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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.55	0.606	4		1		103.92	65.92	
Energy	kcal	97		0	NC	4		130	82	
Energy	kj	406				4		544	345	
Protein (N x 6.25)	g	19.35	0.779	4		1		25.93	16.45	
Total lipid (fat)	g	1.54	0.082	18		1		2.06	1.31	
Ash	g	1.85		2		1		2.48	1.57	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	59		0		1		79	50	
Iron, Fe	mg	0.76		0		1		1.02	0.65	
Magnesium, Mg	mg	63		0		4		84	54	
Phosphorus, P	mg	280		0		1		375	238	
Potassium, K	mg	262		0		1		351	223	
Sodium, Na	mg	1072		0		1		1436	911	
Zinc, Zn	mg	7.62		0		1		10.21	6.48	
Copper, Cu	mg	1.182		0		1		1.584	1.005	
Manganese, Mn	mg	0.040		0		4		0.054	0.034	
Selenium, Se	mcg	40.0		0	BFSN	4		53.6	34.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.6		0		4		10.2	6.5	
Thiamin	mg	0.053		0		1		0.071	0.045	
Riboflavin	mg	0.055		0		1		0.074	0.047	
Niacin	mg	1.340		0		1		1.796	1.139	
Pantothenic acid	mg	0.400		0		4		0.536	0.340	
Vitamin B-6	mg	0.180		0		4		0.241	0.153	
Folate, total	mcg	51		0		4		68	43	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	51		0		4		68	43	
Folate, DFE	mcg_DFE	51		0	NC	4		68	43	
Vitamin B-12	mcg	11.50		0		4		15.41	9.78	
Vitamin A, IU	IU	29		0		1		39	25	
Vitamin A, RAE	mcg_RAE	9		0		1		12	7	
Retinol	mcg	9		0		1		12	7	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.133		0		1		0.178	0.113	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.003		2		1		0.004	0.003	
12:0	g	0.004		2		1		0.005	0.003	
13:0	g									
14:0	g	0.015	0.002	10		1		0.020	0.013	
15:0	g									
16:0	g	0.087	0.009	10		1		0.117	0.074	
17:0	g									
18:0	g	0.019	0.003	14		1		0.025	0.016	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.185		0		1		0.248	0.157	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.041	0.004	10		1		0.055	0.035	

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

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

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

Common Measures:

Measure 1 = 134g: 1 leg

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.70	0.606	3		1		62.65		
Energy	kcal	102		0	NC	4		87		
Energy	kj	427				4		363		
Protein (N x 6.25)	g	12.02	0.092	3		1		10.22		
Total lipid (fat)	g	1.31	0.098	3		1		1.11		
Ash	g	2.75	0.329	3		1		2.34		
Carbohydrate, by difference	g	10.22		0	NC	4		8.69		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13	4.734	3		1		11		
Iron, Fe	mg	0.39	0.052	3		1		0.33		
Magnesium, Mg	mg	43		0		4		37		
Phosphorus, P	mg	282		0		4		240		
Potassium, K	mg	90	2.309	3		1		77		
Sodium, Na	mg	841	158.776	3		1		715		
Zinc, Zn	mg	0.33		0		4		0.28		
Copper, Cu	mg	0.032		0		4		0.027		
Manganese, Mn	mg	0.011		0		4		0.009		
Selenium, Se	mcg	22.3		0	BFPN	4		19.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.032	0.009	3		1		0.027		
Riboflavin	mg	0.027	0.008	3		1		0.023		
Niacin	mg	0.180	0.012	3		1		0.153		
Pantothenic acid	mg	0.070		0		4		0.060		
Vitamin B-6	mg	0.030		0		4		0.026		
Folate, total	mcg	2		0		4		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	2		0		4		1		
Folate, DFE	mcg_DFE	2		0	NC	4		1		
Vitamin B-12	mcg	1.60		0		4		1.36		
Vitamin A, IU	IU	66		0		4		56		
Vitamin A, RAE	mcg_RAE	20		0		4		17		
Retinol	mcg	20		0		4		17		
Vitamin E	mg_ATE	0.100		0		4		0.085		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.260		0		4		0.221		
4:0	g	0.000		0		7		0.000		
6:0	g	0.000		0		7		0.000		
8:0	g	0.000		0		7		0.000		
10:0	g	0.000		0		7		0.000		
12:0	g	0.000		0		7		0.000		
13:0	g									
14:0	g	0.008		0		4		0.007		
15:0	g									
16:0	g	0.123		0		4		0.105		
17:0	g									
18:0	g	0.028		0		4		0.024		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.200		0		4		0.170		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.018		0		4		0.015		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.147		0		4		0.125		
20:1 ... g	0.029		0		4		0.025		
22:1 undifferentiated ... g	0.006		0		4		0.005		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.670		0		4		0.570		
18:2 undifferentiated ... g	0.015		0		4		0.013		
18:3 undifferentiated ... g	0.007		0		4		0.006		
18:4 ... g	0.000		0		7		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.018		0		4		0.015		
20:5 n-3 ... g	0.244		0		4		0.207		
22:5 n-3 ... g	0.018		0		4		0.015		
22:6 n-3 ... g	0.361		0		4		0.307		
Fatty acids, total trans ... g									
Cholesterol ... mg	20	1.386	3		1		17		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.073		0		1		0.062		
Threonine ... g	0.581		0		1		0.494		
Isoleucine ... g	0.562		0		1		0.478		
Leucine ... g	0.952		0		1		0.809		
Lysine ... g	1.098		0		1		0.933		
Methionine ... g	0.408		0		1		0.347		
Cystine ... g	0.129		0		1		0.110		
Phenylalanine ... g	0.471		0		1		0.400		
Tyrosine ... g	0.485		0		1		0.412		
Valine ... g	0.610		0		1		0.519		
Arginine ... g	0.798		0		1		0.678		
Histidine ... g	0.277		0		1		0.235		
Alanine ... g	0.706		0		1		0.600		
Aspartic acid ... g	1.202		0		1		1.022		
Glutamic acid ... g	1.898		0		1		1.613		
Glycine ... g	0.465		0		1		0.395		
Proline ... g	0.448		0		1		0.381		
Serine ... g	0.525		0		1		0.446		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15136

Crustaceans, crab, alaska king, raw

Paralithodes camtschatica (Tilesius)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.57	0.466	54		1		136.86	67.63	
Energy	kcal	84		0	NC	4		144	71	
Energy	kj	351				4		605	299	
Protein (N x 6.25)	g	18.29	0.383	51		1		31.46	15.55	
Total lipid (fat)	g	0.60	0.049	54		1		1.03	0.51	
Ash	g	1.80	0.042	50		1		3.10	1.53	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	46	2.587	36		1		79	39	
Iron, Fe	mg	0.59	0.075	3		1		1.01	0.50	
Magnesium, Mg	mg	49		0		4		84	42	
Phosphorus, P	mg	219	7.187	43		1		377	186	
Potassium, K	mg	204	5.774	3		1		351	173	
Sodium, Na	mg	836	40.992	3		1		1438	711	
Zinc, Zn	mg	5.95	0.516	29		1		10.23	5.06	
Copper, Cu	mg	0.922	0.110	29		1		1.586	0.784	
Manganese, Mn	mg	0.035		1		1		0.060	0.030	
Selenium, Se	mcg	36.4		0	BFSN	4		62.6	30.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.0		0		4		12.0	6.0	
Thiamin	mg	0.043	0.006	3		1		0.074	0.037	
Riboflavin	mg	0.043	0.003	3		1		0.074	0.037	
Niacin	mg	1.100	0.029	3		1		1.892	0.935	
Pantothenic acid	mg	0.350		0		4		0.602	0.298	
Vitamin B-6	mg	0.150		0		4		0.258	0.128	
Folate, total	mcg	44		0		4		76	37	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	44		0		4		76	37	
Folate, DFE	mcg_DFE	44		0	NC	4		76	37	
Vitamin B-12	mcg	9.00		0		4		15.48	7.65	
Vitamin A, IU	IU	24		1		1		41	20	
Vitamin A, RAE	mcg_RAE	7		1		1		12	6	
Retinol	mcg	7		1		1		12	6	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.090		0		4		0.155	0.077	
Fatty acids, total monounsaturated	g	0.080		0		4		0.138	0.068	
Fatty acids, total polyunsaturated	g	0.130		0		4		0.224	0.111	
Fatty acids, total trans	g									
Cholesterol	mg	42	0.808	3		1		72	36	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.255		23		1		0.439	0.217	
Threonine	g	0.741		27		1		1.275	0.630	
Isoleucine	g	0.887		27		1		1.526	0.754	
Leucine	g	1.452		27		1		2.497	1.234	
Lysine	g	1.592		29		1		2.738	1.353	
Methionine	g	0.515		28		1		0.886	0.438	
Cystine	g	0.205		24		1		0.353	0.174	
Phenylalanine	g	0.773		27		1		1.330	0.657	
Tyrosine	g	0.609		27		1		1.047	0.518	
Valine	g	0.861		27		1		1.481	0.732	
Arginine	g	1.598		21		1		2.749	1.358	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.372		27		1		0.640	0.316	
Alanine.....g	1.036		21		1		1.782	0.881	
Aspartic acid.....g	1.891		21		1		3.253	1.607	
Glutamic acid.....g	3.120		21		1		5.366	2.652	
Glycine.....g	1.103		21		1		1.897	0.938	
Proline.....g	0.603		21		1		1.037	0.513	
Serine.....g	0.720		21		1		1.238	0.612	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 172g: 1 leg

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15141
Crustaceans, crab, blue, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.16		0		1		102.82	21.59	95.20
Energy	kcal	99		0	NC	4		134	28	124
Energy	kj	414				4		559	117	518
Protein (N x 6.25)	g	20.52		0		1		27.70	5.82	25.65
Total lipid (fat)	g	1.23		0		1		1.66	0.35	1.54
Ash	g	2.05		0		1		2.77	0.58	2.56
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	101		0		1		136	29	126
Iron, Fe	mg	0.84		0		1		1.13	0.24	1.05
Magnesium, Mg	mg	39		0		1		53	11	49
Phosphorus, P	mg	260		0		1		351	74	325
Potassium, K	mg	374		0		1		505	106	468
Sodium, Na	mg	333		0		1		450	94	416
Zinc, Zn	mg	4.02		0		1		5.43	1.14	5.03
Copper, Cu	mg	0.760		0		1		1.026	0.215	0.950
Manganese, Mn	mg	0.190		0		4		0.257	0.054	0.238
Selenium, Se	mcg	31.8	4.065	4	A	1		42.9	9.0	39.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.7		0		4		3.6	0.8	3.4
Thiamin	mg	0.080		0		4		0.108	0.023	0.100
Riboflavin	mg	0.084		1		1		0.113	0.024	0.105
Niacin	mg	1.370		1		1		1.850	0.388	1.713
Pantothenic acid	mg	0.360		0		4		0.486	0.102	0.450
Vitamin B-6	mg	0.150		0		4		0.203	0.043	0.188
Folate, total	mcg	43		0		4		57	12	53
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	43		0		4		57	12	53
Folate, DFE	mcg_DFE	43		0	NC	4		57	12	53
Vitamin B-12	mcg	0.46		1		1		0.62	0.13	0.58
Vitamin A, IU	IU	5		0		4		7	1	6
Vitamin A, RAE	mcg_RAE	2		0		4		2	0	2
Retinol	mcg	2		0		4		2	0	2
Vitamin E	mg_ATE	1.000		0		4		1.350	0.284	1.250
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.252		0		1		0.340	0.071	0.315
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.160		0		1		0.216	0.045	0.200
17:0	g									
18:0	g	0.092		0		1		0.124	0.026	0.115
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.218		0		1		0.294	0.062	0.273
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.067		0		1		0.090	0.019	0.084

