0.001	0.001
22:6	g	0.156	2	0.212	0.044	0.027
Cholesterol	mg	33	2	45	9	6
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.262	0	0.356	0.074	0.045
Threonine	g	1.026	0	1.395	0.291	0.174
Isoleucine	g	1.078	0	1.466	0.306	0.183
Leucine	g	1.902	0	2.587	0.539	0.323
Lysine	g	2.149	0	2.923	0.609	0.365
Methionine	g	0.693	0	0.942	0.196	0.118
Cystine	g	0.251	0	0.341	0.071	0.043
Phenylalanine	g	0.914	0	1.243	0.259	0.155
Tyrosine	g	0.790	0	1.074	0.224	0.134
Valine	g	1.206	0	1.640	0.342	0.205
Arginine	g	1.400	0	1.904	0.397	0.238
Histidine	g	0.689	0	0.937	0.195	0.117
Alanine	g	1.415	0	1.924	0.401	0.241
Aspartic acid	g	2.396	0	3.259	0.679	0.407
Glutamic acid	g	3.493	0	4.750	0.990	0.594
Glycine	g	1.123	0	1.527	0.318	0.191
Proline	g	0.827	0	1.125	0.234	0.141
Serine	g	0.955	0	1.299	0.271	0.162
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cooked, flaked
Measure 2: 1 oz, boneless
Measure 3: 1 cubic inch, boneless

NDB No. 15132 Finfish, whiting, mixed species, raw

Gadidae

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 92g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	80.27		61	73.85	68.23	
Energy	kcal	90		0	83	77	
Energy	kj	377		0	347	320	
Protein (N x 5.95)	g	18.31		77	16.85	15.56	
Total lipid (fat)	g	1.31		185	1.21	1.11	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30		57	1.20	1.10	
Sugars, total	g						
Minerals:							
Calcium	mg	48		12	44	41	
Iron	mg	0.34	0.030	11	0.31	0.29	
Magnesium	mg	21		2	19	18	
Phosphorus	mg	222	11.000	13	204	189	
Potassium	mg	249	10.668	32	229	212	
Sodium	mg	72		34	66	61	
Zinc	mg	0.88	0.045	88	0.81	0.75	
Copper	mg	0.031	0.002	83	0.029	0.026	
Manganese	mg	0.104		2	0.096	0.088	
Selenium	µg	32.1	2.079	15	29.5	27.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.056	0.008	11	0.052	0.048	
Riboflavin	mg	0.046	0.301	11	0.042	0.039	
Niacin	mg	1.300	0.090	11	1.196	1.105	
Pantothenic acid	mg	0.216		2	0.199	0.184	
Vitamin B-6	mg	0.156		2	0.144	0.133	
Folate	µg	13		2	12	11	
Vitamin B-12	µg	2.30	0.330	11	2.12	1.95	
Vitamin A	IU	99		2	91	84	
Vitamin A, RE	µg	30		0	28	26	
Vitamin E, α-TE	mg	0.300		0	0.276	0.255	
Lipids:							
Saturated, total	g	0.247		0	0.227	0.210	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.045		6	0.041	0.038	
15.0	g						
16:0	g	0.158		6	0.145	0.134	
17:0	g						
18:0	g	0.032		6	0.029	0.027	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.279		0	0.257	0.237
14:1	g					
16:1	g	0.082		6	0.075	0.070
18:1	g	0.162		6	0.149	0.138
20:1	g	0.030		6	0.028	0.026
22.1	g	0.004		6	0.004	0.003
Polyunsaturated, total	g	0.422		0	0.388	0.359
18:2	g	0.020		6	0.018	0.017
18:3	g	0.034		6	0.031	0.029
18:4	g	0.041		5	0.038	0.035
20:4	g	0.078		6	0.072	0.066
20:5	g	0.093		6	0.086	0.079
22:5	g	0.018		6	0.017	0.015
22:6	g	0.131		6	0.121	0.111
Cholesterol	mg	67	2.940	11	62	57
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.205		0	0.189	0.174
Threonine	g	0.803		0	0.739	0.683
Isoleucine	g	0.844		0	0.776	0.717
Leucine	g	1.488		0	1.369	1.265
Lysine	g	1.682		0	1.547	1.430
Methionine	g	0.542		0	0.499	0.461
Cystine	g	0.196		0	0.180	0.167
Phenylalanine	g	0.715		0	0.658	0.608
Tyrosine	g	0.618		0	0.569	0.525
Valine	g	0.943		0	0.868	0.802
Arginine	g	1.096		0	1.008	0.932
Histidine	g	0.539		0	0.496	0.458
Alanine	g	1.108		0	1.019	0.942
Aspartic acid	g	1.875		0	1.725	1.594
Glutamic acid	g	2.734		0	2.515	2.324
Glycine	g	0.879		0	0.809	0.747
Proline	g	0.648		0	0.596	0.551
Serine	g	0.747		0	0.687	0.635
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15133 Finfish, whiting, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 72g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	74.71		0	53.79	63.50	
Energy	kcal	116		0	84	99	
Energy	kj	485		0	349	412	
Protein (N x 5.95)	g	23.48		0	16.91	19.96	
Total lipid (fat)	g	1.69		0	1.22	1.44	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.46	0.030	11	1.05	1.24	
Sugars, total	g						
Minerals:							
Calcium	mg	62		0	45	53	
Iron	mg	0.42	0.040	11	0.30	0.36	
Magnesium	mg	27		0	19	23	
Phosphorus	mg	285		0	205	242	
Potassium	mg	434	9.800	11	312	369	
Sodium	mg	132	9.190	11	95	112	
Zinc	mg	0.53	0.020	11	0.38	0.45	
Copper	mg	0.040		0	0.029	0.034	
Manganese	mg	0.130		0	0.094	0.111	
Selenium	µg	41.1		0	29.6	34.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.068	0.010	11	0.049	0.058	
Riboflavin	mg	0.060	0.010	11	0.043	0.051	
Niacin	mg	1.670	0.080	11	1.202	1.420	
Pantothenic acid	mg	0.250		0	0.180	0.213	
Vitamin B-6	mg	0.180		0	0.130	0.153	
Folate	µg	15		0	11	13	
Vitamin B-12	µg	2.60	0.200	11	1.87	2.21	
Vitamin A	IU	114		0	82	97	
Vitamin A, RE	µg	34		0	24	29	
Vitamin E, α-TE	mg	0.300		0	0.216	0.255	
Lipids:							
Saturated, total	g	0.400		0	0.288	0.340	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.068		11	0.049	0.058	
15.0	g						
16:0	g	0.285		11	0.205	0.242	
17:0	g						
18:0	g	0.047		11	0.034	0.040	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.445		0	0.320	0.378
14:1	g					
16:1	g	0.121		11	0.087	0.103
18:1	g	0.277		11	0.199	0.235
20:1	g	0.027		11	0.019	0.023
22.1	g	0.020		11	0.014	0.017
Polyunsaturated, total	g	0.587		0	0.423	0.499
18:2	g	0.020		11	0.014	0.017
18:3	g	0.013		11	0.009	0.011
18:4	g	0.000		0	0.000	0.000
20:4	g	0.020		11	0.014	0.017
20:5	g	0.283		11	0.204	0.241
22:5	g	0.017		11	0.012	0.014
22:6	g	0.235		11	0.169	0.200
Cholesterol	mg	84	3.700	11	60	71
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.263		0	0.189	0.224
Threonine	g	1.029		0	0.741	0.875
Isoleucine	g	1.082		0	0.779	0.920
Leucine	g	1.908		0	1.374	1.622
Lysine	g	2.156		0	1.552	1.833
Methionine	g	0.695		0	0.500	0.591
Cystine	g	0.252		0	0.181	0.214
Phenylalanine	g	0.917		0	0.660	0.779
Tyrosine	g	0.793		0	0.571	0.674
Valine	g	1.210		0	0.871	1.028
Arginine	g	1.405		0	1.012	1.194
Histidine	g	0.691		0	0.498	0.587
Alanine	g	1.420		0	1.022	1.207
Aspartic acid	g	2.404		0	1.731	2.043
Glutamic acid	g	3.505		0	2.524	2.979
Glycine	g	1.127		0	0.811	0.958
Proline	g	0.830		0	0.598	0.706
Serine	g	0.958		0	0.690	0.814
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15134 Finfish, wolffish, Atlantic, raw

Anarhichas lupus (L.)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 153g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	79.90	0.764	9	122.25	67.92	
Energy	kcal	96		0	147	82	
Energy	kj	402		0	615	342	
Protein (N x 5.95)	g	17.50	1.000	2	26.77	14.88	
Total lipid (fat)	g	2.39	0.542	4	3.66	2.03	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.16		1	1.77	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	9	5	
Iron	mg	0.09		0	0.14	0.08	
Magnesium	mg	30		0	46	26	
Phosphorus	mg	200		0	306	170	
Potassium	mg	300		0	459	255	
Sodium	mg	85		0	130	72	
Zinc	mg	0.78	0.033	60	1.19	0.66	
Copper	mg	0.029	0.003	58	0.044	0.025	
Manganese	mg	0.015		0	0.023	0.013	
Selenium	µg	36.5		0	55.8	31.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.180	0.021	3	0.275	0.153	
Riboflavin	mg	0.080	0.006	3	0.122	0.068	
Niacin	mg	2.133	0.203	3	3.263	1.813	
Pantothenic acid	mg	0.570	0.040	3	0.872	0.484	
Vitamin B-6	mg	0.400		0	0.612	0.340	
Folate	µg	5		0	8	4	
Vitamin B-12	µg	2.03	0.145	3	3.11	1.73	
Vitamin A	IU	375	65.000	2	574	319	
Vitamin A, RE	µg	113		0	173	96	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.365		0	0.558	0.310	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.066		1	0.101	0.056	
15.0	g						
16:0	g	0.253		1	0.387	0.215	
17:0	g						
18:0	g	0.046		1	0.070	0.039	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.837	0	1.281	0.711
14:1	g				
16:1	g	0.189	1	0.289	0.161
18:1	g	0.516	1	0.789	0.439
20:1	g	0.114	1	0.174	0.097
22.1	g	0.018	1	0.028	0.015
Polyunsaturated, total	g	0.845	0	1.293	0.718
18:2	g	0.020	1	0.031	0.017
18:3	g	0.009	1	0.014	0.008
18:4	g	0.061	1	0.093	0.052
20:4	g	0.089	1	0.136	0.076
20:5	g	0.307	1	0.470	0.261
22:5	g	0.043	1	0.066	0.037
22:6	g	0.316	1	0.483	0.269
Cholesterol	mg	46	0	70	39
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.196	0	0.300	0.167
Threonine	g	0.767	0	1.174	0.652
Isoleucine	g	0.806	0	1.233	0.685
Leucine	g	1.422	0	2.176	1.209
Lysine	g	1.607	0	2.459	1.366
Methionine	g	0.518	0	0.793	0.440
Cystine	g	0.188	0	0.288	0.160
Phenylalanine	g	0.683	0	1.045	0.581
Tyrosine	g	0.591	0	0.904	0.502
Valine	g	0.902	0	1.380	0.767
Arginine	g	1.047	0	1.602	0.890
Histidine	g	0.515	0	0.788	0.438
Alanine	g	1.058	0	1.619	0.899
Aspartic acid	g	1.792	0	2.742	1.523
Glutamic acid	g	2.612	0	3.996	2.220
Glycine	g	0.840	0	1.285	0.714
Proline	g	0.619	0	0.947	0.526
Serine	g	0.714	0	1.092	0.607
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

NDB No. 15135 Finfish, yellowtail, mixed species, raw
Seriola spp.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 187g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	74.52		32	139.35	63.34	
Energy	kcal	146		0	273	124	
Energy	kj	611		0	1143	519	
Protein (N x 5.95)	g	23.14	0.217	29	43.27	19.67	
Total lipid (fat)	g	5.24	0.295	39	9.80	4.45	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.09		1	2.04	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	23		0	43	20	
Iron	mg	0.49		1	0.92	0.42	
Magnesium	mg	30		0	56	26	
Phosphorus	mg	157		1	294	133	
Potassium	mg	420		0	785	357	
Sodium	mg	39		1	73	33	
Zinc	mg	0.52	0.068	26	0.97	0.44	
Copper	mg	0.045		26	0.084	0.038	
Manganese	mg	0.015		0	0.028	0.013	
Selenium	µg	36.5		0	68.3	31.0	
Vitamins:							
Ascorbic acid	mg	2.8		1	5.2	2.4	
Thiamin	mg	0.144		1	0.269	0.122	
Riboflavin	mg	0.040		1	0.075	0.034	
Niacin	mg	6.800		1	12.716	5.780	
Pantothenic acid	mg	0.590	0.102	3	1.103	0.501	
Vitamin B-6	mg	0.160	0.030	2	0.299	0.136	
Folate	µg	4	1.292	3	7	3	
Vitamin B-12	µg	1.30		1	2.43	1.10	
Vitamin A	IU	95		1	178	81	
Vitamin A, RE	µg	29		0	54	25	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.280		0	2.394	1.088	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.990	0	3.721	1.692
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.420	0	2.655	1.207
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	55	0	103	47
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.259	0	0.484	0.220
Threonine	g	1.015	0	1.898	0.863
Isoleucine	g	1.066	0	1.993	0.906
Leucine	g	1.881	0	3.517	1.599
Lysine	g	2.126	0	3.976	1.807
Methionine	g	0.685	0	1.281	0.582
Cystine	g	0.248	0	0.464	0.211
Phenylalanine	g	0.904	0	1.690	0.768
Tyrosine	g	0.781	0	1.460	0.664
Valine	g	1.192	0	2.229	1.013
Arginine	g	1.385	0	2.590	1.177
Histidine	g	0.681	0	1.273	0.579
Alanine	g	1.400	0	2.618	1.190
Aspartic acid	g	2.370	0	4.432	2.014
Glutamic acid	g	3.455	0	6.461	2.937
Glycine	g	1.111	0	2.078	0.944
Proline	g	0.818	0	1.530	0.695
Serine	g	0.944	0	1.765	0.802
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

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

Paralithodes camtschatica (Tilesius)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 172g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	79.57	0.466	54	136.86	67.63	
Energy	kcal	84		0	144	71	
Energy	kj	351		0	604	298	
Protein (N x 5.95)	g	18.29	0.383	51	31.46	15.55	
Total lipid (fat)	g	0.60	0.049	54	1.03	0.51	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.80	0.042	50	3.10	1.53	
Sugars, total	g						
Minerals:							
Calcium	mg	46	2.587	36	79	39	
Iron	mg	0.59	0.075	3	1.01	0.50	
Magnesium	mg	49		0	84	42	
Phosphorus	mg	219	7.187	43	377	186	
Potassium	mg	204	5.774	3	351	173	
Sodium	mg	836	40.992	3	1438	711	
Zinc	mg	5.95	0.516	29	10.23	5.06	
Copper	mg	0.922	0.110	29	1.586	0.784	
Manganese	mg	0.035		1	0.060	0.030	
Selenium	µg	36.4		0	62.6	30.9	
Vitamins:							
Ascorbic acid	mg	7.0		0	12.0	6.0	
Thiamin	mg	0.043	0.006	3	0.074	0.037	
Riboflavin	mg	0.043	0.003	3	0.074	0.037	
Niacin	mg	1.100	0.029	3	1.892	0.935	
Pantothenic acid	mg	0.350		0	0.602	0.298	
Vitamin B-6	mg	0.150		0	0.258	0.128	
Folate	µg	44		0	76	37	
Vitamin B-12	µg	9.00		0	15.48	7.65	
Vitamin A	IU	24		1	41	20	
Vitamin A, RE	µg	7		0	12	6	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.090		0	0.155	0.077	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.080		0	0.138	0.068
14:1	g					
16:1	g					
18:1	g					
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.130		0	0.224	0.111
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	42	0.808	3	72	36
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.255		23	0.439	0.217
Threonine	g	0.741		27	1.275	0.630
Isoleucine	g	0.887		27	1.526	0.754
Leucine	g	1.452		27	2.497	1.234
Lysine	g	1.592		29	2.738	1.353
Methionine	g	0.515		28	0.886	0.438
Cystine	g	0.205		24	0.353	0.174
Phenylalanine	g	0.773		27	1.330	0.657
Tyrosine	g	0.609		27	1.047	0.518
Valine	g	0.861		27	1.481	0.732
Arginine	g	1.598		21	2.749	1.358
Histidine	g	0.372		27	0.640	0.316
Alanine	g	1.036		21	1.782	0.881
Aspartic acid	g	1.891		21	3.253	1.607
Glutamic acid	g	3.120		21	5.366	2.652
Glycine	g	1.103		21	1.897	0.938
Proline	g	0.603		21	1.037	0.513
Serine	g	0.720		21	1.238	0.612
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 leg
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 134g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	77.55	0.606	4	103.92	65.92	
Energy	kcal	97		0	130	82	
Energy	kj	406		0	544	345	
Protein (N x 5.95)	g	19.35	0.779	4	25.93	16.45	
Total lipid (fat)	g	1.54	0.082	18	2.06	1.31	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.85	0.050	2	2.48	1.57	
Sugars, total	g						
Minerals:							
Calcium	mg	59		0	79	50	
Iron	mg	0.76		0	1.02	0.65	
Magnesium	mg	63		0	84	54	
Phosphorus	mg	280		0	375	238	
Potassium	mg	262		0	351	223	
Sodium	mg	1072		0	1436	911	
Zinc	mg	7.62		0	10.21	6.48	
Copper	mg	1.182		0	1.584	1.005	
Manganese	mg	0.040		0	0.054	0.034	
Selenium	µg	40.0		0	53.6	34.0	
Vitamins:							
Ascorbic acid	mg	7.6		0	10.2	6.5	
Thiamin	mg	0.053		0	0.071	0.045	
Riboflavin	mg	0.055		0	0.074	0.047	
Niacin	mg	1.340		0	1.796	1.139	
Pantothenic acid	mg	0.400		0	0.536	0.340	
Vitamin B-6	mg	0.180		0	0.241	0.153	
Folate	µg	51		0	68	43	
Vitamin B-12	µg	11.50		0	15.41	9.78	
Vitamin A	IU	29		0	39	25	
Vitamin A, RE	µg	9		0	12	8	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.133		0	0.178	0.113	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.003	0.000	2	0.004	0.003	
12:0	g	0.004	0.001	2	0.005	0.003	
14:0	g	0.015	0.002	10	0.020	0.013	
15.0	g						
16:0	g	0.087	0.009	10	0.117	0.074	
17:0	g						
18:0	g	0.019	0.003	14	0.025	0.016	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.185		0	0.248	0.157
14:1	g					
16:1	g	0.041	0.004	10	0.055	0.035
18:1	g	0.089	0.010	12	0.119	0.076
20:1	g	0.014	0.004	12	0.019	0.012
22.1	g	0.038	0.001	4	0.051	0.032
Polyunsaturated, total	g	0.536		0	0.718	0.456
18:2	g	0.020	0.002	12	0.027	0.017
18:3	g	0.014	0.005	10	0.019	0.012
18:4	g	0.015	0.002	14	0.020	0.013
20:4	g	0.043	0.007	10	0.058	0.037
20:5	g	0.295	0.021	12	0.395	0.251
22:5	g	0.031	0.005	12	0.042	0.026
22:6	g	0.118	0.008	10	0.158	0.100
Cholesterol	mg	53		0	71	45
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.269		0	0.360	0.229
Threonine	g	0.783		0	1.049	0.666
Isoleucine	g	0.938		0	1.257	0.797
Leucine	g	1.536		0	2.058	1.306
Lysine	g	1.684		0	2.257	1.431
Methionine	g	0.545		0	0.730	0.463
Cystine	g	0.217		0	0.291	0.184
Phenylalanine	g	0.817		0	1.095	0.694
Tyrosine	g	0.644		0	0.863	0.547
Valine	g	0.910		0	1.219	0.774
Arginine	g	1.690		0	2.265	1.437
Histidine	g	0.393		0	0.527	0.334
Alanine	g	1.096		0	1.469	0.932
Aspartic acid	g	2.000		0	2.680	1.700
Glutamic acid	g	3.300		0	4.422	2.805
Glycine	g	1.167		0	1.564	0.992
Proline	g	0.638		0	0.855	0.542
Serine	g	0.762		0	1.021	0.648
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 leg
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	73.70	0.606	3	62.65		
Energy	kcal	102		0	87		
Energy	kj	427		0	363		
Protein (N x 5.95)	g	12.02	0.092	3	10.22		
Total lipid (fat)	g	1.31	0.098	3	1.11		
Carbohydrate, by difference	g	10.22		0	8.69		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.75	0.329	3	2.34		
Sugars, total	g						
Minerals:							
Calcium	mg	13	4.734	3	11		
Iron	mg	0.39	0.052	3	0.33		
Magnesium	mg	43		0	37		
Phosphorus	mg	282		0	240		
Potassium	mg	90	2.309	3	77		
Sodium	mg	841	158.776	3	715		
Zinc	mg	0.33		0	0.28		
Copper	mg	0.032		0	0.027		
Manganese	mg	0.011		0	0.009		
Selenium	µg	22.3		0	19.0		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.032	0.009	3	0.027		
Riboflavin	mg	0.027	0.008	3	0.023		
Niacin	mg	0.180	0.012	3	0.153		
Pantothenic acid	mg	0.070		0	0.060		
Vitamin B-6	mg	0.030		0	0.026		
Folate	µg	2		0	1		
Vitamin B-12	µg	1.60		0	1.36		
Vitamin A	IU	66		0	56		
Vitamin A, RE	µg	20		0	17		
Vitamin E, α-TE	mg	0.100		0	0.085		
Lipids:							
Saturated, total	g	0.260		0	0.221		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.008		0	0.007		
15.0	g						
16:0	g	0.123		0	0.105		
17:0	g						
18:0	g	0.028		0	0.024		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.200		0	0.170
14:1	g				
16:1	g	0.018		0	0.015
18:1	g	0.147		0	0.125
20:1	g	0.029		0	0.025
22.1	g	0.006		0	0.005
Polyunsaturated, total	g	0.670		0	0.570
18:2	g	0.015		0	0.013
18:3	g	0.007		0	0.006
18:4	g	0.000		0	0.000
20:4	g	0.018		0	0.015
20:5	g	0.244		0	0.207
22:5	g	0.018		0	0.015
22:6	g	0.361		0	0.307
Cholesterol	mg	20	1.386	3	17
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.073		0	0.062
Threonine	g	0.581		0	0.494
Isoleucine	g	0.562		0	0.478
Leucine	g	0.952		0	0.809
Lysine	g	1.098		0	0.933
Methionine	g	0.408		0	0.347
Cystine	g	0.129		0	0.110
Phenylalanine	g	0.471		0	0.400
Tyrosine	g	0.485		0	0.412
Valine	g	0.610		0	0.518
Arginine	g	0.798		0	0.678
Histidine	g	0.277		0	0.235
Alanine	g	0.706		0	0.600
Aspartic acid	g	1.202		0	1.022
Glutamic acid	g	1.898		0	1.613
Glycine	g	0.465		0	0.395
Proline	g	0.448		0	0.381
Serine	g	0.525		0	0.446
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

NDB No. 15139 Crustaceans, crab, blue, raw

Callinectes sapidus Rathbun

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	79.02	0.388	47	67.17	16.59	
Energy	kcal	87		0	74	18	
Energy	kj	364		0	309	76	
Protein (N x 5.95)	g	18.06	0.347	43	15.35	3.79	
Total lipid (fat)	g	1.08	0.044	44	0.92	0.23	
Carbohydrate, by difference	g	0.04		0	0.03	0.01	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.81	0.055	39	1.54	0.38	
Sugars, total	g						
Minerals:							
Calcium	mg	89	7.939	30	76	19	
Iron	mg	0.74	0.077	17	0.63	0.16	
Magnesium	mg	34	1.468	17	29	7	
Phosphorus	mg	229	10.139	37	195	48	
Potassium	mg	329	17.242	15	280	69	
Sodium	mg	293	19.212	15	249	62	
Zinc	mg	3.54	0.181	112	3.01	0.74	
Copper	mg	0.669	0.035	113	0.569	0.140	
Manganese	mg	0.150		0	0.128	0.032	
Selenium	µg	37.4		0	31.8	7.9	
Vitamins:							
Ascorbic acid	mg	3.0		0	2.5	0.6	
Thiamin	mg	0.080		0	0.068	0.017	
Riboflavin	mg	0.040		0	0.034	0.008	
Niacin	mg	2.700		0	2.295	0.567	
Pantothenic acid	mg	0.350		0	0.298	0.074	
Vitamin B-6	mg	0.150		0	0.128	0.032	
Folate	µg	44		0	37	9	
Vitamin B-12	µg	9.00		0	7.65	1.89	
Vitamin A	IU	5		0	4	1	
Vitamin A, RE	µg	2		0	2	0	
Vitamin E, α-TE	mg	1.000		0	0.850	0.210	
Lipids:							
Saturated, total	g	0.222		0	0.189	0.047	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.141	0.006	3	0.120	0.030	
17:0	g						
18:0	g	0.081	0.016	3	0.069	0.017	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.192		0	0.163	0.040
14:1	g					
16:1	g	0.059	0.006	3	0.050	0.012
18:1	g	0.104	0.012	3	0.088	0.022
20:1	g	0.029	0.012	3	0.025	0.006
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.387		0	0.329	0.081
18:2	g	0.012	0.002	3	0.010	0.003
18:3	g	0.000		0	0.000	0.000
18:4	g	0.000		0	0.000	0.000
20:4	g	0.055	0.023	3	0.047	0.012
20:5	g	0.170	0.003	3	0.145	0.036
22:5	g	0.000		0	0.000	0.000
22:6	g	0.150	0.016	3	0.128	0.032
Cholesterol	mg	78	8.431	6	66	16
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.251		0	0.213	0.053
Threonine	g	0.731		0	0.621	0.154
Isoleucine	g	0.875		0	0.744	0.184
Leucine	g	1.433		0	1.218	0.301
Lysine	g	1.572		0	1.336	0.330
Methionine	g	0.508		0	0.432	0.107
Cystine	g	0.202		0	0.172	0.042
Phenylalanine	g	0.763		0	0.649	0.160
Tyrosine	g	0.601		0	0.511	0.126
Valine	g	0.849		0	0.722	0.178
Arginine	g	1.577		0	1.340	0.331
Histidine	g	0.367		0	0.312	0.077
Alanine	g	1.023		0	0.870	0.215
Aspartic acid	g	1.866		0	1.586	0.392
Glutamic acid	g	3.080		0	2.618	0.647
Glycine	g	1.089		0	0.926	0.229
Proline	g	0.595		0	0.506	0.125
Serine	g	0.711		0	0.604	0.149
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz
Measure 2: 1 crab

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 118g	Measure 2* 135g	Measure 3* 28g
Proximates:							
Water	g	77.43	0.801	11	91.37	104.53	21.95
Energy	kcal	102		0	120	138	29
Energy	kj	427		0	504	576	121
Protein (N x 5.95)	g	20.20		1	23.84	27.27	5.73
Total lipid (fat)	g	1.77	0.102	16	2.09	2.39	0.50
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	2.00		1	2.36	2.70	0.57
Sugars, total	g						
Minerals:							
Calcium	mg	104	16.042	10	123	140	29
Iron	mg	0.91	0.044	10	1.07	1.23	0.26
Magnesium	mg	33	1.289	10	39	45	9
Phosphorus	mg	206	5.981	10	243	278	58
Potassium	mg	324	12.190	10	382	437	92
Sodium	mg	279	9.935	10	329	377	79
Zinc	mg	4.22	0.184	10	4.98	5.70	1.20
Copper	mg	0.645	0.046	10	0.761	0.871	0.183
Manganese	mg	0.190		0	0.224	0.257	0.054
Selenium	µg	40.2	7.817	5	47.4	54.3	11.4
Vitamins:							
Ascorbic acid	mg	3.3		0	3.9	4.5	0.9
Thiamin	mg	0.100		0	0.118	0.135	0.028
Riboflavin	mg	0.050		0	0.059	0.068	0.014
Niacin	mg	3.300		0	3.894	4.455	0.936
Pantothenic acid	mg	0.430		0	0.507	0.581	0.122
Vitamin B-6	mg	0.180		0	0.212	0.243	0.051
Folate	µg	51		0	60	69	14
Vitamin B-12	µg	7.30	0.085	6	8.61	9.86	2.07
Vitamin A	IU	6		0	7	8	2
Vitamin A, RE	µg	2		0	2	3	1
Vitamin E, α-TE	mg	1.000		0	1.180	1.350	0.284
Lipids:							
Saturated, total	g	0.228		0	0.269	0.308	0.065
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.018	0.004	10	0.021	0.024	0.005
15.0	g						
16:0	g	0.144	0.010	16	0.170	0.194	0.041
17:0	g						
18:0	g	0.061	0.006	16	0.072	0.082	0.017
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.280		0	0.330	0.378	0.079
14:1	g						
16:1	g	0.089	0.007	16	0.105	0.120	0.025
18:1	g	0.151	0.009	16	0.178	0.204	0.043
20:1	g	0.038	0.005	16	0.045	0.051	0.011
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	0.680		0	0.802	0.918	0.193
18:2	g	0.028	0.002	16	0.033	0.038	0.008
18:3	g	0.021	0.004	10	0.025	0.028	0.006
18:4	g	0.019	0.001	10	0.022	0.026	0.005
20:4	g	0.084	0.006	16	0.099	0.113	0.024
20:5	g	0.243	0.011	16	0.287	0.328	0.069
22:5	g	0.054	0.005	10	0.064	0.073	0.015
22:6	g	0.231	0.017	16	0.273	0.312	0.065
Cholesterol	mg	100		0	118	135	28
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.281		0	0.332	0.379	0.080
Threonine	g	0.818		0	0.965	1.104	0.232
Isoleucine	g	0.979		0	1.155	1.322	0.278
Leucine	g	1.603		0	1.892	2.164	0.454
Lysine	g	1.758		0	2.074	2.373	0.498
Methionine	g	0.569		0	0.671	0.768	0.161
Cystine	g	0.226		0	0.267	0.305	0.064
Phenylalanine	g	0.853		0	1.007	1.152	0.242
Tyrosine	g	0.672		0	0.793	0.907	0.191
Valine	g	0.950		0	1.121	1.282	0.269
Arginine	g	1.765		0	2.083	2.383	0.500
Histidine	g	0.410		0	0.484	0.554	0.116
Alanine	g	1.144		0	1.350	1.544	0.324
Aspartic acid	g	2.088		0	2.464	2.819	0.592
Glutamic acid	g	3.445		0	4.065	4.651	0.977
Glycine	g	1.218		0	1.437	1.644	0.345
Proline	g	0.666		0	0.786	0.899	0.189
Serine	g	0.795		0	0.938	1.073	0.225
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, cooked, flaked and pieces
Measure 2: 1 cup (not packed)
Measure 3: 1 oz, without shell, cooked

NDB No. 15141 Crustaceans, crab, blue, canned

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 135g	Measure 2* 28g	Measure 3* 125g
Proximates:							
Water	g	76.16		0	102.82	21.59	95.20
Energy	kcal	99		0	134	28	124
Energy	kj	414		0	559	117	518
Protein (N x 5.95)	g	20.52		0	27.70	5.82	25.65
Total lipid (fat)	g	1.23		0	1.66	0.35	1.54
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	2.05		0	2.77	0.58	2.56
Sugars, total	g						
Minerals:							
Calcium	mg	101		0	136	29	126
Iron	mg	0.84		0	1.13	0.24	1.05
Magnesium	mg	39		0	53	11	49
Phosphorus	mg	260		0	351	74	325
Potassium	mg	374		0	505	106	468
Sodium	mg	333		0	450	94	416
Zinc	mg	4.02		0	5.43	1.14	5.02
Copper	mg	0.760		0	1.026	0.215	0.950
Manganese	mg	0.190		0	0.257	0.054	0.238
Selenium	µg	31.8	4.065	4	42.9	9.0	39.8
Vitamins:							
Ascorbic acid	mg	2.7		0	3.6	0.8	3.4
Thiamin	mg	0.080		0	0.108	0.023	0.100
Riboflavin	mg	0.084		1	0.113	0.024	0.105
Niacin	mg	1.370		1	1.850	0.388	1.712
Pantothenic acid	mg	0.360		0	0.486	0.102	0.450
Vitamin B-6	mg	0.150		0	0.203	0.043	0.188
Folate	µg	43		0	57	12	53
Vitamin B-12	µg	0.46		1	0.62	0.13	0.57
Vitamin A	IU	5		0	7	1	6
Vitamin A, RE	µg	2		0	3	1	3
Vitamin E, α-TE	mg	1.000		0	1.350	0.284	1.250
Lipids:							
Saturated, total	g	0.252		0	0.340	0.071	0.315
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.160		0	0.216	0.045	0.200
17:0	g						
18:0	g	0.092		0	0.124	0.026	0.115
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.218	0	0.294	0.062	0.273
14:1	g					
16:1	g	0.067	0	0.090	0.019	0.084
18:1	g	0.118	0	0.159	0.033	0.148
20:1	g	0.033	0	0.045	0.009	0.041
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.440	0	0.594	0.125	0.550
18:2	g	0.014	0	0.019	0.004	0.018
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.063	0	0.085	0.018	0.079
20:5	g	0.193	0	0.261	0.055	0.241
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.170	0	0.230	0.048	0.213
Cholesterol	mg	89	0	120	25	111
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.286	0	0.386	0.081	0.358
Threonine	g	0.831	0	1.122	0.236	1.039
Isoleucine	g	0.995	0	1.343	0.282	1.244
Leucine	g	1.628	0	2.198	0.462	2.035
Lysine	g	1.786	0	2.411	0.506	2.232
Methionine	g	0.578	0	0.780	0.164	0.723
Cystine	g	0.230	0	0.311	0.065	0.287
Phenylalanine	g	0.867	0	1.170	0.246	1.084
Tyrosine	g	0.683	0	0.922	0.194	0.854
Valine	g	0.965	0	1.303	0.274	1.206
Arginine	g	1.793	0	2.421	0.508	2.241
Histidine	g	0.417	0	0.563	0.118	0.521
Alanine	g	1.162	0	1.569	0.329	1.452
Aspartic acid	g	2.121	0	2.863	0.601	2.651
Glutamic acid	g	3.500	0	4.725	0.992	4.375
Glycine	g	1.238	0	1.671	0.351	1.548
Proline	g	0.676	0	0.913	0.192	0.845
Serine	g	0.808	0	1.091	0.229	1.010
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz
Measure 3: 1 can (6.5 oz), drained

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 60g	Measure 2*	Measure 3*
Proximates:							
Water	g	71.00		0	42.60		
Energy	kcal	155		0	93		
Energy	kj	649		0	389		
Protein (N x 5.95)	g	20.21		0	12.13		
Total lipid (fat)	g	7.52		0	4.51		
Carbohydrate, by difference	g	0.48		0	0.29		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.10		0	1.26		
Sugars, total	g						
Minerals:							
Calcium	mg	105		0	63		
Iron	mg	1.08		0	0.65		
Magnesium	mg	33		0	20		
Phosphorus	mg	213		0	128		
Potassium	mg	324		0	194		
Sodium	mg	330		0	198		
Zinc	mg	4.09		0	2.45		
Copper	mg	0.610		0	0.366		
Manganese	mg	0.190		0	0.114		
Selenium	µg	40.7		0	24.4		
Vitamins:							
Ascorbic acid	mg	2.8		0	1.7		
Thiamin	mg	0.090		0	0.054		
Riboflavin	mg	0.080		0	0.048		
Niacin	mg	2.900		0	1.740		
Pantothenic acid	mg	0.500		0	0.300		
Vitamin B-6	mg	0.170		0	0.102		
Folate	µg	53		0	32		
Vitamin B-12	µg	5.93		0	3.56		
Vitamin A	IU	252		0	151		
Vitamin A, RE	µg	81		0	49		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.483		0	0.890		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.032		0	0.019		
15.0	g						
16:0	g	0.956		0	0.574		
17:0	g						
18:0	g	0.491		0	0.295		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.815	0	1.689
14:1	g			
16:1	g	0.121	0	0.073
18:1	g	2.655	0	1.593
20:1	g	0.035	0	0.021
22.1	g			
Polyunsaturated, total	g	2.273	0	1.364
18:2	g	1.578	0	0.947
18:3	g	0.087	0	0.052
18:4	g	0.018	0	0.011
20:4	g	0.088	0	0.053
20:5	g	0.227	0	0.136
22:5	g	0.050	0	0.030
22:6	g	0.216	0	0.130
Cholesterol	mg	150	0	90
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.281	0	0.169
Threonine	g	0.828	0	0.497
Isoleucine	g	0.996	0	0.598
Leucine	g	1.617	0	0.970
Lysine	g	1.733	0	1.040
Methionine	g	0.569	0	0.341
Cystine	g	0.239	0	0.143
Phenylalanine	g	0.870	0	0.522
Tyrosine	g	0.682	0	0.409
Valine	g	0.980	0	0.588
Arginine	g	1.730	0	1.038
Histidine	g	0.414	0	0.248
Alanine	g	1.145	0	0.687
Aspartic acid	g	2.083	0	1.250
Glutamic acid	g	3.396	0	2.038
Glycine	g	1.180	0	0.708
Proline	g	0.676	0	0.406
Serine	g	0.841	0	0.505
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cake

NDB No. 15143 Crustaceans, crab, dungeness, raw

Cancer magister Dana

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 163g	Measure 3*
Proximates:							
Water	g	79.18	0.281	32	67.30	129.06	
Energy	kcal	86		0	73	140	
Energy	kj	360		0	306	587	
Protein (N x 5.95)	g	17.41	0.334	36	14.80	28.38	
Total lipid (fat)	g	0.97	0.052	24	0.82	1.58	
Carbohydrate, by difference	g	0.74		0	0.63	1.21	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.70	0.050	28	1.45	2.77	
Sugars, total	g						
Minerals:							
Calcium	mg	46	9.752	8	39	75	
Iron	mg	0.37	0.061	8	0.31	0.60	
Magnesium	mg	45	5.285	8	38	73	
Phosphorus	mg	182	9.581	12	155	297	
Potassium	mg	354	9.011	8	301	577	
Sodium	mg	295	39.570	8	251	481	
Zinc	mg	4.27	0.225	57	3.63	6.96	
Copper	mg	0.674	0.044	58	0.573	1.099	
Manganese	mg	0.080		0	0.068	0.130	
Selenium	µg	37.1		0	31.5	60.5	
Vitamins:							
Ascorbic acid	mg	3.5		0	3.0	5.7	
Thiamin	mg	0.047	0.010	3	0.040	0.077	
Riboflavin	mg	0.167	0.050	3	0.142	0.272	
Niacin	mg	3.140	0.081	3	2.669	5.118	
Pantothenic acid	mg	0.350		0	0.298	0.571	
Vitamin B-6	mg	0.150		0	0.128	0.245	
Folate	µg	44		0	37	72	
Vitamin B-12	µg	9.00		0	7.65	14.67	
Vitamin A	IU	90		0	77	147	
Vitamin A, RE	µg	27		0	23	44	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.132		0	0.112	0.215	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	2	0.000	0.000	
14:0	g	0.001	0.000	2	0.001	0.002	
15.0	g						
16:0	g	0.089	0.003	2	0.076	0.145	
17:0	g						
18:0	g	0.041	0.004	2	0.035	0.067	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.167		0	0.142	0.272
14:1	g					
16:1	g	0.043	0.011	2	0.037	0.070
18:1	g	0.093	0.006	2	0.079	0.152
20:1	g	0.011	0.002	2	0.009	0.018
22.1	g	0.020	0.003	2	0.017	0.033
Polyunsaturated, total	g	0.317		0	0.269	0.517
18:2	g					
18:3	g					
18:4	g					
20:4	g	0.000	0.000	2	0.000	0.000
20:5	g	0.219	0.002	2	0.186	0.357
22:5	g	0.010	0.000	2	0.009	0.016
22:6	g	0.088	0.001	2	0.075	0.143
Cholesterol	mg	59	3.219	5	50	96
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.242		0	0.206	0.394
Threonine	g	0.705		0	0.599	1.149
Isoleucine	g	0.844		0	0.717	1.376
Leucine	g	1.381		0	1.174	2.251
Lysine	g	1.515		0	1.288	2.469
Methionine	g	0.490		0	0.417	0.799
Cystine	g	0.195		0	0.166	0.318
Phenylalanine	g	0.735		0	0.625	1.198
Tyrosine	g	0.579		0	0.492	0.944
Valine	g	0.819		0	0.696	1.335
Arginine	g	1.521		0	1.293	2.479
Histidine	g	0.354		0	0.301	0.577
Alanine	g	0.986		0	0.838	1.607
Aspartic acid	g	1.799		0	1.529	2.932
Glutamic acid	g	2.969		0	2.524	4.839
Glycine	g	1.050		0	0.893	1.712
Proline	g	0.574		0	0.488	0.936
Serine	g	0.685		0	0.582	1.117
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz
Measure 2: 1 crab

NDB No. 15144 Crustaceans, crab, queen, raw

Chionoectes opilio (O. Fabricius)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	80.58	0.790	5	68.49		
Energy	kcal	90		0	77		
Energy	kj	377		0	320		
Protein (N x 5.95)	g	18.50	1.384	4	15.72		
Total lipid (fat)	g	1.18	0.146	6	1.00		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.00	0.097	4	1.70		
Sugars, total	g						
Minerals:							
Calcium	mg	26	6.071	4	22		
Iron	mg	2.50		0	2.13		
Magnesium	mg	49		0	42		
Phosphorus	mg	133	34.972	4	113		
Potassium	mg	173	23.558	4	147		
Sodium	mg	539	67.000	4	458		
Zinc	mg	2.80		0	2.38		
Copper	mg	0.570		0	0.484		
Manganese	mg	0.030		0	0.026		
Selenium	µg	34.6		0	29.4		
Vitamins:							
Ascorbic acid	mg	7.0		0	6.0		
Thiamin	mg	0.080		0	0.068		
Riboflavin	mg	0.200		0	0.170		
Niacin	mg	2.500		0	2.125		
Pantothenic acid	mg	0.350		0	0.298		
Vitamin B-6	mg	0.150		0	0.128		
Folate	µg	44		0	37		
Vitamin B-12	µg	9.00		0	7.65		
Vitamin A	IU	150		0	128		
Vitamin A, RE	µg	45		0	38		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.143		0	0.122		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.004		1	0.003		
15.0	g						
16:0	g	0.119		1	0.101		
17:0	g						
18:0	g	0.020		1	0.017		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.256	0	0.218
14:1	g			
16:1	g	0.050	1	0.043
18:1	g	0.184	1	0.156
20:1	g	0.022	1	0.019
22.1	g			
Polyunsaturated, total	g	0.422	0	0.359
18:2	g	0.006	1	0.005
18:3	g	0.002	1	0.002
18:4	g	0.001	1	0.001
20:4	g	0.033	1	0.028
20:5	g	0.259	1	0.220
22:5	g	0.008	1	0.007
22:6	g	0.113	1	0.096
Cholesterol	mg	55	1	47
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.258	0	0.219
Threonine	g	0.749	0	0.637
Isoleucine	g	0.897	0	0.762
Leucine	g	1.468	0	1.248
Lysine	g	1.610	0	1.369
Methionine	g	0.521	0	0.443
Cystine	g	0.207	0	0.176
Phenylalanine	g	0.781	0	0.664
Tyrosine	g	0.616	0	0.524
Valine	g	0.870	0	0.740
Arginine	g	1.616	0	1.374
Histidine	g	0.376	0	0.320
Alanine	g	1.048	0	0.891
Aspartic acid	g	1.912	0	1.625
Glutamic acid	g	3.155	0	2.682
Glycine	g	1.116	0	0.949
Proline	g	0.610	0	0.518
Serine	g	0.728	0	0.619
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

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

Astacus, Orconectes, and Procambarus spp.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 27g	Measure 3*
Proximates:							
Water	g	82.24	0.598	5	69.90	22.20	
Energy	kcal	77		0	65	21	
Energy	kj	322		0	274	87	
Protein (N x 5.95)	g	15.97	0.808	5	13.57	4.31	
Total lipid (fat)	g	0.95	0.046	5	0.81	0.26	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.34	0.169	5	1.14	0.36	
Sugars, total	g						
Minerals:							
Calcium	mg	27	6.515	17	23	7	
Iron	mg	0.84	0.405	5	0.71	0.23	
Magnesium	mg	27	1.359	16	23	7	
Phosphorus	mg	256	13.737	20	218	69	
Potassium	mg	302	17.005	5	257	82	
Sodium	mg	58	3.407	11	49	16	
Zinc	mg	1.30	0.038	20	1.10	0.35	
Copper	mg	0.419	0.048	32	0.356	0.113	
Manganese	mg	0.226	0.120	5	0.192	0.061	
Selenium	µg	31.6		0	26.9	8.5	
Vitamins:							
Ascorbic acid	mg	1.2	0.460	5	1.0	0.3	
Thiamin	mg	0.070	0.020	5	0.060	0.019	
Riboflavin	mg	0.032	0.007	5	0.027	0.009	
Niacin	mg	2.208	0.271	5	1.877	0.596	
Pantothenic acid	mg	0.546	0.074	5	0.464	0.147	
Vitamin B-6	mg	0.108	0.018	5	0.092	0.029	
Folate	µg	37	14.963	5	31	10	
Vitamin B-12	µg	2.00	0.396	5	1.70	0.54	
Vitamin A	IU	52	2.000	5	44	14	
Vitamin A, RE	µg	16		0	14	4	
Vitamin E, α-TE	mg	2.850		0	2.422	0.770	
Lipids:							
Saturated, total	g	0.159		0	0.135	0.043	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.002		11	0.002	0.001	
15.0	g						
16:0	g	0.102		11	0.087	0.028	
17:0	g						
18:0	g	0.042		11	0.036	0.011	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.174		0	0.148	0.047
14:1	g					
16:1	g	0.028		11	0.024	0.008
18:1	g	0.113		11	0.096	0.031
20:1	g	0.010		11	0.009	0.003
22.1	g	0.018		11	0.015	0.005
Polyunsaturated, total	g	0.293		0	0.249	0.079
18:2	g	0.052		11	0.044	0.014
18:3	g	0.032		11	0.027	0.009
18:4	g	0.005		11	0.004	0.001
20:4	g	0.045		11	0.038	0.012
20:5	g	0.104		11	0.088	0.028
22:5	g	0.010	0.000	11	0.009	0.003
22:6	g	0.038		11	0.032	0.010
Cholesterol	mg	114	7.137	5	97	31
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.222		0	0.189	0.060
Threonine	g	0.644		0	0.547	0.174
Isoleucine	g	0.772		0	0.656	0.208
Leucine	g	1.265		0	1.075	0.342
Lysine	g	1.388		0	1.180	0.375
Methionine	g	0.450		0	0.383	0.122
Cystine	g	0.179		0	0.152	0.048
Phenylalanine	g	0.672		0	0.571	0.181
Tyrosine	g	0.532		0	0.452	0.144
Valine	g	0.749		0	0.637	0.202
Arginine	g	1.393		0	1.184	0.376
Histidine	g	0.325		0	0.276	0.088
Alanine	g	0.902		0	0.767	0.244
Aspartic acid	g	1.648		0	1.401	0.445
Glutamic acid	g	2.719		0	2.311	0.734
Glycine	g	0.961		0	0.817	0.259
Proline	g	0.526		0	0.447	0.142
Serine	g	0.629		0	0.535	0.170
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz
Measure 2: 8 crayfish