NDB No. 15141
Crustaceans, crab, blue, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.118		0		1		0.159	0.033	0.148
20:1 ... g	0.033		0		1		0.045	0.009	0.041
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.440		0		1		0.594	0.125	0.550
18:2 undifferentiated ... g	0.014		0		1		0.019	0.004	0.018
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.063		0		1		0.085	0.018	0.079
20:5 n-3 ... g	0.193		0		1		0.261	0.055	0.241
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.170		0		1		0.230	0.048	0.213
Fatty acids, total trans ... g									
Cholesterol ... mg	89		0		1		120	25	111
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.286		0		1		0.386	0.081	0.358
Threonine ... g	0.831		0		1		1.122	0.236	1.039
Isoleucine ... g	0.995		0		1		1.343	0.282	1.244
Leucine ... g	1.628		0		1		2.198	0.462	2.035
Lysine ... g	1.786		0		1		2.411	0.506	2.233
Methionine ... g	0.578		0		1		0.780	0.164	0.723
Cystine ... g	0.230		0		1		0.311	0.065	0.288
Phenylalanine ... g	0.867		0		1		1.170	0.246	1.084
Tyrosine ... g	0.683		0		1		0.922	0.194	0.854
Valine ... g	0.965		0		1		1.303	0.274	1.206
Arginine ... g	1.793		0		1		2.421	0.508	2.241
Histidine ... g	0.417		0		1		0.563	0.118	0.521
Alanine ... g	1.162		0		1		1.569	0.329	1.453
Aspartic acid ... g	2.121		0		1		2.863	0.601	2.651
Glutamic acid ... g	3.500		0		1		4.725	0.992	4.375
Glycine ... g	1.238		0		1		1.671	0.351	1.548
Proline ... g	0.676		0		1		0.913	0.192	0.845
Serine ... g	0.808		0		1		1.091	0.229	1.010
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 135g: 1 cup

Measure 2 = 28.35g: 1 oz

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

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.43	0.801	11		1		91.37	104.53	21.95
Energy	kcal	102		0	NC	4		120	138	29
Energy	kj	427				4		504	576	121
Protein (N x 6.25)	g	20.20		1		1		23.84	27.27	5.73
Total lipid (fat)	g	1.77	0.102	16		1		2.09	2.39	0.50
Ash	g	2.00		1		1		2.36	2.70	0.57
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	104	16.042	10		1		123	140	29
Iron, Fe	mg	0.91	0.044	10		1		1.07	1.23	0.26
Magnesium, Mg	mg	33	1.289	10		1		39	45	9
Phosphorus, P	mg	206	5.981	10		1		243	278	58
Potassium, K	mg	324	12.190	10		1		382	437	92
Sodium, Na	mg	279	9.935	10		1		329	377	79
Zinc, Zn	mg	4.22	0.184	10		1		4.98	5.70	1.20
Copper, Cu	mg	0.645	0.046	10		1		0.761	0.871	0.183
Manganese, Mn	mg	0.190		0		4		0.224	0.257	0.054
Selenium, Se	mcg	40.2	7.817	5	A	1		47.4	54.3	11.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.3		0		4		3.9	4.5	0.9
Thiamin	mg	0.100		0		4		0.118	0.135	0.028
Riboflavin	mg	0.050		0		4		0.059	0.068	0.014
Niacin	mg	3.300		0		4		3.894	4.455	0.936
Pantothenic acid	mg	0.430		0		4		0.507	0.581	0.122
Vitamin B-6	mg	0.180		0		4		0.212	0.243	0.051
Folate, total	mcg	51		0		4		60	69	14
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	51		0		4		60	69	14
Folate, DFE	mcg_DFE	51		0	NC	4		60	69	14
Vitamin B-12	mcg	7.30	0.085	6		1		8.61	9.86	2.07
Vitamin A, IU	IU	6		0		4		7	8	2
Vitamin A, RAE	mcg_RAE	2		0		4		2	2	1
Retinol	mcg	2		0		4		2	2	1
Vitamin E	mg_ATE	1.000		0		4		1.180	1.350	0.284
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.228		0		1		0.269	0.308	0.065
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.018	0.004	10		1		0.021	0.024	0.005
15:0	g									
16:0	g	0.144	0.010	16		1		0.170	0.194	0.041
17:0	g									
18:0	g	0.061	0.006	16		1		0.072	0.082	0.017
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.280		0		1		0.330	0.378	0.079
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.089	0.007	16		1		0.105	0.120	0.025

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.151	0.009	16		1		0.178	0.204	0.043
20:1 ... g	0.038	0.005	16		1		0.045	0.051	0.011
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.680		0		1		0.802	0.918	0.193
18:2 undifferentiated ... g	0.028	0.002	16		1		0.033	0.038	0.008
18:3 undifferentiated ... g	0.021	0.004	10		1		0.025	0.028	0.006
18:4 ... g	0.019	0.001	10		1		0.022	0.026	0.005
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.084	0.006	16		1		0.099	0.113	0.024
20:5 n-3 ... g	0.243	0.011	16		1		0.287	0.328	0.069
22:5 n-3 ... g	0.054	0.005	10		1		0.064	0.073	0.015
22:6 n-3 ... g	0.231	0.017	16		1		0.273	0.312	0.065
Fatty acids, total trans ... g									
Cholesterol ... mg	100		0		1		118	135	28
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.281		0		1		0.332	0.379	0.080
Threonine ... g	0.818		0		1		0.965	1.104	0.232
Isoleucine ... g	0.979		0		1		1.155	1.322	0.278
Leucine ... g	1.603		0		1		1.892	2.164	0.454
Lysine ... g	1.758		0		1		2.074	2.373	0.498
Methionine ... g	0.569		0		1		0.671	0.768	0.161
Cystine ... g	0.226		0		1		0.267	0.305	0.064
Phenylalanine ... g	0.853		0		1		1.007	1.152	0.242
Tyrosine ... g	0.672		0		1		0.793	0.907	0.191
Valine ... g	0.950		0		1		1.121	1.283	0.269
Arginine ... g	1.765		0		1		2.083	2.383	0.500
Histidine ... g	0.410		0		1		0.484	0.554	0.116
Alanine ... g	1.144		0		1		1.350	1.544	0.324
Aspartic acid ... g	2.088		0		1		2.464	2.819	0.592
Glutamic acid ... g	3.445		0		1		4.065	4.651	0.977
Glycine ... g	1.218		0		1		1.437	1.644	0.345
Proline ... g	0.666		0		1		0.786	0.899	0.189
Serine ... g	0.795		0		1		0.938	1.073	0.225
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

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

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

Measure 3 = 28.35g: 1 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.00		0		1		42.60		
Energy	kcal	155		0	NC	4		93		
Energy	kj	649				4		389		
Protein (N x 6.25)	g	20.21		0		1		12.13		
Total lipid (fat)	g	7.52		0		1		4.51		
Ash	g	2.10		0		1		1.26		
Carbohydrate, by difference	g	0.48		0	NC	4		0.29		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	105		0		1		63		
Iron, Fe	mg	1.08		0		1		0.65		
Magnesium, Mg	mg	33		0		1		20		
Phosphorus, P	mg	213		0		1		128		
Potassium, K	mg	324		0		1		194		
Sodium, Na	mg	330		0		1		198		
Zinc, Zn	mg	4.09		0		1		2.45		
Copper, Cu	mg	0.610		0		1		0.366		
Manganese, Mn	mg	0.190		0		4		0.114		
Selenium, Se	mcg	40.7		0	RA	4		24.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.8		0		4		1.7		
Thiamin	mg	0.090		0		4		0.054		
Riboflavin	mg	0.080		0		4		0.048		
Niacin	mg	2.900		0		4		1.740		
Pantothenic acid	mg	0.500		0		4		0.300		
Vitamin B-6	mg	0.170		0		4		0.102		
Folate, total	mcg	53		0	RA	4		32		
Folic acid	mcg	12		0	NC	4		7		
Folate, food	mcg	42		0		4		25		
Folate, DFE	mcg_DFE	61		0	NC	4		37		
Vitamin B-12	mcg	5.94		0		1		3.56		
Vitamin A, IU	IU	252		0		4		151		
Vitamin A, RAE	mcg_RAE	57		0	NC	4		34		
Retinol	mcg	53		0	NC	4		32		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.483		0		1		0.890		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.032		0		1		0.019		
15:0	g									
16:0	g	0.956		0		1		0.574		
17:0	g									
18:0	g	0.491		0		1		0.295		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.815		0		1		1.689		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.121		0		1		0.073		

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

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

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

Common Measures:

Measure 1 = 60g: 1 cake

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15139
Crustaceans, crab, blue, raw
Callinectes sapidus Rathbun

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.02	0.388	47		1		67.17	16.59	
Energy	kcal	87		0	NC	4		74	18	
Energy	kj	364				4		309	76	
Protein (N x 6.25)	g	18.06	0.347	43		1		15.35	3.79	
Total lipid (fat)	g	1.08	0.044	44		1		0.92	0.23	
Ash	g	1.81	0.055	39		1		1.54	0.38	
Carbohydrate, by difference	g	0.04		0	NC	4		0.03	0.01	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	89	7.939	30		1		76	19	
Iron, Fe	mg	0.74	0.077	17		1		0.63	0.16	
Magnesium, Mg	mg	34	1.468	17		1		29	7	
Phosphorus, P	mg	229	10.139	37		1		195	48	
Potassium, K	mg	329	17.242	15		1		280	69	
Sodium, Na	mg	293	19.212	15		1		249	62	
Zinc, Zn	mg	3.54	0.181	112		1		3.01	0.74	
Copper, Cu	mg	0.669	0.035	113		1		0.569	0.140	
Manganese, Mn	mg	0.150		0		1		0.128	0.032	
Selenium, Se	mcg	37.4		0	BFSN	4		31.8	7.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.0		0		4		2.6	0.6	
Thiamin	mg	0.080		0		4		0.068	0.017	
Riboflavin	mg	0.040		0		4		0.034	0.008	
Niacin	mg	2.700		0		4		2.295	0.567	
Pantothenic acid	mg	0.350		0		4		0.298	0.074	
Vitamin B-6	mg	0.150		0		4		0.128	0.032	
Folate, total	mcg	44		0		4		37	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	44		0		4		37	9	
Folate, DFE	mcg_DFE	44		0	NC	4		37	9	
Vitamin B-12	mcg	9.00		0		4		7.65	1.89	
Vitamin A, IU	IU	5		0		4		4	1	
Vitamin A, RAE	mcg_RAE	2		0		4		1	0	
Retinol	mcg	2		0		4		1	0	
Vitamin E	mg_ATE	1.000		0	BFZN	4		0.850	0.210	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.222		0		1		0.189	0.047	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.141	0.006	3		1		0.120	0.030	
17:0	g									
18:0	g	0.081	0.016	3		1		0.069	0.017	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.192		0		1		0.163	0.040	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.059	0.006	3		1		0.050	0.012	