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	79.37	0.542	4	67.46		
Energy	kcal	82		0	70		
Energy	kj	343		0	292		
Protein (N x 5.95)	g	16.77	0.738	4	14.25		
Total lipid (fat)	g	1.20	0.041	4	1.02		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.20	0.091	4	1.02		
Sugars, total	g						
Minerals:							
Calcium	mg	60	11.344	4	51		
Iron	mg	0.83	0.223	4	0.71		
Magnesium	mg	33	1.274	4	28		
Phosphorus	mg	270	28.039	4	230		
Potassium	mg	296	41.316	4	252		
Sodium	mg	94	4.824	4	80		
Zinc	mg	1.76	0.217	4	1.50		
Copper	mg	0.685	0.080	4	0.582		
Manganese	mg	0.522	0.283	4	0.444		
Selenium	µg	36.7		0	31.2		
Vitamins:							
Ascorbic acid	mg	0.9	0.234	4	0.8		
Thiamin	mg	0.050	0.004	4	0.043		
Riboflavin	mg	0.085	0.010	4	0.072		
Niacin	mg	2.280	0.569	4	1.938		
Pantothenic acid	mg	0.580	0.120	4	0.493		
Vitamin B-6	mg	0.076	0.017	4	0.065		
Folate	µg	44	18.643	4	37		
Vitamin B-12	µg	2.15	0.240	4	1.83		
Vitamin A	IU	50	0.000	4	43		
Vitamin A, RE	µg	15		0	13		
Vitamin E, α-TE	mg	1.500		0	1.275		
Lipids:							
Saturated, total	g	0.181		0	0.154		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.005		4	0.004		
15.0	g						
16:0	g	0.111		4	0.094		
17:0	g						
18:0	g	0.049		4	0.042		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.244		0	0.207
14:1	g				
16:1	g	0.027		4	0.023
18:1	g	0.147		4	0.125
20:1	g	0.012		4	0.010
22.1	g	0.050		4	0.043
Polyunsaturated, total	g	0.367		0	0.312
18:2	g	0.090		4	0.077
18:3	g	0.028		4	0.024
18:4	g	0.001		4	0.001
20:4	g	0.056		4	0.048
20:5	g	0.119		4	0.101
22:5	g	0.000		0	0.000
22:6	g	0.047		4	0.040
Cholesterol	mg	133	4.607	4	113
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.234		0	0.199
Threonine	g	0.676		0	0.575
Isoleucine	g	0.811		0	0.689
Leucine	g	1.329		0	1.130
Lysine	g	1.457		0	1.238
Methionine	g	0.472		0	0.401
Cystine	g	0.188		0	0.160
Phenylalanine	g	0.706		0	0.600
Tyrosine	g	0.558		0	0.474
Valine	g	0.786		0	0.668
Arginine	g	1.463		0	1.244
Histidine	g	0.341		0	0.290
Alanine	g	0.947		0	0.805
Aspartic acid	g	1.731		0	1.471
Glutamic acid	g	2.856		0	2.428
Glycine	g	1.009		0	0.858
Proline	g	0.553		0	0.470
Serine	g	0.660		0	0.561
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

NDB No. 15147 Crustaceans, lobster, northern, raw

Homarus americanus Milne-Edwards

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 150g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	76.76	0.701	4	115.14	65.25	
Energy	kcal	90		0	135	77	
Energy	kj	377		0	566	320	
Protein (N x 5.95)	g	18.80	1.500	2	28.20	15.98	
Total lipid (fat)	g	0.90	0.133	10	1.35	0.77	
Carbohydrate, by difference	g	0.50		0	0.75	0.43	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.20		0	3.30	1.87	
Sugars, total	g						
Minerals:							
Calcium	mg	48		0	72	41	
Iron	mg	0.30		0	0.45	0.26	
Magnesium	mg	27		0	41	23	
Phosphorus	mg	144		0	216	122	
Potassium	mg	275		0	413	234	
Sodium	mg	296		0	444	252	
Zinc	mg	3.02	0.291	86	4.53	2.57	
Copper	mg	1.663	0.071	87	2.495	1.414	
Manganese	mg	0.055		0	0.083	0.047	
Selenium	µg	41.4		0	62.1	35.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.006		0	0.009	0.005	
Riboflavin	mg	0.048	0.002	2	0.072	0.041	
Niacin	mg	1.455	0.215	2	2.183	1.237	
Pantothenic acid	mg	1.630	0.360	2	2.445	1.385	
Vitamin B-6	mg	0.063		0	0.094	0.054	
Folate	µg	9		0	14	8	
Vitamin B-12	µg	0.93	0.031	22	1.39	0.79	
Vitamin A	IU	71		0	107	60	
Vitamin A, RE	µg	21		0	32	18	
Vitamin E, α-TE	mg	1.470		0	2.205	1.250	
Lipids:							
Saturated, total	g	0.180		0	0.270	0.153	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.000		0	0.000	0.000	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.260		0	0.390	0.221
14:1	g					
16:1	g	0.000		0	0.000	0.000
18:1	g	0.000		0	0.000	0.000
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.150		0	0.225	0.128
18:2	g	0.000		0	0.000	0.000
18:3	g	0.000		0	0.000	0.000
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	95	12.226	8	143	81
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.262		0	0.393	0.223
Threonine	g	0.761		0	1.141	0.647
Isoleucine	g	0.911		0	1.367	0.774
Leucine	g	1.492		0	2.238	1.268
Lysine	g	1.636		0	2.454	1.391
Methionine	g	0.529		0	0.794	0.450
Cystine	g	0.211		0	0.317	0.179
Phenylalanine	g	0.794		0	1.191	0.675
Tyrosine	g	0.626		0	0.939	0.532
Valine	g	0.884		0	1.326	0.751
Arginine	g	1.642		0	2.463	1.396
Histidine	g	0.382		0	0.573	0.325
Alanine	g	1.065		0	1.597	0.905
Aspartic acid	g	1.943		0	2.914	1.652
Glutamic acid	g	3.207		0	4.810	2.726
Glycine	g	1.134		0	1.701	0.964
Proline	g	0.620		0	0.930	0.527
Serine	g	0.740		0	1.110	0.629
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lobster
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 145g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	76.03		2	110.24	64.63	
Energy	kcal	98		0	142	83	
Energy	kj	410		0	595	349	
Protein (N x 5.95)	g	20.50		2	29.73	17.43	
Total lipid (fat)	g	0.59		2	0.86	0.50	
Carbohydrate, by difference	g	1.28		0	1.86	1.09	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.60		2	2.32	1.36	
Sugars, total	g						
Minerals:							
Calcium	mg	61		2	88	52	
Iron	mg	0.39		2	0.57	0.33	
Magnesium	mg	35		2	51	30	
Phosphorus	mg	185		2	268	157	
Potassium	mg	352		2	510	299	
Sodium	mg	380		2	551	323	
Zinc	mg	2.92		2	4.23	2.48	
Copper	mg	1.940		2	2.813	1.649	
Manganese	mg	0.061		2	0.088	0.052	
Selenium	µg	42.7		0	61.9	36.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.007		2	0.010	0.006	
Riboflavin	mg	0.066		2	0.096	0.056	
Niacin	mg	1.070		2	1.552	0.910	
Pantothenic acid	mg	0.285		2	0.413	0.242	
Vitamin B-6	mg	0.077		2	0.112	0.065	
Folate	µg	11		2	16	9	
Vitamin B-12	µg	3.11		2	4.51	2.64	
Vitamin A	IU	87		2	126	74	
Vitamin A, RE	µg	26		0	38	22	
Vitamin E, α-TE	mg	1.000		0	1.450	0.850	
Lipids:							
Saturated, total	g	0.107		0	0.155	0.091	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.006		2	0.009	0.005	
15.0	g						
16:0	g	0.081		2	0.117	0.069	
17:0	g						
18:0	g	0.020		2	0.029	0.017	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.160	0	0.232	0.136
14:1	g				
16:1	g	0.030	2	0.044	0.026
18:1	g	0.095	2	0.138	0.081
20:1	g	0.017	2	0.025	0.014
22.1	g	0.018	2	0.026	0.015
Polyunsaturated, total	g	0.091	0	0.132	0.077
18:2	g	0.005	2	0.007	0.004
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.053	2	0.077	0.045
22:5	g	0.002	2	0.003	0.002
22:6	g	0.031	2	0.045	0.026
Cholesterol	mg	72	2	104	61
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.285	0	0.413	0.242
Threonine	g	0.830	0	1.204	0.706
Isoleucine	g	0.994	0	1.441	0.845
Leucine	g	1.627	0	2.359	1.383
Lysine	g	1.784	0	2.587	1.516
Methionine	g	0.577	0	0.837	0.490
Cystine	g	0.230	0	0.334	0.196
Phenylalanine	g	0.866	0	1.256	0.736
Tyrosine	g	0.682	0	0.989	0.580
Valine	g	0.964	0	1.398	0.819
Arginine	g	1.791	0	2.597	1.522
Histidine	g	0.417	0	0.605	0.354
Alanine	g	1.161	0	1.683	0.987
Aspartic acid	g	2.119	0	3.073	1.801
Glutamic acid	g	3.496	0	5.069	2.972
Glycine	g	1.237	0	1.794	1.051
Proline	g	0.676	0	0.980	0.575
Serine	g	0.807	0	1.170	0.686
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3 oz

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

Penaeidae and Pandalidae

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 6g	Measure 2* 5g	Measure 3* 85g
Proximates:							
Water	g	75.86	0.089	212	4.55	3.79	64.48
Energy	kcal	106		0	6	5	90
Energy	kj	444		0	27	22	377
Protein (N x 5.95)	g	20.31	0.223	201	1.22	1.02	17.26
Total lipid (fat)	g	1.73	0.067	100	0.10	0.09	1.47
Carbohydrate, by difference	g	0.91		0	0.05	0.05	0.77
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.20		161	0.07	0.06	1.02
Sugars, total	g						
Minerals:							
Calcium	mg	52		117	3	3	44
Iron	mg	2.41		8	0.14	0.12	2.05
Magnesium	mg	37	2.158	6	2	2	31
Phosphorus	mg	205		112	12	10	174
Potassium	mg	185	5.944	27	11	9	157
Sodium	mg	148	10.119	26	9	7	126
Zinc	mg	1.11		275	0.07	0.06	0.94
Copper	mg	0.264	0.014	285	0.016	0.013	0.224
Manganese	mg	0.050		0	0.003	0.003	0.043
Selenium	µg	38.0	1.970	15	2.3	1.9	32.3
Vitamins:							
Ascorbic acid	mg	2.0		0	0.1	0.1	1.7
Thiamin	mg	0.028		5	0.002	0.001	0.024
Riboflavin	mg	0.034		6	0.002	0.002	0.029
Niacin	mg	2.552		6	0.153	0.128	2.169
Pantothenic acid	mg	0.276		2	0.017	0.014	0.235
Vitamin B-6	mg	0.104	0.012	3	0.006	0.005	0.088
Folate	µg	3		1	0	0	3
Vitamin B-12	µg	1.16		19	0.07	0.06	0.99
Vitamin A	IU	180		0	11	9	153
Vitamin A, RE	µg	54		0	3	3	46
Vitamin E, α-TE	mg	0.820		1	0.049	0.041	0.697
Lipids:							
Saturated, total	g	0.328		0	0.020	0.016	0.279
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.009		1	0.001	0.000	0.008
12:0	g	0.005		4	0.000	0.000	0.004
14:0	g	0.021		65	0.001	0.001	0.018
15.0	g						
16:0	g	0.184		65	0.011	0.009	0.156
17:0	g						
18:0	g	0.103		65	0.006	0.005	0.088
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.253		0	0.015	0.013	0.215
14:1	g						
16:1	g	0.083		65	0.005	0.004	0.071
18:1	g	0.147		65	0.009	0.007	0.125
20:1	g	0.017		65	0.001	0.001	0.014
22.1	g	0.005		43	0.000	0.000	0.004
Polyunsaturated, total	g	0.669		0	0.040	0.033	0.569
18:2	g	0.028		65	0.002	0.001	0.024
18:3	g	0.014		56	0.001	0.001	0.012
18:4	g	0.006		64	0.000	0.000	0.005
20:4	g	0.087		65	0.005	0.004	0.074
20:5	g	0.258		66	0.015	0.013	0.219
22:5	g	0.046		66	0.003	0.002	0.039
22:6	g	0.222		65	0.013	0.011	0.189
Cholesterol	mg	152	2.737	76	9	8	129
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.283		0	0.017	0.014	0.241
Threonine	g	0.822		0	0.049	0.041	0.699
Isoleucine	g	0.985		0	0.059	0.049	0.837
Leucine	g	1.612		0	0.097	0.081	1.370
Lysine	g	1.768		0	0.106	0.088	1.503
Methionine	g	0.572		0	0.034	0.029	0.486
Cystine	g	0.228		0	0.014	0.011	0.194
Phenylalanine	g	0.858		0	0.051	0.043	0.729
Tyrosine	g	0.676		0	0.041	0.034	0.575
Valine	g	0.956		0	0.057	0.048	0.813
Arginine	g	1.775		0	0.106	0.089	1.509
Histidine	g	0.413		0	0.025	0.021	0.351
Alanine	g	1.151		0	0.069	0.058	0.978
Aspartic acid	g	2.100		0	0.126	0.105	1.785
Glutamic acid	g	3.465		0	0.208	0.173	2.945
Glycine	g	1.225		0	0.074	0.061	1.041
Proline	g	0.670		0	0.040	0.034	0.570
Serine	g	0.800		0	0.048	0.040	0.680
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 medium
Measure 2: 1 small
Measure 3: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 30g	Measure 3*
Proximates:							
Water	g	52.86	0.450	11	44.93	15.86	
Energy	kcal	242		0	206	73	
Energy	kj	1013		0	861	304	
Protein (N x 5.95)	g	21.39	0.480	11	18.18	6.42	
Total lipid (fat)	g	12.28	0.240	11	10.44	3.68	
Carbohydrate, by difference	g	11.47		0	9.75	3.44	
Fiber, total dietary	g	0.4		0	0.3	0.1	
Ash	g	1.99	0.170	11	1.69	0.60	
Sugars, total	g						
Minerals:							
Calcium	mg	67		0	57	20	
Iron	mg	1.26	0.090	11	1.07	0.38	
Magnesium	mg	40		0	34	12	
Phosphorus	mg	218		0	185	65	
Potassium	mg	225	13.800	11	191	68	
Sodium	mg	344	33.600	11	292	103	
Zinc	mg	1.38	0.050	11	1.17	0.41	
Copper	mg	0.274		0	0.233	0.082	
Manganese	mg	0.100		0	0.085	0.030	
Selenium	µg	41.7	1.959	40	35.4	12.5	
Vitamins:							
Ascorbic acid	mg	1.5		0	1.3	0.5	
Thiamin	mg	0.129	0.006	11	0.110	0.039	
Riboflavin	mg	0.136	0.007	11	0.116	0.041	
Niacin	mg	3.070	0.160	11	2.609	0.921	
Pantothenic acid	mg	0.350		0	0.298	0.105	
Vitamin B-6	mg	0.098		0	0.083	0.029	
Folate	µg	8		0	7	2	
Vitamin B-12	µg	1.87	0.350	11	1.59	0.56	
Vitamin A	IU	189		0	161	57	
Vitamin A, RE	µg	56		0	48	17	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.087		0	1.774	0.626	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.035		11	0.030	0.011	
15.0	g						
16:0	g	1.463		11	1.244	0.439	
17:0	g						
18:0	g	0.541		11	0.460	0.162	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.812		0	3.240	1.144
14:1	g					
16:1	g	0.076		11	0.065	0.023
18:1	g	3.753		11	3.190	1.126
20:1	g	0.105		11	0.089	0.032
22.1	g	0.022		11	0.019	0.007
Polyunsaturated, total	g	5.085		0	4.322	1.526
18:2	g	4.511		11	3.834	1.353
18:3	g	0.267		11	0.227	0.080
18:4	g					
20:4	g	0.059		11	0.050	0.018
20:5	g	0.109		11	0.093	0.033
22:5	g	0.035		11	0.030	0.011
22:6	g	0.124		11	0.105	0.037
Cholesterol	mg	177	8.900	11	150	53
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.299		0	0.254	0.090
Threonine	g	0.860		0	0.731	0.258
Isoleucine	g	1.042		0	0.886	0.313
Leucine	g	1.698		0	1.443	0.509
Lysine	g	1.764		0	1.499	0.529
Methionine	g	0.591		0	0.502	0.177
Cystine	g	0.258		0	0.219	0.077
Phenylalanine	g	0.928		0	0.789	0.278
Tyrosine	g	0.719		0	0.611	0.216
Valine	g	1.025		0	0.871	0.307
Arginine	g	1.784		0	1.516	0.535
Histidine	g	0.437		0	0.371	0.131
Alanine	g	1.183		0	1.006	0.355
Aspartic acid	g	2.132		0	1.812	0.640
Glutamic acid	g	3.878		0	3.296	1.163
Glycine	g	1.238		0	1.052	0.371
Proline	g	0.829		0	0.705	0.249
Serine	g	0.890		0	0.757	0.267
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz
Measure 2: 4 large

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 22g	Measure 3*
Proximates:							
Water	g	77.28	0.213	17	65.69	17.00	
Energy	kcal	99		0	84	22	
Energy	kj	414		0	352	91	
Protein (N x 5.95)	g	20.91	0.335	15	17.77	4.60	
Total lipid (fat)	g	1.08	0.029	9	0.92	0.24	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.57	0.234	9	1.33	0.35	
Sugars, total	g						
Minerals:							
Calcium	mg	39		1	33	9	
Iron	mg	3.09		0	2.63	0.68	
Magnesium	mg	34		1	29	7	
Phosphorus	mg	137		1	116	30	
Potassium	mg	182	10.900	11	155	40	
Sodium	mg	224	35.600	11	190	49	
Zinc	mg	1.56	0.080	11	1.33	0.34	
Copper	mg	0.193		1	0.164	0.042	
Manganese	mg	0.034		1	0.029	0.007	
Selenium	µg	39.6	1.649	58	33.7	8.7	
Vitamins:							
Ascorbic acid	mg	2.2		0	1.9	0.5	
Thiamin	mg	0.031	0.003	11	0.026	0.007	
Riboflavin	mg	0.032	0.003	11	0.027	0.007	
Niacin	mg	2.590	1.800	11	2.201	0.570	
Pantothenic acid	mg	0.340		0	0.289	0.075	
Vitamin B-6	mg	0.127		0	0.108	0.028	
Folate	µg	4		0	3	1	
Vitamin B-12	µg	1.49		0	1.26	0.33	
Vitamin A	IU	219		0	186	48	
Vitamin A, RE	µg	66		0	56	15	
Vitamin E, α-TE	mg	0.510		1	0.434	0.112	
Lipids:							
Saturated, total	g	0.289		0	0.246	0.064	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.017		11	0.014	0.004	
15.0	g						
16:0	g	0.143		11	0.122	0.031	
17:0	g						
18:0	g	0.096		11	0.082	0.021	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.197	0	0.167	0.043
14:1	g				
16:1	g	0.060	11	0.051	0.013
18:1	g	0.114	11	0.097	0.025
20:1	g	0.011	11	0.009	0.002
22.1	g	0.007	7	0.006	0.002
Polyunsaturated, total	g	0.440	0	0.374	0.097
18:2	g	0.021	11	0.018	0.005
18:3	g	0.012	11	0.010	0.003
18:4	g	0.000	0	0.000	0.000
20:4	g	0.071	11	0.060	0.016
20:5	g	0.171	11	0.145	0.038
22:5	g	0.020	11	0.017	0.004
22:6	g	0.144	11	0.122	0.032
Cholesterol	mg	195	0	166	43
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.291	0	0.247	0.064
Threonine	g	0.846	0	0.719	0.186
Isoleucine	g	1.014	0	0.862	0.223
Leucine	g	1.659	0	1.410	0.365
Lysine	g	1.820	0	1.547	0.400
Methionine	g	0.589	0	0.501	0.130
Cystine	g	0.234	0	0.199	0.051
Phenylalanine	g	0.883	0	0.751	0.194
Tyrosine	g	0.696	0	0.592	0.153
Valine	g	0.983	0	0.836	0.216
Arginine	g	1.826	0	1.552	0.402
Histidine	g	0.425	0	0.361	0.094
Alanine	g	1.184	0	1.006	0.260
Aspartic acid	g	2.161	0	1.837	0.475
Glutamic acid	g	3.566	0	3.031	0.785
Glycine	g	1.261	0	1.072	0.277
Proline	g	0.689	0	0.586	0.152
Serine	g	0.823	0	0.700	0.181
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz
Measure 2: 4 large

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 128g	Measure 2* 28g	Measure 3* 128g
Proximates:							
Water	g	72.56		0	92.88	20.57	92.88
Energy	kcal	120		0	154	34	154
Energy	kj	502		0	643	142	643
Protein (N x 5.95)	g	23.08		0	29.54	6.54	29.54
Total lipid (fat)	g	1.96		0	2.51	0.56	2.51
Carbohydrate, by difference	g	1.03		0	1.32	0.29	1.32
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.36		0	1.74	0.39	1.74
Sugars, total	g						
Minerals:							
Calcium	mg	59		0	76	17	76
Iron	mg	2.74		0	3.51	0.78	3.51
Magnesium	mg	41		0	52	12	52
Phosphorus	mg	233		0	298	66	298
Potassium	mg	210		0	269	60	269
Sodium	mg	169		0	216	48	216
Zinc	mg	1.26		0	1.61	0.36	1.61
Copper	mg	0.300		0	0.384	0.085	0.384
Manganese	mg	0.060		0	0.077	0.017	0.077
Selenium	µg	39.6	1.649	58	50.7	11.2	50.7
Vitamins:							
Ascorbic acid	mg	2.3		0	2.9	0.7	2.9
Thiamin	mg	0.027		0	0.035	0.008	0.035
Riboflavin	mg	0.037		0	0.047	0.010	0.047
Niacin	mg	2.755		0	3.526	0.781	3.526
Pantothenic acid	mg	0.218		0	0.279	0.062	0.279
Vitamin B-6	mg	0.111	0.068	5	0.142	0.031	0.142
Folate	µg	2	0.671	5	2	1	2
Vitamin B-12	µg	1.12		0	1.43	0.32	1.43
Vitamin A	IU	60		0	77	17	77
Vitamin A, RE	µg	18		0	23	5	23
Vitamin E, α-TE	mg	0.930		1	1.190	0.264	1.190
Lipids:							
Saturated, total	g	0.373		0	0.477	0.106	0.477
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.006		0	0.008	0.002	0.008
14:0	g	0.024		0	0.031	0.007	0.031
15.0	g						
16:0	g	0.209		0	0.268	0.059	0.268
17:0	g						
18:0	g	0.117		0	0.150	0.033	0.150
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.293	0	0.375	0.083	0.375
14:1	g					
16:1	g	0.094	0	0.120	0.027	0.120
18:1	g	0.167	0	0.214	0.047	0.214
20:1	g	0.019	0	0.024	0.005	0.024
22.1	g	0.006	0	0.008	0.002	0.008
Polyunsaturated, total	g	0.755	0	0.966	0.214	0.966
18:2	g	0.032	0	0.041	0.009	0.041
18:3	g	0.016	0	0.020	0.005	0.020
18:4	g	0.007	0	0.009	0.002	0.009
20:4	g	0.099	0	0.127	0.028	0.127
20:5	g	0.293	0	0.375	0.083	0.375
22:5	g	0.052	0	0.067	0.015	0.067
22:6	g	0.252	0	0.323	0.071	0.323
Cholesterol	mg	173	0	221	49	221
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.321	0	0.411	0.091	0.411
Threonine	g	0.934	0	1.196	0.265	1.196
Isoleucine	g	1.119	0	1.432	0.317	1.432
Leucine	g	1.832	0	2.345	0.519	2.345
Lysine	g	2.009	0	2.572	0.570	2.572
Methionine	g	0.650	0	0.832	0.184	0.832
Cystine	g	0.259	0	0.332	0.073	0.332
Phenylalanine	g	0.975	0	1.248	0.276	1.248
Tyrosine	g	0.768	0	0.983	0.218	0.983
Valine	g	1.086	0	1.390	0.308	1.390
Arginine	g	2.016	0	2.580	0.572	2.580
Histidine	g	0.469	0	0.600	0.133	0.600
Alanine	g	1.307	0	1.673	0.371	1.673
Aspartic acid	g	2.386	0	3.054	0.676	3.054
Glutamic acid	g	3.937	0	5.039	1.116	5.039
Glycine	g	1.392	0	1.782	0.395	1.782
Proline	g	0.761	0	0.974	0.216	0.974
Serine	g	0.908	0	1.162	0.257	1.162
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz, cooked
Measure 3: 1 can (4.5 oz), drained

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	74.91	0.225	3	63.67		
Energy	kcal	101		0	86		
Energy	kj	423		0	360		
Protein (N x 5.95)	g	12.39	0.456	3	10.53		
Total lipid (fat)	g	1.47	0.191	3	1.25		
Carbohydrate, by difference	g	9.13		0	7.76		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.11	0.058	3	1.79		
Sugars, total	g						
Minerals:							
Calcium	mg	19	5.485	3	16		
Iron	mg	0.60	0.191	3	0.51		
Magnesium	mg	43		0	37		
Phosphorus	mg	282		0	240		
Potassium	mg	89	1.155	3	76		
Sodium	mg	705	24.827	3	599		
Zinc	mg	0.33		0	0.28		
Copper	mg	0.032		0	0.027		
Manganese	mg	0.011		0	0.009		
Selenium	µg	22.9		0	19.5		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.024	0.006	3	0.020		
Riboflavin	mg	0.034	0.007	3	0.029		
Niacin	mg	0.170	0.069	3	0.145		
Pantothenic acid	mg	0.070		0	0.060		
Vitamin B-6	mg	0.030		0	0.026		
Folate	µg	2		0	1		
Vitamin B-12	µg	1.60		0	1.36		
Vitamin A	IU	66		0	56		
Vitamin A, RE	µg	20		0	17		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.290		0	0.247		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.220		0	0.187
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.750		0	0.637
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	36	3.695	3	31
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.075		0	0.064
Threonine	g	0.599		0	0.509
Isoleucine	g	0.579		0	0.492
Leucine	g	0.981		0	0.834
Lysine	g	1.132		0	0.962
Methionine	g	0.420		0	0.357
Cystine	g	0.133		0	0.113
Phenylalanine	g	0.486		0	0.413
Tyrosine	g	0.499		0	0.424
Valine	g	0.628		0	0.534
Arginine	g	0.823		0	0.700
Histidine	g	0.285		0	0.242
Alanine	g	0.727		0	0.618
Aspartic acid	g	1.239		0	1.053
Glutamic acid	g	1.956		0	1.663
Glycine	g	0.480		0	0.408
Proline	g	0.462		0	0.393
Serine	g	0.541		0	0.460
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

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

Jasus spp. and Panulirus spp.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 209g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	74.07	0.218	28	154.81	62.96	
Energy	kcal	112		0	234	95	
Energy	kj	469		0	980	399	
Protein (N x 5.95)	g	20.60	1.116	27	43.05	17.51	
Total lipid (fat)	g	1.51		8	3.16	1.28	
Carbohydrate, by difference	g	2.43		0	5.08	2.07	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.39	0.074	23	2.91	1.18	
Sugars, total	g						
Minerals:							
Calcium	mg	49	10.190	20	102	42	
Iron	mg	1.22	0.613	4	2.55	1.04	
Magnesium	mg	40		0	84	34	
Phosphorus	mg	238	31.739	21	497	202	
Potassium	mg	180		0	376	153	
Sodium	mg	177		0	370	150	
Zinc	mg	5.67	3.769	40	11.85	4.82	
Copper	mg	0.381	0.027	40	0.796	0.324	
Manganese	mg	0.015		0	0.031	0.013	
Selenium	µg	46.2		0	96.6	39.3	
Vitamins:							
Ascorbic acid	mg	2.0		0	4.2	1.7	
Thiamin	mg	0.007	0.000	2	0.015	0.006	
Riboflavin	mg	0.046	0.026	2	0.096	0.039	
Niacin	mg	4.245	2.115	2	8.872	3.608	
Pantothenic acid	mg	0.350		0	0.732	0.298	
Vitamin B-6	mg	0.150		0	0.314	0.128	
Folate	µg	1		0	1	1	
Vitamin B-12	µg	3.50		0	7.32	2.98	
Vitamin A	IU	17		0	36	14	
Vitamin A, RE	µg	5		0	10	4	
Vitamin E, α-TE	mg	1.470		0	3.072	1.250	
Lipids:							
Saturated, total	g	0.237		0	0.495	0.201	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.006		1	0.013	0.005	
15.0	g						
16:0	g	0.149		1	0.311	0.127	
17:0	g						
18:0	g	0.080		1	0.167	0.068	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.275	0	0.575	0.234
14:1	g				
16:1	g	0.039	1	0.082	0.033
18:1	g	0.208	1	0.435	0.177
20:1	g	0.027	1	0.056	0.023
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.590	0	1.233	0.501
18:2	g	0.013	1	0.027	0.011
18:3	g	0.008	1	0.017	0.007
18:4	g	0.005	1	0.010	0.004
20:4	g	0.154	1	0.322	0.131
20:5	g	0.265	1	0.554	0.225
22:5	g	0.034	1	0.071	0.029
22:6	g	0.108	1	0.226	0.092
Cholesterol	mg	70	1	146	60
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.287	0	0.600	0.244
Threonine	g	0.834	0	1.743	0.709
Isoleucine	g	0.998	0	2.086	0.848
Leucine	g	1.634	0	3.415	1.389
Lysine	g	1.792	0	3.745	1.523
Methionine	g	0.580	0	1.212	0.493
Cystine	g	0.231	0	0.483	0.196
Phenylalanine	g	0.870	0	1.818	0.740
Tyrosine	g	0.685	0	1.432	0.582
Valine	g	0.969	0	2.025	0.824
Arginine	g	1.799	0	3.760	1.529
Histidine	g	0.418	0	0.874	0.355
Alanine	g	1.166	0	2.437	0.991
Aspartic acid	g	2.129	0	4.450	1.810
Glutamic acid	g	3.512	0	7.340	2.985
Glycine	g	1.242	0	2.596	1.056
Proline	g	0.679	0	1.419	0.577
Serine	g	0.811	0	1.695	0.689
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lobster
Measure 2: 3 oz

NDB No. 15155 Mollusks, abalone, mixed species, raw
Haliotis spp.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	74.56		12	63.38		
Energy	kcal	105		0	89		
Energy	kj	439		0	373		
Protein (N x 5.95)	g	17.10	0.400	3	14.54		
Total lipid (fat)	g	0.76		7	0.65		
Carbohydrate, by difference	g	6.01		0	5.11		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.57	0.090	9	1.33		
Sugars, total	g						
Minerals:							
Calcium	mg	31	11.170	6	26		
Iron	mg	3.19		7	2.71		
Magnesium	mg	48	21.192	6	41		
Phosphorus	mg	190		0	162		
Potassium	mg	250		0	213		
Sodium	mg	301	27.817	6	256		
Zinc	mg	0.82		11	0.70		
Copper	mg	0.196	0.037	13	0.167		
Manganese	mg	0.040		0	0.034		
Selenium	µg	44.8		0	38.1		
Vitamins:							
Ascorbic acid	mg	2.0		0	1.7		
Thiamin	mg	0.190		0	0.161		
Riboflavin	mg	0.100		0	0.085		
Niacin	mg	1.500		0	1.275		
Pantothenic acid	mg	3.000		1	2.550		
Vitamin B-6	mg	0.150		0	0.128		
Folate	µg	5		1	4		
Vitamin B-12	µg	0.73		0	0.62		
Vitamin A	IU	5		0	4		
Vitamin A, RE	µg	2		0	2		
Vitamin E, α-TE	mg	4.000		0	3.400		
Lipids:							
Saturated, total	g	0.149		0	0.127		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.023		2	0.020		
15.0	g						
16:0	g	0.103		2	0.088		
17:0	g						
18:0	g	0.021		2	0.018		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.107	0	0.091
14:1	g			
16:1	g	0.020	2	0.017
18:1	g	0.087	2	0.074
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.104	0	0.088
18:2	g	0.007	2	0.006
18:3	g	0.000	0	0.000
18:4	g	0.006	1	0.005
20:4	g	0.000	0	0.000
20:5	g	0.049	2	0.042
22:5	g	0.041	2	0.035
22:6	g	0.000	0	0.000
Cholesterol	mg	85	1	72
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.192	43	0.163
Threonine	g	0.736	54	0.626
Isoleucine	g	0.744	54	0.632
Leucine	g	1.204	54	1.023
Lysine	g	1.278	66	1.086
Methionine	g	0.386	54	0.328
Cystine	g	0.224	49	0.190
Phenylalanine	g	0.613	54	0.521
Tyrosine	g	0.547	54	0.465
Valine	g	0.747	54	0.635
Arginine	g	1.248	54	1.061
Histidine	g	0.328	54	0.279
Alanine	g	1.034	54	0.879
Aspartic acid	g	1.650	54	1.403
Glutamic acid	g	2.326	54	1.977
Glycine	g	1.070	54	0.910
Proline	g	0.698	54	0.593
Serine	g	0.766	54	0.651
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 3 oz

NDB No. 15156 Mollusks, abalone, mixed species, cooked, fried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	60.10		0	51.09		
Energy	kcal	189		0	161		
Energy	kj	791		0	672		
Protein (N x 5.95)	g	19.63		0	16.69		
Total lipid (fat)	g	6.78		0	5.76		
Carbohydrate, by difference	g	11.05		0	9.39		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.77		0	1.50		
Sugars, total	g						
Minerals:							
Calcium	mg	37		0	31		
Iron	mg	3.80		0	3.23		
Magnesium	mg	56		0	48		
Phosphorus	mg	217		0	184		
Potassium	mg	284		0	241		
Sodium	mg	591		0	502		
Zinc	mg	0.95		0	0.81		
Copper	mg	0.228		0	0.194		
Manganese	mg	0.070		0	0.060		
Selenium	µg	51.8		0	44.0		
Vitamins:							
Ascorbic acid	mg	1.8		0	1.5		
Thiamin	mg	0.220		0	0.187		
Riboflavin	mg	0.130		0	0.111		
Niacin	mg	1.900		0	1.615		
Pantothenic acid	mg	2.870		0	2.440		
Vitamin B-6	mg	0.150		0	0.128		
Folate	µg	14		0	12		
Vitamin B-12	µg	0.69		0	0.59		
Vitamin A	IU	5		0	4		
Vitamin A, RE	µg	2		0	2		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.646		0	1.399		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.049		0	0.042		
15.0	g						
16:0	g	0.953		0	0.810		
17:0	g						
18:0	g	0.648		0	0.551		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.741	0	2.330
14:1	g			
16:1	g	0.022	0	0.019
18:1	g	2.721	0	2.313
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.676	0	1.425
18:2	g	1.474	0	1.253
18:3	g	0.095	0	0.081
18:4	g	0.007	0	0.006
20:4	g			
20:5	g	0.054	0	0.046
22:5	g	0.046	0	0.039
22:6	g			
Cholesterol	mg	94	0	80
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.224	0	0.190
Threonine	g	0.838	0	0.712
Isoleucine	g	0.854	0	0.726
Leucine	g	1.386	0	1.178
Lysine	g	1.433	0	1.218
Methionine	g	0.441	0	0.375
Cystine	g	0.261	0	0.222
Phenylalanine	g	0.715	0	0.608
Tyrosine	g	0.627	0	0.533
Valine	g	0.860	0	0.731
Arginine	g	1.411	0	1.199
Histidine	g	0.378	0	0.321
Alanine	g	1.169	0	0.994
Aspartic acid	g	1.862	0	1.583
Glutamic acid	g	2.819	0	2.396
Glycine	g	1.213	0	1.031
Proline	g	0.851	0	0.723
Serine	g	0.885	0	0.752
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 3 oz

NDB No. 15157 Mollusks, clam, mixed species, raw

Lamellibranchia

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 227g	Measure 2* 20g	Measure 3* 68g
Proximates:							
Water	g	81.82		99	185.73	16.36	55.64
Energy	kcal	74		0	168	15	50
Energy	kj	310		0	704	62	211
Protein (N x 5.95)	g	12.77		79	28.99	2.55	8.68
Total lipid (fat)	g	0.97		47	2.20	0.19	0.66
Carbohydrate, by difference	g	2.57		0	5.83	0.51	1.75
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.87		74	4.24	0.37	1.27
Sugars, total	g						
Minerals:							
Calcium	mg	46	2.311	89	104	9	31
Iron	mg	13.98		207	31.73	2.80	9.51
Magnesium	mg	9		1	20	2	6
Phosphorus	mg	169	3.797	86	384	34	115
Potassium	mg	314		1	713	63	214
Sodium	mg	56		1	127	11	38
Zinc	mg	1.37		568	3.11	0.27	0.93
Copper	mg	0.344		578	0.781	0.069	0.234
Manganese	mg	0.500		1	1.135	0.100	0.340
Selenium	µg	24.3		0	55.2	4.9	16.5
Vitamins:							
Ascorbic acid	mg	13.0		0	29.5	2.6	8.8
Thiamin	mg	0.080		0	0.182	0.016	0.054
Riboflavin	mg	0.213		14	0.484	0.043	0.145
Niacin	mg	1.765		14	4.007	0.353	1.200
Pantothenic acid	mg	0.362		14	0.822	0.072	0.246
Vitamin B-6	mg	0.060		0	0.136	0.012	0.041
Folate	µg	16		0	36	3	11
Vitamin B-12	µg	49.44	3.138	34	112.24	9.89	33.62
Vitamin A	IU	300		1	681	60	204
Vitamin A, RE	µg	90		0	204	18	61
Vitamin E, α-TE	mg	1.000		0	2.270	0.200	0.680
Lipids:							
Saturated, total	g	0.094		0	0.213	0.019	0.064
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.013		15	0.030	0.003	0.009
15.0	g						
16:0	g	0.060		15	0.136	0.012	0.041
17:0	g						
18:0	g	0.018		15	0.041	0.004	0.012
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.080		0	0.182	0.016	0.054
14:1	g						
16:1	g	0.022		15	0.050	0.004	0.015
18:1	g	0.034		15	0.077	0.007	0.023
20:1	g	0.018		15	0.041	0.004	0.012
22.1	g	0.006		6	0.014	0.001	0.004
Polyunsaturated, total	g	0.282		0	0.640	0.056	0.192
18:2	g	0.016		15	0.036	0.003	0.011
18:3	g	0.004		15	0.009	0.001	0.003
18:4	g	0.016		15	0.036	0.003	0.011
20:4	g	0.041		15	0.093	0.008	0.028
20:5	g	0.069		15	0.157	0.014	0.047
22:5	g	0.052		15	0.118	0.010	0.035
22:6	g	0.073		15	0.166	0.015	0.050
Cholesterol	mg	34	4.021	13	77	7	23
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.143		0	0.325	0.029	0.097
Threonine	g	0.550		0	1.249	0.110	0.374
Isoleucine	g	0.556		0	1.262	0.111	0.378
Leucine	g	0.899		0	2.041	0.180	0.611
Lysine	g	0.954		0	2.166	0.191	0.649
Methionine	g	0.288		0	0.654	0.058	0.196
Cystine	g	0.168		0	0.381	0.034	0.114
Phenylalanine	g	0.458		0	1.040	0.092	0.311
Tyrosine	g	0.409		0	0.928	0.082	0.278
Valine	g	0.558		0	1.267	0.112	0.379
Arginine	g	0.932		0	2.116	0.186	0.634
Histidine	g	0.245		0	0.556	0.049	0.167
Alanine	g	0.772		0	1.752	0.154	0.525
Aspartic acid	g	1.232		0	2.797	0.246	0.838
Glutamic acid	g	1.737		0	3.943	0.347	1.181
Glycine	g	0.799		0	1.814	0.160	0.543
Proline	g	0.521		0	1.183	0.104	0.354
Serine	g	0.572		0	1.298	0.114	0.389
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup with liquid and clams
Measure 2: 1 large
Measure 3: 1 lb, with shell, yield after shell removed

NDB No. 15158 Mollusks, clam, mixed species, cooked, breaded and fried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 188g	Measure 3*
Proximates:							
Water	g	61.55		0	52.32	115.71	
Energy	kcal	202		0	172	380	
Energy	kj	845		0	718	1589	
Protein (N x 5.95)	g	14.24		0	12.10	26.77	
Total lipid (fat)	g	11.15		0	9.48	20.96	
Carbohydrate, by difference	g	10.33		0	8.78	19.42	
Fiber, total dietary	g						
Ash	g	2.16		0	1.84	4.06	
Sugars, total	g						
Minerals:							
Calcium	mg	63		0	54	118	
Iron	mg	13.91		0	11.82	26.15	
Magnesium	mg	14		0	12	26	
Phosphorus	mg	188		0	160	353	
Potassium	mg	326		0	277	613	
Sodium	mg	364		0	309	684	
Zinc	mg	1.46		0	1.24	2.74	
Copper	mg	0.356		0	0.303	0.669	
Manganese	mg	0.540		0	0.459	1.015	
Selenium	µg	28.9		0	24.6	54.3	
Vitamins:							
Ascorbic acid	mg	10.0		0	8.5	18.8	
Thiamin	mg	0.100		0	0.085	0.188	
Riboflavin	mg	0.244		0	0.207	0.459	
Niacin	mg	2.064		0	1.754	3.880	
Pantothenic acid	mg	0.430		0	0.366	0.808	
Vitamin B-6	mg	0.060		0	0.051	0.113	
Folate	µg	36		0	31	68	
Vitamin B-12	µg	40.27		0	34.23	75.71	
Vitamin A	IU	302		0	257	568	
Vitamin A, RE	µg	90		0	77	169	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.683		0	2.281	5.044	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.058		0	0.049	0.109	
15.0	g						
16:0	g	1.551		0	1.318	2.916	
17:0	g						
18:0	g	1.070		0	0.910	2.012	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.545	0	3.863	8.545
14:1	g				
16:1	g	0.042	0	0.036	0.079
18:1	g	4.472	0	3.801	8.407
20:1	g	0.017	0	0.014	0.032
22.1	g	0.006	0	0.005	0.011
Polyunsaturated, total	g	2.870	0	2.440	5.396
18:2	g	2.455	0	2.087	4.615
18:3	g	0.160	0	0.136	0.301
18:4	g	0.015	0	0.013	0.028
20:4	g	0.044	0	0.037	0.083
20:5	g	0.066	0	0.056	0.124
22:5	g	0.050	0	0.043	0.094
22:6	g	0.070	0	0.060	0.132
Cholesterol	mg	61	0	52	115
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.168	0	0.143	0.316
Threonine	g	0.602	0	0.512	1.132
Isoleucine	g	0.636	0	0.541	1.196
Leucine	g	1.024	0	0.870	1.925
Lysine	g	0.992	0	0.843	1.865
Methionine	g	0.324	0	0.275	0.609
Cystine	g	0.204	0	0.173	0.384
Phenylalanine	g	0.549	0	0.467	1.032
Tyrosine	g	0.464	0	0.394	0.872
Valine	g	0.650	0	0.553	1.222
Arginine	g	0.985	0	0.837	1.852
Histidine	g	0.280	0	0.238	0.526
Alanine	g	0.824	0	0.700	1.549
Aspartic acid	g	1.311	0	1.114	2.465
Glutamic acid	g	2.239	0	1.903	4.209
Glycine	g	0.836	0	0.711	1.572
Proline	g	0.691	0	0.587	1.299
Serine	g	0.673	0	0.572	1.265
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz
Measure 2: 20 small clams

NDB No. 15159 Mollusks, clam, mixed species, cooked, moist heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 190g	Measure 3*
Proximates:							
Water	g	63.64		0	54.09	120.92	
Energy	kcal	148		0	126	281	
Energy	kj	619		0	526	1176	
Protein (N x 5.95)	g	25.55		0	21.72	48.55	
Total lipid (fat)	g	1.95		0	1.66	3.71	
Carbohydrate, by difference	g	5.13		0	4.36	9.75	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.74		0	3.18	7.11	
Sugars, total	g						
Minerals:							
Calcium	mg	92		0	78	175	
Iron	mg	27.96		0	23.77	53.12	
Magnesium	mg	18		0	15	34	
Phosphorus	mg	338		0	287	642	
Potassium	mg	628		0	534	1193	
Sodium	mg	112		0	95	213	
Zinc	mg	2.73		0	2.32	5.19	
Copper	mg	0.688		0	0.585	1.307	
Manganese	mg	1.000		0	0.850	1.900	
Selenium	µg	64.0		0	54.4	121.6	
Vitamins:							
Ascorbic acid	mg	22.1		0	18.8	42.0	
Thiamin	mg	0.150		0	0.128	0.285	
Riboflavin	mg	0.426		0	0.362	0.809	
Niacin	mg	3.354		0	2.851	6.373	
Pantothenic acid	mg	0.680		0	0.578	1.292	
Vitamin B-6	mg	0.110		0	0.094	0.209	
Folate	µg	29		0	24	55	
Vitamin B-12	µg	98.89		0	84.05	187.89	
Vitamin A	IU	570		0	485	1083	
Vitamin A, RE	µg	171		0	145	325	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.188		0	0.160	0.357	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.026		0	0.022	0.049	
15.0	g						
16:0	g	0.120		0	0.102	0.228	
17:0	g						
18:0	g	0.036		0	0.031	0.068	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.172	0	0.146	0.327
14:1	g				
16:1	g	0.044	0	0.037	0.084
18:1	g	0.068	0	0.058	0.129
20:1	g	0.036	0	0.031	0.068
22.1	g	0.012	0	0.010	0.023
Polyunsaturated, total	g	0.552	0	0.469	1.049
18:2	g	0.032	0	0.027	0.061
18:3	g	0.008	0	0.007	0.015
18:4	g	0.032	0	0.027	0.061
20:4	g	0.082	0	0.070	0.156
20:5	g	0.138	0	0.117	0.262
22:5	g	0.104	0	0.088	0.198
22:6	g	0.146	0	0.124	0.277
Cholesterol	mg	67	0	57	127
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.286	0	0.243	0.543
Threonine	g	1.099	0	0.934	2.088
Isoleucine	g	1.112	0	0.945	2.113
Leucine	g	1.798	0	1.528	3.416
Lysine	g	1.909	0	1.623	3.627
Methionine	g	0.576	0	0.490	1.094
Cystine	g	0.335	0	0.285	0.637
Phenylalanine	g	0.915	0	0.778	1.739
Tyrosine	g	0.817	0	0.694	1.552
Valine	g	1.116	0	0.949	2.120
Arginine	g	1.864	0	1.584	3.542
Histidine	g	0.490	0	0.417	0.931
Alanine	g	1.545	0	1.313	2.936
Aspartic acid	g	2.464	0	2.094	4.682
Glutamic acid	g	3.474	0	2.953	6.601
Glycine	g	1.598	0	1.358	3.036
Proline	g	1.042	0	0.886	1.980
Serine	g	1.144	0	0.972	2.174
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz
Measure 2: 20 small clams

NDB No. 15160 Mollusks, clam, mixed species, canned, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 160g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	63.64		0	101.82	54.09	
Energy	kcal	148		0	237	126	
Energy	kj	619		0	990	526	
Protein (N x 5.95)	g	25.55		0	40.88	21.72	
Total lipid (fat)	g	1.95		0	3.12	1.66	
Carbohydrate, by difference	g	5.13		0	8.21	4.36	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.74		0	5.98	3.18	
Sugars, total	g						
Minerals:							
Calcium	mg	92		0	147	78	
Iron	mg	27.96		0	44.74	23.77	
Magnesium	mg	18		0	29	15	
Phosphorus	mg	338		0	541	287	
Potassium	mg	628		0	1005	534	
Sodium	mg	112		0	179	95	
Zinc	mg	2.73		0	4.37	2.32	
Copper	mg	0.688		0	1.101	0.585	
Manganese	mg	1.000		0	1.600	0.850	
Selenium	µg	48.6	11.978	6	77.8	41.3	
Vitamins:							
Ascorbic acid	mg	22.1		0	35.4	18.8	
Thiamin	mg	0.150		0	0.240	0.128	
Riboflavin	mg	0.426		0	0.682	0.362	
Niacin	mg	3.354		0	5.366	2.851	
Pantothenic acid	mg	0.680		0	1.088	0.578	
Vitamin B-6	mg	0.110		0	0.176	0.094	
Folate	µg	29		0	46	24	
Vitamin B-12	µg	98.89		0	158.22	84.05	
Vitamin A	IU	570		0	912	485	
Vitamin A, RE	µg	171		0	274	145	
Vitamin E, α-TE	mg	1.000		0	1.600	0.850	
Lipids:							
Saturated, total	g	0.188		0	0.301	0.160	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.026		0	0.042	0.022	
15.0	g						
16:0	g	0.120		0	0.192	0.102	
17:0	g						
18:0	g	0.036		0	0.058	0.031	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.172	0	0.275	0.146
14:1	g				
16:1	g	0.044	0	0.070	0.037
18:1	g	0.068	0	0.109	0.058
20:1	g	0.036	0	0.058	0.031
22.1	g	0.012	0	0.019	0.010
Polyunsaturated, total	g	0.552	0	0.883	0.469
18:2	g	0.032	0	0.051	0.027
18:3	g	0.008	0	0.013	0.007
18:4	g	0.032	0	0.051	0.027
20:4	g	0.082	0	0.131	0.070
20:5	g	0.138	0	0.221	0.117
22:5	g	0.104	0	0.166	0.088
22:6	g	0.146	0	0.234	0.124
Cholesterol	mg	67	0	107	57
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.286	0	0.458	0.243
Threonine	g	1.099	0	1.758	0.934
Isoleucine	g	1.112	0	1.779	0.945
Leucine	g	1.798	0	2.877	1.528
Lysine	g	1.909	0	3.054	1.623
Methionine	g	0.576	0	0.922	0.490
Cystine	g	0.335	0	0.536	0.285
Phenylalanine	g	0.915	0	1.464	0.778
Tyrosine	g	0.817	0	1.307	0.694
Valine	g	1.116	0	1.786	0.949
Arginine	g	1.864	0	2.982	1.584
Histidine	g	0.490	0	0.784	0.417
Alanine	g	1.545	0	2.472	1.313
Aspartic acid	g	2.464	0	3.942	2.094
Glutamic acid	g	3.474	0	5.558	2.953
Glycine	g	1.598	0	2.557	1.358
Proline	g	1.042	0	1.667	0.886
Serine	g	1.144	0	1.830	0.972
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3 oz

NDB No. 15162 Mollusks, clam, mixed species, canned, liquid

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	97.70		1	234.48	83.05	
Energy	kcal	2		0	5	2	
Energy	kj	8		0	19	7	
Protein (N x 5.95)	g	0.40		1	0.96	0.34	
Total lipid (fat)	g	0.02		1	0.05	0.02	
Carbohydrate, by difference	g	0.10		0	0.24	0.09	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.80		1	4.32	1.53	
Sugars, total	g						
Minerals:							
Calcium	mg	13		1	31	11	
Iron	mg	0.30		0	0.72	0.26	
Magnesium	mg	11		1	26	9	
Phosphorus	mg	114		0	274	97	
Potassium	mg	149		0	358	127	
Sodium	mg	215		1	516	183	
Zinc	mg	0.10		0	0.24	0.09	
Copper	mg	0.389		1	0.934	0.331	
Manganese	mg	0.074		1	0.178	0.063	
Selenium	µg	4.1		0	9.8	3.5	
Vitamins:							
Ascorbic acid	mg	1.0		0	2.4	0.9	
Thiamin	mg	0.010		0	0.024	0.009	
Riboflavin	mg	0.020		0	0.048	0.017	
Niacin	mg	0.180		0	0.432	0.153	
Pantothenic acid	mg	0.040		0	0.096	0.034	
Vitamin B-6	mg	0.010		0	0.024	0.009	
Folate	µg	2		0	5	2	
Vitamin B-12	µg	5.00		0	12.00	4.25	
Vitamin A	IU	30		0	72	26	
Vitamin A, RE	µg	9		0	22	8	
Vitamin E, α-TE	mg	1.000		0	2.400	0.850	
Lipids:							
Saturated, total	g	0.002		0	0.005	0.002	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.001		0	0.002	0.001	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.005	0.002
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.001	0	0.002	0.001
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.006	0	0.014	0.005
18:2	g	0.000	0	0.000	0.000
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.001	0	0.002	0.001
20:5	g	0.001	0	0.002	0.001
22:5	g	0.001	0	0.002	0.001
22:6	g	0.002	0	0.005	0.002
Cholesterol	mg	3	0	7	3
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	0.000	1	0.000	0.000
Isoleucine	g	0.000	1	0.000	0.000
Leucine	g	0.000	1	0.000	0.000
Lysine	g	0.000	1	0.000	0.000
Methionine	g				
Cystine	g				
Phenylalanine	g	0.000	1	0.000	0.000
Tyrosine	g	0.000	1	0.000	0.000
Valine	g	0.000	1	0.000	0.000
Arginine	g	0.001	1	0.002	0.001
Histidine	g	0.000	1	0.000	0.000
Alanine	g	0.005	1	0.012	0.004
Aspartic acid	g	0.001	1	0.002	0.001
Glutamic acid	g	0.019	1	0.046	0.016
Glycine	g	0.001	1	0.002	0.001
Proline	g				
Serine	g	0.001	1	0.002	0.001
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 3 oz

NDB No. 15163 Mollusks, cuttlefish, mixed species, raw

Sepiidae

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	80.56	0.545	16	68.48		
Energy	kcal	79		0	67		
Energy	kj	331		0	281		
Protein (N x 5.95)	g	16.24		14	13.80		
Total lipid (fat)	g	0.70		16	0.60		
Carbohydrate, by difference	g	0.82		0	0.70		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.68		14	1.43		
Sugars, total	g						
Minerals:							
Calcium	mg	90		13	77		
Iron	mg	6.02		5	5.12		
Magnesium	mg	30		0	26		
Phosphorus	mg	387		13	329		
Potassium	mg	354		2	301		
Sodium	mg	372		1	316		
Zinc	mg	1.73		27	1.47		
Copper	mg	0.587	0.134	30	0.499		
Manganese	mg	0.110		0	0.094		
Selenium	µg	44.8		0	38.1		
Vitamins:							
Ascorbic acid	mg	5.3		1	4.5		
Thiamin	mg	0.009		1	0.008		
Riboflavin	mg	0.910		1	0.774		
Niacin	mg	1.216		1	1.034		
Pantothenic acid	mg	0.500		0	0.425		
Vitamin B-6	mg	0.150		0	0.128		
Folate	µg	16		0	14		
Vitamin B-12	µg	3.00		1	2.55		
Vitamin A	IU	375		0	319		
Vitamin A, RE	µg	112		0	95		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.118		0	0.100		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.012		1	0.010		
15.0	g						
16:0	g	0.061		1	0.052		
17:0	g						
18:0	g	0.044		1	0.037		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.081	0	0.069
14:1	g			
16:1	g	0.012	1	0.010
18:1	g	0.031	1	0.026
20:1	g	0.036	1	0.031
22.1	g	0.001	1	0.001
Polyunsaturated, total	g	0.134	0	0.114
18:2	g	0.002	1	0.002
18:3	g	0.001	1	0.001
18:4	g	0.002	1	0.002
20:4	g	0.013	1	0.011
20:5	g	0.039	1	0.033
22:5	g	0.006	1	0.005
22:6	g	0.066	1	0.056
Cholesterol	mg	112	1	95
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.182	0	0.155
Threonine	g	0.699	0	0.594
Isoleucine	g	0.707	0	0.601
Leucine	g	1.143	0	0.972
Lysine	g	1.213	0	1.031
Methionine	g	0.366	0	0.311
Cystine	g	0.213	0	0.181
Phenylalanine	g	0.582	0	0.495
Tyrosine	g	0.520	0	0.442
Valine	g	0.709	0	0.603
Arginine	g	1.185	0	1.007
Histidine	g	0.312	0	0.265
Alanine	g	0.982	0	0.835
Aspartic acid	g	1.567	0	1.332
Glutamic acid	g	2.208	0	1.877
Glycine	g	1.016	0	0.864
Proline	g	0.662	0	0.563
Serine	g	0.727	0	0.618
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 3 oz

NDB No. 15164 Mollusks, mussel, blue, raw

Mytilus edulis L.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 150g	Measure 2* 28g	Measure 3* 20g
Proximates:							
Water	g	80.58	0.618	16	120.87	22.84	16.12
Energy	kcal	86		0	129	24	17
Energy	kj	360		0	540	102	72
Protein (N x 5.95)	g	11.90	0.072	12	17.85	3.37	2.38
Total lipid (fat)	g	2.24	0.131	23	3.36	0.64	0.45
Carbohydrate, by difference	g	3.69		0	5.54	1.05	0.74
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.59	0.061	19	2.38	0.45	0.32
Sugars, total	g						
Minerals:							
Calcium	mg	26	2.303	6	39	7	5
Iron	mg	3.95	0.153	6	5.92	1.12	0.79
Magnesium	mg	34	0.768	6	51	10	7
Phosphorus	mg	197	1.253	9	296	56	39
Potassium	mg	320	6.908	6	480	91	64
Sodium	mg	286	2.303	6	429	81	57
Zinc	mg	1.60	0.031	6	2.40	0.45	0.32
Copper	mg	0.094	0.006	6	0.141	0.027	0.019
Manganese	mg	3.400		0	5.100	0.964	0.680
Selenium	µg	44.8		0	67.2	12.7	9.0
Vitamins:							
Ascorbic acid	mg	8.0		0	12.0	2.3	1.6
Thiamin	mg	0.160		0	0.240	0.045	0.032
Riboflavin	mg	0.210		0	0.315	0.060	0.042
Niacin	mg	1.600		0	2.400	0.454	0.320
Pantothenic acid	mg	0.500		0	0.750	0.142	0.100
Vitamin B-6	mg	0.050		0	0.075	0.014	0.010
Folate	µg	42		0	63	12	8
Vitamin B-12	µg	12.00		0	18.00	3.40	2.40
Vitamin A	IU	160		0	240	45	32
Vitamin A, RE	µg	48		0	72	14	10
Vitamin E, α-TE	mg	0.740		0	1.110	0.210	0.148
Lipids:							
Saturated, total	g	0.425		0	0.637	0.120	0.085
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.059		1	0.089	0.017	0.012
15.0	g						
16:0	g	0.294		1	0.441	0.083	0.059
17:0	g						
18:0	g	0.068		1	0.102	0.019	0.014
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.507		0	0.761	0.144	0.101
14:1	g						
16:1	g	0.138		1	0.207	0.039	0.028
18:1	g	0.205		1	0.307	0.058	0.041
20:1	g	0.138		1	0.207	0.039	0.028
22.1	g	0.026		1	0.039	0.007	0.005
Polyunsaturated, total	g	0.606		0	0.909	0.172	0.121
18:2	g	0.018		1	0.027	0.005	0.004
18:3	g	0.020		1	0.030	0.006	0.004
18:4	g	0.035		1	0.053	0.010	0.007
20:4	g	0.070		1	0.105	0.020	0.014
20:5	g	0.188		1	0.282	0.053	0.038
22:5	g	0.022		1	0.033	0.006	0.004
22:6	g	0.253		1	0.380	0.072	0.051
Cholesterol	mg	28	2.914	6	42	8	6
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.133		0	0.200	0.038	0.027
Threonine	g	0.512		0	0.768	0.145	0.102
Isoleucine	g	0.518		0	0.777	0.147	0.104
Leucine	g	0.838		0	1.257	0.238	0.168
Lysine	g	0.889		0	1.333	0.252	0.178
Methionine	g	0.268		0	0.402	0.076	0.054
Cystine	g	0.156		0	0.234	0.044	0.031
Phenylalanine	g	0.426		0	0.639	0.121	0.085
Tyrosine	g	0.381		0	0.572	0.108	0.076
Valine	g	0.520		0	0.780	0.147	0.104
Arginine	g	0.868		0	1.302	0.246	0.174
Histidine	g	0.228		0	0.342	0.065	0.046
Alanine	g	0.720		0	1.080	0.204	0.144
Aspartic acid	g	1.148		0	1.722	0.325	0.230
Glutamic acid	g	1.618		0	2.427	0.459	0.324
Glycine	g	0.744		0	1.116	0.211	0.149
Proline	g	0.486		0	0.729	0.138	0.097
Serine	g	0.533		0	0.800	0.151	0.107
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 oz, without shell
Measure 3: 1 large mussel

NDB No. 15165 Mollusks, mussel, blue, cooked, moist heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	61.15		0	51.98		
Energy	kcal	172		0	146		
Energy	kj	720		0	612		
Protein (N x 5.95)	g	23.80		0	20.23		
Total lipid (fat)	g	4.48		0	3.81		
Carbohydrate, by difference	g	7.39		0	6.28		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.18		0	2.70		
Sugars, total	g						
Minerals:							
Calcium	mg	33	1.905	18	28		
Iron	mg	6.72	0.233	18	5.71		
Magnesium	mg	37	1.268	18	31		
Phosphorus	mg	285	3.535	27	242		
Potassium	mg	268	10.371	18	228		
Sodium	mg	369	18.253	18	314		
Zinc	mg	2.67	0.116	18	2.27		
Copper	mg	0.149	0.009	18	0.127		
Manganese	mg	6.800		0	5.780		
Selenium	µg	89.6		0	76.2		
Vitamins:							
Ascorbic acid	mg	13.6		0	11.6		
Thiamin	mg	0.300		0	0.255		
Riboflavin	mg	0.420		0	0.357		
Niacin	mg	3.000		0	2.550		
Pantothenic acid	mg	0.950		0	0.808		
Vitamin B-6	mg	0.100		0	0.085		
Folate	µg	76		0	64		
Vitamin B-12	µg	24.00		0	20.40		
Vitamin A	IU	304		0	258		
Vitamin A, RE	µg	91		0	77		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.850		0	0.723		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.118		0	0.100		
15.0	g						
16:0	g	0.588		0	0.500		
17:0	g						
18:0	g	0.136		0	0.116		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.014	0	0.862
14:1	g			
16:1	g	0.276	0	0.235
18:1	g	0.410	0	0.349
20:1	g	0.276	0	0.235
22.1	g	0.052	0	0.044
Polyunsaturated, total	g	1.212	0	1.030
18:2	g	0.036	0	0.031
18:3	g	0.040	0	0.034
18:4	g	0.070	0	0.060
20:4	g	0.140	0	0.119
20:5	g	0.276	0	0.235
22:5	g	0.044	0	0.037
22:6	g	0.506	0	0.430
Cholesterol	mg	56	0	48
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.267	0	0.227
Threonine	g	1.025	0	0.871
Isoleucine	g	1.036	0	0.881
Leucine	g	1.676	0	1.425
Lysine	g	1.779	0	1.512
Methionine	g	0.537	0	0.456
Cystine	g	0.312	0	0.265
Phenylalanine	g	0.853	0	0.725
Tyrosine	g	0.762	0	0.648
Valine	g	1.040	0	0.884
Arginine	g	1.737	0	1.476
Histidine	g	0.457	0	0.388
Alanine	g	1.440	0	1.224
Aspartic acid	g	2.297	0	1.952
Glutamic acid	g	3.238	0	2.752
Glycine	g	1.489	0	1.266
Proline	g	0.971	0	0.825
Serine	g	1.067	0	0.907
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 3 oz

NDB No. 15166 Mollusks, octopus, common, raw

Octopus vulgaris Lamarck

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	80.25	0.625	19	68.21		
Energy	kcal	82		0	70		
Energy	kj	343		0	292		
Protein (N x 5.95)	g	14.91	0.699	18	12.67		
Total lipid (fat)	g	1.04	0.066	17	0.88		
Carbohydrate, by difference	g	2.20		0	1.87		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.60	0.086	14	1.36		
Sugars, total	g						
Minerals:							
Calcium	mg	53	11.706	13	45		
Iron	mg	5.30		1	4.50		
Magnesium	mg	30		0	26		
Phosphorus	mg	186	16.071	15	158		
Potassium	mg	350		0	298		
Sodium	mg	230		0	196		
Zinc	mg	1.68	0.280	11	1.43		
Copper	mg	0.435	0.077	14	0.370		
Manganese	mg	0.025		1	0.021		
Selenium	µg	44.8		0	38.1		
Vitamins:							
Ascorbic acid	mg	5.0		0	4.3		
Thiamin	mg	0.030		1	0.026		
Riboflavin	mg	0.040		1	0.034		
Niacin	mg	2.100		1	1.785		
Pantothenic acid	mg	0.500		0	0.425		
Vitamin B-6	mg	0.360		0	0.306		
Folate	µg	16		0	14		
Vitamin B-12	µg	20.00		0	17.00		
Vitamin A	IU	150		0	128		
Vitamin A, RE	µg	45		0	38		
Vitamin E, α-TE	mg	1.200		0	1.020		
Lipids:							
Saturated, total	g	0.227		0	0.193		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.025	0.011	2	0.021		
15.0	g						
16:0	g	0.148	0.000	2	0.126		
17:0	g						
18:0	g	0.050	0.026	2	0.043		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.162		0	0.138
14:1	g				
16:1	g	0.066	0.087	2	0.056
18:1	g	0.062	0.017	2	0.053
20:1	g	0.024		1	0.020
22.1	g	0.010		1	0.009
Polyunsaturated, total	g	0.239		0	0.203
18:2	g	0.009	0.011	2	0.008
18:3	g	0.000		0	0.000
18:4	g	0.028		1	0.024
20:4	g	0.039		1	0.033
20:5	g	0.076	0.030	2	0.065
22:5	g	0.006	0.008	2	0.005
22:6	g	0.081	0.062	2	0.069
Cholesterol	mg	48		1	41
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.167		0	0.142
Threonine	g	0.642		0	0.546
Isoleucine	g	0.649		0	0.552
Leucine	g	1.049		0	0.892
Lysine	g	1.114		0	0.947
Methionine	g	0.336		0	0.286
Cystine	g	0.196		0	0.167
Phenylalanine	g	0.534		0	0.454
Tyrosine	g	0.477		0	0.405
Valine	g	0.651		0	0.553
Arginine	g	1.088		0	0.925
Histidine	g	0.286		0	0.243
Alanine	g	0.902		0	0.767
Aspartic acid	g	1.438		0	1.222
Glutamic acid	g	2.027		0	1.723
Glycine	g	0.933		0	0.793
Proline	g	0.608		0	0.517
Serine	g	0.668		0	0.568
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

NDB No. 15167 Mollusks, oyster, eastern, wild, raw
Crassostrea virginica (Gmelin)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 248g	Measure 2* 84g	Measure 3*
Proximates:							
Water	g	85.16	0.197	254	211.20	71.53	
Energy	kcal	68		0	169	57	
Energy	kj	285		0	707	239	
Protein (N x 5.95)	g	7.05	0.097	212	17.48	5.92	
Total lipid (fat)	g	2.46	0.099	195	6.10	2.07	
Carbohydrate, by difference	g	3.91		0	9.70	3.28	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.42	0.050	160	3.52	1.19	
Sugars, total	g						
Minerals:							
Calcium	mg	45	2.757	37	112	38	
Iron	mg	6.66	0.406	102	16.52	5.59	
Magnesium	mg	47	3.697	3	117	39	
Phosphorus	mg	135	5.372	29	335	113	
Potassium	mg	156	36.748	3	387	131	
Sodium	mg	211	58.810	3	523	177	
Zinc	mg	90.81	3.557	586	225.21	76.28	
Copper	mg	4.452	0.328	490	11.041	3.740	
Manganese	mg	0.367	0.080	3	0.910	0.308	
Selenium	µg	63.7	8.557	6	158.0	53.5	
Vitamins:							
Ascorbic acid	mg	3.7	0.636	3	9.2	3.1	
Thiamin	mg	0.100	0.025	3	0.248	0.084	
Riboflavin	mg	0.095	0.042	3	0.236	0.080	
Niacin	mg	1.380	0.135	3	3.422	1.159	
Pantothenic acid	mg	0.185	0.003	3	0.459	0.155	
Vitamin B-6	mg	0.062	0.006	3	0.154	0.052	
Folate	µg	10	1.103	5	25	8	
Vitamin B-12	µg	19.46	1.121	14	48.26	16.35	
Vitamin A	IU	100	100.000	3	248	84	
Vitamin A, RE	µg	30		0	74	25	
Vitamin E, α-TE	mg	0.850		0	2.108	0.714	
Lipids:							
Saturated, total	g	0.772		0	1.915	0.648	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.125		14	0.310	0.105	
15.0	g						
16:0	g	0.535		14	1.327	0.449	
17:0	g						
18:0	g	0.073		14	0.181	0.061	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.314		0	0.779	0.264
14:1	g					
16:1	g	0.090		14	0.223	0.076
18:1	g	0.122		14	0.303	0.102
20:1	g	0.075		14	0.186	0.063
22.1	g	0.011		14	0.027	0.009
Polyunsaturated, total	g	0.968		0	2.401	0.813
18:2	g	0.058		14	0.144	0.049
18:3	g	0.050		14	0.124	0.042
18:4	g	0.117		14	0.290	0.098
20:4	g	0.080		14	0.198	0.067
20:5	g	0.268		14	0.665	0.225
22:5	g	0.062	0.000	14	0.154	0.052
22:6	g	0.292		14	0.724	0.245
Cholesterol	mg	53	7.258	19	131	45
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.079		0	0.196	0.066
Threonine	g	0.303		0	0.751	0.255
Isoleucine	g	0.307		0	0.761	0.258
Leucine	g	0.496		0	1.230	0.417
Lysine	g	0.527		0	1.307	0.443
Methionine	g	0.159		0	0.394	0.134
Cystine	g	0.092		0	0.228	0.077
Phenylalanine	g	0.253		0	0.627	0.213
Tyrosine	g	0.226		0	0.560	0.190
Valine	g	0.308		0	0.764	0.259
Arginine	g	0.514		0	1.275	0.432
Histidine	g	0.135		0	0.335	0.113
Alanine	g	0.426		0	1.056	0.358
Aspartic acid	g	0.680		0	1.686	0.571
Glutamic acid	g	0.959		0	2.378	0.806
Glycine	g	0.441		0	1.094	0.370
Proline	g	0.288		0	0.714	0.242
Serine	g	0.316		0	0.784	0.265
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 6 medium

NDB No. 15168 Mollusks, oyster, eastern, cooked, breaded and fried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 88g	Measure 3*
Proximates:							
Water	g	64.72		0	55.01	56.95	
Energy	kcal	197		0	167	173	
Energy	kj	824		0	700	725	
Protein (N x 5.95)	g	8.77		0	7.45	7.72	
Total lipid (fat)	g	12.58		0	10.69	11.07	
Carbohydrate, by difference	g	11.62		0	9.88	10.23	
Fiber, total dietary	g						
Ash	g	1.72		0	1.46	1.51	
Sugars, total	g						
Minerals:							
Calcium	mg	62		0	53	55	
Iron	mg	6.95		0	5.91	6.12	
Magnesium	mg	58		0	49	51	
Phosphorus	mg	159		0	135	140	
Potassium	mg	244		0	207	215	
Sodium	mg	417		0	354	367	
Zinc	mg	87.13		0	74.06	76.67	
Copper	mg	4.294		0	3.650	3.779	
Manganese	mg	0.490		0	0.417	0.431	
Selenium	µg	66.5		0	56.5	58.5	
Vitamins:							
Ascorbic acid	mg	3.8		0	3.2	3.3	
Thiamin	mg	0.150		0	0.128	0.132	
Riboflavin	mg	0.202		0	0.172	0.178	
Niacin	mg	1.650		0	1.403	1.452	
Pantothenic acid	mg	0.270		0	0.230	0.238	
Vitamin B-6	mg	0.064		0	0.054	0.056	
Folate	µg	31		0	26	27	
Vitamin B-12	µg	15.63		0	13.28	13.75	
Vitamin A	IU	302		0	257	266	
Vitamin A, RE	µg	90		0	77	79	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.197		0	2.717	2.813	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.150		0	0.128	0.132	
15.0	g						
16:0	g	1.910		0	1.623	1.681	
17:0	g						
18:0	g	1.110		0	0.944	0.977	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.702	0	3.997	4.138
14:1	g				
16:1	g	0.092	0	0.078	0.081
18:1	g	4.440	0	3.774	3.907
20:1	g	0.057	0	0.048	0.050
22.1	g	0.009	0	0.008	0.008
Polyunsaturated, total	g	3.313	0	2.816	2.915
18:2	g	2.440	0	2.074	2.147
18:3	g	0.156	0	0.133	0.137
18:4	g	0.092	0	0.078	0.081
20:4	g	0.070	0	0.060	0.062
20:5	g	0.202	0	0.172	0.178
22:5	g	0.048	0	0.041	0.042
22:6	g	0.218	0	0.185	0.192
Cholesterol	mg	81	0	69	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.105	0	0.089	0.092
Threonine	g	0.365	0	0.310	0.321
Isoleucine	g	0.396	0	0.337	0.348
Leucine	g	0.638	0	0.542	0.561
Lysine	g	0.582	0	0.495	0.512
Methionine	g	0.199	0	0.169	0.175
Cystine	g	0.131	0	0.111	0.115
Phenylalanine	g	0.352	0	0.299	0.310
Tyrosine	g	0.290	0	0.247	0.255
Valine	g	0.409	0	0.348	0.360
Arginine	g	0.585	0	0.497	0.515
Histidine	g	0.175	0	0.149	0.154
Alanine	g	0.491	0	0.417	0.432
Aspartic acid	g	0.782	0	0.665	0.688
Glutamic acid	g	1.495	0	1.271	1.316
Glycine	g	0.493	0	0.419	0.434
Proline	g	0.470	0	0.400	0.414
Serine	g	0.429	0	0.365	0.378
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz
Measure 2: 6 medium

NDB No. 15169 Mollusks, oyster, eastern, wild, cooked, moist heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 42g	Measure 3*
Proximates:							
Water	g	70.32		0	59.77	29.53	
Energy	kcal	137		0	116	58	
Energy	kj	573		0	487	241	
Protein (N x 5.95)	g	14.10		0	11.98	5.92	
Total lipid (fat)	g	4.91		0	4.17	2.06	
Carbohydrate, by difference	g	7.82		0	6.65	3.28	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.84		0	2.41	1.19	
Sugars, total	g						
Minerals:							
Calcium	mg	90		0	77	38	
Iron	mg	11.99		0	10.19	5.04	
Magnesium	mg	95		0	81	40	
Phosphorus	mg	203		0	173	85	
Potassium	mg	281		0	239	118	
Sodium	mg	422		0	359	177	
Zinc	mg	181.61		0	154.37	76.28	
Copper	mg	7.569		0	6.434	3.179	
Manganese	mg	0.697		0	0.592	0.293	
Selenium	µg	71.6	10.425	4	60.9	30.1	
Vitamins:							
Ascorbic acid	mg	6.0		0	5.1	2.5	
Thiamin	mg	0.190		0	0.161	0.080	
Riboflavin	mg	0.181		0	0.154	0.076	
Niacin	mg	2.484		0	2.111	1.043	
Pantothenic acid	mg	0.351		0	0.298	0.147	
Vitamin B-6	mg	0.118		0	0.100	0.050	
Folate	µg	14		0	12	6	
Vitamin B-12	µg	35.02		0	29.77	14.71	
Vitamin A	IU	180		0	153	76	
Vitamin A, RE	µg	54		0	46	23	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.544		0	1.312	0.648	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.249		0	0.212	0.105	
15.0	g						
16:0	g	1.070		0	0.910	0.449	
17:0	g						
18:0	g	0.146		0	0.124	0.061	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.628	0	0.534	0.264
14:1	g				
16:1	g	0.181	0	0.154	0.076
18:1	g	0.244	0	0.207	0.102
20:1	g	0.150	0	0.128	0.063
22.1	g	0.022	0	0.019	0.009
Polyunsaturated, total	g	1.936	0	1.646	0.813
18:2	g	0.117	0	0.099	0.049
18:3	g	0.100	0	0.085	0.042
18:4	g	0.233	0	0.198	0.098
20:4	g	0.160	0	0.136	0.067
20:5	g	0.536	0	0.456	0.225
22:5	g	0.125	0	0.106	0.053
22:6	g	0.584	0	0.496	0.245
Cholesterol	mg	105	0	89	44
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.158	0	0.134	0.066
Threonine	g	0.607	0	0.516	0.255
Isoleucine	g	0.614	0	0.522	0.258
Leucine	g	0.993	0	0.844	0.417
Lysine	g	1.053	0	0.895	0.442
Methionine	g	0.318	0	0.270	0.134
Cystine	g	0.185	0	0.157	0.078
Phenylalanine	g	0.505	0	0.429	0.212
Tyrosine	g	0.451	0	0.383	0.189
Valine	g	0.616	0	0.524	0.259
Arginine	g	1.029	0	0.875	0.432
Histidine	g	0.271	0	0.230	0.114
Alanine	g	0.853	0	0.725	0.358
Aspartic acid	g	1.360	0	1.156	0.571
Glutamic acid	g	1.917	0	1.629	0.805
Glycine	g	0.882	0	0.750	0.370
Proline	g	0.575	0	0.489	0.242
Serine	g	0.632	0	0.537	0.265
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz
Measure 2: 6 medium

NDB No. 15170 Mollusks, oyster, eastern, canned

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 162g	Measure 2* 248g	Measure 3* 23g
Proximates:							
Water	g	85.14		0	137.93	211.15	19.58
Energy	kcal	69		0	112	171	16
Energy	kj	289		0	468	717	66
Protein (N x 5.95)	g	7.06		0	11.44	17.51	1.62
Total lipid (fat)	g	2.47		0	4.00	6.13	0.57
Carbohydrate, by difference	g	3.91		0	6.33	9.70	0.90
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.42		0	2.30	3.52	0.33
Sugars, total	g						
Minerals:							
Calcium	mg	45		0	73	112	10
Iron	mg	6.70		0	10.85	16.62	1.54
Magnesium	mg	54		0	87	134	12
Phosphorus	mg	139		0	225	345	32
Potassium	mg	229		0	371	568	53
Sodium	mg	112		0	181	278	26
Zinc	mg	90.95		0	147.34	225.56	20.92
Copper	mg	4.461		0	7.227	11.063	1.026
Manganese	mg	0.450		0	0.729	1.116	0.104
Selenium	µg	35.8		0	58.0	88.8	8.2
Vitamins:							
Ascorbic acid	mg	5.0		0	8.1	12.4	1.1
Thiamin	mg	0.150		0	0.243	0.372	0.034
Riboflavin	mg	0.166		0	0.269	0.412	0.038
Niacin	mg	1.244		0	2.015	3.085	0.286
Pantothenic acid	mg	0.180		0	0.292	0.446	0.041
Vitamin B-6	mg	0.095		0	0.154	0.236	0.022
Folate	µg	9		0	14	22	2
Vitamin B-12	µg	19.13		0	31.00	47.45	4.40
Vitamin A	IU	300		0	486	744	69
Vitamin A, RE	µg	90		0	146	223	21
Vitamin E, α-TE	mg	0.850		0	1.377	2.108	0.196
Lipids:							
Saturated, total	g	0.631		0	1.022	1.565	0.145
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.109		0	0.177	0.270	0.025
15.0	g						
16:0	g	0.435		0	0.705	1.079	0.100
17:0	g						
18:0	g	0.060		0	0.097	0.149	0.014
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.250	0	0.405	0.620	0.058
14:1	g					
16:1	g	0.074	0	0.120	0.184	0.017
18:1	g	0.097	0	0.157	0.241	0.022
20:1	g	0.060	0	0.097	0.149	0.014
22.1	g	0.009	0	0.015	0.022	0.002
Polyunsaturated, total	g	0.739	0	1.197	1.833	0.170
18:2	g	0.049	0	0.079	0.122	0.011
18:3	g	0.037	0	0.060	0.092	0.009
18:4	g	0.096	0	0.156	0.238	0.022
20:4	g	0.068	0	0.110	0.169	0.016
20:5	g	0.211	0	0.342	0.523	0.049
22:5	g	0.050	0	0.081	0.124	0.012
22:6	g	0.228	0	0.369	0.565	0.052
Cholesterol	mg	55	0	89	136	13
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.079	0	0.128	0.196	0.018
Threonine	g	0.304	0	0.492	0.754	0.070
Isoleucine	g	0.307	0	0.497	0.761	0.071
Leucine	g	0.497	0	0.805	1.233	0.114
Lysine	g	0.528	0	0.855	1.309	0.121
Methionine	g	0.159	0	0.258	0.394	0.037
Cystine	g	0.093	0	0.151	0.231	0.021
Phenylalanine	g	0.253	0	0.410	0.627	0.058
Tyrosine	g	0.226	0	0.366	0.560	0.052
Valine	g	0.308	0	0.499	0.764	0.071
Arginine	g	0.515	0	0.834	1.277	0.118
Histidine	g	0.136	0	0.220	0.337	0.031
Alanine	g	0.427	0	0.692	1.059	0.098
Aspartic acid	g	0.681	0	1.103	1.689	0.157
Glutamic acid	g	0.961	0	1.557	2.383	0.221
Glycine	g	0.442	0	0.716	1.096	0.102
Proline	g	0.288	0	0.467	0.714	0.066
Serine	g	0.316	0	0.512	0.784	0.073
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, drained
Measure 2: 1 cup, undrained
Measure 3: 1 oz, drained

NDB No. 15171 Mollusks, oyster, Pacific, raw

Crassostrea gigas (Thunberg)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 50g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	82.06	0.674	27	41.03	69.75	
Energy	kcal	81		0	41	69	
Energy	kj	339		0	170	288	
Protein (N x 5.95)	g	9.45	0.360	14	4.72	8.03	
Total lipid (fat)	g	2.30	0.209	13	1.15	1.95	
Carbohydrate, by difference	g	4.95		0	2.48	4.21	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.23	0.081	7	0.62	1.05	
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.100	2	4	7	
Iron	mg	5.11	0.546	23	2.56	4.34	
Magnesium	mg	22	1.500	2	11	19	
Phosphorus	mg	162	32.000	2	81	138	
Potassium	mg	168	24.000	2	84	143	
Sodium	mg	106	37.250	2	53	90	
Zinc	mg	16.62	1.432	102	8.31	14.13	
Copper	mg	1.576	0.075	112	0.788	1.340	
Manganese	mg	0.643	0.142	2	0.322	0.547	
Selenium	µg	77.0		0	38.5	65.5	
Vitamins:							
Ascorbic acid	mg	8.0		0	4.0	6.8	
Thiamin	mg	0.067	0.007	3	0.034	0.057	
Riboflavin	mg	0.233	0.018	3	0.117	0.198	
Niacin	mg	2.010	0.110	3	1.005	1.708	
Pantothenic acid	mg	0.500		0	0.250	0.425	
Vitamin B-6	mg	0.050		0	0.025	0.043	
Folate	µg	10		0	5	9	
Vitamin B-12	µg	16.00		0	8.00	13.60	
Vitamin A	IU	270		0	135	230	
Vitamin A, RE	µg	81		0	41	69	
Vitamin E, α-TE	mg	0.850		0	0.425	0.723	
Lipids:							
Saturated, total	g	0.510		0	0.255	0.434	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.082	0.040	2	0.041	0.070	
15.0	g						
16:0	g	0.357	0.107	2	0.179	0.303	
17:0	g						
18:0	g	0.071	0.013	2	0.035	0.060	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.358		0	0.179	0.304
14:1	g					
16:1	g	0.114	0.030	2	0.057	0.097
18:1	g	0.191	0.028	2	0.096	0.162
20:1	g	0.000		0	0.000	0.000
22.1	g	0.053		1	0.027	0.045
Polyunsaturated, total	g	0.894		0	0.447	0.760
18:2	g	0.032	0.011	2	0.016	0.027
18:3	g	0.032		1	0.016	0.027
18:4	g	0.084	0.004	2	0.042	0.071
20:4	g	0.038		1	0.019	0.032
20:5	g	0.438	0.005	2	0.219	0.372
22:5	g	0.020		1	0.010	0.017
22:6	g	0.250	0.061	2	0.125	0.213
Cholesterol	mg	50		0	25	43
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.106		0	0.053	0.090
Threonine	g	0.407		0	0.204	0.346
Isoleucine	g	0.411		0	0.205	0.349
Leucine	g	0.665		0	0.333	0.565
Lysine	g	0.706		0	0.353	0.600
Methionine	g	0.213		0	0.107	0.181
Cystine	g	0.124		0	0.062	0.105
Phenylalanine	g	0.339		0	0.170	0.288
Tyrosine	g	0.302		0	0.151	0.257
Valine	g	0.413		0	0.207	0.351
Arginine	g	0.689		0	0.345	0.586
Histidine	g	0.181		0	0.090	0.154
Alanine	g	0.572		0	0.286	0.486
Aspartic acid	g	0.912		0	0.456	0.775
Glutamic acid	g	1.285		0	0.642	1.092
Glycine	g	0.591		0	0.296	0.502
Proline	g	0.386		0	0.193	0.328
Serine	g	0.423		0	0.212	0.360
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 medium
Measure 2: 3 oz

NDB No. 15172 Mollusks, scallop, mixed species, raw
Pectinidae

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	78.57	0.172	137	23.57	66.78	
Energy	kcal	88		0	26	75	
Energy	kj	368		0	110	313	
Protein (N x 5.95)	g	16.78	0.153	132	5.03	14.26	
Total lipid (fat)	g	0.76	0.025	114	0.23	0.65	
Carbohydrate, by difference	g	2.36		0	0.71	2.01	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.53		132	0.46	1.30	
Sugars, total	g						
Minerals:							
Calcium	mg	24	1.355	55	7	20	
Iron	mg	0.29	0.058	3	0.09	0.25	
Magnesium	mg	56		1	17	48	
Phosphorus	mg	219	7.590	58	66	186	
Potassium	mg	322		6	97	274	
Sodium	mg	161	21.372	4	48	137	
Zinc	mg	0.95	0.041	103	0.28	0.81	
Copper	mg	0.053	0.006	77	0.016	0.045	
Manganese	mg	0.090		1	0.027	0.077	
Selenium	µg	22.2	2.007	7	6.7	18.9	
Vitamins:							
Ascorbic acid	mg	3.0		0	0.9	2.5	
Thiamin	mg	0.012	0.001	3	0.004	0.010	
Riboflavin	mg	0.065		1	0.020	0.055	
Niacin	mg	1.150		1	0.345	0.977	
Pantothenic acid	mg	0.143		1	0.043	0.122	
Vitamin B-6	mg	0.150		0	0.045	0.128	
Folate	µg	16		0	5	14	
Vitamin B-12	µg	1.53	0.084	19	0.46	1.30	
Vitamin A	IU	50		0	15	43	
Vitamin A, RE	µg	15		0	5	13	
Vitamin E, α-TE	mg	1.000		0	0.300	0.850	
Lipids:							
Saturated, total	g	0.079		0	0.024	0.067	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.011		16	0.003	0.009	
15.0	g						
16:0	g	0.054		16	0.016	0.046	
17:0	g						
18:0	g	0.011		16	0.003	0.009	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.037		0	0.011	0.031
14:1	g					
16:1	g	0.011		16	0.003	0.009
18:1	g	0.017		16	0.005	0.014
20:1	g	0.006		16	0.002	0.005
22.1	g	0.000		7	0.000	0.000
Polyunsaturated, total	g	0.261		0	0.078	0.222
18:2	g	0.004		16	0.001	0.003
18:3	g	0.000		16	0.000	0.000
18:4	g	0.012		16	0.004	0.010
20:4	g	0.023		16	0.007	0.020
20:5	g	0.090		16	0.027	0.077
22:5	g	0.017		16	0.005	0.014
22:6	g	0.108		16	0.032	0.092
Cholesterol	mg	33	1.768	32	10	28
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.188		0	0.056	0.160
Threonine	g	0.722		0	0.217	0.614
Isoleucine	g	0.730		0	0.219	0.620
Leucine	g	1.181		0	0.354	1.004
Lysine	g	1.254		0	0.376	1.066
Methionine	g	0.379		0	0.114	0.322
Cystine	g	0.220		0	0.066	0.187
Phenylalanine	g	0.601		0	0.180	0.511
Tyrosine	g	0.537		0	0.161	0.456
Valine	g	0.733		0	0.220	0.623
Arginine	g	1.224		0	0.367	1.040
Histidine	g	0.322		0	0.097	0.274
Alanine	g	1.015		0	0.304	0.863
Aspartic acid	g	1.619		0	0.486	1.376
Glutamic acid	g	2.282		0	0.685	1.940
Glycine	g	1.050		0	0.315	0.893
Proline	g	0.685		0	0.206	0.582
Serine	g	0.752		0	0.226	0.639
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 2 large or 5 small
Measure 2: 3 oz

NDB No. 15173 Mollusks, scallop, mixed species, cooked, breaded and fried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 31g	Measure 2*	Measure 3*
Proximates:							
Water	g	58.44		0	18.12		
Energy	kcal	215		0	67		
Energy	kj	900		0	279		
Protein (N x 5.95)	g	18.07		0	5.60		
Total lipid (fat)	g	10.94		0	3.39		
Carbohydrate, by difference	g	10.13		0	3.14		
Fiber, total dietary	g						
Ash	g	1.83		0	0.57		
Sugars, total	g						
Minerals:							
Calcium	mg	42		0	13		
Iron	mg	0.82		0	0.25		
Magnesium	mg	59		0	18		
Phosphorus	mg	236		0	73		
Potassium	mg	333		0	103		
Sodium	mg	464		0	144		
Zinc	mg	1.06		0	0.33		
Copper	mg	0.078		0	0.024		
Manganese	mg	0.140		0	0.043		
Selenium	µg	26.9		0	8.3		
Vitamins:							
Ascorbic acid	mg	2.3		0	0.7		
Thiamin	mg	0.042		0	0.013		
Riboflavin	mg	0.110		0	0.034		
Niacin	mg	1.505		0	0.467		
Pantothenic acid	mg	0.200		0	0.062		
Vitamin B-6	mg	0.140		0	0.043		
Folate	µg	37		0	11		
Vitamin B-12	µg	1.32		0	0.41		
Vitamin A	IU	75		0	23		
Vitamin A, RE	µg	22		0	7		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.669		0	0.827		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.056		0	0.017		
15.0	g						
16:0	g	1.546		0	0.479		
17:0	g						
18:0	g	1.063		0	0.330		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.498	0	1.394
14:1	g			
16:1	g	0.031	0	0.010
18:1	g	4.456	0	1.381
20:1	g	0.006	0	0.002
22.1	g			
Polyunsaturated, total	g	2.856	0	0.885
18:2	g	2.443	0	0.757
18:3	g	0.156	0	0.048
18:4	g	0.011	0	0.003
20:4	g	0.027	0	0.008
20:5	g	0.086	0	0.027
22:5	g	0.016	0	0.005
22:6	g	0.103	0	0.032
Cholesterol	mg	61	0	19
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.210	0	0.065
Threonine	g	0.768	0	0.238
Isoleucine	g	0.800	0	0.248
Leucine	g	1.295	0	0.401
Lysine	g	1.280	0	0.397
Methionine	g	0.407	0	0.126
Cystine	g	0.250	0	0.078
Phenylalanine	g	0.687	0	0.213
Tyrosine	g	0.588	0	0.182
Valine	g	0.818	0	0.254
Arginine	g	1.266	0	0.392
Histidine	g	0.355	0	0.110
Alanine	g	1.059	0	0.328
Aspartic acid	g	1.679	0	0.520
Glutamic acid	g	2.765	0	0.857
Glycine	g	1.074	0	0.333
Proline	g	0.850	0	0.263
Serine	g	0.847	0	0.263
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 2 large scallops