NDB No. 15139
Crustaceans, crab, blue, raw

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

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 21g: 1 crab

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.31		0		1		62.31	93.10	
Energy	kcal	110		0	NC	4		94	140	
Energy	kj	460				4		391	585	
Protein (N x 6.25)	g	22.32		0		1		18.97	28.35	
Total lipid (fat)	g	1.24		0		1		1.05	1.57	
Ash	g	2.18		0		1		1.85	2.77	
Carbohydrate, by difference	g	0.95		0	NC	4		0.81	1.21	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	59		0		1		50	75	
Iron, Fe	mg	0.43		0		1		0.37	0.55	
Magnesium, Mg	mg	58		0		1		49	74	
Phosphorus, P	mg	175		0		1		149	222	
Potassium, K	mg	408		0		1		347	518	
Sodium, Na	mg	378		0		1		321	480	
Zinc, Zn	mg	5.47		0		1		4.65	6.95	
Copper, Cu	mg	0.734		0		1		0.624	0.932	
Manganese, Mn	mg	0.097		0		1		0.082	0.123	
Selenium, Se	mcg	47.6		0	BFSN	4		40.5	60.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.6		0		1		3.1	4.6	
Thiamin	mg	0.057		0		1		0.048	0.072	
Riboflavin	mg	0.203		0		1		0.173	0.258	
Niacin	mg	3.623		0		1		3.080	4.601	
Pantothenic acid	mg	0.404		0		1		0.343	0.513	
Vitamin B-6	mg	0.173		0		1		0.147	0.220	
Folate, total	mcg	42		0		1		36	53	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	42		0		1		36	53	
Folate, DFE	mcg_DFE	42		0	NC	4		36	53	
Vitamin B-12	mcg	10.38		0		1		8.82	13.18	
Vitamin A, IU	IU	104		0		1		88	132	
Vitamin A, RAE	mcg_RAE	31		0		1		27	40	
Retinol	mcg	31		0		1		27	40	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.168		0		1		0.143	0.213	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.001		0		1		0.001	0.001	
15:0	g									
16:0	g	0.114		0		1		0.097	0.145	
17:0	g									
18:0	g	0.053		0		1		0.045	0.067	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.214		0		1		0.182	0.272	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.055		0		1		0.047	0.070	

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

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

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 127g: 1 crab

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15143

Crustaceans, crab, dungeness, raw

Cancer magister Dana

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.18	0.281	32		1		67.30	129.06	
Energy	kcal	86		0	NC	4		73	140	
Energy	kj	360				4		306	587	
Protein (N x 6.25)	g	17.41	0.334	36		1		14.80	28.38	
Total lipid (fat)	g	0.97	0.052	24		1		0.82	1.58	
Ash	g	1.70	0.050	28		1		1.45	2.77	
Carbohydrate, by difference	g	0.74		0	NC	4		0.63	1.21	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	46	9.752	8		1		39	75	
Iron, Fe	mg	0.37	0.061	8		1		0.31	0.60	
Magnesium, Mg	mg	45	5.285	8		1		38	73	
Phosphorus, P	mg	182	9.581	12		1		155	297	
Potassium, K	mg	354	9.011	8		1		301	577	
Sodium, Na	mg	295	39.570	8		1		251	481	
Zinc, Zn	mg	4.27	0.225	57		1		3.63	6.96	
Copper, Cu	mg	0.674	0.044	58		1		0.573	1.099	
Manganese, Mn	mg	0.080		0		1		0.068	0.130	
Selenium, Se	mcg	37.1		0	BFSN	4		31.5	60.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.5		0		4		3.0	5.7	
Thiamin	mg	0.047	0.010	3		1		0.040	0.077	
Riboflavin	mg	0.167	0.050	3		1		0.142	0.272	
Niacin	mg	3.140	0.081	3		1		2.669	5.118	
Pantothenic acid	mg	0.350		0		4		0.298	0.571	
Vitamin B-6	mg	0.150		0		4		0.128	0.245	
Folate, total	mcg	44		0		4		37	72	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	44		0		4		37	72	
Folate, DFE	mcg_DFE	44		0	NC	4		37	72	
Vitamin B-12	mcg	9.00		0		4		7.65	14.67	
Vitamin A, IU	IU	90		0		4		77	147	
Vitamin A, RAE	mcg_RAE	27		0		4		23	44	
Retinol	mcg	27		0		4		23	44	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.132		0		1		0.112	0.215	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.000		2		1		0.000	0.000	
13:0	g									
14:0	g	0.001		2		1		0.001	0.002	
15:0	g									
16:0	g	0.089		2		1		0.076	0.145	
17:0	g									
18:0	g	0.041		2		1		0.035	0.067	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.167		0		1		0.142	0.272	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.043		2		1		0.037	0.070	

NDB No. 15143
Crustaceans, crab, dungeness, raw

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

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 163g: 1 crab

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.10		0		1		63.84		
Energy	kcal	115		0	NC	4		98		
Energy	kj	481				4		409		
Protein (N x 6.25)	g	23.72		0		1		20.16		
Total lipid (fat)	g	1.51		0		1		1.28		
Ash	g	2.56		0		1		2.18		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	33		0		1		28		
Iron, Fe	mg	2.88		0		1		2.45		
Magnesium, Mg	mg	63		0		1		54		
Phosphorus, P	mg	128		0		1		109		
Potassium, K	mg	200		0		1		170		
Sodium, Na	mg	691		0		1		587		
Zinc, Zn	mg	3.59		0		1		3.05		
Copper, Cu	mg	0.621		0		1		0.528		
Manganese, Mn	mg	0.037		0		1		0.031		
Selenium, Se	mcg	44.4		0	BFSN	4		37.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.2		0		1		6.1		
Thiamin	mg	0.097		0		1		0.082		
Riboflavin	mg	0.244		0		1		0.207		
Niacin	mg	2.885		0		1		2.452		
Pantothenic acid	mg	0.404		0		1		0.343		
Vitamin B-6	mg	0.173		0		1		0.147		
Folate, total	mcg	42		0		1		36		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	42		0		1		36		
Folate, DFE	mcg_DFE	42		0	NC	4		36		
Vitamin B-12	mcg	10.38		0		1		8.82		
Vitamin A, IU	IU	173		0		1		147		
Vitamin A, RAE	mcg_RAE	52		0		1		44		
Retinol	mcg	52		0		1		44		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.183		0		1		0.156		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.005		0		1		0.004		
15:0	g									
16:0	g	0.152		0		1		0.129		
17:0	g									
18:0	g	0.026		0		1		0.022		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.328		0		1		0.279		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.064		0		1		0.054		

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

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

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15144
Crustaceans, crab, queen, raw
Chionoectes opilio (O. Fabricius)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.58	0.790	5		1		68.49		
Energy	kcal	90		0	NC	4		77		
Energy	kj	377				4		320		
Protein (N x 6.25)	g	18.50	1.384	4		1		15.73		
Total lipid (fat)	g	1.18	0.146	6		1		1.00		
Ash	g	2.00	0.097	4		1		1.70		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26	6.071	4		1		22		
Iron, Fe	mg	2.50		0		4		2.13		
Magnesium, Mg	mg	49		0		4		42		
Phosphorus, P	mg	133	34.972	4		1		113		
Potassium, K	mg	173	23.558	4		1		147		
Sodium, Na	mg	539	67.000	4		1		458		
Zinc, Zn	mg	2.80		0		4		2.38		
Copper, Cu	mg	0.570		0		4		0.485		
Manganese, Mn	mg	0.030		0		4		0.026		
Selenium, Se	mcg	34.6		0	BFSN	4		29.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.0		0		4		6.0		
Thiamin	mg	0.080		0		4		0.068		
Riboflavin	mg	0.200		0		4		0.170		
Niacin	mg	2.500		0		4		2.125		
Pantothenic acid	mg	0.350		0		4		0.298		
Vitamin B-6	mg	0.150		0		4		0.128		
Folate, total	mcg	44		0		4		37		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	44		0		4		37		
Folate, DFE	mcg_DFE	44		0	NC	4		37		
Vitamin B-12	mcg	9.00		0		4		7.65		
Vitamin A, IU	IU	150		0		4		128		
Vitamin A, RAE	mcg_RAE	45		0		4		38		
Retinol	mcg	45		0		4		38		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.143		0		1		0.122		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.004		1		1		0.003		
15:0	g									
16:0	g	0.119		1		1		0.101		
17:0	g									
18:0	g	0.020		1		1		0.017		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.256		0		1		0.218		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.050		1		1		0.043		

NDB No. 15144
Crustaceans, crab, queen, raw

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

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.80	0.464	4		1		68.68		
Energy	kcal	87		0	NC	4		74		
Energy	kj	364				4		309		
Protein (N x 6.25)	g	17.52	0.335	4		1		14.89		
Total lipid (fat)	g	1.30	0.041	4		1		1.11		
Ash	g	1.07	0.048	4		1		0.91		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	51	7.437	4		1		43		
Iron, Fe	mg	1.11	0.108	4		1		0.94		
Magnesium, Mg	mg	33	1.572	4		1		28		
Phosphorus, P	mg	241	11.413	4		1		205		
Potassium, K	mg	238	4.756	4		1		202		
Sodium, Na	mg	97	6.641	4		1		82		
Zinc, Zn	mg	1.48	0.165	3		1		1.26		
Copper, Cu	mg	0.580	0.075	4		1		0.493		
Manganese, Mn	mg	0.217	0.035	4		1		0.184		
Selenium, Se	mcg	34.2		0	BFSN	4		29.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5	0.000	4		1		0.4		
Thiamin	mg	0.047	0.005	4		1		0.040		
Riboflavin	mg	0.080	0.015	4		1		0.068		
Niacin	mg	1.667	0.031	4		1		1.417		
Pantothenic acid	mg	0.512	0.030	4		1		0.435		
Vitamin B-6	mg	0.134	0.055	4		1		0.114		
Folate, total	mcg	11	0.334	3		1		9		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	11	0.334	3		1		9		
Folate, DFE	mcg_DFE	11		0	NC	4		9		
Vitamin B-12	mcg	3.10	0.041	4		1		2.64		
Vitamin A, IU	IU	50	0.000	4		1		43		
Vitamin A, RAE	mcg_RAE	15	0.000	4		1		13		
Retinol	mcg	15	0.000	4		1		13		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.216		0		1		0.184		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.006		4		1		0.005		
15:0	g									
16:0	g	0.137		4		1		0.116		
17:0	g									
18:0	g	0.050		4		1		0.043		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.251		0		1		0.213		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.037		4		1		0.031		

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

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

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15242

Crustaceans, crayfish, mixed species, farmed, raw

Astacus, Orconectes, and Procambarus spp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.05	0.177	4		1		71.44	22.69	
Energy	kcal	72		0	NC	4		61	19	
Energy	kj	301				4		256	81	
Protein (N x 6.25)	g	14.85	0.050	4		1		12.62	4.01	
Total lipid (fat)	g	0.97	0.085	4		1		0.82	0.26	
Ash	g	1.00	0.000	4		1		0.85	0.27	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	25	1.728	4		1		21	7	
Iron, Fe	mg	0.55	0.040	4		1		0.47	0.15	
Magnesium, Mg	mg	30	1.358	4		1		26	8	
Phosphorus, P	mg	218	4.041	4		1		185	59	
Potassium, K	mg	261	8.365	4		1		222	70	
Sodium, Na	mg	62	2.031	4		1		53	17	
Zinc, Zn	mg	1.01	0.011	4		1		0.86	0.27	
Copper, Cu	mg	0.237	0.042	4		1		0.201	0.064	
Manganese, Mn	mg	0.146	0.031	4		1		0.124	0.039	
Selenium, Se	mcg	28.4		0	BFSN	4		24.1	7.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5	0.000	4		1		0.4	0.1	
Thiamin	mg	0.045	0.003	4		1		0.038	0.012	
Riboflavin	mg	0.032	0.003	4		1		0.027	0.009	
Niacin	mg	1.867	0.023	4		1		1.587	0.504	
Pantothenic acid	mg	0.570	0.046	4		1		0.485	0.154	
Vitamin B-6	mg	0.076	0.003	4		1		0.065	0.021	
Folate, total	mcg	30	0.013	3		1		26	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	30	0.013	3		1		26	8	
Folate, DFE	mcg_DFE	30		0	NC	4		26	8	
Vitamin B-12	mcg	2.10	0.178	4		1		1.79	0.57	
Vitamin A, IU	IU	50	0.000	4		1		43	14	
Vitamin A, RAE	mcg_RAE	15	0.000	4		1		13	4	
Retinol	mcg	15	0.000	4		1		13	4	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.163		0		1		0.139	0.044	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.002		10		1		0.002	0.001	
15:0	g									
16:0	g	0.103		10		1		0.088	0.028	
17:0	g									
18:0	g	0.044		10		1		0.037	0.012	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.178		0		1		0.151	0.048	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.031		10		1		0.026	0.008	