NDB No. 15174 Mollusks, scallop, mixed species, imitation, made from surimi

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	73.82	1.184	3	62.75		
Energy	kcal	99		0	84		
Energy	kj	414		0	352		
Protein (N x 5.95)	g	12.77	0.629	3	10.85		
Total lipid (fat)	g	0.41	0.064	3	0.35		
Carbohydrate, by difference	g	10.62		0	9.03		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.37	0.173	3	2.01		
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.635	3	7		
Iron	mg	0.31	0.040	3	0.26		
Magnesium	mg	43		0	37		
Phosphorus	mg	282		0	240		
Potassium	mg	103	10.393	3	88		
Sodium	mg	795	23.627	3	676		
Zinc	mg	0.33		0	0.28		
Copper	mg	0.032		0	0.027		
Manganese	mg	0.011		0	0.009		
Selenium	µg	23.6		0	20.1		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.010	0.001	2	0.009		
Riboflavin	mg	0.016	0.002	3	0.014		
Niacin	mg	0.310	0.035	3	0.264		
Pantothenic acid	mg	0.070		0	0.060		
Vitamin B-6	mg	0.030		0	0.026		
Folate	µg	2		0	1		
Vitamin B-12	µg	1.60		0	1.36		
Vitamin A	IU	66		0	56		
Vitamin A, RE	µg	20		0	17		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.080		0	0.068		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.060		0	0.051
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.210		0	0.179
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	22	12.400	3	19
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.078		0	0.066
Threonine	g	0.617		0	0.524
Isoleucine	g	0.597		0	0.507
Leucine	g	1.011		0	0.859
Lysine	g	1.167		0	0.992
Methionine	g	0.433		0	0.368
Cystine	g	0.137		0	0.116
Phenylalanine	g	0.501		0	0.426
Tyrosine	g	0.515		0	0.438
Valine	g	0.648		0	0.551
Arginine	g	0.848		0	0.721
Histidine	g	0.294		0	0.250
Alanine	g	0.750		0	0.637
Aspartic acid	g	1.277		0	1.085
Glutamic acid	g	2.016		0	1.714
Glycine	g	0.494		0	0.420
Proline	g	0.476		0	0.405
Serine	g	0.558		0	0.474
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 3 oz

NDB No. 15175 Mollusks, squid, mixed species, raw

Loligoidae and Ommastrephidae

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	78.55	0.601	8	22.27	66.77	
Energy	kcal	92		0	26	78	
Energy	kj	385		0	109	327	
Protein (N x 5.95)	g	15.58	0.857	11	4.42	13.24	
Total lipid (fat)	g	1.38	0.256	12	0.39	1.17	
Carbohydrate, by difference	g	3.08		0	0.87	2.62	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.41	0.242	7	0.40	1.20	
Sugars, total	g						
Minerals:							
Calcium	mg	32		2	9	27	
Iron	mg	0.68		2	0.19	0.58	
Magnesium	mg	33		1	9	28	
Phosphorus	mg	221	1.755	2	63	188	
Potassium	mg	246	61.000	2	70	209	
Sodium	mg	44		1	12	37	
Zinc	mg	1.53	0.066	157	0.43	1.30	
Copper	mg	1.891	0.119	133	0.536	1.607	
Manganese	mg	0.035		0	0.010	0.030	
Selenium	µg	44.8		0	12.7	38.1	
Vitamins:							
Ascorbic acid	mg	4.7		1	1.3	4.0	
Thiamin	mg	0.020		3	0.006	0.017	
Riboflavin	mg	0.412		3	0.117	0.350	
Niacin	mg	2.175		3	0.617	1.849	
Pantothenic acid	mg	0.500		0	0.142	0.425	
Vitamin B-6	mg	0.056		1	0.016	0.048	
Folate	µg	5		0	1	4	
Vitamin B-12	µg	1.30		6	0.37	1.10	
Vitamin A	IU	33		0	9	28	
Vitamin A, RE	µg	10		0	3	9	
Vitamin E, α-TE	mg	1.200		0	0.340	1.020	
Lipids:							
Saturated, total	g	0.358		0	0.101	0.304	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.036		2	0.010	0.031	
15.0	g						
16:0	g	0.263		3	0.075	0.224	
17:0	g						
18:0	g	0.058		3	0.016	0.049	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.107		0	0.030	0.091
14:1	g					
16:1	g	0.008		3	0.002	0.007
18:1	g	0.046		3	0.013	0.039
20:1	g	0.044		3	0.012	0.037
22.1	g	0.007		2	0.002	0.006
Polyunsaturated, total	g	0.524		0	0.149	0.445
18:2	g	0.002		3	0.001	0.002
18:3	g	0.004		3	0.001	0.003
18:4	g	0.006		2	0.002	0.005
20:4	g	0.009		3	0.003	0.008
20:5	g	0.146		3	0.041	0.124
22:5	g	0.004		3	0.001	0.003
22:6	g	0.342		3	0.097	0.291
Cholesterol	mg	233	16.597	7	66	198
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.174		0	0.049	0.148
Threonine	g	0.670		0	0.190	0.570
Isoleucine	g	0.678		0	0.192	0.576
Leucine	g	1.096		0	0.311	0.932
Lysine	g	1.164		0	0.330	0.989
Methionine	g	0.351		0	0.100	0.298
Cystine	g	0.204		0	0.058	0.173
Phenylalanine	g	0.558		0	0.158	0.474
Tyrosine	g	0.498		0	0.141	0.423
Valine	g	0.680		0	0.193	0.578
Arginine	g	1.136		0	0.322	0.966
Histidine	g	0.299		0	0.085	0.254
Alanine	g	0.942		0	0.267	0.801
Aspartic acid	g	1.503		0	0.426	1.278
Glutamic acid	g	2.118		0	0.600	1.800
Glycine	g	0.974		0	0.276	0.828
Proline	g	0.635		0	0.180	0.540
Serine	g	0.698		0	0.198	0.593
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz, boneless, raw
Measure 2: 3 oz

NDB No. 15176 Mollusks, squid, mixed species, cooked, fried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	64.54		0	54.86		
Energy	kcal	175		0	149		
Energy	kj	732		0	622		
Protein (N x 5.95)	g	17.94		0	15.25		
Total lipid (fat)	g	7.48		0	6.36		
Carbohydrate, by difference	g	7.79		0	6.62		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.59		0	1.35		
Sugars, total	g						
Minerals:							
Calcium	mg	39		0	33		
Iron	mg	1.01		0	0.86		
Magnesium	mg	38		0	32		
Phosphorus	mg	251		0	213		
Potassium	mg	279		0	237		
Sodium	mg	306		0	260		
Zinc	mg	1.74		0	1.48		
Copper	mg	2.114		0	1.797		
Manganese	mg	0.070		0	0.060		
Selenium	µg	51.8		0	44.0		
Vitamins:							
Ascorbic acid	mg	4.2		0	3.6		
Thiamin	mg	0.056		0	0.048		
Riboflavin	mg	0.458		0	0.389		
Niacin	mg	2.602		0	2.212		
Pantothenic acid	mg	0.510		0	0.434		
Vitamin B-6	mg	0.058		0	0.049		
Folate	µg	14		0	12		
Vitamin B-12	µg	1.23		0	1.04		
Vitamin A	IU	35		0	30		
Vitamin A, RE	µg	11		0	9		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.878		0	1.596		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.064		0	0.054		
15.0	g						
16:0	g	1.131		0	0.961		
17:0	g						
18:0	g	0.689		0	0.586		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.749	0	2.337
14:1	g			
16:1	g	0.009	0	0.008
18:1	g	2.675	0	2.274
20:1	g	0.049	0	0.042
22.1	g	0.008	0	0.007
Polyunsaturated, total	g	2.136	0	1.816
18:2	g	1.468	0	1.248
18:3	g	0.100	0	0.085
18:4	g	0.007	0	0.006
20:4	g	0.010	0	0.009
20:5	g	0.162	0	0.138
22:5	g	0.004	0	0.003
22:6	g	0.380	0	0.323
Cholesterol	mg	260	0	221
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.202	0	0.172
Threonine	g	0.763	0	0.649
Isoleucine	g	0.780	0	0.663
Leucine	g	1.267	0	1.077
Lysine	g	1.310	0	1.114
Methionine	g	0.403	0	0.343
Cystine	g	0.242	0	0.206
Phenylalanine	g	0.656	0	0.558
Tyrosine	g	0.576	0	0.490
Valine	g	0.786	0	0.668
Arginine	g	1.290	0	1.097
Histidine	g	0.348	0	0.296
Alanine	g	1.068	0	0.908
Aspartic acid	g	1.699	0	1.444
Glutamic acid	g	2.588	0	2.200
Glycine	g	1.108	0	0.942
Proline	g	0.783	0	0.666
Serine	g	0.812	0	0.690
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 3 oz

NDB No. 15177 Mollusks, whelk, unspecified, raw

Buccinidae

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	66.00		2	56.10		
Energy	kcal	137		0	116		
Energy	kj	573		0	487		
Protein (N x 5.95)	g	23.84		2	20.26		
Total lipid (fat)	g	0.40		2	0.34		
Carbohydrate, by difference	g	7.76		0	6.60		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.00		2	1.70		
Sugars, total	g						
Minerals:							
Calcium	mg	57		2	48		
Iron	mg	5.03		2	4.28		
Magnesium	mg	86		2	73		
Phosphorus	mg	141		2	120		
Potassium	mg	347		2	295		
Sodium	mg	206		2	175		
Zinc	mg	1.63		2	1.39		
Copper	mg	1.030		2	0.876		
Manganese	mg	0.447		2	0.380		
Selenium	µg	44.8		0	38.1		
Vitamins:							
Ascorbic acid	mg	4.0		0	3.4		
Thiamin	mg	0.026		2	0.022		
Riboflavin	mg	0.107		2	0.091		
Niacin	mg	1.050		2	0.893		
Pantothenic acid	mg	0.208		2	0.177		
Vitamin B-6	mg	0.342		2	0.291		
Folate	µg	6		2	5		
Vitamin B-12	µg	9.07		2	7.71		
Vitamin A	IU	85		2	72		
Vitamin A, RE	µg	26		0	22		
Vitamin E, α-TE	mg	0.132		0	0.112		
Lipids:							
Saturated, total	g	0.031		0	0.026		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.002		2	0.002		
15.0	g						
16:0	g	0.020		2	0.017		
17:0	g						
18:0	g	0.009		2	0.008		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.028	0	0.024
14:1	g			
16:1	g	0.005	2	0.004
18:1	g	0.006	2	0.005
20:1	g	0.008	2	0.007
22.1	g	0.009	2	0.008
Polyunsaturated, total	g	0.023	0	0.020
18:2	g	0.004	2	0.003
18:3	g	0.000	0	0.000
18:4	g	0.000	0	0.000
20:4	g	0.009	2	0.008
20:5	g	0.004	2	0.003
22:5	g	0.000	2	0.000
22:6	g	0.006	2	0.005
Cholesterol	mg	65	2	55
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.309	2	0.263
Threonine	g	1.068	2	0.908
Isoleucine	g	0.828	2	0.704
Leucine	g	1.903	2	1.618
Lysine	g	1.465	2	1.245
Methionine	g	0.603	2	0.513
Cystine	g	0.187	2	0.159
Phenylalanine	g	0.824	2	0.700
Tyrosine	g	0.759	2	0.645
Valine	g	1.037	2	0.881
Arginine	g	2.468	2	2.098
Histidine	g	0.488	1	0.415
Alanine	g	1.556	2	1.323
Aspartic acid	g	2.563	2	2.179
Glutamic acid	g	3.669	2	3.119
Glycine	g	1.495	2	1.271
Proline	g	1.182	2	1.005
Serine	g	1.110	2	0.944
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 3 oz

NDB No. 15178 Mollusks, whelk, unspecified, cooked, moist heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	32.00		0	27.20		
Energy	kcal	275		0	234		
Energy	kj	1151		0	978		
Protein (N x 5.95)	g	47.68		0	40.53		
Total lipid (fat)	g	0.80		0	0.68		
Carbohydrate, by difference	g	15.52		0	13.19		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	4.00		0	3.40		
Sugars, total	g						
Minerals:							
Calcium	mg	113		0	96		
Iron	mg	10.06		0	8.55		
Magnesium	mg	172		0	146		
Phosphorus	mg	282		0	240		
Potassium	mg	694		0	590		
Sodium	mg	412		0	350		
Zinc	mg	3.26		0	2.77		
Copper	mg	2.060		0	1.751		
Manganese	mg	0.890		0	0.757		
Selenium	µg	89.6		0	76.2		
Vitamins:							
Ascorbic acid	mg	6.8		0	5.8		
Thiamin	mg	0.049		0	0.042		
Riboflavin	mg	0.214		0	0.182		
Niacin	mg	1.995		0	1.696		
Pantothenic acid	mg	0.400		0	0.340		
Vitamin B-6	mg	0.650		0	0.553		
Folate	µg	11		0	10		
Vitamin B-12	µg	18.14		0	15.42		
Vitamin A	IU	162		0	138		
Vitamin A, RE	µg	49		0	42		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.062		0	0.053		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.004		0	0.003		
15.0	g						
16:0	g	0.040		0	0.034		
17:0	g						
18:0	g	0.018		0	0.015		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.056	0	0.048
14:1	g			
16:1	g	0.010	0	0.009
18:1	g	0.012	0	0.010
20:1	g	0.016	0	0.014
22.1	g	0.018	0	0.015
Polyunsaturated, total	g	0.046	0	0.039
18:2	g	0.008	0	0.007
18:3	g			
18:4	g			
20:4	g	0.018	0	0.015
20:5	g	0.008	0	0.007
22:5	g			
22:6	g	0.012	0	0.010
Cholesterol	mg	130	0	111
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.618	0	0.525
Threonine	g	2.136	0	1.816
Isoleucine	g	1.655	0	1.407
Leucine	g	3.807	0	3.236
Lysine	g	2.930	0	2.490
Methionine	g	1.205	0	1.024
Cystine	g	0.374	0	0.318
Phenylalanine	g	1.648	0	1.401
Tyrosine	g	1.518	0	1.290
Valine	g	2.075	0	1.764
Arginine	g	4.936	0	4.196
Histidine	g	0.977	0	0.830
Alanine	g	3.113	0	2.646
Aspartic acid	g	5.127	0	4.358
Glutamic acid	g	7.339	0	6.238
Glycine	g	2.991	0	2.542
Proline	g	2.365	0	2.010
Serine	g	2.220	0	1.887
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	72.00		2	20.41	61.20	
Energy	kcal	117		0	33	99	
Energy	kj	490		0	139	417	
Protein (N x 5.95)	g	18.28		2	5.18	15.54	
Total lipid (fat)	g	4.32		2	1.22	3.67	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.62		2	0.74	2.23	
Sugars, total	g						
Minerals:							
Calcium	mg	11		2	3	9	
Iron	mg	0.85		2	0.24	0.72	
Magnesium	mg	18		2	5	15	
Phosphorus	mg	164		2	46	139	
Potassium	mg	175		2	50	149	
Sodium	mg	2000		0	567	1700	
Zinc	mg	0.31		2	0.09	0.26	
Copper	mg	0.230		2	0.065	0.196	
Manganese	mg	0.017		2	0.005	0.014	
Selenium	µg	38.1		0	10.8	32.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.023		2	0.007	0.020	
Riboflavin	mg	0.101		2	0.029	0.086	
Niacin	mg	4.720		2	1.338	4.012	
Pantothenic acid	mg	0.870		2	0.247	0.740	
Vitamin B-6	mg	0.278		2	0.079	0.236	
Folate	µg	2		2	1	2	
Vitamin B-12	µg	3.26		2	0.92	2.77	
Vitamin A	IU	88		2	25	75	
Vitamin A, RE	µg	26		0	7	22	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.929		0	0.263	0.790	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.183		2	0.052	0.156	
15.0	g						
16:0	g	0.560		2	0.159	0.476	
17:0	g						
18:0	g	0.186		2	0.053	0.158	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.023	0	0.574	1.720
14:1	g				
16:1	g	0.305	2	0.086	0.259
18:1	g	0.949	2	0.269	0.807
20:1	g	0.468	2	0.133	0.398
22.1	g	0.301	2	0.085	0.256
Polyunsaturated, total	g	0.995	0	0.282	0.846
18:2	g	0.472	2	0.134	0.401
18:3	g				
18:4	g				
20:4	g				
20:5	g	0.183	2	0.052	0.156
22:5	g	0.073	2	0.021	0.062
22:6	g	0.267	2	0.076	0.227
Cholesterol	mg	23	2	7	20
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.205	0	0.058	0.174
Threonine	g	0.801	0	0.227	0.681
Isoleucine	g	0.842	0	0.239	0.716
Leucine	g	1.486	0	0.421	1.263
Lysine	g	1.679	0	0.476	1.427
Methionine	g	0.541	0	0.153	0.460
Cystine	g	0.196	0	0.056	0.167
Phenylalanine	g	0.714	0	0.202	0.607
Tyrosine	g	0.617	0	0.175	0.524
Valine	g	0.942	0	0.267	0.801
Arginine	g	1.094	0	0.310	0.930
Histidine	g	0.538	0	0.153	0.457
Alanine	g	1.106	0	0.314	0.940
Aspartic acid	g	1.872	0	0.531	1.591
Glutamic acid	g	2.729	0	0.774	2.320
Glycine	g	0.878	0	0.249	0.746
Proline	g	0.646	0	0.183	0.549
Serine	g	0.746	0	0.211	0.634
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 3 oz

NDB No. 15180 Finfish, salmon, chum, canned, without salt, drained solids with bone

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 369g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	70.77	0.102	6	261.14	60.15	
Energy	kcal	141		0	520	120	
Energy	kj	590		0	2177	502	
Protein (N x 5.95)	g	21.43	0.105	6	79.08	18.22	
Total lipid (fat)	g	5.50	0.202	7	20.30	4.67	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.47	0.111	6	9.11	2.10	
Sugars, total	g						
Minerals:							
Calcium	mg	249	1.174	6	919	212	
Iron	mg	0.70		0	2.58	0.60	
Magnesium	mg	30		0	111	26	
Phosphorus	mg	354	2.352	6	1306	301	
Potassium	mg	300		0	1107	255	
Sodium	mg	75		0	277	64	
Zinc	mg	1.00		0	3.69	0.85	
Copper	mg	0.100		0	0.369	0.085	
Manganese	mg	0.020		0	0.074	0.017	
Selenium	µg	43.3		0	159.8	36.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.020		0	0.074	0.017	
Riboflavin	mg	0.160		0	0.590	0.136	
Niacin	mg	7.000		0	25.830	5.950	
Pantothenic acid	mg	0.560		0	2.066	0.476	
Vitamin B-6	mg	0.380		0	1.402	0.323	
Folate	µg	20		0	74	17	
Vitamin B-12	µg	4.40		0	16.24	3.74	
Vitamin A	IU	61	1.335	6	225	52	
Vitamin A, RE	µg	18		0	66	15	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.486		0	5.483	1.263	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.482		1	1.779	0.410	
15.0	g						
16:0	g	0.816		1	3.011	0.694	
17:0	g						
18:0	g	0.188		1	0.694	0.160	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.919		0	7.081	1.631
14:1	g					
16:1	g	0.237		1	0.875	0.201
18:1	g	1.159		1	4.277	0.985
20:1	g	0.278		1	1.026	0.236
22.1	g	0.245	0.000	2	0.904	0.208
Polyunsaturated, total	g	1.517		0	5.598	1.289
18:2	g	0.057		1	0.210	0.048
18:3	g	0.049	0.000	2	0.181	0.042
18:4	g	0.073		1	0.269	0.062
20:4	g	0.073		1	0.269	0.062
20:5	g	0.473	0.000	2	1.745	0.402
22:5	g	0.090	0.000	2	0.332	0.077
22:6	g	0.702		1	2.590	0.597
Cholesterol	mg	39		1	144	33
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.240		0	0.886	0.204
Threonine	g	0.940		0	3.469	0.799
Isoleucine	g	0.988		0	3.646	0.840
Leucine	g	1.742		0	6.428	1.481
Lysine	g	1.968		0	7.262	1.673
Methionine	g	0.634		0	2.339	0.539
Cystine	g	0.230		0	0.849	0.196
Phenylalanine	g	0.837		0	3.089	0.711
Tyrosine	g	0.724		0	2.672	0.615
Valine	g	1.104		0	4.074	0.938
Arginine	g	1.282		0	4.731	1.090
Histidine	g	0.631		0	2.328	0.536
Alanine	g	1.296		0	4.782	1.102
Aspartic acid	g	2.195		0	8.100	1.866
Glutamic acid	g	3.199		0	11.804	2.719
Glycine	g	1.029		0	3.797	0.875
Proline	g	0.758		0	2.797	0.644
Serine	g	0.874		0	3.225	0.743
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 can
Measure 2: 3 oz

NDB No. 15181 Finfish, salmon, pink, canned, without salt, solids with bone and liquid

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 454g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	70.03		0	317.94	59.53	
Energy	kcal	139		0	631	118	
Energy	kj	582		0	2642	495	
Protein (N x 5.95)	g	19.78	0.164	25	89.80	16.81	
Total lipid (fat)	g	6.05		26	27.47	5.14	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.38		0	6.27	1.17	
Sugars, total	g						
Minerals:							
Calcium	mg	213	12.474	25	967	181	
Iron	mg	0.84	0.044	25	3.81	0.71	
Magnesium	mg	34	0.961	25	154	29	
Phosphorus	mg	329	7.235	25	1494	280	
Potassium	mg	326	7.284	25	1480	277	
Sodium	mg	75		0	341	64	
Zinc	mg	0.92	0.028	25	4.18	0.78	
Copper	mg	0.102	0.004	25	0.463	0.087	
Manganese	mg	0.020		0	0.091	0.017	
Selenium	µg	33.2	0.367	10	150.7	28.2	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	22	0.0	0.0	
Thiamin	mg	0.023	0.000	36	0.104	0.020	
Riboflavin	mg	0.186	0.007	36	0.844	0.158	
Niacin	mg	6.536	0.333	25	29.673	5.556	
Pantothenic acid	mg	0.550		0	2.497	0.468	
Vitamin B-6	mg	0.300		0	1.362	0.255	
Folate	µg	15	0.621	3	70	13	
Vitamin B-12	µg	4.40		0	19.98	3.74	
Vitamin A	IU	55	3.780	14	250	47	
Vitamin A, RE	µg	17		0	77	14	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.535		0	6.969	1.305	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.048		1	0.218	0.041	
15.0	g						
16:0	g	1.350		1	6.129	1.148	
17:0	g						
18:0	g	0.135		1	0.613	0.115	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.825	0	8.285	1.551
14:1	g				
16:1	g	0.466	1	2.116	0.396
18:1	g	1.068	1	4.849	0.908
20:1	g	0.272	1	1.235	0.231
22.1	g	0.018	2	0.082	0.015
Polyunsaturated, total	g	2.049	0	9.302	1.742
18:2	g	0.058	1	0.263	0.049
18:3	g	0.058	2	0.263	0.049
18:4	g	0.135	1	0.613	0.115
20:4	g	0.077	1	0.350	0.065
20:5	g	0.845	2	3.836	0.718
22:5	g	0.048	2	0.218	0.041
22:6	g	0.806	1	3.659	0.685
Cholesterol	mg	55	0	250	47
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.222	0	1.008	0.189
Threonine	g	0.867	0	3.936	0.737
Isoleucine	g	0.912	0	4.140	0.775
Leucine	g	1.608	0	7.300	1.367
Lysine	g	1.817	0	8.249	1.544
Methionine	g	0.586	0	2.660	0.498
Cystine	g	0.212	0	0.962	0.180
Phenylalanine	g	0.772	0	3.505	0.656
Tyrosine	g	0.668	0	3.033	0.568
Valine	g	1.019	0	4.626	0.866
Arginine	g	1.184	0	5.375	1.006
Histidine	g	0.582	0	2.642	0.495
Alanine	g	1.196	0	5.430	1.017
Aspartic acid	g	2.026	0	9.198	1.722
Glutamic acid	g	2.953	0	13.407	2.510
Glycine	g	0.950	0	4.313	0.808
Proline	g	0.699	0	3.173	0.594
Serine	g	0.807	0	3.664	0.686
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 can
Measure 2: 3 oz

NDB No. 15182 Finfish, salmon, sockeye, canned, without salt, drained solids with bone

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 369g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	68.72	0.213	44	253.58	58.41	
Energy	kcal	153		0	565	130	
Energy	kj	640		0	2362	544	
Protein (N x 5.95)	g	20.47	0.086	45	75.53	17.40	
Total lipid (fat)	g	7.31	0.145	1689	26.97	6.21	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.70	0.062	42	9.96	2.30	
Sugars, total	g						
Minerals:							
Calcium	mg	239	6.835	26	882	203	
Iron	mg	1.06		20	3.91	0.90	
Magnesium	mg	29		20	107	25	
Phosphorus	mg	326	4.988	43	1203	277	
Potassium	mg	377		23	1391	320	
Sodium	mg	75		0	277	64	
Zinc	mg	1.02		20	3.76	0.87	
Copper	mg	0.084		20	0.310	0.071	
Manganese	mg	0.030		0	0.111	0.026	
Selenium	µg	35.4		0	130.6	30.1	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	11	0.0	0.0	
Thiamin	mg	0.016	0.001	19	0.059	0.014	
Riboflavin	mg	0.193	0.008	19	0.712	0.164	
Niacin	mg	5.480	0.189	20	20.221	4.658	
Pantothenic acid	mg	0.550		0	2.030	0.468	
Vitamin B-6	mg	0.300		0	1.107	0.255	
Folate	µg	10	1.062	3	36	8	
Vitamin B-12	µg	0.30		0	1.11	0.26	
Vitamin A	IU	176	10.422	32	649	150	
Vitamin A, RE	µg	53		0	196	45	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.644		0	6.066	1.397	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.359		2	1.325	0.305	
15.0	g						
16:0	g	1.079		2	3.982	0.917	
17:0	g						
18:0	g	0.205		2	0.756	0.174	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.776		0	10.243	2.360
14:1	g					
16:1	g	0.406		2	1.498	0.345
18:1	g	1.451		2	5.354	1.233
20:1	g	0.918		2	3.387	0.780
22.1	g	0.387		2	1.428	0.329
Polyunsaturated, total	g	2.277		0	8.402	1.935
18:2	g	0.085		2	0.314	0.072
18:3	g	0.090		2	0.332	0.077
18:4	g	0.106		1	0.391	0.090
20:4	g	0.374		2	1.380	0.318
20:5	g	0.492		2	1.815	0.418
22:5	g	0.077		2	0.284	0.065
22:6	g	0.664		2	2.450	0.564
Cholesterol	mg	44	11.721	3	162	37
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.229		0	0.845	0.195
Threonine	g	0.897		0	3.310	0.762
Isoleucine	g	0.943		0	3.480	0.802
Leucine	g	1.664		0	6.140	1.414
Lysine	g	1.880		0	6.937	1.598
Methionine	g	0.606		0	2.236	0.515
Cystine	g	0.219		0	0.808	0.186
Phenylalanine	g	0.799		0	2.948	0.679
Tyrosine	g	0.691		0	2.550	0.587
Valine	g	1.055		0	3.893	0.897
Arginine	g	1.225		0	4.520	1.041
Histidine	g	0.603		0	2.225	0.513
Alanine	g	1.238		0	4.568	1.052
Aspartic acid	g	2.096		0	7.734	1.782
Glutamic acid	g	3.056		0	11.277	2.598
Glycine	g	0.983		0	3.627	0.836
Proline	g	0.724		0	2.672	0.615
Serine	g	0.835		0	3.081	0.710
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 can
Measure 2: 3 oz

NDB No. 15183 Finfish, tuna, light, canned in oil, without salt, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 171g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.83	0.557	9	102.31	50.86	
Energy	kcal	198		0	339	168	
Energy	kj	828		0	1416	704	
Protein (N x 5.95)	g	29.13	0.365	6	49.81	24.76	
Total lipid (fat)	g	8.21	0.139	7	14.04	6.98	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.76	0.295	9	4.72	2.35	
Sugars, total	g						
Minerals:							
Calcium	mg	13	2.415	9	22	11	
Iron	mg	1.39	0.081	8	2.38	1.18	
Magnesium	mg	31	1.591	8	53	26	
Phosphorus	mg	311	18.785	9	532	264	
Potassium	mg	207		0	354	176	
Sodium	mg	50		0	86	43	
Zinc	mg	0.90	0.106	8	1.54	0.77	
Copper	mg	0.071		0	0.121	0.060	
Manganese	mg	0.015	0.002	8	0.026	0.013	
Selenium	µg	76.0	0.820	44	130.0	64.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.038		1	0.065	0.032	
Riboflavin	mg	0.120		0	0.205	0.102	
Niacin	mg	12.400		0	21.204	10.540	
Pantothenic acid	mg	0.370		0	0.633	0.315	
Vitamin B-6	mg	0.110		1	0.188	0.094	
Folate	µg	5	1.445	3	9	5	
Vitamin B-12	µg	2.20		0	3.76	1.87	
Vitamin A	IU	78	1.352	6	133	66	
Vitamin A, RE	µg	23		0	39	20	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.534		0	2.623	1.304	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.027		1	0.046	0.023	
15.0	g						
16:0	g	1.415		1	2.420	1.203	
17:0	g						
18:0	g	0.092		1	0.157	0.078	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.949	0	5.043	2.507
14:1	g				
16:1	g	0.083	1	0.142	0.071
18:1	g	2.839	1	4.855	2.413
20:1	g	0.027	1	0.046	0.023
22.1	g				
Polyunsaturated, total	g	2.885	0	4.933	2.452
18:2	g	2.683	1	4.588	2.281
18:3	g	0.074	1	0.127	0.063
18:4	g				
20:4	g				
20:5	g	0.027	1	0.046	0.023
22:5	g				
22:6	g	0.101	1	0.173	0.086
Cholesterol	mg	18	1	31	15
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.326	0	0.557	0.277
Threonine	g	1.277	0	2.184	1.085
Isoleucine	g	1.342	0	2.295	1.141
Leucine	g	2.368	0	4.049	2.013
Lysine	g	2.675	0	4.574	2.274
Methionine	g	0.862	0	1.474	0.733
Cystine	g	0.312	0	0.534	0.265
Phenylalanine	g	1.137	0	1.944	0.966
Tyrosine	g	0.983	0	1.681	0.836
Valine	g	1.501	0	2.567	1.276
Arginine	g	1.743	0	2.981	1.482
Histidine	g	0.858	0	1.467	0.729
Alanine	g	1.762	0	3.013	1.498
Aspartic acid	g	2.983	0	5.101	2.536
Glutamic acid	g	4.349	0	7.437	3.697
Glycine	g	1.398	0	2.391	1.188
Proline	g	1.030	0	1.761	0.876
Serine	g	1.189	0	2.033	1.011
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 can
Measure 2: 3 oz

NDB No. 15184 Finfish, tuna, light, canned in water, without salt, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 165g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	75.21		0	124.10	63.93	
Energy	kcal	116		0	191	99	
Energy	kj	485		0	800	412	
Protein (N x 5.95)	g	25.51		0	42.09	21.68	
Total lipid (fat)	g	0.82		0	1.35	0.70	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.78		0	1.29	0.66	
Sugars, total	g	0.00		0	0.00	0.00	
Minerals:							
Calcium	mg	11		0	18	9	
Iron	mg	1.53		0	2.52	1.30	
Magnesium	mg	27		0	45	23	
Phosphorus	mg	163		0	269	139	
Potassium	mg	237		0	391	201	
Sodium	mg	50		0	83	43	
Zinc	mg	0.77		0	1.27	0.65	
Copper	mg	0.051		0	0.084	0.043	
Manganese	mg	0.011		0	0.018	0.009	
Selenium	µg	80.4	0.754	45	132.7	68.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.032		0	0.053	0.027	
Riboflavin	mg	0.074		0	0.122	0.063	
Niacin	mg	13.280		0	21.912	11.288	
Pantothenic acid	mg	0.214		0	0.353	0.182	
Vitamin B-6	mg	0.350		0	0.577	0.298	
Folate	µg	4		0	7	3	
Vitamin B-12	µg	2.99		0	4.93	2.54	
Vitamin A	IU	56		0	92	48	
Vitamin A, RE	µg	17		0	28	14	
Vitamin E, α-TE	mg	0.530		0	0.875	0.451	
Lipids:							
Saturated, total	g	0.234		0	0.386	0.199	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.018		0	0.030	0.015	
15.0	g						
16:0	g	0.156		0	0.257	0.133	
17:0	g						
18:0	g	0.060		0	0.099	0.051	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.159	0	0.262	0.135
14:1	g				
16:1	g	0.026	0	0.043	0.022
18:1	g	0.093	0	0.153	0.079
20:1	g	0.011	0	0.018	0.009
22.1	g	0.029	0	0.048	0.025
Polyunsaturated, total	g	0.337	0	0.556	0.286
18:2	g	0.009	0	0.015	0.008
18:3	g	0.000	0	0.000	0.000
18:4	g	0.013	0	0.021	0.011
20:4	g	0.034	0	0.056	0.029
20:5	g	0.047	0	0.078	0.040
22:5	g	0.009	0	0.015	0.008
22:6	g	0.223	0	0.368	0.190
Cholesterol	mg	30	0	50	26
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.286	0	0.472	0.243
Threonine	g	1.118	0	1.845	0.950
Isoleucine	g	1.175	0	1.939	0.999
Leucine	g	2.073	0	3.420	1.762
Lysine	g	2.343	0	3.866	1.992
Methionine	g	0.755	0	1.246	0.642
Cystine	g	0.273	0	0.450	0.232
Phenylalanine	g	0.996	0	1.643	0.847
Tyrosine	g	0.861	0	1.421	0.732
Valine	g	1.314	0	2.168	1.117
Arginine	g	1.527	0	2.520	1.298
Histidine	g	0.751	0	1.239	0.638
Alanine	g	1.543	0	2.546	1.312
Aspartic acid	g	2.612	0	4.310	2.220
Glutamic acid	g	3.808	0	6.283	3.237
Glycine	g	1.224	0	2.020	1.040
Proline	g	0.902	0	1.488	0.767
Serine	g	1.041	0	1.718	0.885
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 can
Measure 2: 3 oz

NDB No. 15185 Finfish, tuna, white, canned in oil, without salt, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 178g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	64.02		1	113.96	54.42	
Energy	kcal	186		0	331	158	
Energy	kj	778		0	1385	661	
Protein (N x 5.95)	g	26.53		1	47.22	22.55	
Total lipid (fat)	g	8.08		1	14.38	6.87	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.18		1	3.88	1.85	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	7	3	
Iron	mg	0.65		0	1.16	0.55	
Magnesium	mg	34		0	61	29	
Phosphorus	mg	267		0	475	227	
Potassium	mg	333		0	593	283	
Sodium	mg	50		0	89	43	
Zinc	mg	0.47		0	0.84	0.40	
Copper	mg	0.130		0	0.231	0.111	
Manganese	mg	0.016		0	0.028	0.014	
Selenium	µg	60.1	6.743	7	107.0	51.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.017		0	0.030	0.014	
Riboflavin	mg	0.079		0	0.141	0.067	
Niacin	mg	11.698		0	20.822	9.943	
Pantothenic acid	mg	0.370		0	0.659	0.315	
Vitamin B-6	mg	0.430		0	0.765	0.366	
Folate	µg	5	0.670	3	8	4	
Vitamin B-12	µg	2.20		0	3.92	1.87	
Vitamin A	IU	80		0	142	68	
Vitamin A, RE	µg	24		0	43	20	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.650		0	2.937	1.403	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.480		0	4.414	2.108
14:1	g					
16:1	g					
18:1	g					
20:1	g					
22.1	g					
Polyunsaturated, total	g	3.380		0	6.016	2.873
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	31	3.493	6	55	26
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.297		0	0.529	0.252
Threonine	g	1.163		0	2.070	0.989
Isoleucine	g	1.223		0	2.177	1.040
Leucine	g	2.156		0	3.838	1.833
Lysine	g	2.437		0	4.338	2.071
Methionine	g	0.785		0	1.397	0.667
Cystine	g	0.284		0	0.506	0.241
Phenylalanine	g	1.036		0	1.844	0.881
Tyrosine	g	0.896		0	1.595	0.762
Valine	g	1.367		0	2.433	1.162
Arginine	g	1.588		0	2.827	1.350
Histidine	g	0.781		0	1.390	0.664
Alanine	g	1.605		0	2.857	1.364
Aspartic acid	g	2.717		0	4.836	2.309
Glutamic acid	g	3.961		0	7.051	3.367
Glycine	g	1.274		0	2.268	1.083
Proline	g	0.938		0	1.670	0.797
Serine	g	1.082		0	1.926	0.920
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 can
Measure 2: 3 oz

NDB No. 15186 Finfish, tuna, white, canned in water, without salt, drained solids