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

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

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 27g: 8 crayfish

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.37	0.542	4		1		67.46		
Energy	kcal	82		0	NC	4		70		
Energy	kj	343				4		292		
Protein (N x 6.25)	g	16.77	0.738	4		1		14.25		
Total lipid (fat)	g	1.20	0.041	4		1		1.02		
Ash	g	1.20	0.091	4		1		1.02		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	60	11.344	4		1		51		
Iron, Fe	mg	0.83	0.223	4		1		0.71		
Magnesium, Mg	mg	33	1.274	4		1		28		
Phosphorus, P	mg	270	28.039	4		1		230		
Potassium, K	mg	296	41.316	4		1		252		
Sodium, Na	mg	94	4.824	4		1		80		
Zinc, Zn	mg	1.76	0.217	4		1		1.50		
Copper, Cu	mg	0.685	0.080	4		1		0.582		
Manganese, Mn	mg	0.522	0.283	4		1		0.444		
Selenium, Se	mcg	36.7		0	BFSN	4		31.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9	0.235	4		1		0.8		
Thiamin	mg	0.050	0.004	4		1		0.043		
Riboflavin	mg	0.085	0.010	4		1		0.072		
Niacin	mg	2.280	0.569	4		1		1.938		
Pantothenic acid	mg	0.580	0.120	4		1		0.493		
Vitamin B-6	mg	0.076	0.017	4		1		0.065		
Folate, total	mcg	44	18.644	4		1		37		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	44	18.644	4		1		37		
Folate, DFE	mcg_DFE	44		0	NC	4		37		
Vitamin B-12	mcg	2.15	0.240	4		1		1.83		
Vitamin A, IU	IU	50	0.000	4		1		43		
Vitamin A, RAE	mcg_RAE	15	0.000	4		1		13		
Retinol	mcg	15	0.000	4		1		13		
Vitamin E	mg_ATE	1.500		0		4		1.275		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.181		0		1		0.154		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.005		4		1		0.004		
15:0	g									
16:0	g	0.111		4		1		0.094		
17:0	g									
18:0	g	0.049		4		1		0.042		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.244		0		1		0.207		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.027		4		1		0.023		

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

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

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15145

Crustaceans, crayfish, mixed species, wild, raw

Astacus, Orconectes, and Procambarus spp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.24	0.598	5		1		69.90	22.20	
Energy	kcal	77		0	NC	4		65	21	
Energy	kj	322				4		274	87	
Protein (N x 6.25)	g	15.97	0.808	5		1		13.57	4.31	
Total lipid (fat)	g	0.95	0.046	5		1		0.81	0.26	
Ash	g	1.34	0.169	5		1		1.14	0.36	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27	6.515	17		1		23	7	
Iron, Fe	mg	0.84	0.405	5		1		0.71	0.23	
Magnesium, Mg	mg	27	1.359	16		1		23	7	
Phosphorus, P	mg	256	13.737	20		1		218	69	
Potassium, K	mg	302	17.005	5		1		257	82	
Sodium, Na	mg	58	3.407	11		1		49	16	
Zinc, Zn	mg	1.30	0.038	20		1		1.11	0.35	
Copper, Cu	mg	0.419	0.048	32		1		0.356	0.113	
Manganese, Mn	mg	0.226	0.120	5		1		0.192	0.061	
Selenium, Se	mcg	31.6		0	BFSN	4		26.9	8.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2	0.460	5		1		1.0	0.3	
Thiamin	mg	0.070	0.020	5		1		0.060	0.019	
Riboflavin	mg	0.032	0.007	5		1		0.027	0.009	
Niacin	mg	2.208	0.271	5		1		1.877	0.596	
Pantothenic acid	mg	0.546	0.074	5		1		0.464	0.147	
Vitamin B-6	mg	0.108	0.018	5		1		0.092	0.029	
Folate, total	mcg	37	14.963	5		1		31	10	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	37	14.963	5		1		31	10	
Folate, DFE	mcg_DFE	37		0	NC	4		31	10	
Vitamin B-12	mcg	2.00	0.396	5		1		1.70	0.54	
Vitamin A, IU	IU	52	2.000	5		1		44	14	
Vitamin A, RAE	mcg_RAE	16	0.601	5		1		13	4	
Retinol	mcg	16	0.601	5		1		13	4	
Vitamin E	mg_ATE	2.850		0		4		2.423	0.770	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.159		0		1		0.135	0.043	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.002		11		1		0.002	0.001	
15:0	g									
16:0	g	0.102		11		1		0.087	0.028	
17:0	g									
18:0	g	0.042		11		1		0.036	0.011	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.174		0		1		0.148	0.047	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.028		11		1		0.024	0.008	

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

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

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 27g: 8 crayfish

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.03		2		1		110.24	64.63	
Energy	kcal	98		0	NC	4		142	83	
Energy	kj	410				4		595	349	
Protein (N x 6.25)	g	20.50		2		1		29.73	17.43	
Total lipid (fat)	g	0.59		2		1		0.86	0.50	
Ash	g	1.60		2		1		2.32	1.36	
Carbohydrate, by difference	g	1.28		0	NC	4		1.86	1.09	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	61		2		1		88	52	
Iron, Fe	mg	0.39		2		1		0.57	0.33	
Magnesium, Mg	mg	35		2		1		51	30	
Phosphorus, P	mg	185		2		1		268	157	
Potassium, K	mg	352		2		1		510	299	
Sodium, Na	mg	380		2		1		551	323	
Zinc, Zn	mg	2.92		2		1		4.23	2.48	
Copper, Cu	mg	1.940		2		1		2.813	1.649	
Manganese, Mn	mg	0.061		2		1		0.088	0.052	
Selenium, Se	mcg	42.7		0	BFSN	4		61.9	36.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.007		2		1		0.010	0.006	
Riboflavin	mg	0.066		2		1		0.096	0.056	
Niacin	mg	1.070		2		1		1.552	0.910	
Pantothenic acid	mg	0.285		2		1		0.413	0.242	
Vitamin B-6	mg	0.077		2		1		0.112	0.065	
Folate, total	mcg	11		2		1		16	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	11		2		1		16	9	
Folate, DFE	mcg_DFE	11		0	NC	4		16	9	
Vitamin B-12	mcg	3.11		2		1		4.51	2.64	
Vitamin A, IU	IU	87		2		1		126	74	
Vitamin A, RAE	mcg_RAE	26		2		1		38	22	
Retinol	mcg	26		2		1		38	22	
Vitamin E	mg_ATE	1.000		0		4		1.450	0.850	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.107		0		1		0.155	0.091	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.006		2		1		0.009	0.005	
15:0	g									
16:0	g	0.081		2		1		0.117	0.069	
17:0	g									
18:0	g	0.020		2		1		0.029	0.017	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.160		0		1		0.232	0.136	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.030		2		1		0.044	0.026	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.095		2		1		0.138	0.081	
20:1 ... g	0.017		2		1		0.025	0.014	
22:1 undifferentiated ... g	0.018		2		1		0.026	0.015	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.091		0		1		0.132	0.077	
18:2 undifferentiated ... g	0.005		2		1		0.007	0.004	
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.053		2		1		0.077	0.045	
22:5 n-3 ... g	0.002		2		1		0.003	0.002	
22:6 n-3 ... g	0.031		2		1		0.045	0.026	
Fatty acids, total trans ... g									
Cholesterol ... mg	72		2		1		104	61	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.285		0		1		0.413	0.242	
Threonine ... g	0.830		0		1		1.204	0.706	
Isoleucine ... g	0.994		0		1		1.441	0.845	
Leucine ... g	1.627		0		1		2.359	1.383	
Lysine ... g	1.784		0		1		2.587	1.516	
Methionine ... g	0.577		0		1		0.837	0.490	
Cystine ... g	0.230		0		1		0.334	0.196	
Phenylalanine ... g	0.866		0		1		1.256	0.736	
Tyrosine ... g	0.682		0		1		0.989	0.580	
Valine ... g	0.964		0		1		1.398	0.819	
Arginine ... g	1.791		0		1		2.597	1.522	
Histidine ... g	0.417		0		1		0.605	0.354	
Alanine ... g	1.161		0		1		1.683	0.987	
Aspartic acid ... g	2.119		0		1		3.073	1.801	
Glutamic acid ... g	3.496		0		1		5.069	2.972	
Glycine ... g	1.237		0		1		1.794	1.051	
Proline ... g	0.676		0		1		0.980	0.575	
Serine ... g	0.807		0		1		1.170	0.686	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 145g: 1 cup

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15147

Crustaceans, lobster, northern, raw

Homarus americanus Milne-Edwards

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.76	0.701	4		1		115.14	65.25	
Energy	kcal	90		0	NC	4		135	77	
Energy	kj	377				4		565	320	
Protein (N x 6.25)	g	18.80		2		1		28.20	15.98	
Total lipid (fat)	g	0.90	0.133	10		1		1.35	0.77	
Ash	g	2.20		0		1		3.30	1.87	
Carbohydrate, by difference	g	0.50		0	NC	4		0.75	0.43	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	48		0		4		72	41	
Iron, Fe	mg	0.30		0		4		0.45	0.26	
Magnesium, Mg	mg	27		0		4		41	23	
Phosphorus, P	mg	144		0		4		216	122	
Potassium, K	mg	275		0		4		413	234	
Sodium, Na	mg	296		0		4		444	252	
Zinc, Zn	mg	3.02	0.291	86		1		4.53	2.57	
Copper, Cu	mg	1.663	0.071	87		1		2.495	1.414	
Manganese, Mn	mg	0.055		0		1		0.083	0.047	
Selenium, Se	mcg	41.4		0	BFSN	4		62.1	35.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.006		0		4		0.009	0.005	
Riboflavin	mg	0.048		2		1		0.072	0.041	
Niacin	mg	1.455		2		1		2.183	1.237	
Pantothenic acid	mg	1.630		2		1		2.445	1.386	
Vitamin B-6	mg	0.063		0		4		0.095	0.054	
Folate, total	mcg	9		0		4		14	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		4		14	8	
Folate, DFE	mcg_DFE	9		0	NC	4		14	8	
Vitamin B-12	mcg	0.93	0.031	22		1		1.39	0.79	
Vitamin A, IU	IU	71		0		4		107	60	
Vitamin A, RAE	mcg_RAE	21		0		4		32	18	
Retinol	mcg	21		0		4		32	18	
Vitamin E	mg_ATE	1.470		0		1		2.205	1.250	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.180		0		4		0.270	0.153	
4:0	g	0.000		0		7		0.000	0.000	
6:0	g	0.000		0		7		0.000	0.000	
8:0	g	0.000		0		7		0.000	0.000	
10:0	g	0.000		0		7		0.000	0.000	
12:0	g	0.000		0		7		0.000	0.000	
13:0	g									
14:0	g	0.000		0		7		0.000	0.000	
15:0	g									
16:0	g	0.000		0		7		0.000	0.000	
17:0	g									
18:0	g	0.000		0		7		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.260		0		4		0.390	0.221	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		7		0.000	0.000	