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 172g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	74.02		0	127.31	62.92	
Energy	kcal	128		0	220	109	
Energy	kj	536		0	922	456	
Protein (N x 5.95)	g	23.62	1.534	3	40.63	20.08	
Total lipid (fat)	g	2.97	0.418	4	5.11	2.52	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.63		0	1.08	0.54	
Sugars, total	g						
Minerals:							
Calcium	mg	14	4.505	2	24	12	
Iron	mg	0.97	0.033	5	1.67	0.82	
Magnesium	mg	33	1.779	5	57	28	
Phosphorus	mg	217	38.050	2	373	184	
Potassium	mg	237	35.011	6	408	201	
Sodium	mg	50		0	86	43	
Zinc	mg	0.48	0.016	5	0.83	0.41	
Copper	mg	0.039	0.003	5	0.067	0.033	
Manganese	mg	0.019	0.003	5	0.033	0.016	
Selenium	µg	65.7	28.192	2	113.0	55.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.008	0.001	2	0.014	0.007	
Riboflavin	mg	0.044	0.002	2	0.076	0.037	
Niacin	mg	5.799		0	9.974	4.929	
Pantothenic acid	mg	0.124	0.011	2	0.213	0.105	
Vitamin B-6	mg	0.217	0.064	2	0.373	0.184	
Folate	µg	2	0.033	3	3	2	
Vitamin B-12	µg	1.17	0.121	4	2.01	0.99	
Vitamin A	IU	19	1.563	2	33	16	
Vitamin A, RE	µg	6		0	10	5	
Vitamin E, α-TE	mg	1.590		0	2.735	1.352	
Lipids:							
Saturated, total	g	0.792		0	1.362	0.673	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.082		0	0.141	0.070	
15.0	g						
16:0	g	0.592		0	1.018	0.503	
17:0	g						
18:0	g	0.118		0	0.203	0.100	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.784	0	1.348	0.666
14:1	g				
16:1	g	0.144	0	0.248	0.122
18:1	g	0.518	0	0.891	0.440
20:1	g	0.078	0	0.134	0.066
22.1	g	0.044	0	0.076	0.037
Polyunsaturated, total	g	1.109	0	1.907	0.943
18:2	g	0.055	0	0.095	0.047
18:3	g	0.071	0	0.122	0.060
18:4	g	0.051	0	0.088	0.043
20:4	g	0.051	0	0.088	0.043
20:5	g	0.233	0	0.401	0.198
22:5	g	0.018	0	0.031	0.015
22:6	g	0.629	0	1.082	0.535
Cholesterol	mg	42	0	72	36
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.265	0	0.456	0.225
Threonine	g	1.035	0	1.780	0.880
Isoleucine	g	1.088	0	1.871	0.925
Leucine	g	1.920	0	3.302	1.632
Lysine	g	2.169	0	3.731	1.844
Methionine	g	0.699	0	1.202	0.594
Cystine	g	0.253	0	0.435	0.215
Phenylalanine	g	0.922	0	1.586	0.784
Tyrosine	g	0.797	0	1.371	0.677
Valine	g	1.217	0	2.093	1.034
Arginine	g	1.413	0	2.430	1.201
Histidine	g	0.695	0	1.195	0.591
Alanine	g	1.428	0	2.456	1.214
Aspartic acid	g	2.419	0	4.161	2.056
Glutamic acid	g	3.526	0	6.065	2.997
Glycine	g	1.134	0	1.950	0.964
Proline	g	0.835	0	1.436	0.710
Serine	g	0.964	0	1.658	0.819
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 can
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 62g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	68.79		0	42.65	58.47	
Energy	kcal	146		0	91	124	
Energy	kj	611		0	379	519	
Protein (N x 5.95)	g	24.18		0	14.99	20.55	
Total lipid (fat)	g	4.73		0	2.93	4.02	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.95		0	1.21	1.66	
Sugars, total	g						
Minerals:							
Calcium	mg	103		0	64	88	
Iron	mg	1.91		0	1.18	1.62	
Magnesium	mg	38		0	24	32	
Phosphorus	mg	256		0	159	218	
Potassium	mg	456		0	283	388	
Sodium	mg	90		0	56	77	
Zinc	mg	0.83		0	0.51	0.71	
Copper	mg	0.119		0	0.074	0.101	
Manganese	mg	1.140		0	0.707	0.969	
Selenium	µg	16.2		0	10.0	13.8	
Vitamins:							
Ascorbic acid	mg	2.1		0	1.3	1.8	
Thiamin	mg	0.087		0	0.054	0.074	
Riboflavin	mg	0.090		0	0.056	0.077	
Niacin	mg	1.522		0	0.944	1.294	
Pantothenic acid	mg	0.865		0	0.536	0.735	
Vitamin B-6	mg	0.138		0	0.086	0.117	
Folate	µg	17		0	11	14	
Vitamin B-12	µg	2.31		0	1.43	1.96	
Vitamin A	IU	115		0	71	98	
Vitamin A, RE	µg	35		0	22	30	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.001		0	0.621	0.851	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.112		0	0.069	0.095	
15.0	g						
16:0	g	0.761		0	0.472	0.647	
17:0	g						
18:0	g	0.128		0	0.079	0.109	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.835	0	1.138	1.560
14:1	g				
16:1	g	0.490	0	0.304	0.417
18:1	g	1.272	0	0.789	1.081
20:1	g	0.073	0	0.045	0.062
22.1	g				
Polyunsaturated, total	g	1.360	0	0.843	1.156
18:2	g	0.112	0	0.069	0.095
18:3	g	0.142	0	0.088	0.121
18:4	g	0.050	0	0.031	0.043
20:4	g	0.185	0	0.115	0.157
20:5	g	0.305	0	0.189	0.259
22:5	g	0.108	0	0.067	0.092
22:6	g	0.458	0	0.284	0.389
Cholesterol	mg	87	0	54	74
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.271	0	0.168	0.230
Threonine	g	1.060	0	0.657	0.901
Isoleucine	g	1.114	0	0.691	0.947
Leucine	g	1.965	0	1.218	1.670
Lysine	g	2.221	0	1.377	1.888
Methionine	g	0.716	0	0.444	0.609
Cystine	g	0.259	0	0.161	0.220
Phenylalanine	g	0.944	0	0.585	0.802
Tyrosine	g	0.816	0	0.506	0.694
Valine	g	1.246	0	0.773	1.059
Arginine	g	1.447	0	0.897	1.230
Histidine	g	0.712	0	0.441	0.605
Alanine	g	1.462	0	0.906	1.243
Aspartic acid	g	2.476	0	1.535	2.105
Glutamic acid	g	3.610	0	2.238	3.068
Glycine	g	1.161	0	0.720	0.987
Proline	g	0.855	0	0.530	0.727
Serine	g	0.987	0	0.612	0.839
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 124g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	73.36		0	90.97	62.36	
Energy	kcal	124		0	154	105	
Energy	kj	519		0	644	441	
Protein (N x 5.95)	g	22.73		0	28.19	19.32	
Total lipid (fat)	g	2.99		0	3.71	2.54	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.33		0	1.65	1.13	
Sugars, total	g						
Minerals:							
Calcium	mg	19		0	24	16	
Iron	mg	1.08		0	1.34	0.92	
Magnesium	mg	51		0	63	43	
Phosphorus	mg	254		0	315	216	
Potassium	mg	328		0	407	279	
Sodium	mg	88		0	109	75	
Zinc	mg	0.51		0	0.63	0.43	
Copper	mg	0.040		0	0.050	0.034	
Manganese	mg	0.019		0	0.024	0.016	
Selenium	µg	46.8		0	58.0	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.115		0	0.143	0.098	
Riboflavin	mg	0.037		0	0.046	0.031	
Niacin	mg	2.558		0	3.172	2.174	
Pantothenic acid	mg	0.865		0	1.073	0.735	
Vitamin B-6	mg	0.346		0	0.429	0.294	
Folate	µg	10		0	12	9	
Vitamin B-12	µg	4.41		0	5.47	3.75	
Vitamin A	IU	104		0	129	88	
Vitamin A, RE	µg	31		0	38	26	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.650		0	0.806	0.553	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.054		0	0.067	0.046	
15.0	g						
16:0	g	0.486		0	0.603	0.413	
17:0	g						
18:0	g	0.110		0	0.136	0.094	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.846	0	1.049	0.719
14:1	g				
16:1	g	0.194	0	0.241	0.165
18:1	g	0.574	0	0.712	0.488
20:1	g	0.073	0	0.091	0.062
22.1	g				
Polyunsaturated, total	g	1.005	0	1.246	0.854
18:2	g	0.019	0	0.024	0.016
18:3	g	0.019	0	0.024	0.016
18:4	g				
20:4	g				
20:5	g	0.217	0	0.269	0.184
22:5	g				
22:6	g	0.750	0	0.930	0.637
Cholesterol	mg	103	0	128	88
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.255	0	0.316	0.217
Threonine	g	0.997	0	1.236	0.847
Isoleucine	g	1.047	0	1.298	0.890
Leucine	g	1.848	0	2.292	1.571
Lysine	g	2.088	0	2.589	1.775
Methionine	g	0.673	0	0.835	0.572
Cystine	g	0.244	0	0.303	0.207
Phenylalanine	g	0.887	0	1.100	0.754
Tyrosine	g	0.767	0	0.951	0.652
Valine	g	1.171	0	1.452	0.995
Arginine	g	1.360	0	1.686	1.156
Histidine	g	0.669	0	0.830	0.569
Alanine	g	1.375	0	1.705	1.169
Aspartic acid	g	2.328	0	2.887	1.979
Glutamic acid	g	3.393	0	4.207	2.884
Glycine	g	1.091	0	1.353	0.927
Proline	g	0.804	0	0.997	0.683
Serine	g	0.927	0	1.149	0.788
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 117g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.64		0	73.29	53.24	
Energy	kcal	159		0	186	135	
Energy	kj	665		0	778	565	
Protein (N x 5.95)	g	25.69		0	30.06	21.84	
Total lipid (fat)	g	5.44		0	6.36	4.62	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.33		0	1.56	1.13	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	11	8	
Iron	mg	0.62		0	0.73	0.53	
Magnesium	mg	42		0	49	36	
Phosphorus	mg	291		0	340	247	
Potassium	mg	477		0	558	405	
Sodium	mg	77		0	90	65	
Zinc	mg	1.04		0	1.22	0.88	
Copper	mg	0.068		0	0.080	0.058	
Manganese	mg	0.027		0	0.032	0.023	
Selenium	µg	46.8		0	54.8	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.067		0	0.078	0.057	
Riboflavin	mg	0.097		0	0.113	0.082	
Niacin	mg	7.247		0	8.479	6.160	
Pantothenic acid	mg	0.955		0	1.117	0.812	
Vitamin B-6	mg	0.464		0	0.543	0.394	
Folate	µg	2		0	2	2	
Vitamin B-12	µg	6.22		0	7.28	5.29	
Vitamin A	IU	459		0	537	390	
Vitamin A, RE	µg	138		0	161	117	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.172		0	1.371	0.996	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.229		0	0.268	0.195	
15.0	g						
16:0	g	0.738		0	0.863	0.627	
17:0	g						
18:0	g	0.205		0	0.240	0.174	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.297	0	2.687	1.952
14:1	g				
16:1	g	0.355	0	0.415	0.302
18:1	g	0.876	0	1.025	0.745
20:1	g	0.436	0	0.510	0.371
22.1	g	0.630	0	0.737	0.536
Polyunsaturated, total	g	1.358	0	1.589	1.154
18:2	g	0.077	0	0.090	0.065
18:3	g				
18:4	g	0.214	0	0.250	0.182
20:4	g				
20:5	g	0.323	0	0.378	0.275
22:5	g	0.079	0	0.092	0.067
22:6	g	0.665	0	0.778	0.565
Cholesterol	mg	76	0	89	65
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.288	0	0.337	0.245
Threonine	g	1.126	0	1.317	0.957
Isoleucine	g	1.184	0	1.385	1.006
Leucine	g	2.088	0	2.443	1.775
Lysine	g	2.360	0	2.761	2.006
Methionine	g	0.760	0	0.889	0.646
Cystine	g	0.275	0	0.322	0.234
Phenylalanine	g	1.003	0	1.174	0.853
Tyrosine	g	0.867	0	1.014	0.737
Valine	g	1.324	0	1.549	1.125
Arginine	g	1.537	0	1.798	1.306
Histidine	g	0.756	0	0.885	0.643
Alanine	g	1.554	0	1.818	1.321
Aspartic acid	g	2.631	0	3.078	2.236
Glutamic acid	g	3.835	0	4.487	3.260
Glycine	g	1.233	0	1.443	1.048
Proline	g	0.908	0	1.062	0.772
Serine	g	1.048	0	1.226	0.891
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 90g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	73.41		0	66.07	62.40	
Energy	kcal	115		0	104	98	
Energy	kj	481		0	433	409	
Protein (N x 5.95)	g	24.76		0	22.28	21.05	
Total lipid (fat)	g	1.04		0	0.94	0.88	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.49		0	1.34	1.27	
Sugars, total	g						
Minerals:							
Calcium	mg	64		0	58	54	
Iron	mg	1.15		0	1.03	0.98	
Magnesium	mg	41		0	37	35	
Phosphorus	mg	256		0	230	218	
Potassium	mg	518		0	466	440	
Sodium	mg	124		0	112	105	
Zinc	mg	0.97		0	0.87	0.82	
Copper	mg	0.256		0	0.230	0.218	
Manganese	mg	0.897		0	0.807	0.762	
Selenium	µg	16.2		0	14.6	13.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.429		0	0.386	0.365	
Riboflavin	mg	0.172		0	0.155	0.146	
Niacin	mg	1.973		0	1.776	1.677	
Pantothenic acid	mg	0.173		0	0.156	0.147	
Vitamin B-6	mg	0.346		0	0.311	0.294	
Folate	µg	1		0	1	1	
Vitamin B-12	µg	0.92		0	0.83	0.78	
Vitamin A	IU	17		0	15	14	
Vitamin A, RE	µg	5		0	5	4	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.209		0	0.188	0.178	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.008		0	0.007	0.007	
15.0	g						
16:0	g	0.154		0	0.139	0.131	
17:0	g						
18:0	g	0.047		0	0.042	0.040	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.170	0	0.153	0.145
14:1	g				
16:1	g	0.033	0	0.030	0.028
18:1	g	0.126	0	0.113	0.107
20:1	g	0.008	0	0.007	0.007
22.1	g	0.004	0	0.004	0.003
Polyunsaturated, total	g	0.381	0	0.343	0.324
18:2	g	0.012	0	0.011	0.010
18:3	g				
18:4	g				
20:4	g	0.123	0	0.111	0.105
20:5	g	0.090	0	0.081	0.077
22:5	g	0.033	0	0.030	0.028
22:6	g	0.123	0	0.111	0.105
Cholesterol	mg	77	0	69	65
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.277	0	0.249	0.235
Threonine	g	1.085	0	0.976	0.922
Isoleucine	g	1.141	0	1.027	0.970
Leucine	g	2.012	0	1.811	1.710
Lysine	g	2.274	0	2.047	1.933
Methionine	g	0.733	0	0.660	0.623
Cystine	g	0.265	0	0.239	0.225
Phenylalanine	g	0.966	0	0.869	0.821
Tyrosine	g	0.836	0	0.752	0.711
Valine	g	1.275	0	1.147	1.084
Arginine	g	1.481	0	1.333	1.259
Histidine	g	0.729	0	0.656	0.620
Alanine	g	1.497	0	1.347	1.272
Aspartic acid	g	2.535	0	2.281	2.155
Glutamic acid	g	3.696	0	3.326	3.142
Glycine	g	1.188	0	1.069	1.010
Proline	g	0.875	0	0.788	0.744
Serine	g	1.010	0	0.909	0.859
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 25g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	66.83		0	16.71	56.81	
Energy	kcal	187		0	47	159	
Energy	kj	782		0	196	665	
Protein (N x 5.95)	g	22.15		0	5.54	18.83	
Total lipid (fat)	g	10.28		0	2.57	8.74	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.54		0	0.39	1.31	
Sugars, total	g						
Minerals:							
Calcium	mg	28		0	7	24	
Iron	mg	0.64		0	0.16	0.54	
Magnesium	mg	32		0	8	27	
Phosphorus	mg	308		0	77	262	
Potassium	mg	481		0	120	409	
Sodium	mg	114		0	29	97	
Zinc	mg	0.99		0	0.25	0.84	
Copper	mg	0.069		0	0.017	0.059	
Manganese	mg	0.019		0	0.005	0.016	
Selenium	µg	46.8		0	11.7	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.146		0	0.037	0.124	
Riboflavin	mg	0.192		0	0.048	0.163	
Niacin	mg	5.769		0	1.442	4.904	
Pantothenic acid	mg	0.865		0	0.216	0.735	
Vitamin B-6	mg	0.346		0	0.086	0.294	
Folate	µg	17		0	4	14	
Vitamin B-12	µg	1.83		0	0.46	1.56	
Vitamin A	IU	109		0	27	93	
Vitamin A, RE	µg	33		0	8	28	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	83	0	21	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.248	0	0.062	0.211
Threonine	g	0.971	0	0.243	0.825
Isoleucine	g	1.021	0	0.255	0.868
Leucine	g	1.801	0	0.450	1.531
Lysine	g	2.035	0	0.509	1.730
Methionine	g	0.656	0	0.164	0.558
Cystine	g	0.237	0	0.059	0.201
Phenylalanine	g	0.865	0	0.216	0.735
Tyrosine	g	0.748	0	0.187	0.636
Valine	g	1.141	0	0.285	0.970
Arginine	g	1.326	0	0.331	1.127
Histidine	g	0.652	0	0.163	0.554
Alanine	g	1.340	0	0.335	1.139
Aspartic acid	g	2.269	0	0.567	1.929
Glutamic acid	g	3.307	0	0.827	2.811
Glycine	g	1.063	0	0.266	0.904
Proline	g	0.783	0	0.196	0.666
Serine	g	0.904	0	0.226	0.768
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 90g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	76.00		0	68.40	64.60	
Energy	kcal	105		0	95	89	
Energy	kj	439		0	395	373	
Protein (N x 5.95)	g	22.95		0	20.66	19.51	
Total lipid (fat)	g	0.81		0	0.73	0.69	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.54		0	1.39	1.31	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	8	8	
Iron	mg	0.33		0	0.30	0.28	
Magnesium	mg	31		0	28	26	
Phosphorus	mg	223		0	201	190	
Potassium	mg	517		0	465	439	
Sodium	mg	91		0	82	77	
Zinc	mg	0.51		0	0.46	0.43	
Copper	mg	0.033		0	0.030	0.028	
Manganese	mg	0.015		0	0.013	0.013	
Selenium	µg	46.8		0	42.1	39.8	
Vitamins:							
Ascorbic acid	mg	3.0		0	2.7	2.5	
Thiamin	mg	0.025		0	0.023	0.021	
Riboflavin	mg	0.051		0	0.046	0.043	
Niacin	mg	2.485		0	2.236	2.112	
Pantothenic acid	mg	0.162		0	0.146	0.138	
Vitamin B-6	mg	0.462		0	0.416	0.393	
Folate	µg	8		0	7	7	
Vitamin B-12	µg	1.04		0	0.94	0.88	
Vitamin A	IU	32		0	29	27	
Vitamin A, RE	µg	10		0	9	9	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.104		0	0.094	0.088	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.004		0	0.004	0.003	
15.0	g						
16:0	g	0.085		0	0.077	0.072	
17:0	g						
18:0	g	0.015		0	0.013	0.013	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.105	0	0.094	0.089
14:1	g				
16:1	g	0.040	0	0.036	0.034
18:1	g	0.065	0	0.059	0.055
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.313	0	0.282	0.266
18:2	g	0.008	0	0.007	0.007
18:3	g	0.003	0	0.003	0.003
18:4	g				
20:4	g	0.022	0	0.020	0.019
20:5	g	0.103	0	0.093	0.088
22:5	g	0.005	0	0.005	0.004
22:6	g	0.173	0	0.156	0.147
Cholesterol	mg	47	0	42	40
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.257	0	0.231	0.218
Threonine	g	1.006	0	0.905	0.855
Isoleucine	g	1.057	0	0.951	0.898
Leucine	g	1.865	0	1.678	1.585
Lysine	g	2.108	0	1.897	1.792
Methionine	g	0.679	0	0.611	0.577
Cystine	g	0.246	0	0.221	0.209
Phenylalanine	g	0.896	0	0.806	0.762
Tyrosine	g	0.775	0	0.698	0.659
Valine	g	1.182	0	1.064	1.005
Arginine	g	1.373	0	1.236	1.167
Histidine	g	0.676	0	0.608	0.575
Alanine	g	1.388	0	1.249	1.180
Aspartic acid	g	2.350	0	2.115	1.998
Glutamic acid	g	3.426	0	3.083	2.912
Glycine	g	1.102	0	0.992	0.937
Proline	g	0.811	0	0.730	0.689
Serine	g	0.936	0	0.842	0.796
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 95g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	69.68		0	66.20	59.23	
Energy	kcal	112		0	106	95	
Energy	kj	469		0	446	399	
Protein (N x 5.95)	g	24.35		0	23.13	20.70	
Total lipid (fat)	g	0.88		0	0.84	0.75	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.60		0	1.52	1.36	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	12	11	
Iron	mg	1.06		0	1.01	0.90	
Magnesium	mg	40		0	38	34	
Phosphorus	mg	262		0	249	223	
Potassium	mg	503		0	478	428	
Sodium	mg	40		0	38	34	
Zinc	mg	0.49		0	0.47	0.42	
Copper	mg	0.023		0	0.022	0.020	
Manganese	mg	0.019		0	0.018	0.016	
Selenium	µg	46.8		0	44.5	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.048		0	0.046	0.041	
Riboflavin	mg	0.162		0	0.154	0.138	
Niacin	mg	3.271		0	3.107	2.780	
Pantothenic acid	mg	0.322		0	0.306	0.274	
Vitamin B-6	mg	0.447		0	0.425	0.380	
Folate	µg	2		0	2	2	
Vitamin B-12	µg	1.20		0	1.14	1.02	
Vitamin A	IU	69		0	66	59	
Vitamin A, RE	µg	21		0	20	18	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	53	0	50	45
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.273	0	0.259	0.232
Threonine	g	1.067	0	1.014	0.907
Isoleucine	g	1.122	0	1.066	0.954
Leucine	g	1.979	0	1.880	1.682
Lysine	g	2.236	0	2.124	1.901
Methionine	g	0.721	0	0.685	0.613
Cystine	g	0.261	0	0.248	0.222
Phenylalanine	g	0.950	0	0.903	0.808
Tyrosine	g	0.822	0	0.781	0.699
Valine	g	1.254	0	1.191	1.066
Arginine	g	1.457	0	1.384	1.238
Histidine	g	0.717	0	0.681	0.609
Alanine	g	1.472	0	1.398	1.251
Aspartic acid	g	2.493	0	2.368	2.119
Glutamic acid	g	3.634	0	3.452	3.089
Glycine	g	1.169	0	1.111	0.994
Proline	g	0.861	0	0.818	0.732
Serine	g	0.993	0	0.943	0.844
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 159g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	71.22		0	113.24	60.54	
Energy	kcal	109		0	173	93	
Energy	kj	456		0	725	388	
Protein (N x 5.95)	g	23.72		0	37.71	20.16	
Total lipid (fat)	g	0.90		0	1.43	0.77	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.69		0	4.28	2.29	
Sugars, total	g						
Minerals:							
Calcium	mg	19		0	30	16	
Iron	mg	1.45		0	2.31	1.23	
Magnesium	mg	38		0	60	32	
Phosphorus	mg	183		0	291	156	
Potassium	mg	533		0	847	453	
Sodium	mg	113		0	180	96	
Zinc	mg	0.59		0	0.94	0.50	
Copper	mg	0.053		0	0.084	0.045	
Manganese	mg	0.019		0	0.030	0.016	
Selenium	µg	46.8		0	74.4	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.023		0	0.037	0.020	
Riboflavin	mg	0.085		0	0.135	0.072	
Niacin	mg	7.429		0	11.812	6.315	
Pantothenic acid	mg	0.865		0	1.375	0.735	
Vitamin B-6	mg	0.462		0	0.735	0.393	
Folate	µg	6		0	10	5	
Vitamin B-12	µg	0.69		0	1.10	0.59	
Vitamin A	IU	208		0	331	177	
Vitamin A, RE	µg	62		0	99	53	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.241		0	0.383	0.205	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.001		0	0.002	0.001	
14:0	g	0.018		0	0.029	0.015	
15.0	g						
16:0	g	0.154		0	0.245	0.131	
17:0	g						
18:0	g	0.059		0	0.094	0.050	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.155	0	0.246	0.132
14:1	g				
16:1	g	0.029	0	0.046	0.025
18:1	g	0.110	0	0.175	0.094
20:1	g	0.004	0	0.006	0.003
22.1	g	0.012	0	0.019	0.010
Polyunsaturated, total	g	0.211	0	0.335	0.179
18:2	g	0.046	0	0.073	0.039
18:3	g	0.006	0	0.010	0.005
18:4	g	0.006	0	0.010	0.005
20:4	g	0.003	0	0.005	0.003
20:5	g	0.026	0	0.041	0.022
22:5	g	0.012	0	0.019	0.010
22:6	g	0.113	0	0.180	0.096
Cholesterol	mg	94	0	149	80
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.266	0	0.423	0.226
Threonine	g	1.040	0	1.654	0.884
Isoleucine	g	1.093	0	1.738	0.929
Leucine	g	1.928	0	3.066	1.639
Lysine	g	2.178	0	3.463	1.851
Methionine	g	0.702	0	1.116	0.597
Cystine	g	0.254	0	0.404	0.216
Phenylalanine	g	0.926	0	1.472	0.787
Tyrosine	g	0.801	0	1.274	0.681
Valine	g	1.222	0	1.943	1.039
Arginine	g	1.419	0	2.256	1.206
Histidine	g	0.698	0	1.110	0.593
Alanine	g	1.434	0	2.280	1.219
Aspartic acid	g	2.429	0	3.862	2.065
Glutamic acid	g	3.541	0	5.630	3.010
Glycine	g	1.138	0	1.809	0.967
Proline	g	0.839	0	1.334	0.713
Serine	g	0.968	0	1.539	0.823
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 154g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	70.94		0	109.25	60.30	
Energy	kcal	153		0	236	130	
Energy	kj	640		0	986	544	
Protein (N x 5.95)	g	22.49		0	34.63	19.12	
Total lipid (fat)	g	6.32		0	9.73	5.37	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.38		0	2.13	1.17	
Sugars, total	g						
Minerals:							
Calcium	mg	77		0	119	65	
Iron	mg	1.15		0	1.77	0.98	
Magnesium	mg	38		0	59	32	
Phosphorus	mg	231		0	356	196	
Potassium	mg	353		0	544	300	
Sodium	mg	96		0	148	82	
Zinc	mg	0.85		0	1.31	0.72	
Copper	mg	0.297		0	0.457	0.252	
Manganese	mg	0.897		0	1.381	0.762	
Selenium	µg	16.2		0	24.9	13.8	
Vitamins:							
Ascorbic acid	mg	1.0		0	1.5	0.9	
Thiamin	mg	0.081		0	0.125	0.069	
Riboflavin	mg	0.207		0	0.319	0.176	
Niacin	mg	2.862		0	4.407	2.433	
Pantothenic acid	mg	0.865		0	1.332	0.735	
Vitamin B-6	mg	0.346		0	0.533	0.294	
Folate	µg	17		0	26	14	
Vitamin B-12	µg	2.31		0	3.56	1.96	
Vitamin A	IU	196		0	302	167	
Vitamin A, RE	µg	59		0	91	50	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.434		0	2.208	1.219	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.135		0	0.208	0.115	
15.0	g						
16:0	g	1.118		0	1.722	0.950	
17:0	g						
18:0	g	0.182		0	0.280	0.155	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.807	0	4.323	2.386
14:1	g				
16:1	g	1.014	0	1.562	0.862
18:1	g	1.537	0	2.367	1.306
20:1	g	0.104	0	0.160	0.088
22.1	g	0.153	0	0.236	0.130
Polyunsaturated, total	g	1.479	0	2.278	1.257
18:2	g	0.199	0	0.306	0.169
18:3	g	0.146	0	0.225	0.124
18:4	g				
20:4	g	0.287	0	0.442	0.244
20:5	g	0.295	0	0.454	0.251
22:5	g	0.185	0	0.285	0.157
22:6	g	0.368	0	0.567	0.313
Cholesterol	mg	82	0	126	70
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.252	0	0.388	0.214
Threonine	g	0.986	0	1.518	0.838
Isoleucine	g	1.036	0	1.595	0.881
Leucine	g	1.828	0	2.815	1.554
Lysine	g	2.065	0	3.180	1.755
Methionine	g	0.666	0	1.026	0.566
Cystine	g	0.241	0	0.371	0.205
Phenylalanine	g	0.878	0	1.352	0.746
Tyrosine	g	0.759	0	1.169	0.645
Valine	g	1.159	0	1.785	0.985
Arginine	g	1.346	0	2.073	1.144
Histidine	g	0.662	0	1.019	0.563
Alanine	g	1.360	0	2.094	1.156
Aspartic acid	g	2.303	0	3.547	1.958
Glutamic acid	g	3.357	0	5.170	2.853
Glycine	g	1.079	0	1.662	0.917
Proline	g	0.795	0	1.224	0.676
Serine	g	0.917	0	1.412	0.779
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 159g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	61.88		0	98.39	52.60	
Energy	kcal	239		0	380	203	
Energy	kj	1000		0	1590	850	
Protein (N x 5.95)	g	18.42		0	29.29	15.66	
Total lipid (fat)	g	17.74		0	28.21	15.08	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.28		0	2.04	1.09	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	6	3	
Iron	mg	0.85		0	1.35	0.72	
Magnesium	mg	33		0	52	28	
Phosphorus	mg	210		0	334	179	
Potassium	mg	344		0	547	292	
Sodium	mg	103		0	164	88	
Zinc	mg	0.51		0	0.81	0.43	
Copper	mg	0.038		0	0.060	0.032	
Manganese	mg	0.015		0	0.024	0.013	
Selenium	µg	46.8		0	74.4	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.073		0	0.116	0.062	
Riboflavin	mg	0.103		0	0.164	0.088	
Niacin	mg	1.923		0	3.058	1.635	
Pantothenic acid	mg	0.288		0	0.458	0.245	
Vitamin B-6	mg	0.485		0	0.771	0.412	
Folate	µg	1		0	2	1	
Vitamin B-12	µg	0.96		0	1.53	0.82	
Vitamin A	IU	60		0	95	51	
Vitamin A, RE	µg	18		0	29	15	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.102		0	4.932	2.637	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.010		0	0.016	0.009	
14:0	g	0.967		0	1.538	0.822	
15.0	g						
16:0	g	1.846		0	2.935	1.569	
17:0	g						
18:0	g	0.247		0	0.393	0.210	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.742	0	17.080	9.131
14:1	g				
16:1	g	2.261	0	3.595	1.922
18:1	g	3.068	0	4.878	2.608
20:1	g	2.868	0	4.560	2.438
22.1	g	2.523	0	4.012	2.145
Polyunsaturated, total	g	1.753	0	2.787	1.490
18:2	g	0.158	0	0.251	0.134
18:3	g	0.055	0	0.087	0.047
18:4	g	0.169	0	0.269	0.144
20:4	g	0.078	0	0.124	0.066
20:5	g	0.674	0	1.072	0.573
22:5	g	0.114	0	0.181	0.097
22:6	g	0.504	0	0.801	0.428
Cholesterol	mg	59	0	94	50
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.206	0	0.328	0.175
Threonine	g	0.808	0	1.285	0.687
Isoleucine	g	0.849	0	1.350	0.722
Leucine	g	1.497	0	2.380	1.272
Lysine	g	1.692	0	2.690	1.438
Methionine	g	0.545	0	0.867	0.463
Cystine	g	0.197	0	0.313	0.167
Phenylalanine	g	0.719	0	1.143	0.611
Tyrosine	g	0.622	0	0.989	0.529
Valine	g	0.949	0	1.509	0.807
Arginine	g	1.102	0	1.752	0.937
Histidine	g	0.542	0	0.862	0.461
Alanine	g	1.114	0	1.771	0.947
Aspartic acid	g	1.887	0	3.000	1.604
Glutamic acid	g	2.750	0	4.372	2.337
Glycine	g	0.884	0	1.406	0.751
Proline	g	0.651	0	1.035	0.553
Serine	g	0.752	0	1.196	0.639
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 144g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	63.49		0	91.43	53.97	
Energy	kcal	250		0	360	213	
Energy	kj	1046		0	1506	889	
Protein (N x 5.95)	g	21.01		0	30.25	17.86	
Total lipid (fat)	g	17.79		0	25.62	15.12	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.04		0	4.38	2.58	
Sugars, total	g						
Minerals:							
Calcium	mg	106		0	153	90	
Iron	mg	1.44		0	2.07	1.22	
Magnesium	mg	41		0	59	35	
Phosphorus	mg	292		0	420	248	
Potassium	mg	542		0	780	461	
Sodium	mg	95		0	137	81	
Zinc	mg	0.68		0	0.98	0.58	
Copper	mg	0.100		0	0.144	0.085	
Manganese	mg	0.058		0	0.084	0.049	
Selenium	µg	46.8		0	67.4	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.073		0	0.105	0.062	
Riboflavin	mg	0.256		0	0.369	0.218	
Niacin	mg	2.821		0	4.062	2.398	
Pantothenic acid	mg	1.154		0	1.662	0.981	
Vitamin B-6	mg	0.519		0	0.747	0.441	
Folate	µg	6		0	9	5	
Vitamin B-12	µg	9.62		0	13.85	8.18	
Vitamin A	IU	116		0	167	99	
Vitamin A, RE	µg	35		0	50	30	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.174		0	6.011	3.548	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	1.170		0	1.685	0.995	
15.0	g						
16:0	g	2.593		0	3.734	2.204	
17:0	g						
18:0	g	0.329		0	0.474	0.280	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.807	0	12.682	7.486
14:1	g				
16:1	g	1.355	0	1.951	1.152
18:1	g	3.734	0	5.377	3.174
20:1	g	1.742	0	2.508	1.481
22.1	g	1.912	0	2.753	1.625
Polyunsaturated, total	g	3.106	0	4.473	2.640
18:2	g	0.246	0	0.354	0.209
18:3	g	0.073	0	0.105	0.062
18:4	g	0.318	0	0.458	0.270
20:4	g	0.123	0	0.177	0.105
20:5	g	1.242	0	1.788	1.056
22:5	g	0.220	0	0.317	0.187
22:6	g	0.883	0	1.272	0.751
Cholesterol	mg	99	0	143	84
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.235	0	0.338	0.200
Threonine	g	0.921	0	1.326	0.783
Isoleucine	g	0.968	0	1.394	0.823
Leucine	g	1.708	0	2.460	1.452
Lysine	g	1.930	0	2.779	1.640
Methionine	g	0.622	0	0.896	0.529
Cystine	g	0.225	0	0.324	0.191
Phenylalanine	g	0.820	0	1.181	0.697
Tyrosine	g	0.709	0	1.021	0.603
Valine	g	1.083	0	1.560	0.921
Arginine	g	1.257	0	1.810	1.068
Histidine	g	0.619	0	0.891	0.526
Alanine	g	1.271	0	1.830	1.080
Aspartic acid	g	2.152	0	3.099	1.829
Glutamic acid	g	3.137	0	4.517	2.666
Glycine	g	1.009	0	1.453	0.858
Proline	g	0.743	0	1.070	0.632
Serine	g	0.857	0	1.234	0.728
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet

Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 151g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	73.88		0	111.56	62.80	
Energy	kcal	111		0	168	94	
Energy	kj	464		0	701	394	
Protein (N x 5.95)	g	24.35		0	36.77	20.70	
Total lipid (fat)	g	0.82		0	1.24	0.70	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.79		0	2.70	1.52	
Sugars, total	g						
Minerals:							
Calcium	mg	44		0	66	37	
Iron	mg	0.83		0	1.25	0.71	
Magnesium	mg	81		0	122	69	
Phosphorus	mg	254		0	384	216	
Potassium	mg	486		0	734	413	
Sodium	mg	173		0	261	147	
Zinc	mg	1.00		0	1.51	0.85	
Copper	mg	0.141		0	0.213	0.120	
Manganese	mg	0.038		0	0.057	0.032	
Selenium	µg	46.8		0	70.7	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.127		0	0.192	0.108	
Riboflavin	mg	0.231		0	0.349	0.196	
Niacin	mg	2.801		0	4.230	2.381	
Pantothenic acid	mg	0.369		0	0.557	0.314	
Vitamin B-6	mg	0.351		0	0.530	0.298	
Folate	µg	8		0	12	7	
Vitamin B-12	µg	0.65		0	0.98	0.55	
Vitamin A	IU	115		0	174	98	
Vitamin A, RE	µg	35		0	53	30	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	51	0	77	43
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.273	0	0.412	0.232
Threonine	g	1.067	0	1.611	0.907
Isoleucine	g	1.122	0	1.694	0.954
Leucine	g	1.979	0	2.988	1.682
Lysine	g	2.236	0	3.376	1.901
Methionine	g	0.721	0	1.089	0.613
Cystine	g	0.261	0	0.394	0.222
Phenylalanine	g	0.950	0	1.434	0.808
Tyrosine	g	0.822	0	1.241	0.699
Valine	g	1.254	0	1.894	1.066
Arginine	g	1.457	0	2.200	1.238
Histidine	g	0.717	0	1.083	0.609
Alanine	g	1.472	0	2.223	1.251
Aspartic acid	g	2.493	0	3.764	2.119
Glutamic acid	g	3.634	0	5.487	3.089
Glycine	g	1.169	0	1.765	0.994
Proline	g	0.861	0	1.300	0.732
Serine	g	0.993	0	1.499	0.844
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 151g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	75.68		0	114.28	64.33	
Energy	kcal	109		0	165	93	
Energy	kj	456		0	689	388	
Protein (N x 5.95)	g	22.64		0	34.19	19.24	
Total lipid (fat)	g	1.36		0	2.05	1.16	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.55		0	2.34	1.32	
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	27	15	
Iron	mg	0.41		0	0.62	0.35	
Magnesium	mg	33		0	50	28	
Phosphorus	mg	258		0	390	219	
Potassium	mg	560		0	846	476	
Sodium	mg	76		0	115	65	
Zinc	mg	0.58		0	0.88	0.49	
Copper	mg	0.035		0	0.053	0.030	
Manganese	mg	0.026		0	0.039	0.022	
Selenium	µg	46.8		0	70.7	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.035		0	0.053	0.030	
Riboflavin	mg	0.139		0	0.210	0.118	
Niacin	mg	2.314		0	3.494	1.967	
Pantothenic acid	mg	0.865		0	1.306	0.735	
Vitamin B-6	mg	0.346		0	0.522	0.294	
Folate	µg	10		0	15	9	
Vitamin B-12	µg	4.15		0	6.27	3.53	
Vitamin A	IU	58		0	88	49	
Vitamin A, RE	µg	17		0	26	14	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.255		0	0.385	0.217	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.047		0	0.071	0.040	
15.0	g						
16:0	g	0.151		0	0.228	0.128	
17:0	g						
18:0	g	0.045		0	0.068	0.038	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.447	0	0.675	0.380
14:1	g				
16:1	g	0.097	0	0.146	0.082
18:1	g	0.244	0	0.368	0.207
20:1	g	0.093	0	0.140	0.079
22.1	g				
Polyunsaturated, total	g	0.383	0	0.578	0.326
18:2	g	0.038	0	0.057	0.032
18:3	g				
18:4	g				
20:4	g	0.064	0	0.097	0.054
20:5	g	0.133	0	0.201	0.113
22:5	g	0.018	0	0.027	0.015
22:6	g	0.130	0	0.196	0.111
Cholesterol	mg	67	0	101	57
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.254	0	0.384	0.216
Threonine	g	0.993	0	1.499	0.844
Isoleucine	g	1.043	0	1.575	0.887
Leucine	g	1.840	0	2.778	1.564
Lysine	g	2.079	0	3.139	1.767
Methionine	g	0.670	0	1.012	0.570
Cystine	g	0.243	0	0.367	0.207
Phenylalanine	g	0.884	0	1.335	0.751
Tyrosine	g	0.764	0	1.154	0.649
Valine	g	1.166	0	1.761	0.991
Arginine	g	1.355	0	2.046	1.152
Histidine	g	0.667	0	1.007	0.567
Alanine	g	1.369	0	2.067	1.164
Aspartic acid	g	2.318	0	3.500	1.970
Glutamic acid	g	3.380	0	5.104	2.873
Glycine	g	1.087	0	1.641	0.924
Proline	g	0.801	0	1.210	0.681
Serine	g	0.924	0	1.395	0.785
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 154g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	69.04		0	106.32	58.68	
Energy	kcal	134		0	206	114	
Energy	kj	561		0	864	477	
Protein (N x 5.95)	g	26.00		0	40.04	22.10	
Total lipid (fat)	g	2.56		0	3.94	2.18	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.64		0	2.53	1.39	
Sugars, total	g						
Minerals:							
Calcium	mg	40		0	62	34	
Iron	mg	2.28		0	3.51	1.94	
Magnesium	mg	41		0	63	35	
Phosphorus	mg	318		0	490	270	
Potassium	mg	558		0	859	474	
Sodium	mg	203		0	313	173	
Zinc	mg	0.72		0	1.11	0.61	
Copper	mg	0.033		0	0.051	0.028	
Manganese	mg	0.006		0	0.009	0.005	
Selenium	µg	46.8		0	72.1	39.8	
Vitamins:							
Ascorbic acid	mg	1.6		0	2.5	1.4	
Thiamin	mg	0.115		0	0.177	0.098	
Riboflavin	mg	0.580		0	0.893	0.493	
Niacin	mg	10.462		0	16.111	8.893	
Pantothenic acid	mg	0.968		0	1.491	0.823	
Vitamin B-6	mg	0.510		0	0.785	0.434	
Folate	µg	9		0	14	8	
Vitamin B-12	µg	18.00		0	27.72	15.30	
Vitamin A	IU	839		0	1292	713	
Vitamin A, RE	µg	252		0	388	214	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.465		0	0.716	0.395	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.105		0	0.162	0.089	
15.0	g						
16:0	g	0.310		0	0.477	0.264	
17:0	g						
18:0	g	0.050		0	0.077	0.043	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.979	0	1.508	0.832
14:1	g				
16:1	g	0.151	0	0.233	0.128
18:1	g	0.398	0	0.613	0.338
20:1	g	0.156	0	0.240	0.133
22.1	g	0.273	0	0.420	0.232
Polyunsaturated, total	g	0.589	0	0.907	0.501
18:2	g	0.051	0	0.079	0.043
18:3	g				
18:4	g	0.115	0	0.177	0.098
20:4	g				
20:5	g	0.174	0	0.268	0.148
22:5	g	0.022	0	0.034	0.019
22:6	g	0.227	0	0.350	0.193
Cholesterol	mg	68	0	105	58
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.291	0	0.448	0.247
Threonine	g	1.140	0	1.756	0.969
Isoleucine	g	1.198	0	1.845	1.018
Leucine	g	2.113	0	3.254	1.796
Lysine	g	2.388	0	3.678	2.030
Methionine	g	0.770	0	1.186	0.655
Cystine	g	0.279	0	0.430	0.237
Phenylalanine	g	1.015	0	1.563	0.863
Tyrosine	g	0.878	0	1.352	0.746
Valine	g	1.340	0	2.064	1.139
Arginine	g	1.556	0	2.396	1.323
Histidine	g	0.765	0	1.178	0.650
Alanine	g	1.572	0	2.421	1.336
Aspartic acid	g	2.662	0	4.099	2.263
Glutamic acid	g	3.881	0	5.977	3.299
Glycine	g	1.248	0	1.922	1.061
Proline	g	0.919	0	1.415	0.781
Serine	g	1.061	0	1.634	0.902
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

NDB No. 15201 Finfish, mackerel, Pacific and jack, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 17g	Measure 3* 176g
Proximates:							
Water	g	61.73		0	17.50	10.49	108.64
Energy	kcal	201		0	57	34	354
Energy	kj	841		0	238	143	1480
Protein (N x 5.95)	g	25.73		0	7.29	4.37	45.28
Total lipid (fat)	g	10.12		0	2.87	1.72	17.81
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	2.08		0	0.59	0.35	3.66
Sugars, total	g						
Minerals:							
Calcium	mg	29		0	8	5	51
Iron	mg	1.49		0	0.42	0.25	2.62
Magnesium	mg	36		0	10	6	63
Phosphorus	mg	160		0	45	27	282
Potassium	mg	521		0	148	89	917
Sodium	mg	110		0	31	19	194
Zinc	mg	0.86		0	0.24	0.15	1.51
Copper	mg	0.119		0	0.034	0.020	0.209
Manganese	mg	0.019		0	0.005	0.003	0.033
Selenium	µg	46.8		0	13.3	8.0	82.4
Vitamins:							
Ascorbic acid	mg	2.1		0	0.6	0.4	3.7
Thiamin	mg	0.135		0	0.038	0.023	0.238
Riboflavin	mg	0.540		0	0.153	0.092	0.950
Niacin	mg	10.667		0	3.024	1.813	18.774
Pantothenic acid	mg	0.365		0	0.103	0.062	0.642
Vitamin B-6	mg	0.381		0	0.108	0.065	0.671
Folate	µg	2		0	1	0	4
Vitamin B-12	µg	4.23		0	1.20	0.72	7.44
Vitamin A	IU	47		0	13	8	83
Vitamin A, RE	µg	14		0	4	2	25
Vitamin E, α-TE	mg	1.280		0	0.363	0.218	2.253
Lipids:							
Saturated, total	g	2.881		0	0.817	0.490	5.071
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.012		0	0.003	0.002	0.021
14:0	g	0.436		0	0.124	0.074	0.767
15.0	g						
16:0	g	1.781		0	0.505	0.303	3.135
17:0	g						
18:0	g	0.565		0	0.160	0.096	0.994
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.371	0	0.956	0.573	5.933
14:1	g					
16:1	g	0.603	0	0.171	0.103	1.061
18:1	g	1.703	0	0.483	0.290	2.997
20:1	g	0.417	0	0.118	0.071	0.734
22.1	g	0.622	0	0.176	0.106	1.095
Polyunsaturated, total	g	2.488	0	0.705	0.423	4.379
18:2	g	0.149	0	0.042	0.025	0.262
18:3	g	0.064	0	0.018	0.011	0.113
18:4	g	0.160	0	0.045	0.027	0.282
20:4	g	0.104	0	0.029	0.018	0.183
20:5	g	0.653	0	0.185	0.111	1.149
22:5	g	0.158	0	0.045	0.027	0.278
22:6	g	1.195	0	0.339	0.203	2.103
Cholesterol	mg	60	0	17	10	106
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.288	0	0.082	0.049	0.507
Threonine	g	1.128	0	0.320	0.192	1.985
Isoleucine	g	1.186	0	0.336	0.202	2.087
Leucine	g	2.091	0	0.593	0.355	3.680
Lysine	g	2.363	0	0.670	0.402	4.159
Methionine	g	0.762	0	0.216	0.130	1.341
Cystine	g	0.276	0	0.078	0.047	0.486
Phenylalanine	g	1.005	0	0.285	0.171	1.769
Tyrosine	g	0.869	0	0.246	0.148	1.529
Valine	g	1.326	0	0.376	0.225	2.334
Arginine	g	1.540	0	0.437	0.262	2.710
Histidine	g	0.758	0	0.215	0.129	1.334
Alanine	g	1.556	0	0.441	0.265	2.739
Aspartic acid	g	2.635	0	0.747	0.448	4.638
Glutamic acid	g	3.841	0	1.089	0.653	6.760
Glycine	g	1.235	0	0.350	0.210	2.174
Proline	g	0.910	0	0.258	0.155	1.602
Serine	g	1.050	0	0.298	0.179	1.848
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz, boneless
Measure 2: 1 cubic inch, boneless, cooked
Measure 3: 1 fillet

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	62.63		0	53.24		
Energy	kcal	190		0	162		
Energy	kj	795		0	676		
Protein (N x 5.95)	g	26.32		0	22.37		
Total lipid (fat)	g	8.63		0	7.34		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.46		0	1.24		
Sugars, total	g						
Minerals:							
Calcium	mg	65		0	55		
Iron	mg	0.41		0	0.35		
Magnesium	mg	38		0	32		
Phosphorus	mg	208		0	177		
Potassium	mg	374		0	318		
Sodium	mg	92		0	78		
Zinc	mg	1.05		0	0.89		
Copper	mg	0.044		0	0.037		
Manganese	mg	0.026		0	0.022		
Selenium	µg	16.2		0	13.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.016		0	0.014		
Riboflavin	mg	0.069		0	0.059		
Niacin	mg	8.256		0	7.018		
Pantothenic acid	mg	0.865		0	0.735		
Vitamin B-6	mg	0.488		0	0.415		
Folate	µg	18		0	15		
Vitamin B-12	µg	3.27		0	2.78		
Vitamin A	IU	109		0	93		
Vitamin A, RE	µg	33		0	28		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	67	0	57
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.295	0	0.251
Threonine	g	1.154	0	0.981
Isoleucine	g	1.213	0	1.031
Leucine	g	2.139	0	1.818
Lysine	g	2.417	0	2.054
Methionine	g	0.779	0	0.662
Cystine	g	0.282	0	0.240
Phenylalanine	g	1.028	0	0.874
Tyrosine	g	0.889	0	0.756
Valine	g	1.356	0	1.153
Arginine	g	1.575	0	1.339
Histidine	g	0.775	0	0.659
Alanine	g	1.592	0	1.353
Aspartic acid	g	2.695	0	2.291
Glutamic acid	g	3.929	0	3.340
Glycine	g	1.263	0	1.074
Proline	g	0.931	0	0.791
Serine	g	1.074	0	0.913
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	78.51		0	66.73		
Energy	kcal	97		0	82		
Energy	kj	406		0	345		
Protein (N x 5.95)	g	18.56		0	15.78		
Total lipid (fat)	g	1.95		0	1.66		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.55		0	1.32		
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	9		
Iron	mg	0.41		0	0.35		
Magnesium	mg	27		0	23		
Phosphorus	mg	256		0	218		
Potassium	mg	513		0	436		
Sodium	mg	23		0	20		
Zinc	mg	0.53		0	0.45		
Copper	mg	0.036		0	0.031		
Manganese	mg	0.031		0	0.026		
Selenium	µg	46.8		0	39.8		
Vitamins:							
Ascorbic acid	mg	1.0		0	0.9		
Thiamin	mg	0.029		0	0.025		
Riboflavin	mg	0.073		0	0.062		
Niacin	mg	2.558		0	2.174		
Pantothenic acid	mg	0.173		0	0.147		
Vitamin B-6	mg	0.277		0	0.235		
Folate	µg	8		0	7		
Vitamin B-12	µg	1.04		0	0.88		
Vitamin A	IU	46		0	39		
Vitamin A, RE	µg	14		0	12		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	32	0	27
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.208	0	0.177
Threonine	g	0.814	0	0.692
Isoleucine	g	0.855	0	0.727
Leucine	g	1.509	0	1.283
Lysine	g	1.705	0	1.449
Methionine	g	0.549	0	0.467
Cystine	g	0.199	0	0.169
Phenylalanine	g	0.725	0	0.616
Tyrosine	g	0.627	0	0.533
Valine	g	0.956	0	0.813
Arginine	g	1.111	0	0.944
Histidine	g	0.547	0	0.465
Alanine	g	1.123	0	0.955
Aspartic acid	g	1.901	0	1.616
Glutamic acid	g	2.771	0	2.355
Glycine	g	0.891	0	0.757
Proline	g	0.656	0	0.558
Serine	g	0.757	0	0.643
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 124g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	73.47		0	91.10	62.45	
Energy	kcal	119		0	148	101	
Energy	kj	498		0	618	423	
Protein (N x 5.95)	g	24.54		0	30.43	20.86	
Total lipid (fat)	g	1.56		0	1.93	1.33	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.54		0	1.91	1.31	
Sugars, total	g						
Minerals:							
Calcium	mg	141		0	175	120	
Iron	mg	1.67		0	2.07	1.42	
Magnesium	mg	38		0	47	32	
Phosphorus	mg	269		0	334	229	
Potassium	mg	499		0	619	424	
Sodium	mg	65		0	81	55	
Zinc	mg	0.79		0	0.98	0.67	
Copper	mg	0.228		0	0.283	0.194	
Manganese	mg	1.026		0	1.272	0.872	
Selenium	µg	16.2		0	20.1	13.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.312		0	0.387	0.265	
Riboflavin	mg	0.195		0	0.242	0.166	
Niacin	mg	2.801		0	3.473	2.381	
Pantothenic acid	mg	0.865		0	1.073	0.735	
Vitamin B-6	mg	0.138		0	0.171	0.117	
Folate	µg	17		0	21	14	
Vitamin B-12	µg	2.31		0	2.86	1.96	
Vitamin A	IU	81		0	100	69	
Vitamin A, RE	µg	24		0	30	20	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.319		0	0.396	0.271	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.023		0	0.029	0.020	
15.0	g						
16:0	g	0.252		0	0.312	0.214	
17:0	g						
18:0	g	0.044		0	0.055	0.037	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.377	0	0.467	0.320
14:1	g				
16:1	g	0.126	0	0.156	0.107
18:1	g	0.251	0	0.311	0.213
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.573	0	0.711	0.487
18:2	g	0.033	0	0.041	0.028
18:3	g	0.018	0	0.022	0.015
18:4	g				
20:4	g	0.074	0	0.092	0.063
20:5	g	0.110	0	0.136	0.094
22:5	g	0.049	0	0.061	0.042
22:6	g	0.288	0	0.357	0.245
Cholesterol	mg	110	0	136	94
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.275	0	0.341	0.234
Threonine	g	1.076	0	1.334	0.915
Isoleucine	g	1.131	0	1.402	0.961
Leucine	g	1.994	0	2.473	1.695
Lysine	g	2.254	0	2.795	1.916
Methionine	g	0.726	0	0.900	0.617
Cystine	g	0.263	0	0.326	0.224
Phenylalanine	g	0.958	0	1.188	0.814
Tyrosine	g	0.828	0	1.027	0.704
Valine	g	1.264	0	1.567	1.074
Arginine	g	1.468	0	1.820	1.248
Histidine	g	0.722	0	0.895	0.614
Alanine	g	1.484	0	1.840	1.261
Aspartic acid	g	2.513	0	3.116	2.136
Glutamic acid	g	3.663	0	4.542	3.114
Glycine	g	1.178	0	1.461	1.001
Proline	g	0.868	0	1.076	0.738
Serine	g	1.001	0	1.241	0.851
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

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*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 151g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	72.03		0	108.77	61.23	
Energy	kcal	118		0	178	100	
Energy	kj	494		0	746	420	
Protein (N x 5.95)	g	24.92		0	37.63	21.18	
Total lipid (fat)	g	1.26		0	1.90	1.07	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.81		0	2.73	1.54	
Sugars, total	g						
Minerals:							
Calcium	mg	77		0	116	65	
Iron	mg	0.59		0	0.89	0.50	
Magnesium	mg	86		0	130	73	
Phosphorus	mg	283		0	427	241	
Potassium	mg	456		0	689	388	
Sodium	mg	110		0	166	94	
Zinc	mg	0.60		0	0.91	0.51	
Copper	mg	0.064		0	0.097	0.054	
Manganese	mg	0.019		0	0.029	0.016	
Selenium	µg	46.8		0	70.7	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.054		0	0.082	0.046	
Riboflavin	mg	0.225		0	0.340	0.191	
Niacin	mg	3.983		0	6.014	3.386	
Pantothenic acid	mg	0.413		0	0.624	0.351	
Vitamin B-6	mg	0.331		0	0.500	0.281	
Folate	µg	3		0	5	3	
Vitamin B-12	µg	3.68		0	5.56	3.13	
Vitamin A	IU	40		0	60	34	
Vitamin A, RE	µg	12		0	18	10	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.170		0	0.257	0.145	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.006		0	0.009	0.005	
15.0	g						
16:0	g	0.108		0	0.163	0.092	
17:0	g						
18:0	g	0.055		0	0.083	0.047	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.143	0	0.216	0.122
14:1	g				
16:1	g	0.015	0	0.023	0.013
18:1	g	0.086	0	0.130	0.073
20:1	g	0.028	0	0.042	0.024
22.1	g	0.013	0	0.020	0.011
Polyunsaturated, total	g	0.622	0	0.939	0.529
18:2	g	0.012	0	0.018	0.010
18:3	g				
18:4	g	0.006	0	0.009	0.005
20:4	g	0.033	0	0.050	0.028
20:5	g	0.091	0	0.137	0.077
22:5	g	0.028	0	0.042	0.024
22:6	g	0.451	0	0.681	0.383
Cholesterol	mg	91	0	137	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.279	0	0.421	0.237
Threonine	g	1.093	0	1.650	0.929
Isoleucine	g	1.148	0	1.733	0.976
Leucine	g	2.026	0	3.059	1.722
Lysine	g	2.289	0	3.456	1.946
Methionine	g	0.738	0	1.114	0.627
Cystine	g	0.267	0	0.403	0.227
Phenylalanine	g	0.973	0	1.469	0.827
Tyrosine	g	0.841	0	1.270	0.715
Valine	g	1.284	0	1.939	1.091
Arginine	g	1.491	0	2.251	1.267
Histidine	g	0.734	0	1.108	0.624
Alanine	g	1.507	0	2.276	1.281
Aspartic acid	g	2.552	0	3.854	2.169
Glutamic acid	g	3.721	0	5.619	3.163
Glycine	g	1.196	0	1.806	1.017
Proline	g	0.881	0	1.330	0.749
Serine	g	1.017	0	1.536	0.864
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 137g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	76.10		0	104.26	64.68	
Energy	kcal	102		0	140	87	
Energy	kj	427		0	585	363	
Protein (N x 5.95)	g	21.33		0	29.22	18.13	
Total lipid (fat)	g	1.17		0	1.60	0.99	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.45		0	1.99	1.23	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	18	11	
Iron	mg	0.36		0	0.49	0.31	
Magnesium	mg	17		0	23	14	
Phosphorus	mg	256		0	351	218	
Potassium	mg	513		0	703	436	
Sodium	mg	78		0	107	66	
Zinc	mg	1.32		0	1.81	1.12	
Copper	mg	0.041		0	0.056	0.035	
Manganese	mg	0.019		0	0.026	0.016	
Selenium	µg	46.8		0	64.1	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.092		0	0.126	0.078	
Riboflavin	mg	0.073		0	0.100	0.062	
Niacin	mg	2.558		0	3.504	2.174	
Pantothenic acid	mg	0.173		0	0.237	0.147	
Vitamin B-6	mg	0.277		0	0.379	0.235	
Folate	µg	8		0	11	7	
Vitamin B-12	µg	1.04		0	1.42	0.88	
Vitamin A	IU	46		0	63	39	
Vitamin A, RE	µg	14		0	19	12	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.410		0	0.562	0.349	
4:0	g						
6.0	g						
8:0	g	0.073		0	0.100	0.062	
10:0	g						
12:0	g						
14:0	g	0.040		0	0.055	0.034	
15.0	g						
16:0	g	0.226		0	0.310	0.192	
17:0	g						
18:0	g	0.072		0	0.099	0.061	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.422	0	0.578	0.359
14:1	g				
16:1	g	0.105	0	0.144	0.089
18:1	g	0.317	0	0.434	0.269
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.041	0	0.056	0.035
18:2	g	0.041	0	0.056	0.035
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	67	0	92	57
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.239	0	0.327	0.203
Threonine	g	0.935	0	1.281	0.795
Isoleucine	g	0.983	0	1.347	0.836
Leucine	g	1.734	0	2.376	1.474
Lysine	g	1.959	0	2.684	1.665
Methionine	g	0.631	0	0.864	0.536
Cystine	g	0.229	0	0.314	0.195
Phenylalanine	g	0.833	0	1.141	0.708
Tyrosine	g	0.720	0	0.986	0.612
Valine	g	1.099	0	1.506	0.934
Arginine	g	1.277	0	1.749	1.085
Histidine	g	0.628	0	0.860	0.534
Alanine	g	1.290	0	1.767	1.097
Aspartic acid	g	2.185	0	2.993	1.857
Glutamic acid	g	3.185	0	4.363	2.707
Glycine	g	1.024	0	1.403	0.870
Proline	g	0.754	0	1.033	0.641
Serine	g	0.870	0	1.192	0.740
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	58.63		0	16.62	49.84	
Energy	kcal	204		0	58	173	
Energy	kj	854		0	242	726	
Protein (N x 5.95)	g	28.62		0	8.11	24.33	
Total lipid (fat)	g	8.23		0	2.33	7.00	
Carbohydrate, by difference	g	1.92		0	0.54	1.63	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.76		0	0.50	1.50	
Sugars, total	g						
Minerals:							
Calcium	mg	28		0	8	24	
Iron	mg	0.77		0	0.22	0.65	
Magnesium	mg	26		0	7	22	
Phosphorus	mg	515		0	146	438	
Potassium	mg	283		0	80	241	
Sodium	mg	117		0	33	99	
Zinc	mg	1.28		0	0.36	1.09	
Copper	mg	0.128		0	0.036	0.109	
Manganese	mg	0.013		0	0.004	0.011	
Selenium	µg	51.7		0	14.7	43.9	
Vitamins:							
Ascorbic acid	mg	16.4		0	4.6	13.9	
Thiamin	mg	0.277		0	0.079	0.235	
Riboflavin	mg	0.949		0	0.269	0.807	
Niacin	mg	2.192		0	0.621	1.863	
Pantothenic acid	mg	1.154		0	0.327	0.981	
Vitamin B-6	mg	0.185		0	0.052	0.157	
Folate	µg	92		0	26	78	
Vitamin B-12	µg	11.54		0	3.27	9.81	
Vitamin A	IU	303		0	86	258	
Vitamin A, RE	µg	91		0	26	77	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.866		0	0.529	1.586	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.097		0	0.027	0.082	
15.0	g						
16:0	g	1.634		0	0.463	1.389	
17:0	g						
18:0	g	0.135		0	0.038	0.115	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.129	0	0.604	1.810
14:1	g				
16:1	g	0.479	0	0.136	0.407
18:1	g	1.455	0	0.412	1.237
20:1	g	0.142	0	0.040	0.121
22.1	g	0.053	0	0.015	0.045
Polyunsaturated, total	g	3.404	0	0.965	2.893
18:2	g	0.037	0	0.010	0.031
18:3	g	0.008	0	0.002	0.007
18:4	g	0.015	0	0.004	0.013
20:4	g	0.232	0	0.066	0.197
20:5	g	1.260	0	0.357	1.071
22:5	g	0.105	0	0.030	0.089
22:6	g	1.747	0	0.495	1.485
Cholesterol	mg	479	0	136	407
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.375	0	0.106	0.319
Threonine	g	1.305	0	0.370	1.109
Isoleucine	g	1.465	0	0.415	1.245
Leucine	g	2.509	0	0.711	2.133
Lysine	g	2.179	0	0.618	1.852
Methionine	g	0.710	0	0.201	0.603
Cystine	g	0.499	0	0.141	0.424
Phenylalanine	g	1.401	0	0.397	1.191
Tyrosine	g	1.438	0	0.408	1.222
Valine	g	1.676	0	0.475	1.425
Arginine	g	1.639	0	0.465	1.393
Histidine	g	0.778	0	0.221	0.661
Alanine	g	1.831	0	0.519	1.556
Aspartic acid	g	2.294	0	0.650	1.950
Glutamic acid	g	3.425	0	0.971	2.911
Glycine	g	0.833	0	0.236	0.708
Proline	g	1.525	0	0.432	1.296
Serine	g	1.250	0	0.354	1.063
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 151g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.85		0	94.90	53.42	
Energy	kcal	250		0	378	213	
Energy	kj	1046		0	1579	889	
Protein (N x 5.95)	g	17.19		0	25.96	14.61	
Total lipid (fat)	g	19.62		0	29.63	16.68	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.35		0	2.04	1.15	
Sugars, total	g						
Minerals:							
Calcium	mg	45		0	68	38	
Iron	mg	1.64		0	2.48	1.39	
Magnesium	mg	71		0	107	60	
Phosphorus	mg	215		0	325	183	
Potassium	mg	459		0	693	390	
Sodium	mg	72		0	109	61	
Zinc	mg	0.41		0	0.62	0.35	
Copper	mg	0.028		0	0.042	0.024	
Manganese	mg	0.019		0	0.029	0.016	
Selenium	µg	46.8		0	70.7	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.122		0	0.184	0.104	
Riboflavin	mg	0.115		0	0.174	0.098	
Niacin	mg	5.128		0	7.743	4.359	
Pantothenic acid	mg	0.865		0	1.306	0.735	
Vitamin B-6	mg	0.346		0	0.522	0.294	
Folate	µg	17		0	26	14	
Vitamin B-12	µg	1.44		0	2.17	1.22	
Vitamin A	IU	338		0	510	287	
Vitamin A, RE	µg	101		0	153	86	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.099		0	6.189	3.484	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.012		0	0.018	0.010	
14:0	g	0.921		0	1.391	0.783	
15.0	g						
16:0	g	2.631		0	3.973	2.236	
17:0	g						
18:0	g	0.523		0	0.790	0.445	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.328	0	15.595	8.779
14:1	g				
16:1	g	1.567	0	2.366	1.332
18:1	g	5.219	0	7.881	4.436
20:1	g	1.820	0	2.748	1.547
22.1	g	1.670	0	2.522	1.420
Polyunsaturated, total	g	2.618	0	3.953	2.225
18:2	g	0.211	0	0.319	0.179
18:3	g	0.122	0	0.184	0.104
18:4	g	0.146	0	0.220	0.124
20:4	g	0.133	0	0.201	0.113
20:5	g	0.867	0	1.309	0.737
22:5	g	0.216	0	0.326	0.184
22:6	g	0.920	0	1.389	0.782
Cholesterol	mg	63	0	95	54
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.193	0	0.291	0.164
Threonine	g	0.754	0	1.139	0.641
Isoleucine	g	0.792	0	1.196	0.673
Leucine	g	1.397	0	2.109	1.187
Lysine	g	1.579	0	2.384	1.342
Methionine	g	0.509	0	0.769	0.433
Cystine	g	0.184	0	0.278	0.156
Phenylalanine	g	0.671	0	1.013	0.570
Tyrosine	g	0.580	0	0.876	0.493
Valine	g	0.886	0	1.338	0.753
Arginine	g	1.029	0	1.554	0.875
Histidine	g	0.506	0	0.764	0.430
Alanine	g	1.040	0	1.570	0.884
Aspartic acid	g	1.760	0	2.658	1.496
Glutamic acid	g	2.566	0	3.875	2.181
Glycine	g	0.825	0	1.246	0.701
Proline	g	0.608	0	0.918	0.517
Serine	g	0.701	0	1.059	0.596
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 154g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.62		0	91.81	50.68	
Energy	kcal	182		0	280	155	
Energy	kj	761		0	1172	647	
Protein (N x 5.95)	g	25.44		0	39.18	21.62	
Total lipid (fat)	g	8.13		0	12.52	6.91	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.26		0	5.02	2.77	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	23	13	
Iron	mg	1.03		0	1.59	0.88	
Magnesium	mg	37		0	57	31	
Phosphorus	mg	256		0	394	218	
Potassium	mg	628		0	967	534	
Sodium	mg	56		0	86	48	
Zinc	mg	0.82		0	1.26	0.70	
Copper	mg	0.321		0	0.494	0.273	
Manganese	mg	0.021		0	0.032	0.018	
Selenium	µg	46.8		0	72.1	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.275		0	0.424	0.234	
Riboflavin	mg	0.487		0	0.750	0.414	
Niacin	mg	10.077		0	15.519	8.565	
Pantothenic acid	mg	1.920		0	2.957	1.632	
Vitamin B-6	mg	0.944		0	1.454	0.802	
Folate	µg	29		0	45	25	
Vitamin B-12	µg	3.05		0	4.70	2.59	
Vitamin A	IU	44		0	68	37	
Vitamin A, RE	µg	13		0	20	11	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.257		0	1.936	1.068	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.176		0	0.271	0.150	
15.0	g						
16:0	g	0.810		0	1.247	0.689	
17:0	g						
18:0	g	0.272		0	0.419	0.231	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.697	0	4.153	2.292
14:1	g				
16:1	g	0.322	0	0.496	0.274
18:1	g	1.732	0	2.667	1.472
20:1	g	0.286	0	0.440	0.243
22.1	g	0.358	0	0.551	0.304
Polyunsaturated, total	g	3.256	0	5.014	2.768
18:2	g	0.220	0	0.339	0.187
18:3	g	0.378	0	0.582	0.321
18:4	g	0.106	0	0.163	0.090
20:4	g	0.342	0	0.527	0.291
20:5	g	0.411	0	0.633	0.349
22:5	g	0.368	0	0.567	0.313
22:6	g	1.429	0	2.201	1.215
Cholesterol	mg	71	0	109	60
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.285	0	0.439	0.242
Threonine	g	1.115	0	1.717	0.948
Isoleucine	g	1.172	0	1.805	0.996
Leucine	g	2.067	0	3.183	1.757
Lysine	g	2.336	0	3.597	1.986
Methionine	g	0.753	0	1.160	0.640
Cystine	g	0.273	0	0.420	0.232
Phenylalanine	g	0.993	0	1.529	0.844
Tyrosine	g	0.859	0	1.323	0.730
Valine	g	1.310	0	2.017	1.114
Arginine	g	1.522	0	2.344	1.294
Histidine	g	0.749	0	1.153	0.637
Alanine	g	1.538	0	2.369	1.307
Aspartic acid	g	2.605	0	4.012	2.214
Glutamic acid	g	3.797	0	5.847	3.227
Glycine	g	1.221	0	1.880	1.038
Proline	g	0.899	0	1.384	0.764
Serine	g	1.038	0	1.599	0.882
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 154g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	65.60		0	101.02	55.76	
Energy	kcal	231		0	356	196	
Energy	kj	967		0	1489	822	
Protein (N x 5.95)	g	25.72		0	39.61	21.86	
Total lipid (fat)	g	13.38		0	20.61	11.37	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.76		0	2.71	1.50	
Sugars, total	g						
Minerals:							
Calcium	mg	28		0	43	24	
Iron	mg	0.91		0	1.40	0.77	
Magnesium	mg	122		0	188	104	
Phosphorus	mg	371		0	571	315	
Potassium	mg	505		0	778	429	
Sodium	mg	60		0	92	51	
Zinc	mg	0.56		0	0.86	0.48	
Copper	mg	0.053		0	0.082	0.045	
Manganese	mg	0.019		0	0.029	0.016	
Selenium	µg	46.8		0	72.1	39.8	
Vitamins:							
Ascorbic acid	mg	4.1		0	6.3	3.5	
Thiamin	mg	0.044		0	0.068	0.037	
Riboflavin	mg	0.154		0	0.237	0.131	
Niacin	mg	10.045		0	15.469	8.538	
Pantothenic acid	mg	0.865		0	1.332	0.735	
Vitamin B-6	mg	0.462		0	0.711	0.393	
Folate	µg	35		0	54	30	
Vitamin B-12	µg	2.87		0	4.42	2.44	
Vitamin A	IU	496		0	764	422	
Vitamin A, RE	µg	149		0	229	127	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.214		0	4.950	2.732	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.455		0	0.701	0.387	
15.0	g						
16:0	g	2.045		0	3.149	1.738	
17:0	g						
18:0	g	0.714		0	1.100	0.607	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.742	0	8.843	4.881
14:1	g				
16:1	g	1.133	0	1.745	0.963
18:1	g	3.585	0	5.521	3.047
20:1	g	0.580	0	0.893	0.493
22.1	g	0.444	0	0.684	0.377
Polyunsaturated, total	g	2.662	0	4.099	2.263
18:2	g	0.136	0	0.209	0.116
18:3	g	0.110	0	0.169	0.094
18:4	g	0.185	0	0.285	0.157
20:4	g	0.197	0	0.303	0.167
20:5	g	1.010	0	1.555	0.859
22:5	g	0.296	0	0.456	0.252
22:6	g	0.727	0	1.120	0.618
Cholesterol	mg	85	0	131	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.288	0	0.444	0.245
Threonine	g	1.127	0	1.736	0.958
Isoleucine	g	1.185	0	1.825	1.007
Leucine	g	2.090	0	3.219	1.776
Lysine	g	2.362	0	3.637	2.008
Methionine	g	0.761	0	1.172	0.647
Cystine	g	0.276	0	0.425	0.235
Phenylalanine	g	1.004	0	1.546	0.853
Tyrosine	g	0.868	0	1.337	0.738
Valine	g	1.325	0	2.040	1.126
Arginine	g	1.539	0	2.370	1.308
Histidine	g	0.757	0	1.166	0.643
Alanine	g	1.555	0	2.395	1.322
Aspartic acid	g	2.634	0	4.056	2.239
Glutamic acid	g	3.839	0	5.912	3.263
Glycine	g	1.234	0	1.900	1.049
Proline	g	0.909	0	1.400	0.773
Serine	g	1.049	0	1.615	0.892
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 154g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	68.44		0	105.40	58.17	
Energy	kcal	154		0	237	131	
Energy	kj	644		0	992	547	
Protein (N x 5.95)	g	25.82		0	39.76	21.95	
Total lipid (fat)	g	4.83		0	7.44	4.11	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.51		0	2.33	1.28	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	22	12	
Iron	mg	0.71		0	1.09	0.60	
Magnesium	mg	28		0	43	24	
Phosphorus	mg	363		0	559	309	
Potassium	mg	550		0	847	468	
Sodium	mg	64		0	99	54	
Zinc	mg	0.60		0	0.92	0.51	
Copper	mg	0.071		0	0.109	0.060	
Manganese	mg	0.019		0	0.029	0.016	
Selenium	µg	46.8		0	72.1	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.092		0	0.142	0.078	
Riboflavin	mg	0.219		0	0.337	0.186	
Niacin	mg	8.526		0	13.130	7.247	
Pantothenic acid	mg	0.865		0	1.332	0.735	
Vitamin B-6	mg	0.462		0	0.711	0.393	
Folate	µg	5		0	8	4	
Vitamin B-12	µg	3.46		0	5.33	2.94	
Vitamin A	IU	114		0	176	97	
Vitamin A, RE	µg	34		0	52	29	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.077		0	1.659	0.915	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.192		0	0.296	0.163	
15.0	g						
16:0	g	0.751		0	1.157	0.638	
17:0	g						
18:0	g	0.133		0	0.205	0.113	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.976	0	3.043	1.680
14:1	g				
16:1	g	0.283	0	0.436	0.241
18:1	g	1.046	0	1.611	0.889
20:1	g	0.236	0	0.363	0.201
22.1	g	0.410	0	0.631	0.349
Polyunsaturated, total	g	1.152	0	1.774	0.979
18:2	g	0.077	0	0.119	0.065
18:3	g	0.044	0	0.068	0.037
18:4	g	0.087	0	0.134	0.074
20:4	g	0.038	0	0.059	0.032
20:5	g	0.299	0	0.460	0.254
22:5	g	0.101	0	0.156	0.086
22:6	g	0.505	0	0.778	0.429
Cholesterol	mg	95	0	146	81
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.289	0	0.445	0.246
Threonine	g	1.132	0	1.743	0.962
Isoleucine	g	1.190	0	1.833	1.011
Leucine	g	2.099	0	3.232	1.784
Lysine	g	2.371	0	3.651	2.015
Methionine	g	0.764	0	1.177	0.649
Cystine	g	0.277	0	0.427	0.235
Phenylalanine	g	1.008	0	1.552	0.857
Tyrosine	g	0.872	0	1.343	0.741
Valine	g	1.330	0	2.048	1.131
Arginine	g	1.545	0	2.379	1.313
Histidine	g	0.760	0	1.170	0.646
Alanine	g	1.562	0	2.405	1.328
Aspartic acid	g	2.644	0	4.072	2.247
Glutamic acid	g	3.854	0	5.935	3.276
Glycine	g	1.239	0	1.908	1.053
Proline	g	0.913	0	1.406	0.776
Serine	g	1.053	0	1.622	0.895
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 124g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	69.68		0	86.40	59.23	
Energy	kcal	149		0	185	127	
Energy	kj	623		0	773	530	
Protein (N x 5.95)	g	25.56		0	31.69	21.73	
Total lipid (fat)	g	4.42		0	5.48	3.76	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.56		0	1.93	1.33	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	21	14	
Iron	mg	0.99		0	1.23	0.84	
Magnesium	mg	33		0	41	28	
Phosphorus	mg	295		0	366	251	
Potassium	mg	414		0	513	352	
Sodium	mg	86		0	107	73	
Zinc	mg	0.71		0	0.88	0.60	
Copper	mg	0.099		0	0.123	0.084	
Manganese	mg	0.019		0	0.024	0.016	
Selenium	µg	57.2		0	70.9	48.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.196		0	0.243	0.167	
Riboflavin	mg	0.073		0	0.091	0.062	
Niacin	mg	8.526		0	10.572	7.247	
Pantothenic acid	mg	0.865		0	1.073	0.735	
Vitamin B-6	mg	0.231		0	0.286	0.196	
Folate	µg	5		0	6	4	
Vitamin B-12	µg	3.46		0	4.29	2.94	
Vitamin A	IU	136		0	169	116	
Vitamin A, RE	µg	41		0	51	35	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.715		0	0.887	0.608	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.135		0	0.167	0.115	
15.0	g						
16:0	g	0.405		0	0.502	0.344	
17:0	g						
18:0	g	0.176		0	0.218	0.150	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.197	0	1.484	1.017
14:1	g				
16:1	g	0.199	0	0.247	0.169
18:1	g	0.699	0	0.867	0.594
20:1	g	0.159	0	0.197	0.135
22.1	g	0.140	0	0.174	0.119
Polyunsaturated, total	g	1.733	0	2.149	1.473
18:2	g	0.064	0	0.079	0.054
18:3	g	0.044	0	0.055	0.037
18:4	g	0.115	0	0.143	0.098
20:4	g	0.100	0	0.124	0.085
20:5	g	0.537	0	0.666	0.456
22:5	g	0.123	0	0.153	0.105
22:6	g	0.751	0	0.931	0.638
Cholesterol	mg	67	0	83	57
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.286	0	0.355	0.243
Threonine	g	1.121	0	1.390	0.953
Isoleucine	g	1.178	0	1.461	1.001
Leucine	g	2.078	0	2.577	1.766
Lysine	g	2.348	0	2.912	1.996
Methionine	g	0.757	0	0.939	0.643
Cystine	g	0.274	0	0.340	0.233
Phenylalanine	g	0.998	0	1.238	0.848
Tyrosine	g	0.863	0	1.070	0.734
Valine	g	1.317	0	1.633	1.119
Arginine	g	1.530	0	1.897	1.301
Histidine	g	0.753	0	0.934	0.640
Alanine	g	1.546	0	1.917	1.314
Aspartic acid	g	2.618	0	3.246	2.225
Glutamic acid	g	3.816	0	4.732	3.244
Glycine	g	1.227	0	1.521	1.043
Proline	g	0.904	0	1.121	0.768
Serine	g	1.043	0	1.293	0.887
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 50g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	68.42		0	34.21	58.16	
Energy	kcal	135		0	68	115	
Energy	kj	565		0	283	480	
Protein (N x 5.95)	g	24.21		0	12.11	20.58	
Total lipid (fat)	g	3.50		0	1.75	2.98	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.55		0	0.78	1.32	
Sugars, total	g						
Minerals:							
Calcium	mg	51		0	26	43	
Iron	mg	0.68		0	0.34	0.58	
Magnesium	mg	29		0	15	25	
Phosphorus	mg	237		0	119	201	
Potassium	mg	368		0	184	313	
Sodium	mg	54		0	27	46	
Zinc	mg	0.62		0	0.31	0.53	
Copper	mg	0.065		0	0.033	0.055	
Manganese	mg	0.045		0	0.023	0.038	
Selenium	µg	46.8		0	23.4	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.127		0	0.064	0.108	
Riboflavin	mg	0.122		0	0.061	0.104	
Niacin	mg	4.994		0	2.497	4.245	
Pantothenic acid	mg	0.865		0	0.433	0.735	
Vitamin B-6	mg	0.346		0	0.173	0.294	
Folate	µg	17		0	9	14	
Vitamin B-12	µg	1.62		0	0.81	1.38	
Vitamin A	IU	104		0	52	88	
Vitamin A, RE	µg	31		0	16	26	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	67	0	34	57
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.271	0	0.136	0.230
Threonine	g	1.061	0	0.531	0.902
Isoleucine	g	1.115	0	0.558	0.948
Leucine	g	1.967	0	0.984	1.672
Lysine	g	2.223	0	1.111	1.890
Methionine	g	0.716	0	0.358	0.609
Cystine	g	0.259	0	0.130	0.220
Phenylalanine	g	0.945	0	0.473	0.803
Tyrosine	g	0.817	0	0.408	0.694
Valine	g	1.247	0	0.624	1.060
Arginine	g	1.448	0	0.724	1.231
Histidine	g	0.713	0	0.357	0.606
Alanine	g	1.464	0	0.732	1.244
Aspartic acid	g	2.479	0	1.240	2.107
Glutamic acid	g	3.613	0	1.807	3.071
Glycine	g	1.162	0	0.581	0.988
Proline	g	0.856	0	0.428	0.728
Serine	g	0.988	0	0.494	0.840
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15214 Finfish, seatrout, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 186g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	71.91		0	133.75	61.12	
Energy	kcal	133		0	247	113	
Energy	kj	556		0	1034	473	
Protein (N x 5.95)	g	21.46		0	39.92	18.24	
Total lipid (fat)	g	4.63		0	8.61	3.94	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.62		0	3.01	1.38	
Sugars, total	g						
Minerals:							
Calcium	mg	22		0	41	19	
Iron	mg	0.35		0	0.65	0.30	
Magnesium	mg	40		0	74	34	
Phosphorus	mg	321		0	597	273	
Potassium	mg	437		0	813	371	
Sodium	mg	74		0	138	63	
Zinc	mg	0.58		0	1.08	0.49	
Copper	mg	0.038		0	0.071	0.032	
Manganese	mg	0.019		0	0.035	0.016	
Selenium	µg	46.8		0	87.0	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.069		0	0.128	0.059	
Riboflavin	mg	0.207		0	0.385	0.176	
Niacin	mg	2.923		0	5.437	2.485	
Pantothenic acid	mg	0.865		0	1.609	0.735	
Vitamin B-6	mg	0.462		0	0.859	0.393	
Folate	µg	6		0	11	5	
Vitamin B-12	µg	3.46		0	6.44	2.94	
Vitamin A	IU	115		0	214	98	
Vitamin A, RE	µg	35		0	65	30	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.293		0	2.405	1.099	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.095		0	0.177	0.081	
15.0	g						
16:0	g	0.820		0	1.525	0.697	
17:0	g						
18:0	g	0.214		0	0.398	0.182	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.133	0	2.107	0.963
14:1	g				
16:1	g	0.464	0	0.863	0.394
18:1	g	0.602	0	1.120	0.512
20:1	g	0.064	0	0.119	0.054
22.1	g				
Polyunsaturated, total	g	0.929	0	1.728	0.790
18:2	g	0.088	0	0.164	0.075
18:3	g	0.005	0	0.009	0.004
18:4	g	0.010	0	0.019	0.009
20:4	g	0.247	0	0.459	0.210
20:5	g	0.211	0	0.392	0.179
22:5	g	0.097	0	0.180	0.082
22:6	g	0.265	0	0.493	0.225
Cholesterol	mg	106	0	197	90
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.240	0	0.446	0.204
Threonine	g	0.941	0	1.750	0.800
Isoleucine	g	0.989	0	1.840	0.841
Leucine	g	1.744	0	3.244	1.482
Lysine	g	1.971	0	3.666	1.675
Methionine	g	0.635	0	1.181	0.540
Cystine	g	0.230	0	0.428	0.196
Phenylalanine	g	0.838	0	1.559	0.712
Tyrosine	g	0.725	0	1.349	0.616
Valine	g	1.106	0	2.057	0.940
Arginine	g	1.284	0	2.388	1.091
Histidine	g	0.632	0	1.176	0.537
Alanine	g	1.298	0	2.414	1.103
Aspartic acid	g	2.198	0	4.088	1.868
Glutamic acid	g	3.204	0	5.959	2.723
Glycine	g	1.030	0	1.916	0.876
Proline	g	0.759	0	1.412	0.645
Serine	g	0.876	0	1.629	0.745
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15215 Finfish, shad, american, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 144g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	59.22		0	85.28	50.34	
Energy	kcal	252		0	363	214	
Energy	kj	1054		0	1518	896	
Protein (N x 5.95)	g	21.71		0	31.26	18.45	
Total lipid (fat)	g	17.65		0	25.42	15.00	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.69		0	2.43	1.44	
Sugars, total	g						
Minerals:							
Calcium	mg	60		0	86	51	
Iron	mg	1.24		0	1.79	1.05	
Magnesium	mg	38		0	55	32	
Phosphorus	mg	349		0	503	297	
Potassium	mg	492		0	708	418	
Sodium	mg	65		0	94	55	
Zinc	mg	0.47		0	0.68	0.40	
Copper	mg	0.082		0	0.118	0.070	
Manganese	mg	0.054		0	0.078	0.046	
Selenium	µg	46.8		0	67.4	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.183		0	0.264	0.156	
Riboflavin	mg	0.308		0	0.444	0.262	
Niacin	mg	10.769		0	15.507	9.154	
Pantothenic acid	mg	0.865		0	1.246	0.735	
Vitamin B-6	mg	0.462		0	0.665	0.393	
Folate	µg	17		0	24	14	
Vitamin B-12	µg	0.14		0	0.20	0.12	
Vitamin A	IU	120		0	173	102	
Vitamin A, RE	µg	36		0	52	31	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	96	0	138	82
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.243	0	0.350	0.207
Threonine	g	0.952	0	1.371	0.809
Isoleucine	g	1.000	0	1.440	0.850
Leucine	g	1.764	0	2.540	1.499
Lysine	g	1.993	0	2.870	1.694
Methionine	g	0.642	0	0.924	0.546
Cystine	g	0.233	0	0.336	0.198
Phenylalanine	g	0.847	0	1.220	0.720
Tyrosine	g	0.733	0	1.056	0.623
Valine	g	1.118	0	1.610	0.950
Arginine	g	1.299	0	1.871	1.104
Histidine	g	0.639	0	0.920	0.543
Alanine	g	1.313	0	1.891	1.116
Aspartic acid	g	2.223	0	3.201	1.890
Glutamic acid	g	3.240	0	4.666	2.754
Glycine	g	1.042	0	1.500	0.886
Proline	g	0.767	0	1.104	0.652
Serine	g	0.886	0	1.276	0.753
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15216 Finfish, spot, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 50g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	69.17		0	34.59	58.79	
Energy	kcal	158		0	79	134	
Energy	kj	661		0	331	562	
Protein (N x 5.95)	g	23.73		0	11.87	20.17	
Total lipid (fat)	g	6.28		0	3.14	5.34	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.36		0	0.68	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	9	15	
Iron	mg	0.41		0	0.21	0.35	
Magnesium	mg	54		0	27	46	
Phosphorus	mg	238		0	119	202	
Potassium	mg	636		0	318	541	
Sodium	mg	37		0	19	31	
Zinc	mg	0.65		0	0.33	0.55	
Copper	mg	0.059		0	0.030	0.050	
Manganese	mg	0.045		0	0.023	0.038	
Selenium	µg	46.8		0	23.4	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.185		0	0.093	0.157	
Riboflavin	mg	0.268		0	0.134	0.228	
Niacin	mg	8.526		0	4.263	7.247	
Pantothenic acid	mg	0.865		0	0.433	0.735	
Vitamin B-6	mg	0.462		0	0.231	0.393	
Folate	µg	6		0	3	5	
Vitamin B-12	µg	3.46		0	1.73	2.94	
Vitamin A	IU	115		0	58	98	
Vitamin A, RE	µg	35		0	18	30	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.859		0	0.930	1.580	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.141		0	0.070	0.120	
15.0	g						
16:0	g	1.321		0	0.661	1.123	
17:0	g						
18:0	g	0.398		0	0.199	0.338	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.706	0	0.853	1.450
14:1	g				
16:1	g	0.590	0	0.295	0.501
18:1	g	1.116	0	0.558	0.949
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.398	0	0.699	1.188
18:2	g	0.051	0	0.026	0.043
18:3	g	0.026	0	0.013	0.022
18:4	g	0.205	0	0.103	0.174
20:4	g	0.154	0	0.077	0.131
20:5	g	0.282	0	0.141	0.240
22:5	g	0.154	0	0.077	0.131
22:6	g	0.526	0	0.263	0.447
Cholesterol	mg	77	0	39	65
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.266	0	0.133	0.226
Threonine	g	1.040	0	0.520	0.884
Isoleucine	g	1.094	0	0.547	0.930
Leucine	g	1.929	0	0.965	1.640
Lysine	g	2.179	0	1.089	1.852
Methionine	g	0.702	0	0.351	0.597
Cystine	g	0.254	0	0.127	0.216
Phenylalanine	g	0.926	0	0.463	0.787
Tyrosine	g	0.801	0	0.401	0.681
Valine	g	1.223	0	0.612	1.040
Arginine	g	1.420	0	0.710	1.207
Histidine	g	0.699	0	0.350	0.594
Alanine	g	1.435	0	0.718	1.220
Aspartic acid	g	2.430	0	1.215	2.066
Glutamic acid	g	3.543	0	1.772	3.012
Glycine	g	1.139	0	0.570	0.968
Proline	g	0.839	0	0.420	0.713
Serine	g	0.968	0	0.484	0.823
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15217 Finfish, sucker, white, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 124g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	73.99		0	91.75	62.89	
Energy	kcal	119		0	148	101	
Energy	kj	498		0	618	423	
Protein (N x 5.95)	g	21.49		0	26.65	18.27	
Total lipid (fat)	g	2.97		0	3.68	2.52	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.87		0	2.32	1.59	
Sugars, total	g						
Minerals:							
Calcium	mg	90		0	112	77	
Iron	mg	1.67		0	2.07	1.42	
Magnesium	mg	38		0	47	32	
Phosphorus	mg	269		0	334	229	
Potassium	mg	487		0	604	414	
Sodium	mg	51		0	63	43	
Zinc	mg	0.96		0	1.19	0.82	
Copper	mg	0.250		0	0.310	0.213	
Manganese	mg	0.769		0	0.954	0.654	
Selenium	µg	16.2		0	20.1	13.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.012		0	0.015	0.010	
Riboflavin	mg	0.085		0	0.105	0.072	
Niacin	mg	1.462		0	1.813	1.243	
Pantothenic acid	mg	0.865		0	1.073	0.735	
Vitamin B-6	mg	0.231		0	0.286	0.196	
Folate	µg	17		0	21	14	
Vitamin B-12	µg	2.31		0	2.86	1.96	
Vitamin A	IU	196		0	243	167	
Vitamin A, RE	µg	59		0	73	50	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.579		0	0.718	0.492	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.062		0	0.077	0.053	
15.0	g						
16:0	g	0.427		0	0.529	0.363	
17:0	g						
18:0	g	0.085		0	0.105	0.072	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.905	0	1.122	0.769
14:1	g				
16:1	g	0.490	0	0.608	0.417
18:1	g	0.388	0	0.481	0.330
20:1	g	0.018	0	0.022	0.015
22.1	g				
Polyunsaturated, total	g	1.035	0	1.283	0.880
18:2	g	0.087	0	0.108	0.074
18:3	g	0.067	0	0.083	0.057
18:4	g	0.041	0	0.051	0.035
20:4	g	0.132	0	0.164	0.112
20:5	g	0.244	0	0.303	0.207
22:5	g	0.094	0	0.117	0.080
22:6	g	0.371	0	0.460	0.315
Cholesterol	mg	53	0	66	45
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.241	0	0.299	0.205
Threonine	g	0.942	0	1.168	0.801
Isoleucine	g	0.990	0	1.228	0.842
Leucine	g	1.746	0	2.165	1.484
Lysine	g	1.973	0	2.447	1.677
Methionine	g	0.636	0	0.789	0.541
Cystine	g	0.230	0	0.285	0.196
Phenylalanine	g	0.839	0	1.040	0.713
Tyrosine	g	0.725	0	0.899	0.616
Valine	g	1.107	0	1.373	0.941
Arginine	g	1.286	0	1.595	1.093
Histidine	g	0.633	0	0.785	0.538
Alanine	g	1.300	0	1.612	1.105
Aspartic acid	g	2.200	0	2.728	1.870
Glutamic acid	g	3.208	0	3.978	2.727
Glycine	g	1.031	0	1.278	0.876
Proline	g	0.760	0	0.942	0.646
Serine	g	0.877	0	1.087	0.745
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15218 Finfish, sunfish, pumpkin seed, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 37g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	73.72		0	27.28	62.66	
Energy	kcal	114		0	42	97	
Energy	kj	477		0	176	405	
Protein (N x 5.95)	g	24.87		0	9.20	21.14	
Total lipid (fat)	g	0.90		0	0.33	0.77	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.41		0	0.52	1.20	
Sugars, total	g						
Minerals:							
Calcium	mg	103		0	38	88	
Iron	mg	1.54		0	0.57	1.31	
Magnesium	mg	38		0	14	32	
Phosphorus	mg	231		0	85	196	
Potassium	mg	449		0	166	382	
Sodium	mg	103		0	38	88	
Zinc	mg	1.99		0	0.74	1.69	
Copper	mg	0.385		0	0.142	0.327	
Manganese	mg	0.897		0	0.332	0.762	
Selenium	µg	16.2		0	6.0	13.8	
Vitamins:							
Ascorbic acid	mg	1.0		0	0.4	0.9	
Thiamin	mg	0.092		0	0.034	0.078	
Riboflavin	mg	0.085		0	0.031	0.072	
Niacin	mg	1.462		0	0.541	1.243	
Pantothenic acid	mg	0.865		0	0.320	0.735	
Vitamin B-6	mg	0.138		0	0.051	0.117	
Folate	µg	17		0	6	14	
Vitamin B-12	µg	2.31		0	0.85	1.96	
Vitamin A	IU	58		0	21	49	
Vitamin A, RE	µg	17		0	6	14	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.178		0	0.066	0.151	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.015		0	0.006	0.013	
15.0	g						
16:0	g	0.127		0	0.047	0.108	
17:0	g						
18:0	g	0.036		0	0.013	0.031	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.150	0	0.056	0.128
14:1	g				
16:1	g	0.054	0	0.020	0.046
18:1	g	0.090	0	0.033	0.077
20:1	g	0.006	0	0.002	0.005
22.1	g				
Polyunsaturated, total	g	0.315	0	0.117	0.268
18:2	g	0.019	0	0.007	0.016
18:3	g	0.013	0	0.005	0.011
18:4	g				
20:4	g	0.101	0	0.037	0.086
20:5	g	0.047	0	0.017	0.040
22:5	g	0.042	0	0.016	0.036
22:6	g	0.092	0	0.034	0.078
Cholesterol	mg	86	0	32	73
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.279	0	0.103	0.237
Threonine	g	1.090	0	0.403	0.927
Isoleucine	g	1.146	0	0.424	0.974
Leucine	g	2.022	0	0.748	1.719
Lysine	g	2.284	0	0.845	1.941
Methionine	g	0.736	0	0.272	0.626
Cystine	g	0.267	0	0.099	0.227
Phenylalanine	g	0.971	0	0.359	0.825
Tyrosine	g	0.840	0	0.311	0.714
Valine	g	1.281	0	0.474	1.089
Arginine	g	1.488	0	0.551	1.265
Histidine	g	0.732	0	0.271	0.622
Alanine	g	1.504	0	0.556	1.278
Aspartic acid	g	2.547	0	0.942	2.165
Glutamic acid	g	3.713	0	1.374	3.156
Glycine	g	1.194	0	0.442	1.015
Proline	g	0.879	0	0.325	0.747
Serine	g	1.015	0	0.376	0.863
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15219 Finfish, trout, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 62g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	63.36		0	39.28	53.86	
Energy	kcal	190		0	118	162	
Energy	kj	795		0	493	676	
Protein (N x 5.95)	g	26.63		0	16.51	22.64	
Total lipid (fat)	g	8.47		0	5.25	7.20	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.50		0	0.93	1.27	
Sugars, total	g						
Minerals:							
Calcium	mg	55		0	34	47	
Iron	mg	1.92		0	1.19	1.63	
Magnesium	mg	28		0	17	24	
Phosphorus	mg	314		0	195	267	
Potassium	mg	463		0	287	394	
Sodium	mg	67		0	42	57	
Zinc	mg	0.85		0	0.53	0.72	
Copper	mg	0.241		0	0.149	0.205	
Manganese	mg	1.091		0	0.676	0.927	
Selenium	µg	16.2		0	10.0	13.8	
Vitamins:							
Ascorbic acid	mg	0.5		0	0.3	0.4	
Thiamin	mg	0.426		0	0.264	0.362	
Riboflavin	mg	0.423		0	0.262	0.360	
Niacin	mg	5.769		0	3.577	4.904	
Pantothenic acid	mg	2.238		0	1.388	1.902	
Vitamin B-6	mg	0.231		0	0.143	0.196	
Folate	µg	15		0	9	13	
Vitamin B-12	µg	7.49		0	4.64	6.37	
Vitamin A	IU	63		0	39	54	
Vitamin A, RE	µg	19		0	12	16	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.474		0	0.914	1.253	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.237		0	0.147	0.201	
15.0	g						
16:0	g	1.045		0	0.648	0.888	
17:0	g						
18:0	g	0.190		0	0.118	0.161	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.172	0	2.587	3.546
14:1	g				
16:1	g	0.899	0	0.557	0.764
18:1	g	1.847	0	1.145	1.570
20:1	g	0.359	0	0.223	0.305
22.1	g	1.064	0	0.660	0.904
Polyunsaturated, total	g	1.922	0	1.192	1.634
18:2	g	0.224	0	0.139	0.190
18:3	g	0.199	0	0.123	0.169
18:4	g	0.082	0	0.051	0.070
20:4	g	0.242	0	0.150	0.206
20:5	g	0.259	0	0.161	0.220
22:5	g	0.235	0	0.146	0.200
22:6	g	0.677	0	0.420	0.575
Cholesterol	mg	74	0	46	63
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.298	0	0.185	0.253
Threonine	g	1.167	0	0.724	0.992
Isoleucine	g	1.227	0	0.761	1.043
Leucine	g	2.164	0	1.342	1.839
Lysine	g	2.446	0	1.517	2.079
Methionine	g	0.788	0	0.489	0.670
Cystine	g	0.285	0	0.177	0.242
Phenylalanine	g	1.040	0	0.645	0.884
Tyrosine	g	0.899	0	0.557	0.764
Valine	g	1.372	0	0.851	1.166
Arginine	g	1.593	0	0.988	1.354
Histidine	g	0.784	0	0.486	0.666
Alanine	g	1.610	0	0.998	1.369
Aspartic acid	g	2.727	0	1.691	2.318
Glutamic acid	g	3.975	0	2.465	3.379
Glycine	g	1.278	0	0.792	1.086
Proline	g	0.942	0	0.584	0.801
Serine	g	1.086	0	0.673	0.923
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15220 Finfish, tuna, skipjack, fresh, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 154g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	62.28		0	95.91	52.94	
Energy	kcal	132		0	203	112	
Energy	kj	552		0	850	469	
Protein (N x 5.95)	g	28.21		0	43.44	23.98	
Total lipid (fat)	g	1.29		0	1.99	1.10	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.67		0	2.57	1.42	
Sugars, total	g						
Minerals:							
Calcium	mg	37		0	57	31	
Iron	mg	1.60		0	2.46	1.36	
Magnesium	mg	44		0	68	37	
Phosphorus	mg	285		0	439	242	
Potassium	mg	522		0	804	444	
Sodium	mg	47		0	72	40	
Zinc	mg	1.05		0	1.62	0.89	
Copper	mg	0.110		0	0.169	0.094	
Manganese	mg	0.019		0	0.029	0.016	
Selenium	µg	46.8		0	72.1	39.8	
Vitamins:							
Ascorbic acid	mg	1.0		0	1.5	0.9	
Thiamin	mg	0.038		0	0.059	0.032	
Riboflavin	mg	0.122		0	0.188	0.104	
Niacin	mg	18.756		0	28.884	15.943	
Pantothenic acid	mg	0.485		0	0.747	0.412	
Vitamin B-6	mg	0.981		0	1.511	0.834	
Folate	µg	10		0	15	9	
Vitamin B-12	µg	2.19		0	3.37	1.86	
Vitamin A	IU	60		0	92	51	
Vitamin A, RE	µg	18		0	28	15	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.420		0	0.647	0.357	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.051		0	0.079	0.043	
15.0	g						
16:0	g	0.298		0	0.459	0.253	
17:0	g						
18:0	g	0.070		0	0.108	0.060	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.243	0	0.374	0.207
14:1	g				
16:1	g	0.046	0	0.071	0.039
18:1	g	0.168	0	0.259	0.143
20:1	g	0.022	0	0.034	0.019
22.1	g	0.008	0	0.012	0.007
Polyunsaturated, total	g	0.403	0	0.621	0.343
18:2	g	0.020	0	0.031	0.017
18:3	g				
18:4	g	0.005	0	0.008	0.004
20:4	g	0.033	0	0.051	0.028
20:5	g	0.091	0	0.140	0.077
22:5	g	0.017	0	0.026	0.014
22:6	g	0.237	0	0.365	0.201
Cholesterol	mg	60	0	92	51
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.316	0	0.487	0.269
Threonine	g	1.237	0	1.905	1.051
Isoleucine	g	1.300	0	2.002	1.105
Leucine	g	2.293	0	3.531	1.949
Lysine	g	2.590	0	3.989	2.201
Methionine	g	0.835	0	1.286	0.710
Cystine	g	0.302	0	0.465	0.257
Phenylalanine	g	1.101	0	1.696	0.936
Tyrosine	g	0.952	0	1.466	0.809
Valine	g	1.453	0	2.238	1.235
Arginine	g	1.688	0	2.600	1.435
Histidine	g	0.830	0	1.278	0.706
Alanine	g	1.706	0	2.627	1.450
Aspartic acid	g	2.888	0	4.448	2.455
Glutamic acid	g	4.210	0	6.483	3.579
Glycine	g	1.354	0	2.085	1.151
Proline	g	0.997	0	1.535	0.847
Serine	g	1.151	0	1.773	0.978
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