NDB No. 15147
Crustaceans, lobster, northern, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		7		0.000	0.000	
20:1 ... g	0.000		0		7		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		7		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.150		0		4		0.225	0.128	
18:2 undifferentiated ... g	0.000		0		7		0.000	0.000	
18:3 undifferentiated ... g	0.000		0		7		0.000	0.000	
18:4 ... g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		7		0.000	0.000	
20:5 n-3 ... g	0.000		0		7		0.000	0.000	
22:5 n-3 ... g	0.000		0		7		0.000	0.000	
22:6 n-3 ... g	0.000		0		7		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	95	12.226	8		1		143	81	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.262		0		1		0.393	0.223	
Threonine ... g	0.761		0		1		1.142	0.647	
Isoleucine ... g	0.911		0		1		1.367	0.774	
Leucine ... g	1.492		0		1		2.238	1.268	
Lysine ... g	1.636		0		1		2.454	1.391	
Methionine ... g	0.529		0		1		0.794	0.450	
Cystine ... g	0.211		0		1		0.317	0.179	
Phenylalanine ... g	0.794		0		1		1.191	0.675	
Tyrosine ... g	0.626		0		1		0.939	0.532	
Valine ... g	0.884		0		1		1.326	0.751	
Arginine ... g	1.642		0		1		2.463	1.396	
Histidine ... g	0.382		0		1		0.573	0.325	
Alanine ... g	1.065		0		1		1.598	0.905	
Aspartic acid ... g	1.943		0		1		2.915	1.652	
Glutamic acid ... g	3.207		0		1		4.811	2.726	
Glycine ... g	1.134		0		1		1.701	0.964	
Proline ... g	0.620		0		1		0.930	0.527	
Serine ... g	0.740		0		1		1.110	0.629	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 150g: 1 lobster

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.56		0		1		92.88	20.57	92.88
Energy	kcal	120		0	NC	4		154	34	154
Energy	kj	502				4		643	142	643
Protein (N x 6.25)	g	23.08		0		1		29.54	6.54	29.54
Total lipid (fat)	g	1.96		0		1		2.51	0.56	2.51
Ash	g	1.36		0		1		1.74	0.39	1.74
Carbohydrate, by difference	g	1.03		0	NC	4		1.32	0.29	1.32
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	59		0		1		76	17	76
Iron, Fe	mg	2.74		0		1		3.51	0.78	3.51
Magnesium, Mg	mg	41		0		1		52	12	52
Phosphorus, P	mg	233		0		1		298	66	298
Potassium, K	mg	210		0		1		269	60	269
Sodium, Na	mg	169		0		1		216	48	216
Zinc, Zn	mg	1.26		0		1		1.61	0.36	1.61
Copper, Cu	mg	0.300		0		1		0.384	0.085	0.384
Manganese, Mn	mg	0.060		0		4		0.077	0.017	0.077
Selenium, Se	mcg	39.6	1.649	58	A	1		50.7	11.2	50.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3		0		4		2.9	0.7	2.9
Thiamin	mg	0.027		0		1		0.035	0.008	0.035
Riboflavin	mg	0.037		0		1		0.047	0.010	0.047
Niacin	mg	2.755		0		1		3.526	0.781	3.526
Pantothenic acid	mg	0.218		0		4		0.279	0.062	0.279
Vitamin B-6	mg	0.111	0.068	5		1		0.142	0.031	0.142
Folate, total	mcg	2	0.671	5		1		2	1	2
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2	0.671	5		1		2	1	2
Folate, DFE	mcg_DFE	2		0	NC	4		2	1	2
Vitamin B-12	mcg	1.12		0		1		1.43	0.32	1.43
Vitamin A, IU	IU	60		0		4		77	17	77
Vitamin A, RAE	mcg_RAE	18		0		4		23	5	23
Retinol	mcg	18		0		4		23	5	23
Vitamin E	mg_ATE	0.930		0	BFFN	4		1.190	0.264	1.190
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.373		0		1		0.477	0.106	0.477
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.006		0		1		0.008	0.002	0.008
13:0	g									
14:0	g	0.024		0		1		0.031	0.007	0.031
15:0	g									
16:0	g	0.209		0		1		0.268	0.059	0.268
17:0	g									
18:0	g	0.117		0		1		0.150	0.033	0.150
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.293		0		1		0.375	0.083	0.375
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.094		0		1		0.120	0.027	0.120

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.167		0		1		0.214	0.047	0.214
20:1 ... g	0.019		0		1		0.024	0.005	0.024
22:1 undifferentiated ... g	0.006		0		1		0.008	0.002	0.008
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.755		0		1		0.966	0.214	0.966
18:2 undifferentiated ... g	0.032		0		1		0.041	0.009	0.041
18:3 undifferentiated ... g	0.016		0		1		0.020	0.005	0.020
18:4 ... g	0.007		0		1		0.009	0.002	0.009
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.099		0		1		0.127	0.028	0.127
20:5 n-3 ... g	0.293		0		1		0.375	0.083	0.375
22:5 n-3 ... g	0.052		0		1		0.067	0.015	0.067
22:6 n-3 ... g	0.252		0		1		0.323	0.071	0.323
Fatty acids, total trans ... g									
Cholesterol ... mg	173		0		1		221	49	221
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.321		0		1		0.411	0.091	0.411
Threonine ... g	0.934		0		1		1.196	0.265	1.196
Isoleucine ... g	1.119		0		1		1.432	0.317	1.432
Leucine ... g	1.832		0		1		2.345	0.519	2.345
Lysine ... g	2.009		0		1		2.572	0.570	2.572
Methionine ... g	0.650		0		1		0.832	0.184	0.832
Cystine ... g	0.259		0		1		0.332	0.073	0.332
Phenylalanine ... g	0.975		0		1		1.248	0.276	1.248
Tyrosine ... g	0.768		0		1		0.983	0.218	0.983
Valine ... g	1.086		0		1		1.390	0.308	1.390
Arginine ... g	2.016		0		1		2.580	0.572	2.580
Histidine ... g	0.469		0		1		0.600	0.133	0.600
Alanine ... g	1.307		0		1		1.673	0.371	1.673
Aspartic acid ... g	2.386		0		1		3.054	0.676	3.054
Glutamic acid ... g	3.937		0		1		5.039	1.116	5.039
Glycine ... g	1.392		0		1		1.782	0.395	1.782
Proline ... g	0.761		0		1		0.974	0.216	0.974
Serine ... g	0.908		0		1		1.162	0.257	1.162
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		0	z	7		0	0	0
Theobromine ... mg	0		0	z	7		0	0	0

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

Common Measures:

Measure 1 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz

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

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.86	0.450	11		1		44.93	15.86	
Energy	kcal	242		0	NC	4		206	73	
Energy	kj	1013				4		861	304	
Protein (N x 6.22)	g	21.39	0.480	11		1		18.18	6.42	
Total lipid (fat)	g	12.28	0.240	11		1		10.44	3.68	
Ash	g	1.99	0.170	11		1		1.69	0.60	
Carbohydrate, by difference	g	11.47		0	NC	4		9.75	3.44	
Fiber, total dietary	g	0.4		0	RC	4		0.3	0.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	67		0		1		57	20	
Iron, Fe	mg	1.26	0.090	11		1		1.07	0.38	
Magnesium, Mg	mg	40		0		1		34	12	
Phosphorus, P	mg	218		0		1		185	65	
Potassium, K	mg	225	13.800	11		1		191	68	
Sodium, Na	mg	344	33.600	11		1		292	103	
Zinc, Zn	mg	1.38	0.050	11		1		1.17	0.41	
Copper, Cu	mg	0.274		0		1		0.233	0.082	
Manganese, Mn	mg	0.100		0		4		0.085	0.030	
Selenium, Se	mcg	41.7	1.959	40	A	1		35.4	12.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		0		4		1.3	0.5	
Thiamin	mg	0.129	0.006	11		1		0.110	0.039	
Riboflavin	mg	0.136	0.007	11		1		0.116	0.041	
Niacin	mg	3.070	0.160	11		1		2.610	0.921	
Pantothenic acid	mg	0.350		0		4		0.298	0.105	
Vitamin B-6	mg	0.098		0		1		0.083	0.029	
Folate, total	mcg	18		0	RA	4		15	5	
Folic acid	mcg	9		0	RA	4		8	3	
Folate, food	mcg	8		0	RA	4		7	2	
Folate, DFE	mcg_DFE	24		0	NC	4		21	7	
Vitamin B-12	mcg	1.87	0.350	11		1		1.59	0.56	
Vitamin A, IU	IU	189		0		4		161	57	
Vitamin A, RAE	mcg_RAE	57		0		4		48	17	
Retinol	mcg	57		0		4		48	17	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.087		0		1		1.774	0.626	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.035		11		1		0.030	0.011	
15:0	g									
16:0	g	1.463		11		1		1.244	0.439	
17:0	g									
18:0	g	0.541		11		1		0.460	0.162	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.812		0		1		3.240	1.144	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.076		11		1		0.065	0.023	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	3.753		11		1		3.190	1.126	
20:1 ... g	0.105		11		1		0.089	0.032	
22:1 undifferentiated ... g	0.022		11		1		0.019	0.007	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	5.085		0		1		4.322	1.526	
18:2 undifferentiated ... g	4.511		11		1		3.834	1.353	
18:3 undifferentiated ... g	0.267		11		1		0.227	0.080	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.059		11		1		0.050	0.018	
20:5 n-3 ... g	0.109		11		1		0.093	0.033	
22:5 n-3 ... g	0.035		11		1		0.030	0.011	
22:6 n-3 ... g	0.124		11		1		0.105	0.037	
Fatty acids, total trans ... g									
Cholesterol ... mg	177	8.900	11		1		150	53	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.299		0		1		0.254	0.090	
Threonine ... g	0.860		0		1		0.731	0.258	
Isoleucine ... g	1.042		0		1		0.886	0.313	
Leucine ... g	1.698		0		1		1.443	0.509	
Lysine ... g	1.764		0		1		1.499	0.529	
Methionine ... g	0.591		0		1		0.502	0.177	
Cystine ... g	0.258		0		1		0.219	0.077	
Phenylalanine ... g	0.928		0		1		0.789	0.278	
Tyrosine ... g	0.719		0		1		0.611	0.216	
Valine ... g	1.025		0		1		0.871	0.308	
Arginine ... g	1.784		0		1		1.516	0.535	
Histidine ... g	0.437		0		1		0.371	0.131	
Alanine ... g	1.183		0		1		1.006	0.355	
Aspartic acid ... g	2.132		0		1		1.812	0.640	
Glutamic acid ... g	3.878		0		1		3.296	1.163	
Glycine ... g	1.238		0		1		1.052	0.371	
Proline ... g	0.829		0		1		0.705	0.249	
Serine ... g	0.890		0		1		0.757	0.267	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 30g: 4 large