NDB No. 15221 Finfish, tuna, yellowfin, fresh, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	62.81		0	53.39		
Energy	kcal	139		0	118		
Energy	kj	582		0	495		
Protein (N x 5.95)	g	29.97		0	25.47		
Total lipid (fat)	g	1.22		0	1.04		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.72		0	1.46		
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	18		
Iron	mg	0.94		0	0.80		
Magnesium	mg	64		0	54		
Phosphorus	mg	245		0	208		
Potassium	mg	569		0	484		
Sodium	mg	47		0	40		
Zinc	mg	0.67		0	0.57		
Copper	mg	0.082		0	0.070		
Manganese	mg	0.019		0	0.016		
Selenium	µg	46.8		0	39.8		
Vitamins:							
Ascorbic acid	mg	1.0		0	0.9		
Thiamin	mg	0.501		0	0.426		
Riboflavin	mg	0.057		0	0.048		
Niacin	mg	11.936		0	10.146		
Pantothenic acid	mg	0.865		0	0.735		
Vitamin B-6	mg	1.038		0	0.882		
Folate	µg	2		0	2		
Vitamin B-12	µg	0.60		0	0.51		
Vitamin A	IU	68		0	58		
Vitamin A, RE	µg	20		0	17		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.301		0	0.256		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.012		0	0.010		
14:0	g	0.014		0	0.012		
15.0	g						
16:0	g	0.200		0	0.170		
17:0	g						
18:0	g	0.065		0	0.055		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.197	0	0.167
14:1	g			
16:1	g	0.032	0	0.027
18:1	g	0.138	0	0.117
20:1	g	0.009	0	0.008
22.1	g	0.018	0	0.015
Polyunsaturated, total	g	0.364	0	0.309
18:2	g	0.010	0	0.009
18:3	g	0.015	0	0.013
18:4	g	0.006	0	0.005
20:4	g	0.036	0	0.031
20:5	g	0.047	0	0.040
22:5	g	0.017	0	0.014
22:6	g	0.232	0	0.197
Cholesterol	mg	58	0	49
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.336	0	0.286
Threonine	g	1.314	0	1.117
Isoleucine	g	1.381	0	1.174
Leucine	g	2.436	0	2.071
Lysine	g	2.753	0	2.340
Methionine	g	0.887	0	0.754
Cystine	g	0.321	0	0.273
Phenylalanine	g	1.170	0	0.995
Tyrosine	g	1.012	0	0.860
Valine	g	1.544	0	1.312
Arginine	g	1.794	0	1.525
Histidine	g	0.882	0	0.750
Alanine	g	1.813	0	1.541
Aspartic acid	g	3.069	0	2.609
Glutamic acid	g	4.475	0	3.804
Glycine	g	1.439	0	1.223
Proline	g	1.060	0	0.901
Serine	g	1.223	0	1.040
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 3 oz

NDB No. 15222 Finfish, turbot, european, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 159g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	70.45		0	112.02	59.88	
Energy	kcal	122		0	194	104	
Energy	kj	510		0	811	434	
Protein (N x 5.95)	g	20.58		0	32.72	17.49	
Total lipid (fat)	g	3.78		0	6.01	3.21	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.69		0	4.28	2.29	
Sugars, total	g						
Minerals:							
Calcium	mg	23		0	37	20	
Iron	mg	0.46		0	0.73	0.39	
Magnesium	mg	65		0	103	55	
Phosphorus	mg	165		0	262	140	
Potassium	mg	305		0	485	259	
Sodium	mg	192		0	305	163	
Zinc	mg	0.28		0	0.45	0.24	
Copper	mg	0.047		0	0.075	0.040	
Manganese	mg	0.022		0	0.035	0.019	
Selenium	µg	46.8		0	74.4	39.8	
Vitamins:							
Ascorbic acid	mg	1.7		0	2.7	1.4	
Thiamin	mg	0.076		0	0.121	0.065	
Riboflavin	mg	0.097		0	0.154	0.082	
Niacin	mg	2.679		0	4.260	2.277	
Pantothenic acid	mg	0.658		0	1.046	0.559	
Vitamin B-6	mg	0.242		0	0.385	0.206	
Folate	µg	9		0	14	8	
Vitamin B-12	µg	2.54		0	4.04	2.16	
Vitamin A	IU	40		0	64	34	
Vitamin A, RE	µg	12		0	19	10	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	62	0	99	53
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.230	0	0.366	0.196
Threonine	g	0.902	0	1.434	0.767
Isoleucine	g	0.948	0	1.507	0.806
Leucine	g	1.672	0	2.658	1.421
Lysine	g	1.890	0	3.005	1.607
Methionine	g	0.609	0	0.968	0.518
Cystine	g	0.221	0	0.351	0.188
Phenylalanine	g	0.803	0	1.277	0.683
Tyrosine	g	0.695	0	1.105	0.591
Valine	g	1.060	0	1.685	0.901
Arginine	g	1.231	0	1.957	1.046
Histidine	g	0.606	0	0.964	0.515
Alanine	g	1.244	0	1.978	1.057
Aspartic acid	g	2.107	0	3.350	1.791
Glutamic acid	g	3.072	0	4.884	2.611
Glycine	g	0.988	0	1.571	0.840
Proline	g	0.728	0	1.158	0.619
Serine	g	0.840	0	1.336	0.714
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet

Measure 2: 3 oz

NDB No. 15223 Finfish, whitefish, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 154g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	65.09		0	100.24	55.33	
Energy	kcal	172		0	265	146	
Energy	kj	720		0	1109	612	
Protein (N x 5.95)	g	24.47		0	37.68	20.80	
Total lipid (fat)	g	7.51		0	11.57	6.38	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.44		0	2.22	1.22	
Sugars, total	g						
Minerals:							
Calcium	mg	33		0	51	28	
Iron	mg	0.47		0	0.72	0.40	
Magnesium	mg	42		0	65	36	
Phosphorus	mg	346		0	533	294	
Potassium	mg	406		0	625	345	
Sodium	mg	65		0	100	55	
Zinc	mg	1.27		0	1.96	1.08	
Copper	mg	0.092		0	0.142	0.078	
Manganese	mg	0.086		0	0.132	0.073	
Selenium	µg	16.2		0	24.9	13.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.171		0	0.263	0.145	
Riboflavin	mg	0.154		0	0.237	0.131	
Niacin	mg	3.846		0	5.923	3.269	
Pantothenic acid	mg	0.865		0	1.332	0.735	
Vitamin B-6	mg	0.346		0	0.533	0.294	
Folate	µg	17		0	26	14	
Vitamin B-12	µg	0.96		0	1.48	0.82	
Vitamin A	IU	131		0	202	111	
Vitamin A, RE	µg	39		0	60	33	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.162		0	1.789	0.988	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.140		0	0.216	0.119	
15.0	g						
16:0	g	0.768		0	1.183	0.653	
17:0	g						
18:0	g	0.254		0	0.391	0.216	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.559	0	3.941	2.175
14:1	g				
16:1	g	0.667	0	1.027	0.567
18:1	g	1.727	0	2.660	1.468
20:1	g	0.133	0	0.205	0.113
22.1	g	0.032	0	0.049	0.027
Polyunsaturated, total	g	2.755	0	4.243	2.342
18:2	g	0.349	0	0.537	0.297
18:3	g	0.235	0	0.362	0.200
18:4	g	0.064	0	0.099	0.054
20:4	g	0.286	0	0.440	0.243
20:5	g	0.406	0	0.625	0.345
22:5	g	0.209	0	0.322	0.178
22:6	g	1.206	0	1.857	1.025
Cholesterol	mg	77	0	119	65
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.274	0	0.422	0.233
Threonine	g	1.073	0	1.652	0.912
Isoleucine	g	1.128	0	1.737	0.959
Leucine	g	1.989	0	3.063	1.691
Lysine	g	2.248	0	3.462	1.911
Methionine	g	0.724	0	1.115	0.615
Cystine	g	0.262	0	0.403	0.223
Phenylalanine	g	0.955	0	1.471	0.812
Tyrosine	g	0.826	0	1.272	0.702
Valine	g	1.261	0	1.942	1.072
Arginine	g	1.465	0	2.256	1.245
Histidine	g	0.721	0	1.110	0.613
Alanine	g	1.480	0	2.279	1.258
Aspartic acid	g	2.506	0	3.859	2.130
Glutamic acid	g	3.654	0	5.627	3.106
Glycine	g	1.175	0	1.810	0.999
Proline	g	0.865	0	1.332	0.735
Serine	g	0.999	0	1.538	0.849
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15224 Finfish, wolffish, Atlantic, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 119g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	74.23		0	88.33	63.10	
Energy	kcal	123		0	146	105	
Energy	kj	515		0	613	438	
Protein (N x 5.95)	g	22.44		0	26.70	19.07	
Total lipid (fat)	g	3.06		0	3.64	2.60	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.49		0	1.77	1.27	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	10	7	
Iron	mg	0.12		0	0.14	0.10	
Magnesium	mg	38		0	45	32	
Phosphorus	mg	256		0	305	218	
Potassium	mg	385		0	458	327	
Sodium	mg	109		0	130	93	
Zinc	mg	1.00		0	1.19	0.85	
Copper	mg	0.037		0	0.044	0.031	
Manganese	mg	0.019		0	0.023	0.016	
Selenium	µg	46.8		0	55.7	39.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.208		0	0.248	0.177	
Riboflavin	mg	0.097		0	0.115	0.082	
Niacin	mg	2.598		0	3.092	2.208	
Pantothenic acid	mg	0.658		0	0.783	0.559	
Vitamin B-6	mg	0.462		0	0.550	0.393	
Folate	µg	6		0	7	5	
Vitamin B-12	µg	2.35		0	2.80	2.00	
Vitamin A	IU	433		0	515	368	
Vitamin A, RE	µg	130		0	155	111	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.468		0	0.557	0.398	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.085		0	0.101	0.072	
15.0	g						
16:0	g	0.324		0	0.386	0.275	
17:0	g						
18:0	g	0.059		0	0.070	0.050	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.072	0	1.276	0.911
14:1	g				
16:1	g	0.242	0	0.288	0.206
18:1	g	0.661	0	0.787	0.562
20:1	g	0.146	0	0.174	0.124
22.1	g	0.023	0	0.027	0.020
Polyunsaturated, total	g	1.083	0	1.289	0.921
18:2	g	0.026	0	0.031	0.022
18:3	g	0.012	0	0.014	0.010
18:4	g	0.078	0	0.093	0.066
20:4	g	0.114	0	0.136	0.097
20:5	g	0.393	0	0.468	0.334
22:5	g	0.055	0	0.065	0.047
22:6	g	0.405	0	0.482	0.344
Cholesterol	mg	59	0	70	50
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.251	0	0.299	0.213
Threonine	g	0.984	0	1.171	0.836
Isoleucine	g	1.034	0	1.230	0.879
Leucine	g	1.824	0	2.171	1.550
Lysine	g	2.061	0	2.453	1.752
Methionine	g	0.664	0	0.790	0.564
Cystine	g	0.241	0	0.287	0.205
Phenylalanine	g	0.876	0	1.042	0.745
Tyrosine	g	0.757	0	0.901	0.643
Valine	g	1.156	0	1.376	0.983
Arginine	g	1.343	0	1.598	1.142
Histidine	g	0.661	0	0.787	0.562
Alanine	g	1.357	0	1.615	1.153
Aspartic acid	g	2.297	0	2.733	1.952
Glutamic acid	g	3.349	0	3.985	2.847
Glycine	g	1.077	0	1.282	0.915
Proline	g	0.793	0	0.944	0.674
Serine	g	0.915	0	1.089	0.778
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

NDB No. 15225 Finfish, yellowtail, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 146g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	67.33		0	98.30	57.23	
Energy	kcal	187		0	273	159	
Energy	kj	782		0	1142	665	
Protein (N x 5.95)	g	29.67		0	43.32	25.22	
Total lipid (fat)	g	6.72		0	9.81	5.71	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.40		0	2.04	1.19	
Sugars, total	g						
Minerals:							
Calcium	mg	29		0	42	25	
Iron	mg	0.63		0	0.92	0.54	
Magnesium	mg	38		0	55	32	
Phosphorus	mg	201		0	293	171	
Potassium	mg	538		0	785	457	
Sodium	mg	50		0	73	43	
Zinc	mg	0.67		0	0.98	0.57	
Copper	mg	0.058		0	0.085	0.049	
Manganese	mg	0.019		0	0.028	0.016	
Selenium	µg	46.8		0	68.3	39.8	
Vitamins:							
Ascorbic acid	mg	2.9		0	4.2	2.5	
Thiamin	mg	0.175		0	0.255	0.149	
Riboflavin	mg	0.051		0	0.074	0.043	
Niacin	mg	8.718		0	12.728	7.410	
Pantothenic acid	mg	0.681		0	0.994	0.579	
Vitamin B-6	mg	0.185		0	0.270	0.157	
Folate	µg	4		0	6	3	
Vitamin B-12	µg	1.25		0	1.83	1.06	
Vitamin A	IU	104		0	152	88	
Vitamin A, RE	µg	31		0	45	26	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	71	0	104	60
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.332	0	0.485	0.282
Threonine	g	1.301	0	1.899	1.106
Isoleucine	g	1.367	0	1.996	1.162
Leucine	g	2.411	0	3.520	2.049
Lysine	g	2.725	0	3.979	2.316
Methionine	g	0.878	0	1.282	0.746
Cystine	g	0.318	0	0.464	0.270
Phenylalanine	g	1.158	0	1.691	0.984
Tyrosine	g	1.002	0	1.463	0.852
Valine	g	1.528	0	2.231	1.299
Arginine	g	1.775	0	2.591	1.509
Histidine	g	0.873	0	1.275	0.742
Alanine	g	1.794	0	2.619	1.525
Aspartic acid	g	3.038	0	4.435	2.582
Glutamic acid	g	4.429	0	6.466	3.765
Glycine	g	1.424	0	2.079	1.210
Proline	g	1.049	0	1.532	0.892
Serine	g	1.210	0	1.767	1.028
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 127g	Measure 3*
Proximates:							
Water	g	73.31		0	62.31	93.10	
Energy	kcal	110		0	94	140	
Energy	kj	460		0	391	584	
Protein (N x 5.95)	g	22.32		0	18.97	28.35	
Total lipid (fat)	g	1.24		0	1.05	1.57	
Carbohydrate, by difference	g	0.95		0	0.81	1.21	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.18		0	1.85	2.77	
Sugars, total	g						
Minerals:							
Calcium	mg	59		0	50	75	
Iron	mg	0.43		0	0.37	0.55	
Magnesium	mg	58		0	49	74	
Phosphorus	mg	175		0	149	222	
Potassium	mg	408		0	347	518	
Sodium	mg	378		0	321	480	
Zinc	mg	5.47		0	4.65	6.95	
Copper	mg	0.734		0	0.624	0.932	
Manganese	mg	0.097		0	0.082	0.123	
Selenium	µg	47.6		0	40.5	60.5	
Vitamins:							
Ascorbic acid	mg	3.6		0	3.1	4.6	
Thiamin	mg	0.057		0	0.048	0.072	
Riboflavin	mg	0.203		0	0.173	0.258	
Niacin	mg	3.623		0	3.080	4.601	
Pantothenic acid	mg	0.404		0	0.343	0.513	
Vitamin B-6	mg	0.173		0	0.147	0.220	
Folate	µg	42		0	36	53	
Vitamin B-12	µg	10.38		0	8.82	13.18	
Vitamin A	IU	104		0	88	132	
Vitamin A, RE	µg	31		0	26	39	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.168		0	0.143	0.213	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.001	0.001	
15.0	g						
16:0	g	0.114		0	0.097	0.145	
17:0	g						
18:0	g	0.053		0	0.045	0.067	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.214	0	0.182	0.272
14:1	g				
16:1	g	0.055	0	0.047	0.070
18:1	g	0.119	0	0.101	0.151
20:1	g	0.014	0	0.012	0.018
22.1	g	0.026	0	0.022	0.033
Polyunsaturated, total	g	0.407	0	0.346	0.517
18:2	g				
18:3	g				
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g	0.281	0	0.239	0.357
22:5	g	0.013	0	0.011	0.017
22:6	g	0.113	0	0.096	0.144
Cholesterol	mg	76	0	65	97
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.311	0	0.264	0.395
Threonine	g	0.900	0	0.765	1.143
Isoleucine	g	1.079	0	0.917	1.370
Leucine	g	1.768	0	1.503	2.245
Lysine	g	1.939	0	1.648	2.463
Methionine	g	0.629	0	0.535	0.799
Cystine	g	0.250	0	0.213	0.318
Phenylalanine	g	0.939	0	0.798	1.193
Tyrosine	g	0.743	0	0.632	0.944
Valine	g	1.046	0	0.889	1.328
Arginine	g	1.946	0	1.654	2.471
Histidine	g	0.454	0	0.386	0.577
Alanine	g	1.261	0	1.072	1.601
Aspartic acid	g	2.303	0	1.958	2.925
Glutamic acid	g	3.800	0	3.230	4.826
Glycine	g	1.343	0	1.142	1.706
Proline	g	0.736	0	0.626	0.935
Serine	g	0.875	0	0.744	1.111
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz
Measure 2: 1 crab

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	75.10		0	63.83		
Energy	kcal	115		0	98		
Energy	kj	481		0	409		
Protein (N x 5.95)	g	23.72		0	20.16		
Total lipid (fat)	g	1.51		0	1.28		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.56		0	2.18		
Sugars, total	g						
Minerals:							
Calcium	mg	33		0	28		
Iron	mg	2.88		0	2.45		
Magnesium	mg	63		0	54		
Phosphorus	mg	128		0	109		
Potassium	mg	200		0	170		
Sodium	mg	691		0	587		
Zinc	mg	3.59		0	3.05		
Copper	mg	0.621		0	0.528		
Manganese	mg	0.037		0	0.031		
Selenium	µg	44.4		0	37.7		
Vitamins:							
Ascorbic acid	mg	7.2		0	6.1		
Thiamin	mg	0.097		0	0.082		
Riboflavin	mg	0.244		0	0.207		
Niacin	mg	2.885		0	2.452		
Pantothenic acid	mg	0.404		0	0.343		
Vitamin B-6	mg	0.173		0	0.147		
Folate	µg	42		0	36		
Vitamin B-12	µg	10.38		0	8.82		
Vitamin A	IU	173		0	147		
Vitamin A, RE	µg	52		0	44		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.183		0	0.156		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.005		0	0.004		
15.0	g						
16:0	g	0.152		0	0.129		
17:0	g						
18:0	g	0.026		0	0.022		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.328	0	0.279
14:1	g			
16:1	g	0.064	0	0.054
18:1	g	0.236	0	0.201
20:1	g	0.028	0	0.024
22.1	g			
Polyunsaturated, total	g	0.540	0	0.459
18:2	g	0.008	0	0.007
18:3	g	0.003	0	0.003
18:4	g	0.001	0	0.001
20:4	g	0.042	0	0.036
20:5	g	0.332	0	0.282
22:5	g	0.010	0	0.009
22:6	g	0.145	0	0.123
Cholesterol	mg	71	0	60
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.330	0	0.281
Threonine	g	0.956	0	0.813
Isoleucine	g	1.146	0	0.974
Leucine	g	1.878	0	1.596
Lysine	g	2.061	0	1.752
Methionine	g	0.668	0	0.568
Cystine	g	0.266	0	0.226
Phenylalanine	g	0.998	0	0.848
Tyrosine	g	0.789	0	0.671
Valine	g	1.112	0	0.945
Arginine	g	2.068	0	1.758
Histidine	g	0.482	0	0.410
Alanine	g	1.340	0	1.139
Aspartic acid	g	2.448	0	2.081
Glutamic acid	g	4.038	0	3.432
Glycine	g	1.427	0	1.213
Proline	g	0.782	0	0.665
Serine	g	0.930	0	0.791
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 3 oz

NDB No. 15228 Crustaceans, spiny lobster, mixed species, cooked, moist heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 163g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	66.76		0	108.82	56.75	
Energy	kcal	143		0	233	122	
Energy	kj	598		0	975	508	
Protein (N x 5.95)	g	26.41		0	43.05	22.45	
Total lipid (fat)	g	1.94		0	3.16	1.65	
Carbohydrate, by difference	g	3.12		0	5.09	2.65	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.78		0	2.90	1.51	
Sugars, total	g						
Minerals:							
Calcium	mg	63		0	103	54	
Iron	mg	1.41		0	2.30	1.20	
Magnesium	mg	51		0	83	43	
Phosphorus	mg	229		0	373	195	
Potassium	mg	208		0	339	177	
Sodium	mg	227		0	370	193	
Zinc	mg	7.27		0	11.85	6.18	
Copper	mg	0.415		0	0.676	0.353	
Manganese	mg	0.018		0	0.029	0.015	
Selenium	µg	59.2		0	96.5	50.3	
Vitamins:							
Ascorbic acid	mg	2.1		0	3.4	1.8	
Thiamin	mg	0.009		0	0.015	0.008	
Riboflavin	mg	0.056		0	0.091	0.048	
Niacin	mg	4.898		0	7.984	4.163	
Pantothenic acid	mg	0.404		0	0.659	0.343	
Vitamin B-6	mg	0.173		0	0.282	0.147	
Folate	µg	1		0	2	1	
Vitamin B-12	µg	4.04		0	6.59	3.43	
Vitamin A	IU	20		0	33	17	
Vitamin A, RE	µg	6		0	10	5	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.303		0	0.494	0.258	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.008		0	0.013	0.007	
15.0	g						
16:0	g	0.192		0	0.313	0.163	
17:0	g						
18:0	g	0.103		0	0.168	0.088	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.353	0	0.575	0.300
14:1	g				
16:1	g	0.050	0	0.082	0.043
18:1	g	0.268	0	0.437	0.228
20:1	g	0.035	0	0.057	0.030
22.1	g				
Polyunsaturated, total	g	0.756	0	1.232	0.643
18:2	g	0.017	0	0.028	0.014
18:3	g	0.010	0	0.016	0.009
18:4	g	0.006	0	0.010	0.005
20:4	g	0.198	0	0.323	0.168
20:5	g	0.341	0	0.556	0.290
22:5	g	0.044	0	0.072	0.037
22:6	g	0.139	0	0.227	0.118
Cholesterol	mg	90	0	147	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.368	0	0.600	0.313
Threonine	g	1.065	0	1.736	0.905
Isoleucine	g	1.276	0	2.080	1.085
Leucine	g	2.092	0	3.410	1.778
Lysine	g	2.295	0	3.741	1.951
Methionine	g	0.744	0	1.213	0.632
Cystine	g	0.296	0	0.482	0.252
Phenylalanine	g	1.111	0	1.811	0.944
Tyrosine	g	0.879	0	1.433	0.747
Valine	g	1.238	0	2.018	1.052
Arginine	g	2.303	0	3.754	1.958
Histidine	g	0.537	0	0.875	0.456
Alanine	g	1.492	0	2.432	1.268
Aspartic acid	g	2.726	0	4.443	2.317
Glutamic acid	g	4.496	0	7.328	3.822
Glycine	g	1.589	0	2.590	1.351
Proline	g	0.870	0	1.418	0.740
Serine	g	1.035	0	1.687	0.880
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lobster
Measure 2: 3 oz

NDB No. 15229 Mollusks, cuttlefish, mixed species, cooked, moist heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	61.12		0	51.95		
Energy	kcal	158		0	134		
Energy	kj	661		0	562		
Protein (N x 5.95)	g	32.48		0	27.61		
Total lipid (fat)	g	1.40		0	1.19		
Carbohydrate, by difference	g	1.64		0	1.39		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.36		0	2.86		
Sugars, total	g						
Minerals:							
Calcium	mg	180		0	153		
Iron	mg	10.84		0	9.21		
Magnesium	mg	60		0	51		
Phosphorus	mg	580		0	493		
Potassium	mg	637		0	541		
Sodium	mg	744		0	632		
Zinc	mg	3.46		0	2.94		
Copper	mg	0.998		0	0.848		
Manganese	mg	0.209		0	0.178		
Selenium	µg	89.6		0	76.2		
Vitamins:							
Ascorbic acid	mg	8.5		0	7.2		
Thiamin	mg	0.017		0	0.014		
Riboflavin	mg	1.729		0	1.470		
Niacin	mg	2.189		0	1.861		
Pantothenic acid	mg	0.900		0	0.765		
Vitamin B-6	mg	0.270		0	0.230		
Folate	µg	24		0	20		
Vitamin B-12	µg	5.40		0	4.59		
Vitamin A	IU	675		0	574		
Vitamin A, RE	µg	203		0	173		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.236		0	0.201		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.024		0	0.020		
15.0	g						
16:0	g	0.122		0	0.104		
17:0	g						
18:0	g	0.088		0	0.075		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.162	0	0.138
14:1	g			
16:1	g	0.024	0	0.020
18:1	g	0.062	0	0.053
20:1	g	0.072	0	0.061
22.1	g	0.002	0	0.002
Polyunsaturated, total	g	0.268	0	0.228
18:2	g	0.004	0	0.003
18:3	g	0.002	0	0.002
18:4	g	0.004	0	0.003
20:4	g	0.026	0	0.022
20:5	g	0.078	0	0.066
22:5	g	0.012	0	0.010
22:6	g	0.132	0	0.112
Cholesterol	mg	224	0	190
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.364	0	0.309
Threonine	g	1.398	0	1.188
Isoleucine	g	1.414	0	1.202
Leucine	g	2.287	0	1.944
Lysine	g	2.427	0	2.063
Methionine	g	0.733	0	0.623
Cystine	g	0.426	0	0.362
Phenylalanine	g	1.164	0	0.989
Tyrosine	g	1.039	0	0.883
Valine	g	1.419	0	1.206
Arginine	g	2.370	0	2.014
Histidine	g	0.624	0	0.530
Alanine	g	1.964	0	1.669
Aspartic acid	g	3.134	0	2.664
Glutamic acid	g	4.417	0	3.754
Glycine	g	2.032	0	1.727
Proline	g	1.325	0	1.126
Serine	g	1.455	0	1.237
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

NDB No. 15230 Mollusks, octopus, common, cooked, moist heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	60.50		0	51.42		
Energy	kcal	164		0	139		
Energy	kj	686		0	583		
Protein (N x 5.95)	g	29.82		0	25.35		
Total lipid (fat)	g	2.08		0	1.77		
Carbohydrate, by difference	g	4.40		0	3.74		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.20		0	2.72		
Sugars, total	g						
Minerals:							
Calcium	mg	106		0	90		
Iron	mg	9.54		0	8.11		
Magnesium	mg	60		0	51		
Phosphorus	mg	279		0	237		
Potassium	mg	630		0	536		
Sodium	mg	460		0	391		
Zinc	mg	3.36		0	2.86		
Copper	mg	0.739		0	0.628		
Manganese	mg	0.047		0	0.040		
Selenium	µg	89.6		0	76.2		
Vitamins:							
Ascorbic acid	mg	8.0		0	6.8		
Thiamin	mg	0.057		0	0.048		
Riboflavin	mg	0.076		0	0.065		
Niacin	mg	3.780		0	3.213		
Pantothenic acid	mg	0.900		0	0.765		
Vitamin B-6	mg	0.648		0	0.551		
Folate	µg	24		0	20		
Vitamin B-12	µg	36.00		0	30.60		
Vitamin A	IU	270		0	230		
Vitamin A, RE	µg	81		0	69		
Vitamin E, α-TE	mg	1.200		0	1.020		
Lipids:							
Saturated, total	g	0.453		0	0.385		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.050		0	0.043		
15.0	g						
16:0	g	0.296		0	0.252		
17:0	g						
18:0	g	0.100		0	0.085		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.324	0	0.275
14:1	g			
16:1	g	0.132	0	0.112
18:1	g	0.124	0	0.105
20:1	g	0.048	0	0.041
22.1	g	0.020	0	0.017
Polyunsaturated, total	g	0.477	0	0.405
18:2	g	0.018	0	0.015
18:3	g	0.000	0	0.000
18:4	g	0.056	0	0.048
20:4	g	0.078	0	0.066
20:5	g	0.152	0	0.129
22:5	g	0.012	0	0.010
22:6	g	0.162	0	0.138
Cholesterol	mg	96	0	82
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.334	0	0.284
Threonine	g	1.283	0	1.091
Isoleucine	g	1.298	0	1.103
Leucine	g	2.099	0	1.784
Lysine	g	2.228	0	1.894
Methionine	g	0.673	0	0.572
Cystine	g	0.391	0	0.332
Phenylalanine	g	1.069	0	0.909
Tyrosine	g	0.954	0	0.811
Valine	g	1.303	0	1.108
Arginine	g	2.176	0	1.850
Histidine	g	0.573	0	0.487
Alanine	g	1.804	0	1.533
Aspartic acid	g	2.877	0	2.445
Glutamic acid	g	4.056	0	3.448
Glycine	g	1.866	0	1.586
Proline	g	1.217	0	1.034
Serine	g	1.336	0	1.136
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 3 oz

NDB No. 15231 Mollusks, oyster, Pacific, cooked, moist heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 25g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	64.12		0	16.03	54.50	
Energy	kcal	163		0	41	139	
Energy	kj	682		0	171	580	
Protein (N x 5.95)	g	18.90		0	4.72	16.06	
Total lipid (fat)	g	4.60		0	1.15	3.91	
Carbohydrate, by difference	g	9.90		0	2.48	8.41	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.46		0	0.62	2.09	
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	4	14	
Iron	mg	9.20		0	2.30	7.82	
Magnesium	mg	44		0	11	37	
Phosphorus	mg	243		0	61	207	
Potassium	mg	302		0	76	257	
Sodium	mg	212		0	53	180	
Zinc	mg	33.24		0	8.31	28.25	
Copper	mg	2.679		0	0.670	2.277	
Manganese	mg	1.222		0	0.306	1.039	
Selenium	µg	154.0		0	38.5	130.9	
Vitamins:							
Ascorbic acid	mg	12.8		0	3.2	10.9	
Thiamin	mg	0.127		0	0.032	0.108	
Riboflavin	mg	0.443		0	0.111	0.377	
Niacin	mg	3.618		0	0.905	3.075	
Pantothenic acid	mg	0.900		0	0.225	0.765	
Vitamin B-6	mg	0.090		0	0.023	0.077	
Folate	µg	15		0	4	13	
Vitamin B-12	µg	28.80		0	7.20	24.48	
Vitamin A	IU	486		0	122	413	
Vitamin A, RE	µg	146		0	37	124	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.020		0	0.255	0.867	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.164		0	0.041	0.139	
15.0	g						
16:0	g	0.714		0	0.179	0.607	
17:0	g						
18:0	g	0.142		0	0.035	0.121	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.716	0	0.179	0.609
14:1	g				
16:1	g	0.228	0	0.057	0.194
18:1	g	0.382	0	0.096	0.325
20:1	g				
22.1	g	0.106	0	0.027	0.090
Polyunsaturated, total	g	1.788	0	0.447	1.520
18:2	g	0.064	0	0.016	0.054
18:3	g	0.064	0	0.016	0.054
18:4	g	0.168	0	0.042	0.143
20:4	g	0.076	0	0.019	0.065
20:5	g	0.876	0	0.219	0.745
22:5	g	0.040	0	0.010	0.034
22:6	g	0.500	0	0.125	0.425
Cholesterol	mg	100	0	25	85
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.212	0	0.053	0.180
Threonine	g	0.813	0	0.203	0.691
Isoleucine	g	0.823	0	0.206	0.700
Leucine	g	1.331	0	0.333	1.131
Lysine	g	1.412	0	0.353	1.200
Methionine	g	0.426	0	0.107	0.362
Cystine	g	0.248	0	0.062	0.211
Phenylalanine	g	0.677	0	0.169	0.575
Tyrosine	g	0.605	0	0.151	0.514
Valine	g	0.826	0	0.207	0.702
Arginine	g	1.379	0	0.345	1.172
Histidine	g	0.363	0	0.091	0.309
Alanine	g	1.143	0	0.286	0.972
Aspartic acid	g	1.823	0	0.456	1.550
Glutamic acid	g	2.570	0	0.642	2.184
Glycine	g	1.182	0	0.296	1.005
Proline	g	0.771	0	0.193	0.655
Serine	g	0.847	0	0.212	0.720
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 medium
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	69.10		0	58.73		
Energy	kcal	89		0	76		
Energy	kj	372		0	316		
Protein (N x 5.95)	g	18.85		0	16.02		
Total lipid (fat)	g	0.90		0	0.77		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.15		0	0.98		
Sugars, total	g						
Minerals:							
Calcium	mg	38		0	32		
Iron	mg	0.23		0	0.20		
Magnesium	mg	38		0	32		
Phosphorus	mg	256		0	218		
Potassium	mg	385		0	327		
Sodium	mg	81		0	69		
Zinc	mg	0.96		0	0.82		
Copper	mg	0.179		0	0.152		
Manganese	mg	0.019		0	0.016		
Selenium	µg	46.8		0	39.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.115		0	0.098		
Riboflavin	mg	0.183		0	0.156		
Niacin	mg	3.654		0	3.106		
Pantothenic acid	mg	0.635		0	0.540		
Vitamin B-6	mg	0.346		0	0.294		
Folate	µg	8		0	7		
Vitamin B-12	µg	2.31		0	1.96		
Vitamin A	IU	81		0	69		
Vitamin A, RE	µg	24		0	20		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.023		0	0.020		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.007		0	0.006		
15.0	g						
16:0	g	0.013		0	0.011		
17:0	g						
18:0	g	0.004		0	0.003		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.615	0	0.523
14:1	g			
16:1	g	0.074	0	0.063
18:1	g	0.359	0	0.305
20:1	g	0.119	0	0.101
22.1	g	0.050	0	0.043
Polyunsaturated, total	g	0.016	0	0.014
18:2	g	0.009	0	0.008
18:3	g	0.002	0	0.002
18:4	g	0.002	0	0.002
20:4	g	0.002	0	0.002
20:5	g	0.002	0	0.002
22:5	g			
22:6	g			
Cholesterol	mg	26	0	22
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.211	0	0.179
Threonine	g	0.826	0	0.702
Isoleucine	g	0.868	0	0.738
Leucine	g	1.532	0	1.302
Lysine	g	1.731	0	1.471
Methionine	g	0.558	0	0.474
Cystine	g	0.202	0	0.172
Phenylalanine	g	0.736	0	0.626
Tyrosine	g	0.636	0	0.541
Valine	g	0.971	0	0.825
Arginine	g	1.128	0	0.959
Histidine	g	0.555	0	0.472
Alanine	g	1.140	0	0.969
Aspartic acid	g	1.930	0	1.640
Glutamic acid	g	2.813	0	2.391
Glycine	g	0.905	0	0.769
Proline	g	0.666	0	0.566
Serine	g	0.769	0	0.654
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 143g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	77.67	0.624	4	111.07	66.02	
Energy	kcal	105		0	150	89	
Energy	kj	439		0	628	373	
Protein (N x 5.95)	g	18.47	0.423	4	26.41	15.70	
Total lipid (fat)	g	2.85	0.194	4	4.08	2.42	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.15	0.050	4	1.64	0.98	
Sugars, total	g						
Minerals:							
Calcium	mg	11	1.667	4	16	9	
Iron	mg	0.35	0.019	4	0.50	0.30	
Magnesium	mg	28	0.715	4	40	24	
Phosphorus	mg	304	33.155	3	435	258	
Potassium	mg	419	15.601	4	599	356	
Sodium	mg	50	4.040	4	72	43	
Zinc	mg	0.61	0.040	4	0.87	0.52	
Copper	mg	0.039	0.000	4	0.056	0.033	
Manganese	mg	0.027	0.005	4	0.039	0.023	
Selenium	µg	14.3		0	20.4	12.2	
Vitamins:							
Ascorbic acid	mg	0.8	0.178	4	1.1	0.7	
Thiamin	mg	0.227	0.023	4	0.325	0.193	
Riboflavin	mg	0.067	0.003	4	0.096	0.057	
Niacin	mg	2.385	0.259	4	3.411	2.027	
Pantothenic acid	mg	0.910	0.161	4	1.301	0.774	
Vitamin B-6	mg	0.106	0.010	4	0.152	0.090	
Folate	µg	10	0.707	2	14	9	
Vitamin B-12	µg	2.90	0.066	4	4.15	2.46	
Vitamin A	IU	50	0.000	4	72	43	
Vitamin A, RE	µg	15		0	21	13	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.744		0	1.064	0.632	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.082		4	0.117	0.070	
15.0	g						
16:0	g	0.483		4	0.691	0.411	
17:0	g						
18:0	g	0.116		4	0.166	0.099	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.099		0	1.572	0.934
14:1	g					
16:1	g	0.252		4	0.360	0.214
18:1	g	0.772		4	1.104	0.656
20:1	g	0.029		4	0.041	0.025
22.1	g					
Polyunsaturated, total	g	0.636		0	0.909	0.541
18:2	g	0.142		4	0.203	0.121
18:3	g	0.096		4	0.137	0.082
18:4	g	0.012		4	0.017	0.010
20:4	g	0.087		4	0.124	0.074
20:5	g	0.100		4	0.143	0.085
22:5	g					
22:6	g	0.137		4	0.196	0.116
Cholesterol	mg	72	1.546	4	103	61
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.207		0	0.296	0.176
Threonine	g	0.810		0	1.158	0.689
Isoleucine	g	0.851		0	1.217	0.723
Leucine	g	1.502		0	2.148	1.277
Lysine	g	1.697		0	2.427	1.442
Methionine	g	0.547		0	0.782	0.465
Cystine	g	0.198		0	0.283	0.168
Phenylalanine	g	0.721		0	1.031	0.613
Tyrosine	g	0.624		0	0.892	0.530
Valine	g	0.952		0	1.361	0.809
Arginine	g	1.106		0	1.582	0.940
Histidine	g	0.544		0	0.778	0.462
Alanine	g	1.117		0	1.597	0.949
Aspartic acid	g	1.892		0	2.706	1.608
Glutamic acid	g	2.758		0	3.944	2.344
Glycine	g	0.887		0	1.268	0.754
Proline	g	0.653		0	0.934	0.555
Serine	g	0.754		0	1.078	0.641
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Ictalurus punctatus (Rafinesque)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 159g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	75.38	0.786	11	119.85	64.07	
Energy	kcal	135		0	215	115	
Energy	kj	565		0	898	480	
Protein (N x 5.95)	g	15.55	0.216	11	24.72	13.22	
Total lipid (fat)	g	7.59	0.665	15	12.07	6.45	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00	0.044	11	1.59	0.85	
Sugars, total	g						
Minerals:							
Calcium	mg	9	1.512	11	14	8	
Iron	mg	0.50	0.154	10	0.80	0.43	
Magnesium	mg	23	0.650	10	37	20	
Phosphorus	mg	202	6.800	11	321	172	
Potassium	mg	299	15.659	10	475	254	
Sodium	mg	53	9.916	10	84	45	
Zinc	mg	0.74	0.082	10	1.18	0.63	
Copper	mg	0.101	0.042	10	0.161	0.086	
Manganese	mg	0.018	0.002	7	0.029	0.015	
Selenium	µg	12.6		0	20.0	10.7	
Vitamins:							
Ascorbic acid	mg	0.6	0.089	7	1.0	0.5	
Thiamin	mg	0.361	0.021	7	0.574	0.307	
Riboflavin	mg	0.075	0.008	8	0.119	0.064	
Niacin	mg	2.304	0.093	7	3.663	1.958	
Pantothenic acid	mg	0.600	0.082	7	0.954	0.510	
Vitamin B-6	mg	0.188	0.011	7	0.299	0.160	
Folate	µg	10	0.004	3	16	9	
Vitamin B-12	µg	2.47	0.133	3	3.93	2.10	
Vitamin A	IU	50	0.000	7	80	43	
Vitamin A, RE	µg	15		0	24	13	
Vitamin E, α-TE	mg	1.200		0	1.908	1.020	
Lipids:							
Saturated, total	g	1.768		0	2.811	1.503	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.099		13	0.157	0.084	
15.0	g						
16:0	g	1.274		13	2.026	1.083	
17:0	g						
18:0	g	0.354		13	0.563	0.301	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.586		0	5.702	3.048
14:1	g					
16:1	g	0.283		13	0.450	0.241
18:1	g	3.168		13	5.037	2.693
20:1	g	0.074		13	0.118	0.063
22.1	g	0.049		13	0.078	0.042
Polyunsaturated, total	g	1.568		0	2.493	1.333
18:2	g	0.876		13	1.393	0.745
18:3	g	0.096		13	0.153	0.082
18:4	g	0.037		13	0.059	0.031
20:4	g	0.085		13	0.135	0.072
20:5	g	0.067		13	0.107	0.057
22:5	g	0.090	0.000	13	0.143	0.077
22:6	g	0.207		13	0.329	0.176
Cholesterol	mg	47	5.485	8	75	40
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.174		0	0.277	0.148
Threonine	g	0.682		0	1.084	0.580
Isoleucine	g	0.717		0	1.140	0.609
Leucine	g	1.264		0	2.010	1.074
Lysine	g	1.429		0	2.272	1.215
Methionine	g	0.460		0	0.731	0.391
Cystine	g	0.167		0	0.266	0.142
Phenylalanine	g	0.607		0	0.965	0.516
Tyrosine	g	0.525		0	0.835	0.446
Valine	g	0.801		0	1.274	0.681
Arginine	g	0.931		0	1.480	0.791
Histidine	g	0.458		0	0.728	0.389
Alanine	g	0.941		0	1.496	0.800
Aspartic acid	g	1.593		0	2.533	1.354
Glutamic acid	g	2.322		0	3.692	1.974
Glycine	g	0.747		0	1.188	0.635
Proline	g	0.550		0	0.875	0.468
Serine	g	0.635		0	1.010	0.540
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 143g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	71.58	0.491	6	102.36	60.84	
Energy	kcal	152		0	217	129	
Energy	kj	636		0	909	541	
Protein (N x 5.95)	g	18.72	0.849	6	26.77	15.91	
Total lipid (fat)	g	8.02	0.891	6	11.47	6.82	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.17	0.092	6	1.67	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	9	1.226	6	13	8	
Iron	mg	0.82	0.378	6	1.17	0.70	
Magnesium	mg	26	1.231	6	37	22	
Phosphorus	mg	245	7.986	6	350	208	
Potassium	mg	321	11.769	6	459	273	
Sodium	mg	80	21.109	6	114	68	
Zinc	mg	1.05	0.215	6	1.50	0.89	
Copper	mg	0.122	0.059	6	0.174	0.104	
Manganese	mg	0.020	0.001	3	0.029	0.017	
Selenium	µg	14.5		0	20.7	12.3	
Vitamins:							
Ascorbic acid	mg	0.8	0.202	3	1.1	0.7	
Thiamin	mg	0.420	0.047	3	0.601	0.357	
Riboflavin	mg	0.073	0.003	3	0.104	0.062	
Niacin	mg	2.513	0.015	3	3.594	2.136	
Pantothenic acid	mg	0.617	0.177	3	0.882	0.524	
Vitamin B-6	mg	0.163	0.006	3	0.233	0.139	
Folate	µg	7	0.000	2	10	6	
Vitamin B-12	µg	2.80	0.058	3	4.00	2.38	
Vitamin A	IU	50	0.000	3	72	43	
Vitamin A, RE	µg	15		0	21	13	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.789		0	2.558	1.521	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.112		3	0.160	0.095	
15.0	g						
16:0	g	1.309		3	1.872	1.113	
17:0	g						
18:0	g	0.319		3	0.456	0.271	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.155		0	5.942	3.532
14:1	g					
16:1	g	0.292		3	0.418	0.248
18:1	g	3.738		3	5.345	3.177
20:1	g	0.106		3	0.152	0.090
22.1	g					
Polyunsaturated, total	g	1.392		0	1.991	1.183
18:2	g	1.029		3	1.471	0.875
18:3	g	0.082		3	0.117	0.070
18:4	g	0.016		3	0.023	0.014
20:4	g	0.041		3	0.059	0.035
20:5	g	0.049		3	0.070	0.042
22:5	g					
22:6	g	0.128		3	0.183	0.109
Cholesterol	mg	64	1.161	3	92	54
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.210		0	0.300	0.179
Threonine	g	0.821		0	1.174	0.698
Isoleucine	g	0.862		0	1.233	0.733
Leucine	g	1.521		0	2.175	1.293
Lysine	g	1.719		0	2.458	1.461
Methionine	g	0.554		0	0.792	0.471
Cystine	g	0.201		0	0.287	0.171
Phenylalanine	g	0.731		0	1.045	0.621
Tyrosine	g	0.632		0	0.904	0.537
Valine	g	0.964		0	1.379	0.819
Arginine	g	1.120		0	1.602	0.952
Histidine	g	0.551		0	0.788	0.468
Alanine	g	1.132		0	1.619	0.962
Aspartic acid	g	1.917		0	2.741	1.629
Glutamic acid	g	2.794		0	3.995	2.375
Glycine	g	0.898		0	1.284	0.763
Proline	g	0.662		0	0.947	0.563
Serine	g	0.764		0	1.093	0.649
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 198g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	68.90	0.496	2	136.42	58.57	
Energy	kcal	183		0	362	156	
Energy	kj	766		0	1517	651	
Protein (N x 5.95)	g	19.90	0.400	2	39.40	16.91	
Total lipid (fat)	g	10.85	0.150	2	21.48	9.22	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05	0.050	2	2.08	0.89	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	24	10	
Iron	mg	0.36	0.018	2	0.71	0.31	
Magnesium	mg	28	0.650	2	55	24	
Phosphorus	mg	233	13.300	2	461	198	
Potassium	mg	362	6.398	2	717	308	
Sodium	mg	59	0.300	2	117	50	
Zinc	mg	0.40	0.004	2	0.79	0.34	
Copper	mg	0.049	0.003	2	0.097	0.042	
Manganese	mg	0.015	0.001	2	0.030	0.013	
Selenium	µg	36.5		0	72.3	31.0	
Vitamins:							
Ascorbic acid	mg	3.9	0.300	2	7.7	3.3	
Thiamin	mg	0.340	0.000	2	0.673	0.289	
Riboflavin	mg	0.120	0.000	2	0.238	0.102	
Niacin	mg	7.505	0.165	2	14.860	6.379	
Pantothenic acid	mg	1.380	0.020	2	2.732	1.173	
Vitamin B-6	mg	0.637	0.026	2	1.261	0.541	
Folate	µg	26		1	51	22	
Vitamin B-12	µg	2.80	0.200	2	5.54	2.38	
Vitamin A	IU	50	0.000	2	99	43	
Vitamin A, RE	µg	15		0	30	13	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.183		0	4.322	1.856	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.492		2	0.974	0.418	
15.0	g						
16:0	g	1.298		2	2.570	1.103	
17:0	g						
18:0	g	0.277		2	0.548	0.235	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.868		0	7.659	3.288
14:1	g					
16:1	g	0.670		2	1.327	0.570
18:1	g	1.785		2	3.534	1.517
20:1	g	1.193		2	2.362	1.014
22.1	g					
Polyunsaturated, total	g	3.931		0	7.783	3.341
18:2	g	0.586		2	1.160	0.498
18:3	g	0.094		2	0.186	0.080
18:4	g	0.157		2	0.311	0.133
20:4	g	1.152		2	2.281	0.979
20:5	g	0.618		2	1.224	0.525
22:5	g					
22:6	g	1.293		2	2.560	1.099
Cholesterol	mg	59	0.044	2	117	50
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.223		0	0.442	0.190
Threonine	g	0.872		0	1.727	0.741
Isoleucine	g	0.917		0	1.816	0.779
Leucine	g	1.617		0	3.202	1.374
Lysine	g	1.828		0	3.619	1.554
Methionine	g	0.589		0	1.166	0.501
Cystine	g	0.213		0	0.422	0.181
Phenylalanine	g	0.777		0	1.538	0.660
Tyrosine	g	0.672		0	1.331	0.571
Valine	g	1.025		0	2.030	0.871
Arginine	g	1.191		0	2.358	1.012
Histidine	g	0.586		0	1.160	0.498
Alanine	g	1.204		0	2.384	1.023
Aspartic acid	g	2.038		0	4.035	1.732
Glutamic acid	g	2.971		0	5.883	2.525
Glycine	g	0.955		0	1.891	0.812
Proline	g	0.704		0	1.394	0.598
Serine	g	0.812		0	1.608	0.690
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 178g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	64.75	1.749	2	115.25	55.04	
Energy	kcal	206		0	367	175	
Energy	kj	862		0	1534	733	
Protein (N x 5.95)	g	22.10	1.200	2	39.34	18.79	
Total lipid (fat)	g	12.35	0.150	2	21.98	10.50	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.15	0.050	2	2.05	0.98	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	27	13	
Iron	mg	0.34	0.009	2	0.61	0.29	
Magnesium	mg	30	0.450	2	53	26	
Phosphorus	mg	252	10.750	2	449	214	
Potassium	mg	384	0.000	2	684	326	
Sodium	mg	61	2.600	2	109	52	
Zinc	mg	0.43	0.010	2	0.77	0.37	
Copper	mg	0.049	0.003	2	0.087	0.042	
Manganese	mg	0.016	0.001	2	0.028	0.014	
Selenium	µg	41.4		0	73.7	35.2	
Vitamins:							
Ascorbic acid	mg	3.7	0.250	2	6.6	3.1	
Thiamin	mg	0.340	0.010	2	0.605	0.289	
Riboflavin	mg	0.135	0.015	2	0.240	0.115	
Niacin	mg	8.045	0.305	2	14.320	6.838	
Pantothenic acid	mg	1.475	0.015	2	2.626	1.254	
Vitamin B-6	mg	0.647	0.012	2	1.152	0.550	
Folate	µg	34		1	61	29	
Vitamin B-12	µg	2.80	0.100	2	4.98	2.38	
Vitamin A	IU	50	0.000	2	89	43	
Vitamin A, RE	µg	15		0	27	13	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.504		0	4.457	2.128	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.571		2	1.016	0.485	
15.0	g						
16:0	g	1.493		2	2.658	1.269	
17:0	g						
18:0	g	0.315		2	0.561	0.268	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.432		0	7.889	3.767
14:1	g					
16:1	g	0.767		2	1.365	0.652
18:1	g	2.046		2	3.642	1.739
20:1	g	1.368		2	2.435	1.163
22.1	g					
Polyunsaturated, total	g	4.426		0	7.878	3.762
18:2	g	0.666		2	1.185	0.566
18:3	g	0.113		2	0.201	0.096
18:4	g	0.184		2	0.328	0.156
20:4	g	1.273		2	2.266	1.082
20:5	g	0.690		2	1.228	0.587
22:5	g					
22:6	g	1.457		2	2.593	1.238
Cholesterol	mg	63	3.850	2	112	54
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.248		0	0.441	0.211
Threonine	g	0.969		0	1.725	0.824
Isoleucine	g	1.018		0	1.812	0.865
Leucine	g	1.796		0	3.197	1.527
Lysine	g	2.030		0	3.613	1.725
Methionine	g	0.654		0	1.164	0.556
Cystine	g	0.237		0	0.422	0.201
Phenylalanine	g	0.863		0	1.536	0.734
Tyrosine	g	0.746		0	1.328	0.634
Valine	g	1.139		0	2.027	0.968
Arginine	g	1.322		0	2.353	1.124
Histidine	g	0.651		0	1.159	0.553
Alanine	g	1.337		0	2.380	1.136
Aspartic acid	g	2.263		0	4.028	1.924
Glutamic acid	g	3.299		0	5.872	2.804
Glycine	g	1.061		0	1.889	0.902
Proline	g	0.781		0	1.390	0.664
Serine	g	0.902		0	1.606	0.767
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

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

Oncorhynchus kisutch (Walbaum)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 159g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	70.47	1.198	3	112.05	59.90	
Energy	kcal	160		0	254	136	
Energy	kj	669		0	1064	569	
Protein (N x 5.95)	g	21.27	0.874	3	33.82	18.08	
Total lipid (fat)	g	7.67	0.696	3	12.20	6.52	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30	0.058	3	2.07	1.10	
Sugars, total	g						
Minerals:							
Calcium	mg	12	2.100	2	19	10	
Iron	mg	0.34	0.032	3	0.54	0.29	
Magnesium	mg	31	1.576	3	49	26	
Phosphorus	mg	292	20.611	3	464	248	
Potassium	mg	450	19.230	3	716	383	
Sodium	mg	47	4.191	3	75	40	
Zinc	mg	0.43	0.022	3	0.68	0.37	
Copper	mg	0.048	0.005	3	0.076	0.041	
Manganese	mg	0.012	0.001	3	0.019	0.010	
Selenium	µg	12.6		0	20.0	10.7	
Vitamins:							
Ascorbic acid	mg	1.1	0.376	3	1.7	0.9	
Thiamin	mg	0.090	0.006	3	0.143	0.077	
Riboflavin	mg	0.110	0.020	3	0.175	0.094	
Niacin	mg	6.813	0.706	3	10.833	5.791	
Pantothenic acid	mg	1.140	0.091	3	1.813	0.969	
Vitamin B-6	mg	0.660	0.061	3	1.049	0.561	
Folate	µg	13	2.963	3	21	11	
Vitamin B-12	µg	2.67	0.318	3	4.25	2.27	
Vitamin A	IU	188	22.423	3	299	160	
Vitamin A, RE	µg	57		0	91	48	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.816		0	2.887	1.544	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.287		3	0.456	0.244	
15.0	g						
16:0	g	1.090		3	1.733	0.927	
17:0	g						
18:0	g	0.312		3	0.496	0.265	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.330		0	5.295	2.831
14:1	g					
16:1	g	0.446		3	0.709	0.379
18:1	g	1.724		3	2.741	1.465
20:1	g	0.507		3	0.806	0.431
22.1	g	0.585		3	0.930	0.497
Polyunsaturated, total	g	1.861		0	2.959	1.582
18:2	g	0.349		3	0.555	0.297
18:3	g	0.075		3	0.119	0.064
18:4	g	0.112		3	0.178	0.095
20:4	g	0.095		3	0.151	0.081
20:5	g	0.385		3	0.612	0.327
22:5	g					
22:6	g	0.821		3	1.305	0.698
Cholesterol	mg	51	0.536	3	81	43
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.238		0	0.378	0.202
Threonine	g	0.932		0	1.482	0.792
Isoleucine	g	0.980		0	1.558	0.833
Leucine	g	1.729		0	2.749	1.470
Lysine	g	1.953		0	3.105	1.660
Methionine	g	0.629		0	1.000	0.535
Cystine	g	0.228		0	0.363	0.194
Phenylalanine	g	0.830		0	1.320	0.706
Tyrosine	g	0.718		0	1.142	0.610
Valine	g	1.096		0	1.743	0.932
Arginine	g	1.273		0	2.024	1.082
Histidine	g	0.626		0	0.995	0.532
Alanine	g	1.286		0	2.045	1.093
Aspartic acid	g	2.178		0	3.463	1.851
Glutamic acid	g	3.175		0	5.048	2.699
Glycine	g	1.021		0	1.623	0.868
Proline	g	0.752		0	1.196	0.639
Serine	g	0.868		0	1.380	0.738
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 143g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	67.00	1.353	3	95.81	56.95	
Energy	kcal	178		0	255	151	
Energy	kj	745		0	1065	633	
Protein (N x 5.95)	g	24.30	0.666	3	34.75	20.66	
Total lipid (fat)	g	8.23	0.899	3	11.77	7.00	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.40	0.000	3	2.00	1.19	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.100	2	17	10	
Iron	mg	0.39	0.037	3	0.56	0.33	
Magnesium	mg	34	0.353	3	49	29	
Phosphorus	mg	332	31.598	3	475	282	
Potassium	mg	460	13.352	3	658	391	
Sodium	mg	52	1.819	3	74	44	
Zinc	mg	0.47	0.005	3	0.67	0.40	
Copper	mg	0.089	0.022	3	0.127	0.076	
Manganese	mg	0.021	0.001	3	0.030	0.018	
Selenium	µg	14.1		0	20.2	12.0	
Vitamins:							
Ascorbic acid	mg	1.5	0.484	3	2.1	1.3	
Thiamin	mg	0.100	0.000	3	0.143	0.085	
Riboflavin	mg	0.113	0.013	3	0.162	0.096	
Niacin	mg	7.393	0.504	3	10.572	6.284	
Pantothenic acid	mg	1.273	0.057	3	1.820	1.082	
Vitamin B-6	mg	0.568	0.100	3	0.812	0.483	
Folate	µg	14	4.000	3	20	12	
Vitamin B-12	µg	3.17	0.318	3	4.53	2.69	
Vitamin A	IU	197	24.037	3	282	167	
Vitamin A, RE	µg	59		0	84	50	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.944		0	2.780	1.652	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.308		3	0.440	0.262	
15.0	g						
16:0	g	1.175		3	1.680	0.999	
17:0	g						
18:0	g	0.330		3	0.472	0.281	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.618		0	5.174	3.075
14:1	g					
16:1	g	0.482		3	0.689	0.410
18:1	g	1.844		3	2.637	1.567
20:1	g	0.551		3	0.788	0.468
22.1	g	0.665		3	0.951	0.565
Polyunsaturated, total	g	1.963		0	2.807	1.669
18:2	g	0.373		3	0.533	0.317
18:3	g	0.076		3	0.109	0.065
18:4	g	0.118		3	0.169	0.100
20:4	g	0.094		3	0.134	0.080
20:5	g	0.408		3	0.583	0.347
22:5	g					
22:6	g	0.871		3	1.246	0.740
Cholesterol	mg	63	4.201	3	90	54
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.272		0	0.389	0.231
Threonine	g	1.065		0	1.523	0.905
Isoleucine	g	1.120		0	1.602	0.952
Leucine	g	1.975		0	2.824	1.679
Lysine	g	2.232		0	3.192	1.897
Methionine	g	0.719		0	1.028	0.611
Cystine	g	0.260		0	0.372	0.221
Phenylalanine	g	0.949		0	1.357	0.807
Tyrosine	g	0.820		0	1.173	0.697
Valine	g	1.252		0	1.790	1.064
Arginine	g	1.454		0	2.079	1.236
Histidine	g	0.715		0	1.022	0.608
Alanine	g	1.470		0	2.102	1.250
Aspartic acid	g	2.488		0	3.558	2.115
Glutamic acid	g	3.627		0	5.187	3.083
Glycine	g	1.166		0	1.667	0.991
Proline	g	0.859		0	1.228	0.730
Serine	g	0.991		0	1.417	0.842
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15240 Finfish, trout, rainbow, farmed, raw

Salmo gairdneri Richardson

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 79g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	72.73	0.327	3	57.46	61.82	
Energy	kcal	138		0	109	117	
Energy	kj	577		0	456	490	
Protein (N x 5.95)	g	20.87	0.376	3	16.49	17.74	
Total lipid (fat)	g	5.40	0.305	3	4.27	4.59	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.43	0.033	3	1.13	1.22	
Sugars, total	g						
Minerals:							
Calcium	mg	67		0	53	57	
Iron	mg	0.27	0.016	3	0.21	0.23	
Magnesium	mg	32	0.617	3	25	27	
Phosphorus	mg	282	16.414	3	223	240	
Potassium	mg	451	8.108	3	356	383	
Sodium	mg	35	0.797	3	28	30	
Zinc	mg	0.41	0.006	3	0.32	0.35	
Copper	mg	0.046	0.000	3	0.036	0.039	
Manganese	mg	0.018	0.001	3	0.014	0.015	
Selenium	µg	12.6		0	10.0	10.7	
Vitamins:							
Ascorbic acid	mg	2.9	0.285	3	2.3	2.5	
Thiamin	mg	0.203	0.020	3	0.160	0.173	
Riboflavin	mg	0.073	0.003	3	0.058	0.062	
Niacin	mg	8.223	0.205	3	6.496	6.990	
Pantothenic acid	mg	1.440	0.081	3	1.138	1.224	
Vitamin B-6	mg	0.619	0.030	3	0.489	0.526	
Folate	µg	11	0.005	3	9	9	
Vitamin B-12	µg	3.77	0.233	3	2.98	3.20	
Vitamin A	IU	278	61.260	3	220	236	
Vitamin A, RE	µg	84		0	66	71	
Vitamin E, α-TE	mg	0.030		0	0.024	0.026	
Lipids:							
Saturated, total	g	1.554		0	1.228	1.321	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.189		3	0.149	0.161	
15.0	g						
16:0	g	0.975		3	0.770	0.829	
17:0	g						
18:0	g	0.276		3	0.218	0.235	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.539		0	1.216	1.308
14:1	g					
16:1	g	0.227		3	0.179	0.193
18:1	g	1.057		3	0.835	0.898
20:1	g	0.240		3	0.190	0.204
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.805		0	1.426	1.534
18:2	g	0.710		3	0.561	0.603
18:3	g	0.058		3	0.046	0.049
18:4	g	0.050		3	0.040	0.043
20:4	g	0.025		3	0.020	0.021
20:5	g	0.260		3	0.205	0.221
22:5	g	0.000		0	0.000	0.000
22:6	g	0.668		3	0.528	0.568
Cholesterol	mg	59	3.483	3	47	50
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.234		0	0.185	0.199
Threonine	g	0.915		0	0.723	0.778
Isoleucine	g	0.962		0	0.760	0.818
Leucine	g	1.696		0	1.340	1.442
Lysine	g	1.916		0	1.514	1.629
Methionine	g	0.618		0	0.488	0.525
Cystine	g	0.224		0	0.177	0.190
Phenylalanine	g	0.815		0	0.644	0.693
Tyrosine	g	0.704		0	0.556	0.598
Valine	g	1.075		0	0.849	0.914
Arginine	g	1.249		0	0.987	1.062
Histidine	g	0.614		0	0.485	0.522
Alanine	g	1.262		0	0.997	1.073
Aspartic acid	g	2.137		0	1.688	1.816
Glutamic acid	g	3.115		0	2.461	2.648
Glycine	g	1.002		0	0.792	0.852
Proline	g	0.738		0	0.583	0.627
Serine	g	0.851		0	0.672	0.723
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

NDB No. 15241 Finfish, trout, rainbow, farmed, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 71g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	67.53	0.523	3	47.95	57.40	
Energy	kcal	169		0	120	144	
Energy	kj	707		0	502	601	
Protein (N x 5.95)	g	24.27	0.266	3	17.23	20.63	
Total lipid (fat)	g	7.20	0.503	3	5.11	6.12	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.60	0.058	3	1.14	1.36	
Sugars, total	g						
Minerals:							
Calcium	mg	86		0	61	73	
Iron	mg	0.33	0.010	3	0.23	0.28	
Magnesium	mg	32	0.177	3	23	27	
Phosphorus	mg	266	31.763	3	189	226	
Potassium	mg	441	4.134	3	313	375	
Sodium	mg	42	0.935	3	30	36	
Zinc	mg	0.49	0.013	3	0.35	0.42	
Copper	mg	0.061	0.002	3	0.043	0.052	
Manganese	mg	0.020	0.004	3	0.014	0.017	
Selenium	µg	15.0		0	10.7	12.8	
Vitamins:							
Ascorbic acid	mg	3.3	0.351	3	2.3	2.8	
Thiamin	mg	0.237	0.015	3	0.168	0.201	
Riboflavin	mg	0.080	0.000	3	0.057	0.068	
Niacin	mg	8.790	0.355	3	6.241	7.471	
Pantothenic acid	mg	1.310	0.046	3	0.930	1.114	
Vitamin B-6	mg	0.396	0.068	3	0.281	0.337	
Folate	µg	24		1	17	20	
Vitamin B-12	µg	4.97	0.167	3	3.53	4.22	
Vitamin A	IU	287	41.766	3	204	244	
Vitamin A, RE	µg	86		0	61	73	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.105		0	1.495	1.789	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.260		3	0.185	0.221	
15.0	g						
16:0	g	1.321		3	0.938	1.123	
17:0	g						
18:0	g	0.377		3	0.268	0.320	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.096		0	1.488	1.782
14:1	g					
16:1	g	0.319		3	0.226	0.271
18:1	g	1.427		3	1.013	1.213
20:1	g	0.326		3	0.231	0.277
22.1	g					
Polyunsaturated, total	g	2.330		0	1.654	1.981
18:2	g	0.949		3	0.674	0.807
18:3	g	0.082		3	0.058	0.070
18:4	g	0.068		3	0.048	0.058
20:4	g	0.036		3	0.026	0.031
20:5	g	0.334		3	0.237	0.284
22:5	g					
22:6	g	0.820		3	0.582	0.697
Cholesterol	mg	68	0.548	3	48	58
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.272		0	0.193	0.231
Threonine	g	1.064		0	0.755	0.904
Isoleucine	g	1.118		0	0.794	0.950
Leucine	g	1.972		0	1.400	1.676
Lysine	g	2.229		0	1.583	1.895
Methionine	g	0.718		0	0.510	0.610
Cystine	g	0.260		0	0.185	0.221
Phenylalanine	g	0.947		0	0.672	0.805
Tyrosine	g	0.819		0	0.581	0.696
Valine	g	1.250		0	0.888	1.063
Arginine	g	1.452		0	1.031	1.234
Histidine	g	0.714		0	0.507	0.607
Alanine	g	1.468		0	1.042	1.248
Aspartic acid	g	2.485		0	1.764	2.112
Glutamic acid	g	3.623		0	2.572	3.080
Glycine	g	1.165		0	0.827	0.990
Proline	g	0.858		0	0.609	0.729
Serine	g	0.990		0	0.703	0.842
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 fillet
Measure 2: 3 oz

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

Astacus, Orconectes, and Procambarus spp.

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 27g	Measure 3*
Proximates:							
Water	g	84.05	0.177	4	71.44	22.69	
Energy	kcal	72		0	61	19	
Energy	kj	301		0	256	81	
Protein (N x 5.95)	g	14.85	0.050	4	12.62	4.01	
Total lipid (fat)	g	0.97	0.085	4	0.82	0.26	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00	0.000	4	0.85	0.27	
Sugars, total	g						
Minerals:							
Calcium	mg	25	1.728	4	21	7	
Iron	mg	0.55	0.040	4	0.47	0.15	
Magnesium	mg	30	1.358	4	26	8	
Phosphorus	mg	218	4.041	4	185	59	
Potassium	mg	261	8.365	4	222	70	
Sodium	mg	62	2.031	4	53	17	
Zinc	mg	1.01	0.011	4	0.86	0.27	
Copper	mg	0.237	0.042	4	0.201	0.064	
Manganese	mg	0.146	0.031	4	0.124	0.039	
Selenium	µg	28.4		0	24.1	7.7	
Vitamins:							
Ascorbic acid	mg	0.5	0.000	4	0.4	0.1	
Thiamin	mg	0.045	0.003	4	0.038	0.012	
Riboflavin	mg	0.032	0.003	4	0.027	0.009	
Niacin	mg	1.867	0.023	4	1.587	0.504	
Pantothenic acid	mg	0.570	0.046	4	0.484	0.154	
Vitamin B-6	mg	0.076	0.003	4	0.065	0.021	
Folate	µg	30	0.013	3	26	8	
Vitamin B-12	µg	2.10	0.178	4	1.78	0.57	
Vitamin A	IU	50	0.000	4	43	14	
Vitamin A, RE	µg	15		0	13	4	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.163		0	0.139	0.044	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.002		10	0.002	0.001	
15.0	g						
16:0	g	0.103		10	0.088	0.028	
17:0	g						
18:0	g	0.044		10	0.037	0.012	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.178		0	0.151	0.048
14:1	g					
16:1	g	0.031		10	0.026	0.008
18:1	g	0.134		10	0.114	0.036
20:1	g	0.005		10	0.004	0.001
22.1	g	0.002		10	0.002	0.001
Polyunsaturated, total	g	0.313		0	0.266	0.085
18:2	g	0.076		10	0.065	0.021
18:3	g	0.025		10	0.021	0.007
18:4	g	0.005		10	0.004	0.001
20:4	g	0.050		10	0.043	0.014
20:5	g	0.117		10	0.099	0.032
22:5	g	0.005	0.000	10	0.004	0.001
22:6	g	0.027		10	0.023	0.007
Cholesterol	mg	107	3.182	4	91	29
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.207		0	0.176	0.056
Threonine	g	0.599		0	0.509	0.162
Isoleucine	g	0.718		0	0.610	0.194
Leucine	g	1.176		0	1.000	0.318
Lysine	g	1.290		0	1.097	0.348
Methionine	g	0.418		0	0.355	0.113
Cystine	g	0.166		0	0.141	0.045
Phenylalanine	g	0.625		0	0.531	0.169
Tyrosine	g	0.494		0	0.420	0.133
Valine	g	0.696		0	0.592	0.188
Arginine	g	1.295		0	1.101	0.350
Histidine	g	0.302		0	0.257	0.082
Alanine	g	0.839		0	0.713	0.227
Aspartic acid	g	1.533		0	1.303	0.414
Glutamic acid	g	2.528		0	2.149	0.683
Glycine	g	0.893		0	0.759	0.241
Proline	g	0.489		0	0.416	0.132
Serine	g	0.584		0	0.496	0.158
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz
Measure 2: 8 crayfish

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	80.80	0.464	4	68.68		
Energy	kcal	87		0	74		
Energy	kj	364		0	309		
Protein (N x 5.95)	g	17.52	0.335	4	14.89		
Total lipid (fat)	g	1.30	0.041	4	1.10		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.07	0.048	4	0.91		
Sugars, total	g						
Minerals:							
Calcium	mg	51	7.437	4	43		
Iron	mg	1.11	0.108	4	0.94		
Magnesium	mg	33	1.571	4	28		
Phosphorus	mg	241	11.412	4	205		
Potassium	mg	238	4.755	4	202		
Sodium	mg	97	6.641	4	82		
Zinc	mg	1.48	0.165	3	1.26		
Copper	mg	0.580	0.075	4	0.493		
Manganese	mg	0.217	0.035	4	0.184		
Selenium	µg	34.2		0	29.1		
Vitamins:							
Ascorbic acid	mg	0.5	0.000	4	0.4		
Thiamin	mg	0.047	0.005	4	0.040		
Riboflavin	mg	0.080	0.015	4	0.068		
Niacin	mg	1.667	0.031	4	1.417		
Pantothenic acid	mg	0.512	0.030	4	0.435		
Vitamin B-6	mg	0.134	0.055	4	0.114		
Folate	µg	11	0.334	3	9		
Vitamin B-12	µg	3.10	0.041	4	2.63		
Vitamin A	IU	50	0.000	4	43		
Vitamin A, RE	µg	15		0	13		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.216		0	0.184		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.006		4	0.005		
15.0	g						
16:0	g	0.137		4	0.116		
17:0	g						
18:0	g	0.050		4	0.043		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.251		0	0.213
14:1	g				
16:1	g	0.037		4	0.031
18:1	g	0.194		4	0.165
20:1	g	0.007		4	0.006
22.1	g				
Polyunsaturated, total	g	0.413		0	0.351
18:2	g	0.156		4	0.133
18:3	g	0.022		4	0.019
18:4	g	0.002		4	0.002
20:4	g	0.062		4	0.053
20:5	g	0.124		4	0.105
22:5	g				
22:6	g	0.038		4	0.032
Cholesterol	mg	137	3.772	4	116
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.244		0	0.207
Threonine	g	0.707		0	0.601
Isoleucine	g	0.847		0	0.720
Leucine	g	1.388		0	1.180
Lysine	g	1.523		0	1.295
Methionine	g	0.494		0	0.420
Cystine	g	0.196		0	0.167
Phenylalanine	g	0.737		0	0.626
Tyrosine	g	0.583		0	0.496
Valine	g	0.822		0	0.699
Arginine	g	1.528		0	1.299
Histidine	g	0.356		0	0.303
Alanine	g	0.990		0	0.842
Aspartic acid	g	1.809		0	1.538
Glutamic acid	g	2.983		0	2.536
Glycine	g	1.054		0	0.896
Proline	g	0.578		0	0.491
Serine	g	0.690		0	0.587
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz

NDB No. 15244 Mollusks, oyster, eastern, wild, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 59g	Measure 3*
Proximates:							
Water	g	83.30	1.499	2	70.81	49.15	
Energy	kcal	72		0	61	42	
Energy	kj	301		0	256	178	
Protein (N x 5.95)	g	8.25	1.050	2	7.01	4.87	
Total lipid (fat)	g	1.90	0.300	2	1.62	1.12	
Carbohydrate, by difference	g	4.80		0	4.08	2.83	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.75	0.450	2	1.49	1.03	
Sugars, total	g						
Minerals:							
Calcium	mg	45		0	38	27	
Iron	mg	4.33	0.635	2	3.68	2.55	
Magnesium	mg	46	4.700	2	39	27	
Phosphorus	mg	136	30.250	2	116	80	
Potassium	mg	168	3.102	2	143	99	
Sodium	mg	244	62.000	2	207	144	
Zinc	mg	73.60	20.900	2	62.56	43.42	
Copper	mg	3.455	1.655	2	2.937	2.038	
Manganese	mg	0.288	0.103	2	0.245	0.170	
Selenium	µg	71.7		0	60.9	42.3	
Vitamins:							
Ascorbic acid	mg	4.1	0.950	2	3.5	2.4	
Thiamin	mg	0.085	0.015	2	0.072	0.050	
Riboflavin	mg	0.080	0.060	2	0.068	0.047	
Niacin	mg	1.675	0.845	2	1.424	0.988	
Pantothenic acid	mg	0.225	0.015	2	0.191	0.133	
Vitamin B-6	mg	0.096	0.004	2	0.082	0.057	
Folate	µg	18	4.500	2	15	11	
Vitamin B-12	µg	27.80	2.200	2	23.63	16.40	
Vitamin A	IU	0	0.000	2	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.550		0	0.468	0.325	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.047		2	0.040	0.028	
15.0	g						
16:0	g	0.394		2	0.335	0.232	
17:0	g						
18:0	g	0.049		2	0.042	0.029	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.230		0	0.196	0.136
14:1	g					
16:1	g	0.061		2	0.052	0.036
18:1	g	0.089		2	0.076	0.053
20:1	g	0.063		2	0.054	0.037
22.1	g					
Polyunsaturated, total	g	0.809		0	0.688	0.477
18:2	g	0.032		2	0.027	0.019
18:3	g	0.050		2	0.043	0.030
18:4	g	0.087		2	0.074	0.051
20:4	g	0.053		2	0.045	0.031
20:5	g	0.260		2	0.221	0.153
22:5	g					
22:6	g	0.291		2	0.247	0.172
Cholesterol	mg	49	6.400	2	42	29
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.092		0	0.078	0.054
Threonine	g	0.355		0	0.302	0.209
Isoleucine	g	0.359		0	0.305	0.212
Leucine	g	0.581		0	0.494	0.343
Lysine	g	0.616		0	0.524	0.363
Methionine	g	0.186		0	0.158	0.110
Cystine	g	0.108		0	0.092	0.064
Phenylalanine	g	0.296		0	0.252	0.175
Tyrosine	g	0.264		0	0.224	0.156
Valine	g	0.360		0	0.306	0.212
Arginine	g	0.602		0	0.512	0.355
Histidine	g	0.158		0	0.134	0.093
Alanine	g	0.499		0	0.424	0.294
Aspartic acid	g	0.796		0	0.677	0.470
Glutamic acid	g	1.122		0	0.954	0.662
Glycine	g	0.516		0	0.439	0.304
Proline	g	0.337		0	0.286	0.199
Serine	g	0.370		0	0.315	0.218
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz
Measure 2: 6 medium

NDB No. 15245 Mollusks, oyster, eastern, farmed, raw

Crassostrea virginica (Gmelin)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 84g	Measure 3*
Proximates:							
Water	g	86.20	1.521	4	73.27	72.41	
Energy	kcal	59		0	50	50	
Energy	kj	247		0	210	207	
Protein (N x 5.95)	g	5.22	0.345	4	4.44	4.38	
Total lipid (fat)	g	1.55	0.250	4	1.32	1.30	
Carbohydrate, by difference	g	5.53		0	4.70	4.65	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.50	0.108	4	1.27	1.26	
Sugars, total	g						
Minerals:							
Calcium	mg	44		0	37	37	
Iron	mg	5.78	1.340	4	4.91	4.86	
Magnesium	mg	33	2.352	4	28	28	
Phosphorus	mg	93	10.351	4	79	78	
Potassium	mg	124	15.200	4	105	104	
Sodium	mg	178	8.319	4	151	150	
Zinc	mg	37.92	3.558	4	32.23	31.85	
Copper	mg	0.738	0.362	4	0.627	0.620	
Manganese	mg	0.394	0.113	4	0.335	0.331	
Selenium	µg	63.7		6	54.1	53.5	
Vitamins:							
Ascorbic acid	mg	4.7	0.556	4	4.0	3.9	
Thiamin	mg	0.105	0.013	4	0.089	0.088	
Riboflavin	mg	0.065	0.021	4	0.055	0.055	
Niacin	mg	1.267	0.185	4	1.077	1.064	
Pantothenic acid	mg	0.157	0.047	4	0.133	0.132	
Vitamin B-6	mg	0.060	0.008	4	0.051	0.050	
Folate	µg	18	4.031	4	15	15	
Vitamin B-12	µg	16.20	1.143	4	13.77	13.61	
Vitamin A	IU	25	14.434	4	21	21	
Vitamin A, RE	µg	8		0	7	7	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.443		0	0.377	0.372	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.035		4	0.030	0.029	
15.0	g						
16:0	g	0.314		4	0.267	0.264	
17:0	g						
18:0	g	0.045		4	0.038	0.038	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.152		0	0.129	0.128
14:1	g					
16:1	g	0.038		4	0.032	0.032
18:1	g	0.074		4	0.063	0.062
20:1	g	0.033		4	0.028	0.028
22.1	g					
Polyunsaturated, total	g	0.591		0	0.502	0.496
18:2	g	0.028		4	0.024	0.024
18:3	g	0.044		4	0.037	0.037
18:4	g	0.092		4	0.078	0.077
20:4	g	0.033		4	0.028	0.028
20:5	g	0.188		4	0.160	0.158
22:5	g					
22:6	g	0.203		4	0.173	0.171
Cholesterol	mg	25	1.273	4	21	21
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.059		0	0.050	0.050
Threonine	g	0.225		0	0.191	0.189
Isoleucine	g	0.227		0	0.193	0.191
Leucine	g	0.368		0	0.313	0.309
Lysine	g	0.390		0	0.331	0.328
Methionine	g	0.118		0	0.100	0.099
Cystine	g	0.069		0	0.059	0.058
Phenylalanine	g	0.187		0	0.159	0.157
Tyrosine	g	0.167		0	0.142	0.140
Valine	g	0.228		0	0.194	0.192
Arginine	g	0.381		0	0.324	0.320
Histidine	g	0.100		0	0.085	0.084
Alanine	g	0.316		0	0.269	0.265
Aspartic acid	g	0.504		0	0.428	0.423
Glutamic acid	g	0.711		0	0.604	0.597
Glycine	g	0.327		0	0.278	0.275
Proline	g	0.213		0	0.181	0.179
Serine	g	0.234		0	0.199	0.197
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz
Measure 2: 6 medium

NDB No. 15246 Mollusks, oyster, eastern, farmed, cooked, dry heat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2* 59g	Measure 3*
Proximates:							
Water	g	81.95	1.580	4	69.66	48.35	
Energy	kcal	79		0	67	47	
Energy	kj	331		0	281	195	
Protein (N x 5.95)	g	7.00	0.258	4	5.95	4.13	
Total lipid (fat)	g	2.12	0.364	4	1.80	1.25	
Carbohydrate, by difference	g	7.28		0	6.19	4.30	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.65	0.087	4	1.40	0.97	
Sugars, total	g						
Minerals:							
Calcium	mg	56		0	48	33	
Iron	mg	7.77	2.621	4	6.60	4.58	
Magnesium	mg	33	2.131	4	28	19	
Phosphorus	mg	115	16.044	4	98	68	
Potassium	mg	152	20.318	4	129	90	
Sodium	mg	163	8.607	4	139	96	
Zinc	mg	45.15	5.353	4	38.38	26.64	
Copper	mg	1.434	0.384	4	1.219	0.846	
Manganese	mg	0.425	0.118	4	0.361	0.251	
Selenium	µg	77.5		0	65.9	45.7	
Vitamins:							
Ascorbic acid	mg	6.0	0.999	4	5.1	3.5	
Thiamin	mg	0.130	0.015	4	0.111	0.077	
Riboflavin	mg	0.055	0.022	4	0.047	0.032	
Niacin	mg	1.792	0.326	4	1.523	1.057	
Pantothenic acid	mg	0.195	0.037	4	0.166	0.115	
Vitamin B-6	mg	0.076	0.009	4	0.065	0.045	
Folate	µg	24	3.838	4	20	14	
Vitamin B-12	µg	24.30	1.079	4	20.66	14.34	
Vitamin A	IU	63	31.458	4	54	37	
Vitamin A, RE	µg	19		0	16	11	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.683		0	0.581	0.403	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.053		4	0.045	0.031	
15.0	g						
16:0	g	0.489		4	0.416	0.289	
17:0	g						
18:0	g	0.070		4	0.060	0.041	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.230		0	0.196	0.136
14:1	g					
16:1	g	0.059		4	0.050	0.035
18:1	g	0.111		4	0.094	0.065
20:1	g	0.049		4	0.042	0.029
22.1	g					
Polyunsaturated, total	g	0.713		0	0.606	0.421
18:2	g	0.043		4	0.037	0.025
18:3	g	0.063		4	0.054	0.037
18:4	g	0.118		4	0.100	0.070
20:4	g	0.044		4	0.037	0.026
20:5	g	0.229		4	0.195	0.135
22:5	g					
22:6	g	0.211		4	0.179	0.124
Cholesterol	mg	38	3.202	4	32	22
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.078		0	0.066	0.046
Threonine	g	0.301		0	0.256	0.178
Isoleucine	g	0.305		0	0.259	0.180
Leucine	g	0.493		0	0.419	0.291
Lysine	g	0.523		0	0.445	0.309
Methionine	g	0.158		0	0.134	0.093
Cystine	g	0.092		0	0.078	0.054
Phenylalanine	g	0.251		0	0.213	0.148
Tyrosine	g	0.224		0	0.190	0.132
Valine	g	0.306		0	0.260	0.181
Arginine	g	0.511		0	0.434	0.301
Histidine	g	0.134		0	0.114	0.079
Alanine	g	0.423		0	0.360	0.250
Aspartic acid	g	0.675		0	0.574	0.398
Glutamic acid	g	0.952		0	0.809	0.562
Glycine	g	0.438		0	0.372	0.258
Proline	g	0.286		0	0.243	0.169
Serine	g	0.314		0	0.267	0.185
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 3 oz
Measure 2: 6 medium

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 178g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	71.50	0.899	2	127.27	60.77	
Energy	kcal	139		0	247	118	
Energy	kj	582		0	1036	495	
Protein (N x 5.95)	g	23.45	1.250	2	41.74	19.93	
Total lipid (fat)	g	4.30	0.400	2	7.65	3.65	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30	0.000	2	2.31	1.10	
Sugars, total	g						
Minerals:							
Calcium	mg	45		0	80	38	
Iron	mg	0.61	0.180	2	1.09	0.52	
Magnesium	mg	33	1.100	2	59	28	
Phosphorus	mg	322	34.049	2	573	274	
Potassium	mg	434	16.999	2	773	369	
Sodium	mg	58	4.250	2	103	49	
Zinc	mg	0.56	0.032	2	1.00	0.48	
Copper	mg	0.071	0.001	2	0.126	0.060	
Manganese	mg	0.019	0.001	2	0.034	0.016	
Selenium	µg	38.0		0	67.6	32.3	
Vitamins:							
Ascorbic acid	mg	1.4	0.300	2	2.5	1.2	
Thiamin	mg	0.075	0.015	2	0.134	0.064	
Riboflavin	mg	0.140	0.010	2	0.249	0.119	
Niacin	mg	7.950	1.590	2	14.151	6.758	
Pantothenic acid	mg	0.810	0.060	2	1.442	0.689	
Vitamin B-6	mg	0.568	0.166	2	1.011	0.483	
Folate	µg	13	1.500	2	23	11	
Vitamin B-12	µg	5.00	0.000	2	8.90	4.25	
Vitamin A	IU	130	20.000	2	231	111	
Vitamin A, RE	µg	39		0	69	33	
Vitamin E, α-TE	mg	0.812		0	1.445	0.690	
Lipids:							
Saturated, total	g	1.054		0	1.876	0.896	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.150		2	0.267	0.128	
15.0	g						
16:0	g	0.683		2	1.216	0.581	
17:0	g						
18:0	g	0.158		2	0.281	0.134	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.581		0	2.814	1.344
14:1	g					
16:1	g	0.272		2	0.484	0.231
18:1	g	0.860		2	1.531	0.731
20:1	g	0.275		2	0.490	0.234
22.1	g	0.153		2	0.272	0.130
Polyunsaturated, total	g	1.273		0	2.266	1.082
18:2	g	0.056		2	0.100	0.048
18:3	g	0.055		2	0.098	0.047
18:4	g	0.052		2	0.093	0.044
20:4	g	0.022		2	0.039	0.019
20:5	g	0.401		2	0.714	0.341
22:5	g	0.000		0	0.000	0.000
22:6	g	0.658		2	1.171	0.559
Cholesterol	mg	55	2.600	2	98	47
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.263		0	0.468	0.224
Threonine	g	1.028		0	1.830	0.874
Isoleucine	g	1.081		0	1.924	0.919
Leucine	g	1.906		0	3.393	1.620
Lysine	g	2.154		0	3.834	1.831
Methionine	g	0.694		0	1.235	0.590
Cystine	g	0.251		0	0.447	0.213
Phenylalanine	g	0.915		0	1.629	0.778
Tyrosine	g	0.792		0	1.410	0.673
Valine	g	1.208		0	2.150	1.027
Arginine	g	1.403		0	2.497	1.193
Histidine	g	0.690		0	1.228	0.587
Alanine	g	1.418		0	2.524	1.205
Aspartic acid	g	2.401		0	4.274	2.041
Glutamic acid	g	3.501		0	6.232	2.976
Glycine	g	1.126		0	2.004	0.957
Proline	g	0.829		0	1.476	0.705
Serine	g	0.957		0	1.703	0.813
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 fillet
Measure 2: 3 oz

NDB No. 15251 USDA Commodity, salmon nuggets, breaded, frozen, heated

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	60.38		1			
Energy	kcal	212		0			
Energy	kj	887		0			
Protein (N x 5.95)	g	12.69		1			
Total lipid (fat)	g	11.72		1			
Carbohydrate, by difference	g	13.96		0			
Fiber, total dietary	g	0.0		1			
Ash	g	1.25		1			
Sugars, total	g						
Minerals:							
Calcium	mg	8		1			
Iron	mg	1.24		1			
Magnesium	mg	20		1			
Phosphorus	mg	176		1			
Potassium	mg	165		1			
Sodium	mg	173		1			
Zinc	mg	0.52		1			
Copper	mg	0.077		0			
Manganese	mg	0.118		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1			
Thiamin	mg	0.207		1			
Riboflavin	mg	0.156		1			
Niacin	mg	4.527		1			
Pantothenic acid	mg	0.523		1			
Vitamin B-6	mg	0.222		1			
Folate	µg	9		0			
Vitamin B-12	µg	2.07		1			
Vitamin A	IU	43		1			
Vitamin A, RE	µg	6		1			
Vitamin E, α-TE	mg	0.667		1			
Lipids:							
Saturated, total	g	1.570		1			
4:0	g	0.000		1			
6.0	g	0.000		1			
8:0	g	0.009		1			
10:0	g	0.000		1			
12:0	g	0.000		1			
14:0	g	0.066		1			
15.0	g						
16:0	g	0.964		1			
17:0	g						
18:0	g	0.357		1			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.625	1
14:1	g		
16:1	g	0.074	1
18:1	g	4.318	1
20:1	g	0.209	1
22.1	g	0.012	1
Polyunsaturated, total	g	3.028	1
18:2	g	2.372	1
18:3	g	0.129	1
18:4	g	0.000	1
20:4	g	0.014	1
20:5	g	0.055	1
22:5	g	0.000	1
22:6	g	0.441	1
Cholesterol	mg	26	1
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 15252 USDA Commodity, salmon nuggets, cooked as purchased, unheated

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	64.57		1			
Energy	kcal	189		0			
Energy	kj	791		0			
Protein (N x 5.95)	g	11.97		1			
Total lipid (fat)	g	10.43		1			
Carbohydrate, by difference	g	11.85		0			
Fiber, total dietary	g	0.0		1			
Ash	g	1.19		1			
Sugars, total	g						
Minerals:							
Calcium	mg	9		1			
Iron	mg	1.46		1			
Magnesium	mg	20		1			
Phosphorus	mg	173		1			
Potassium	mg	161		1			
Sodium	mg	167		1			
Zinc	mg	0.46		1			
Copper	mg	0.069		0			
Manganese	mg	0.106		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1			
Thiamin	mg	0.195		0			
Riboflavin	mg	0.140		0			
Niacin	mg	5.948		1			
Pantothenic acid	mg	0.520		0			
Vitamin B-6	mg	0.220		0			
Folate	µg	9		0			
Vitamin B-12	µg	2.18		0			
Vitamin A	IU	42		1			
Vitamin A, RE	µg	6		1			
Vitamin E, α-TE	mg	0.549		0			
Lipids:							
Saturated, total	g	1.497		1			
4:0	g	0.000		1			
6.0	g	0.000		1			
8:0	g	0.011		1			
10:0	g	0.000		1			
12:0	g	0.002		1			
14:0	g	0.060		1			
15.0	g						
16:0	g	0.921		1			
17:0	g						
18:0	g	0.339		1			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.330	1
14:1	g		
16:1	g	0.068	1
18:1	g	4.044	1
20:1	g	0.191	1
22.1	g	0.012	1
Polyunsaturated, total	g	2.863	1
18:2	g	2.237	1
18:3	g	0.122	1
18:4	g	0.000	1
20:4	g	0.012	1
20:5	g	0.050	1
22:5	g	0.000	1
22:6	g	0.413	1
Cholesterol	mg	27	1
Phytosterols	mg		
Amino acids:			
Tryptophan	g		
Threonine	g		
Isoleucine	g		
Leucine	g		
Lysine	g		
Methionine	g		
Cystine	g		
Phenylalanine	g		
Tyrosine	g		
Valine	g		
Arginine	g		
Histidine	g		
Alanine	g		
Aspartic acid	g		
Glutamic acid	g		
Glycine	g		
Proline	g		
Serine	g		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.