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.28	0.213	17		1		65.69	17.00	
Energy	kcal	99		0	NC	4		84	22	
Energy	kj	414				4		352	91	
Protein (N x 6.25)	g	20.91	0.335	15		1		17.77	4.60	
Total lipid (fat)	g	1.08	0.029	9		1		0.92	0.24	
Ash	g	1.57	0.234	9		1		1.33	0.35	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	39		1		1		33	9	
Iron, Fe	mg	3.09		0		1		2.63	0.68	
Magnesium, Mg	mg	34		1		1		29	7	
Phosphorus, P	mg	137		1		1		116	30	
Potassium, K	mg	182	10.900	11		1		155	40	
Sodium, Na	mg	224	35.600	11		1		190	49	
Zinc, Zn	mg	1.56	0.080	11		1		1.33	0.34	
Copper, Cu	mg	0.193		1		1		0.164	0.042	
Manganese, Mn	mg	0.034		1		1		0.029	0.007	
Selenium, Se	mcg	39.6	1.649	58	A	1		33.7	8.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.2		0		4		1.9	0.5	
Thiamin	mg	0.031	0.003	11		1		0.026	0.007	
Riboflavin	mg	0.032	0.003	11		1		0.027	0.007	
Niacin	mg	2.590	1.800	11		1		2.202	0.570	
Pantothenic acid	mg	0.340		0		4		0.289	0.075	
Vitamin B-6	mg	0.127		0		1		0.108	0.028	
Folate, total	mcg	4		0		1		3	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		3	1	
Folate, DFE	mcg_DFE	4		0	NC	4		3	1	
Vitamin B-12	mcg	1.49		0		1		1.26	0.33	
Vitamin A, IU	IU	219		0		4		186	48	
Vitamin A, RAE	mcg_RAE	66		0		4		56	14	
Retinol	mcg	66		0		4		56	14	
Vitamin E	mg_ATE	0.510		0	BFFN	4		0.434	0.112	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.289		0		1		0.246	0.064	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.017		11		1		0.014	0.004	
15:0	g									
16:0	g	0.143		11		1		0.122	0.031	
17:0	g									
18:0	g	0.096		11		1		0.082	0.021	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.197		0		1		0.167	0.043	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.060		11		1		0.051	0.013	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.114		11		1		0.097	0.025	
20:1 ... g	0.011		11		1		0.009	0.002	
22:1 undifferentiated ... g	0.007		7		1		0.006	0.002	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.440		0		1		0.374	0.097	
18:2 undifferentiated ... g	0.021		11		1		0.018	0.005	
18:3 undifferentiated ... g	0.012		11		1		0.010	0.003	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.071		11		1		0.060	0.016	
20:5 n-3 ... g	0.171		11		1		0.145	0.038	
22:5 n-3 ... g	0.020		11		1		0.017	0.004	
22:6 n-3 ... g	0.144		11		1		0.122	0.032	
Fatty acids, total trans ... g									
Cholesterol ... mg	195		0		1		166	43	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.291		0		1		0.247	0.064	
Threonine ... g	0.846		0		1		0.719	0.186	
Isoleucine ... g	1.014		0		1		0.862	0.223	
Leucine ... g	1.659		0		1		1.410	0.365	
Lysine ... g	1.820		0		1		1.547	0.400	
Methionine ... g	0.589		0		1		0.501	0.130	
Cystine ... g	0.234		0		1		0.199	0.051	
Phenylalanine ... g	0.883		0		1		0.751	0.194	
Tyrosine ... g	0.696		0		1		0.592	0.153	
Valine ... g	0.983		0		1		0.836	0.216	
Arginine ... g	1.826		0		1		1.552	0.402	
Histidine ... g	0.425		0		1		0.361	0.094	
Alanine ... g	1.184		0		1		1.006	0.260	
Aspartic acid ... g	2.161		0		1		1.837	0.475	
Glutamic acid ... g	3.566		0		1		3.031	0.785	
Glycine ... g	1.261		0		1		1.072	0.277	
Proline ... g	0.689		0		1		0.586	0.152	
Serine ... g	0.823		0		1		0.700	0.181	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	z	7		0	0	
Theobromine ... mg	0		0	z	7		0	0	

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 22g: 4 large

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.91	0.225	3		1		63.67		
Energy	kcal	101		0	NC	4		86		
Energy	kj	423				4		359		
Protein (N x 6.25)	g	12.39	0.456	3		1		10.53		
Total lipid (fat)	g	1.47	0.191	3		1		1.25		
Ash	g	2.11	0.058	3		1		1.79		
Carbohydrate, by difference	g	9.13		0	NC	4		7.76		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19	5.485	3		1		16		
Iron, Fe	mg	0.60	0.191	3		1		0.51		
Magnesium, Mg	mg	43		0		4		37		
Phosphorus, P	mg	282		0		4		240		
Potassium, K	mg	89	1.155	3		1		76		
Sodium, Na	mg	705	24.827	3		1		599		
Zinc, Zn	mg	0.33		0		4		0.28		
Copper, Cu	mg	0.032		0		4		0.027		
Manganese, Mn	mg	0.011		0		4		0.009		
Selenium, Se	mcg	22.9		0	BFPN	4		19.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.024	0.006	3		1		0.020		
Riboflavin	mg	0.034	0.007	3		1		0.029		
Niacin	mg	0.170	0.069	3		1		0.145		
Pantothenic acid	mg	0.070		0		4		0.060		
Vitamin B-6	mg	0.030		0		4		0.026		
Folate, total	mcg	2		0		4		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	2		0		4		1		
Folate, DFE	mcg_DFE	2		0	NC	4		1		
Vitamin B-12	mcg	1.60		0		4		1.36		
Vitamin A, IU	IU	66		0		4		56		
Vitamin A, RAE	mcg_RAE	20		0		4		17		
Retinol	mcg	20		0		4		17		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.290		0		4		0.247		
Fatty acids, total monounsaturated	g	0.220		0		4		0.187		
Fatty acids, total polyunsaturated	g	0.750		0		4		0.638		
Fatty acids, total trans	g									
Cholesterol	mg	36	3.695	3		1		31		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.075		0		1		0.064		
Threonine	g	0.599		0		1		0.509		
Isoleucine	g	0.579		0		1		0.492		
Leucine	g	0.981		0		1		0.834		
Lysine	g	1.132		0		1		0.962		
Methionine	g	0.420		0		1		0.357		
Cystine	g	0.133		0		1		0.113		
Phenylalanine	g	0.486		0		1		0.413		
Tyrosine	g	0.499		0		1		0.424		
Valine	g	0.628		0		1		0.534		
Arginine	g	0.823		0		1		0.700		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.285		0		1		0.242		
Alanine.....g	0.727		0		1		0.618		
Aspartic acid.....g	1.239		0		1		1.053		
Glutamic acid.....g	1.956		0		1		1.663		
Glycine.....g	0.480		0		1		0.408		
Proline.....g	0.462		0		1		0.393		
Serine.....g	0.541		0		1		0.460		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15149

Crustaceans, shrimp, mixed species, raw

Penaeidae and Pandalidae

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.86	0.089	212		1		4.55	3.79	64.48
Energy	kcal	106		0	NC	4		6	5	90
Energy	kj	444				4		27	22	377
Protein (N x 6.25)	g	20.31	0.223	201		1		1.22	1.02	17.26
Total lipid (fat)	g	1.73	0.067	100		1		0.10	0.09	1.47
Ash	g	1.20		161		1		0.07	0.06	1.02
Carbohydrate, by difference	g	0.91		0	NC	4		0.05	0.05	0.77
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	52		117		1		3	3	44
Iron, Fe	mg	2.41		8		1		0.14	0.12	2.05
Magnesium, Mg	mg	37	2.158	6		1		2	2	31
Phosphorus, P	mg	205		112		1		12	10	174
Potassium, K	mg	185	5.944	27		1		11	9	157
Sodium, Na	mg	148	10.119	26		1		9	7	126
Zinc, Zn	mg	1.11		275		1		0.07	0.06	0.94
Copper, Cu	mg	0.264	0.014	285		1		0.016	0.013	0.224
Manganese, Mn	mg	0.050		0		1		0.003	0.003	0.043
Selenium, Se	mcg	38.0	1.970	15	A	1		2.3	1.9	32.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		4		0.1	0.1	1.7
Thiamin	mg	0.028		5		1		0.002	0.001	0.024
Riboflavin	mg	0.034		6		1		0.002	0.002	0.029
Niacin	mg	2.552		6		1		0.153	0.128	2.169
Pantothenic acid	mg	0.276		2		1		0.017	0.014	0.235
Vitamin B-6	mg	0.104	0.012	3		1		0.006	0.005	0.088
Folate, total	mcg	3		1		1		0	0	3
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	3		1		1		0	0	3
Folate, DFE	mcg_DFE	3		0	NC	4		0	0	3
Vitamin B-12	mcg	1.16		19		1		0.07	0.06	0.99
Vitamin A, IU	IU	180		0		4		11	9	153
Vitamin A, RAE	mcg_RAE	54		0		4		3	3	46
Retinol	mcg	54		0		4		3	3	46
Vitamin E	mg_ATE	0.820		1	A	1		0.049	0.041	0.697
Vitamin D	IU	152.000		0	T	4		9.120	7.600	129.200
Lipids:										
Fatty acids, total saturated	g	0.328		0		1		0.020	0.016	0.279
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.009		1		1		0.001	0.000	0.008
12:0	g	0.005		4		1		0.000	0.000	0.004
13:0	g									
14:0	g	0.021		65		1		0.001	0.001	0.018
15:0	g									
16:0	g	0.184		65		1		0.011	0.009	0.156
17:0	g									
18:0	g	0.103		65		1		0.006	0.005	0.088
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.253		0		1		0.015	0.013	0.215
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.083		65		1		0.005	0.004	0.071

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.147		65		1		0.009	0.007	0.125
20:1 ... g	0.017		65		1		0.001	0.001	0.014
22:1 undifferentiated ... g	0.005		43		1		0.000	0.000	0.004
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.669		0		1		0.040	0.033	0.569
18:2 undifferentiated ... g	0.028		65		1		0.002	0.001	0.024
18:3 undifferentiated ... g	0.014		56		1		0.001	0.001	0.012
18:4 ... g	0.006		64		1		0.000	0.000	0.005
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.087		65		1		0.005	0.004	0.074
20:5 n-3 ... g	0.258		66		1		0.015	0.013	0.219
22:5 n-3 ... g	0.046		66		1		0.003	0.002	0.039
22:6 n-3 ... g	0.222		65		1		0.013	0.011	0.189
Fatty acids, total trans ... g									
Cholesterol ... mg	152	2.737	76		1		9	8	129
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.283		0		1		0.017	0.014	0.241
Threonine ... g	0.822		0		1		0.049	0.041	0.699
Isoleucine ... g	0.985		0		1		0.059	0.049	0.837
Leucine ... g	1.612		0		1		0.097	0.081	1.370
Lysine ... g	1.768		0		1		0.106	0.088	1.503
Methionine ... g	0.572		0		1		0.034	0.029	0.486
Cystine ... g	0.228		0		1		0.014	0.011	0.194
Phenylalanine ... g	0.858		0		1		0.051	0.043	0.729
Tyrosine ... g	0.676		0		1		0.041	0.034	0.575
Valine ... g	0.956		0		1		0.057	0.048	0.813
Arginine ... g	1.775		0		1		0.107	0.089	1.509
Histidine ... g	0.413		0		1		0.025	0.021	0.351
Alanine ... g	1.151		0		1		0.069	0.058	0.978
Aspartic acid ... g	2.100		0		1		0.126	0.105	1.785
Glutamic acid ... g	3.465		0		1		0.208	0.173	2.945
Glycine ... g	1.225		0		1		0.074	0.061	1.041
Proline ... g	0.670		0		1		0.040	0.034	0.570
Serine ... g	0.800		0		1		0.048	0.040	0.680
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		0	z	7		0	0	0
Theobromine ... mg	0		0	z	7		0	0	0

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

Common Measures:

Measure 1 = 6.0g: 1 medium

Measure 2 = 5.0g: 1 small

Measure 3 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15228
Crustaceans, spiny lobster, mixed species, cooked, moist heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.76		0		1		108.82	56.75	
Energy	kcal	143		0	NC	4		233	122	
Energy	kj	598				4		975	509	
Protein (N x 6.25)	g	26.41		0		1		43.05	22.45	
Total lipid (fat)	g	1.94		0		1		3.16	1.65	
Ash	g	1.78		0		1		2.90	1.51	
Carbohydrate, by difference	g	3.12		0	NC	4		5.09	2.65	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	63		0		1		103	54	
Iron, Fe	mg	1.41		0		1		2.30	1.20	
Magnesium, Mg	mg	51		0		1		83	43	
Phosphorus, P	mg	229		0		1		373	195	
Potassium, K	mg	208		0		1		339	177	
Sodium, Na	mg	227		0		1		370	193	
Zinc, Zn	mg	7.27		0		1		11.85	6.18	
Copper, Cu	mg	0.415		0		1		0.676	0.353	
Manganese, Mn	mg	0.018		0		1		0.029	0.015	
Selenium, Se	mcg	59.2		0	BFSN	4		96.5	50.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.1		0		1		3.4	1.8	
Thiamin	mg	0.009		0		1		0.015	0.008	
Riboflavin	mg	0.056		0		1		0.091	0.048	
Niacin	mg	4.898		0		1		7.984	4.163	
Pantothenic acid	mg	0.404		0		1		0.659	0.343	
Vitamin B-6	mg	0.173		0		1		0.282	0.147	
Folate, total	mcg	1		0		1		2	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	1	
Folate, DFE	mcg_DFE	1		0	NC	4		2	1	
Vitamin B-12	mcg	4.04		0		1		6.59	3.43	
Vitamin A, IU	IU	20		0		1		33	17	
Vitamin A, RAE	mcg_RAE	6		0		1		10	5	
Retinol	mcg	6		0		1		10	5	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.303		0		1		0.494	0.258	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.008		0		1		0.013	0.007	
15:0	g									
16:0	g	0.192		0		1		0.313	0.163	
17:0	g									
18:0	g	0.103		0		1		0.168	0.088	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.353		0		1		0.575	0.300	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.050		0		1		0.082	0.043	

NDB No. 15228
Crustaceans, spiny lobster, mixed species, cooked, moist heat

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

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

Common Measures:

Measure 1 = 163g: 1 lobster

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15154

Crustaceans, spiny lobster, mixed species, raw

Jasus spp. and Panulirus spp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.07	0.218	28		1		154.81	62.96	
Energy	kcal	112		0	NC	4		234	95	
Energy	kj	469				4		979	398	
Protein (N x 6.25)	g	20.60	1.116	27		1		43.05	17.51	
Total lipid (fat)	g	1.51		8		1		3.16	1.28	
Ash	g	1.39	0.074	23		1		2.91	1.18	
Carbohydrate, by difference	g	2.43		0	NC	4		5.08	2.07	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	49	10.190	20		1		102	42	
Iron, Fe	mg	1.22	0.613	4		1		2.55	1.04	
Magnesium, Mg	mg	40		0		4		84	34	
Phosphorus, P	mg	238	31.739	21		1		497	202	
Potassium, K	mg	180		0		4		376	153	
Sodium, Na	mg	177		0		4		370	150	
Zinc, Zn	mg	5.67	3.769	40		1		11.85	4.82	
Copper, Cu	mg	0.381	0.027	40		1		0.796	0.324	
Manganese, Mn	mg	0.015		0		1		0.031	0.013	
Selenium, Se	mcg	46.2		0	BFSN	4		96.6	39.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		4		4.2	1.7	
Thiamin	mg	0.007		2		1		0.015	0.006	
Riboflavin	mg	0.046		2		1		0.096	0.039	
Niacin	mg	4.245		2		1		8.872	3.608	
Pantothenic acid	mg	0.350		0		4		0.732	0.298	
Vitamin B-6	mg	0.150		0		4		0.314	0.128	
Folate, total	mcg	1		0		4		1	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		4		1	1	
Folate, DFE	mcg_DFE	1		0	NC	4		1	1	
Vitamin B-12	mcg	3.50		0		4		7.32	2.98	
Vitamin A, IU	IU	17		0		4		36	14	
Vitamin A, RAE	mcg_RAE	5		0		4		11	4	
Retinol	mcg	5		0		4		11	4	
Vitamin E	mg_ATE	1.470		0	BFZN	4		3.072	1.250	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.237		0		1		0.495	0.201	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.006		1		1		0.013	0.005	
15:0	g									
16:0	g	0.149		1		1		0.311	0.127	
17:0	g									
18:0	g	0.080		1		1		0.167	0.068	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.275		0		1		0.575	0.234	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.039		1		1		0.082	0.033	

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

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

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

Common Measures:

Measure 1 = 209g: 1 lobster

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.30		0		1		14.26	2.01	22.64
Energy	kcal	210		0	NC	4		60	8	95
Energy	kj	879				4		249	35	395
Protein (N x 6.25)	g	28.89		0		1		8.19	1.16	13.00
Total lipid (fat)	g	9.71		0		1		2.75	0.39	4.37
Ash	g	11.10		0		4		3.15	0.44	5.00
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	232		0		1		66	9	104
Iron, Fe	mg	4.63		0		1		1.31	0.19	2.08
Magnesium, Mg	mg	69		0		1		20	3	31
Phosphorus, P	mg	252		0		1		71	10	113
Potassium, K	mg	544		0		1		154	22	245
Sodium, Na	mg	3668		0		1		1040	147	1651
Zinc, Zn	mg	2.44		0		1		0.69	0.10	1.10
Copper, Cu	mg	0.339		0		1		0.096	0.014	0.153
Manganese, Mn	mg	0.100		0		4		0.028	0.004	0.045
Selenium, Se	mcg	68.1		0	BFSN	4		19.3	2.7	30.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.078		0		1		0.022	0.003	0.035
Riboflavin	mg	0.363		0		1		0.103	0.015	0.163
Niacin	mg	19.903		0		1		5.643	0.796	8.956
Pantothenic acid	mg	0.909		0		4		0.258	0.036	0.409
Vitamin B-6	mg	0.203		0		1		0.058	0.008	0.091
Folate, total	mcg	13		0		4		4	1	6
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	13		0		4		4	1	6
Folate, DFE	mcg_DFE	13		0	NC	4		4	1	6
Vitamin B-12	mcg	0.88		0		1		0.25	0.04	0.40
Vitamin A, IU	IU	70		0		4		20	3	32
Vitamin A, RAE	mcg_RAE	21		0		4		6	1	9
Retinol	mcg	21		0		4		6	1	9
Vitamin E	mg_ATE	5.000		0		4		1.418	0.200	2.250
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.203		0		1		0.625	0.088	0.991
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.020		0		1		0.006	0.001	0.009
13:0	g									
14:0	g	0.428		0		1		0.121	0.017	0.193
15:0	g									
16:0	g	1.326		0		1		0.376	0.053	0.597
17:0	g									
18:0	g	0.420		0		1		0.119	0.017	0.189
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.770		0		1		1.069	0.151	1.697
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.590		0		1		0.167	0.024	0.266

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

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 4.0g: 1 anchovy

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

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.37		1		1		62.36		
Energy	kcal	131		0		4		111		
Energy	kj	548				4		466		
Protein (N x 6.25)	g	20.35		1		1		17.30		
Total lipid (fat)	g	4.84	0.318	26		1		4.11		
Ash	g	1.44		1		1		1.22		
Carbohydrate, by difference	g	0.00		0		7		0.00		
Fiber, total dietary	g	0.0		0		7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	147		2		1		125		
Iron, Fe	mg	3.25	0.600	4		1		2.76		
Magnesium, Mg	mg	41		2		1		35		
Phosphorus, P	mg	174	26.408	3		1		148		
Potassium, K	mg	383		2		1		326		
Sodium, Na	mg	104		2		1		88		
Zinc, Zn	mg	1.72	0.126	4		1		1.46		
Copper, Cu	mg	0.211	0.086	10		1		0.179		
Manganese, Mn	mg	0.070		0		4		0.060		
Selenium, Se	mcg	36.5		0	CAZN	4		31.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.055		1		1		0.047		
Riboflavin	mg	0.256		1		1		0.218		
Niacin	mg	14.024		1		1		11.920		
Pantothenic acid	mg	0.645		0		4		0.548		
Vitamin B-6	mg	0.143		1		1		0.122		
Folate, total	mcg	9		0		4		7		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	9		0		4		7		
Folate, DFE	mcg_DFE	9		0	NC	4		7		
Vitamin B-12	mcg	0.62		1		1		0.53		
Vitamin A, IU	IU	50		0		4		43		
Vitamin A, RAE	mcg_RAE	15		0		4		13		
Retinol	mcg	15		0		4		13		
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	0.57		0		4		0.49		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.282		0		1		1.090		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.014		1		1		0.012		
13:0	g									
14:0	g	0.302		0		1		0.257		
15:0	g									
16:0	g	0.715		1		1		0.608		
17:0	g									
18:0	g	0.252		1		1		0.214		
20:0	g									
22:0	g									
24:0	g									

NDB No. 15001
Finfish, anchovy, european, raw

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

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.66	0.694	16		1		59.77	64.31	
Energy	kcal	114		0	NC	4		90	97	
Energy	kj	477				4		377	405	
Protein (N x 6.25)	g	18.86	0.506	16		1		14.90	16.03	
Total lipid (fat)	g	3.69		17		1		2.92	3.14	
Ash	g	1.52	0.292	16		1		1.20	1.29	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	80		2		1		63	68	
Iron, Fe	mg	1.49		2		1		1.18	1.27	
Magnesium, Mg	mg	30		2		1		24	26	
Phosphorus, P	mg	200		2		1		158	170	
Potassium, K	mg	356		11		1		281	303	
Sodium, Na	mg	70		2		1		55	60	
Zinc, Zn	mg	0.65	0.129	62		1		0.51	0.55	
Copper, Cu	mg	0.093		51		1		0.073	0.079	
Manganese, Mn	mg	0.889		21		1		0.702	0.756	
Selenium, Se	mcg	12.6		0	BFZN	4		10.0	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		4		1.6	1.7	
Thiamin	mg	0.075		0		4		0.059	0.064	
Riboflavin	mg	0.074		0		4		0.058	0.063	
Niacin	mg	1.250		0		4		0.988	1.063	
Pantothenic acid	mg	0.750		0		4		0.593	0.638	
Vitamin B-6	mg	0.120		0		4		0.095	0.102	
Folate, total	mcg	15		0		4		12	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		0		4		12	13	
Folate, DFE	mcg_DFE	15		0	NC	4		12	13	
Vitamin B-12	mcg	2.00		0		4		1.58	1.70	
Vitamin A, IU	IU	100		0		4		79	85	
Vitamin A, RAE	mcg_RAE	30		0		4		24	26	
Retinol	mcg	30		0		4		24	26	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.780		0		1		0.616	0.663	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.087		9		1		0.069	0.074	
15:0	g									
16:0	g	0.593		9		1		0.468	0.504	
17:0	g									
18:0	g	0.100		9		1		0.079	0.085	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.431		0		1		1.130	1.216	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.382		9		1		0.302	0.325	

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

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

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

Common Measures:

Measure 1 = 79g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.79		0		1		42.65	58.47	
Energy	kcal	146		0	NC	4		91	124	
Energy	kj	611				4		379	519	
Protein (N x 6.25)	g	24.18		0		1		14.99	20.55	
Total lipid (fat)	g	4.73		0		1		2.93	4.02	
Ash	g	1.95		0		1		1.21	1.66	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	103		0		1		64	88	
Iron, Fe	mg	1.91		0		1		1.18	1.62	
Magnesium, Mg	mg	38		0		1		24	32	
Phosphorus, P	mg	256		0		1		159	218	
Potassium, K	mg	456		0		1		283	388	
Sodium, Na	mg	90		0		1		56	77	
Zinc, Zn	mg	0.83		0		1		0.51	0.71	
Copper, Cu	mg	0.119		0		1		0.074	0.101	
Manganese, Mn	mg	1.140		0		1		0.707	0.969	
Selenium, Se	mcg	16.2		0	BFSN	4		10.0	13.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.1		0		1		1.3	1.8	
Thiamin	mg	0.087		0		1		0.054	0.074	
Riboflavin	mg	0.090		0		1		0.056	0.077	
Niacin	mg	1.522		0		1		0.944	1.294	
Pantothenic acid	mg	0.865		0		1		0.536	0.735	
Vitamin B-6	mg	0.138		0		1		0.086	0.117	
Folate, total	mcg	17		0		1		11	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	17		0		1		11	14	
Folate, DFE	mcg_DFE	17		0	NC	4		11	14	
Vitamin B-12	mcg	2.31		0		1		1.43	1.96	
Vitamin A, IU	IU	115		0		1		71	98	
Vitamin A, RAE	mcg_RAE	35		0		1		21	29	
Retinol	mcg	35		0		1		21	29	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.001		0		1		0.621	0.851	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.112		0		1		0.069	0.095	
15:0	g									
16:0	g	0.761		0		1		0.472	0.647	
17:0	g									
18:0	g	0.128		0		1		0.079	0.109	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.835		0		1		1.138	1.560	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.490		0		1		0.304	0.417	

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

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

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

Common Measures:

Measure 1 = 62g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.36		0		1		90.97	62.36	
Energy	kcal	124		0	NC	4		154	105	
Energy	kj	519				4		643	441	
Protein (N x 6.25)	g	22.73		0		1		28.19	19.32	
Total lipid (fat)	g	2.99		0		1		3.71	2.54	
Ash	g	1.33		0		1		1.65	1.13	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19		0		1		24	16	
Iron, Fe	mg	1.08		0		1		1.34	0.92	
Magnesium, Mg	mg	51		0		1		63	43	
Phosphorus, P	mg	254		0		1		315	216	
Potassium, K	mg	328		0		1		407	279	
Sodium, Na	mg	88		0		1		109	75	
Zinc, Zn	mg	0.51		0		1		0.63	0.43	
Copper, Cu	mg	0.040		0		1		0.050	0.034	
Manganese, Mn	mg	0.019		0		1		0.024	0.016	
Selenium, Se	mcg	46.8		0	BFSN	4		58.0	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.115		0		1		0.143	0.098	
Riboflavin	mg	0.037		0		1		0.046	0.031	
Niacin	mg	2.558		0		1		3.172	2.174	
Pantothenic acid	mg	0.865		0		1		1.073	0.735	
Vitamin B-6	mg	0.346		0		1		0.429	0.294	
Folate, total	mcg	10		0		1		12	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		12	9	
Folate, DFE	mcg_DFE	10		0	NC	4		12	9	
Vitamin B-12	mcg	4.41		0		1		5.47	3.75	
Vitamin A, IU	IU	104		0		1		129	88	
Vitamin A, RAE	mcg_RAE	31		0		1		39	27	
Retinol	mcg	31		0		1		39	27	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.650		0		1		0.806	0.553	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.054		0		1		0.067	0.046	
15:0	g									
16:0	g	0.486		0		1		0.603	0.413	
17:0	g									
18:0	g	0.110		0		1		0.136	0.094	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.846		0		1		1.049	0.719	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.194		0		1		0.241	0.165	

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

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

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

Common Measures:

Measure 1 = 124g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.22	0.522	10		1		125.96	67.34	
Energy	kcal	97		0	NC	4		154	82	
Energy	kj	406				4		645	345	
Protein (N x 6.25)	g	17.73	0.391	10		1		28.19	15.07	
Total lipid (fat)	g	2.33	0.381	14		1		3.70	1.98	
Ash	g	1.04	0.024	10		1		1.65	0.88	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		4		24	13	
Iron, Fe	mg	0.84		1		1		1.34	0.71	
Magnesium, Mg	mg	40		0		4		64	34	
Phosphorus, P	mg	198		0		4		315	168	
Potassium, K	mg	256		0		4		407	218	
Sodium, Na	mg	69		0		4		110	59	
Zinc, Zn	mg	0.40	0.013	134		1		0.64	0.34	
Copper, Cu	mg	0.031	0.002	132		1		0.049	0.026	
Manganese, Mn	mg	0.015		0		1		0.024	0.013	
Selenium, Se	mcg	36.5		0	CAZN	4		58.0	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.100		0		4		0.159	0.085	
Riboflavin	mg	0.030		0		4		0.048	0.026	
Niacin	mg	2.100		0		4		3.339	1.785	
Pantothenic acid	mg	0.750		0		4		1.193	0.638	
Vitamin B-6	mg	0.300		0		4		0.477	0.255	
Folate, total	mcg	9		0		4		14	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		4		14	8	
Folate, DFE	mcg_DFE	9		0	NC	4		14	8	
Vitamin B-12	mcg	3.82	0.160	8		1		6.07	3.25	
Vitamin A, IU	IU	90		0		4		143	77	
Vitamin A, RAE	mcg_RAE	27		0		4		43	23	
Retinol	mcg	27		0		4		43	23	
Vitamin E	mg_ATE	0.500		0		4		0.795	0.425	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.507		0		1		0.806	0.431	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.042		2		1		0.067	0.036	
15:0	g									
16:0	g	0.379		2		1		0.603	0.322	
17:0	g									
18:0	g	0.086		2		1		0.137	0.073	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.660		0		1		1.049	0.561	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.151		2		1		0.240	0.128	

NDB No. 15004
Finfish, bass, striped, raw

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

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

Common Measures:

Measure 1 = 159g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.64		0		1		73.29	53.24	
Energy	kcal	159		0	NC	4		186	135	
Energy	kj	665				4		778	565	
Protein (N x 6.25)	g	25.69		0		1		30.06	21.84	
Total lipid (fat)	g	5.44		0		1		6.36	4.62	
Ash	g	1.33		0		1		1.56	1.13	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0		1		11	8	
Iron, Fe	mg	0.62		0		1		0.73	0.53	
Magnesium, Mg	mg	42		0		1		49	36	
Phosphorus, P	mg	291		0		1		340	247	
Potassium, K	mg	477		0		1		558	405	
Sodium, Na	mg	77		0		1		90	65	
Zinc, Zn	mg	1.04		0		1		1.22	0.88	
Copper, Cu	mg	0.068		0		1		0.080	0.058	
Manganese, Mn	mg	0.027		0		1		0.032	0.023	
Selenium, Se	mcg	46.8		0	BFSN	4		54.8	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.067		0		1		0.078	0.057	
Riboflavin	mg	0.097		0		1		0.113	0.082	
Niacin	mg	7.247		0		1		8.479	6.160	
Pantothenic acid	mg	0.955		0		1		1.117	0.812	
Vitamin B-6	mg	0.464		0		1		0.543	0.394	
Folate, total	mcg	2		0		1		2	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		1		2	2	
Folate, DFE	mcg_DFE	2		0	NC	4		2	2	
Vitamin B-12	mcg	6.22		0		1		7.28	5.29	
Vitamin A, IU	IU	459		0		1		537	390	
Vitamin A, RAE	mcg_RAE	138		0		1		161	117	
Retinol	mcg	138		0		1		161	117	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.172		0		1		1.371	0.996	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.229		0		1		0.268	0.195	
15:0	g									
16:0	g	0.738		0		1		0.863	0.627	
17:0	g									
18:0	g	0.205		0		1		0.240	0.174	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.297		0		1		2.687	1.952	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.355		0		1		0.415	0.302	

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

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

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

Common Measures:

Measure 1 = 117g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.86		3		1		106.29	60.23	
Energy	kcal	124		0	NC	4		186	105	
Energy	kj	519				4		778	441	
Protein (N x 6.25)	g	20.04		3		1		30.06	17.03	
Total lipid (fat)	g	4.24		3		1		6.36	3.60	
Ash	g	1.04		3		1		1.56	0.88	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		3		1		11	6	
Iron, Fe	mg	0.48	0.008	6		1		0.72	0.41	
Magnesium, Mg	mg	33		3		1		50	28	
Phosphorus, P	mg	227		3		1		341	193	
Potassium, K	mg	372		3		1		558	316	
Sodium, Na	mg	60		3		1		90	51	
Zinc, Zn	mg	0.81	0.036	107		1		1.22	0.69	
Copper, Cu	mg	0.053	0.002	108		1		0.080	0.045	
Manganese, Mn	mg	0.021		3		1		0.032	0.018	
Selenium, Se	mcg	36.5		0	CAZN	4		54.8	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.058		3		1		0.087	0.049	
Riboflavin	mg	0.080		3		1		0.120	0.068	
Niacin	mg	5.950		3		1		8.925	5.058	
Pantothenic acid	mg	0.828		3		1		1.242	0.704	
Vitamin B-6	mg	0.402		3		1		0.603	0.342	
Folate, total	mcg	2		2		1		2	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		2		1		2	1	
Folate, DFE	mcg_DFE	2		0	NC	4		2	1	
Vitamin B-12	mcg	5.39		2		1		8.09	4.58	
Vitamin A, IU	IU	398		3		1		597	338	
Vitamin A, RAE	mcg_RAE	120	0.000	3		1		179	102	
Retinol	mcg	120	0.000	3		1		179	102	
Vitamin E	mg_ATE	0.500		0		4		0.750	0.425	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.915		0		1		1.373	0.778	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.179		2		1		0.269	0.152	
15:0	g									
16:0	g	0.576		2		1		0.864	0.490	
17:0	g									
18:0	g	0.160		2		1		0.240	0.136	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.793		0		1		2.690	1.524	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.277		2		1		0.416	0.235	

NDB No. 15005
Finfish, bluefish, raw

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

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

Common Measures:

Measure 1 = 150g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.41		0		1		66.07	62.40	
Energy	kcal	115		0	NC	4		104	98	
Energy	kj	481				4		433	409	
Protein (N x 6.25)	g	24.76		0		1		22.28	21.05	
Total lipid (fat)	g	1.04		0		1		0.94	0.88	
Ash	g	1.49		0		1		1.34	1.27	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	64		0		1		58	54	
Iron, Fe	mg	1.15		0		1		1.04	0.98	
Magnesium, Mg	mg	41		0		1		37	35	
Phosphorus, P	mg	256		0		1		230	218	
Potassium, K	mg	518		0		1		466	440	
Sodium, Na	mg	124		0		1		112	105	
Zinc, Zn	mg	0.97		0		1		0.87	0.82	
Copper, Cu	mg	0.256		0		1		0.230	0.218	
Manganese, Mn	mg	0.897		0		1		0.807	0.762	
Selenium, Se	mcg	16.2		0	BFSN	4		14.6	13.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.429		0		1		0.386	0.365	
Riboflavin	mg	0.172		0		1		0.155	0.146	
Niacin	mg	1.973		0		1		1.776	1.677	
Pantothenic acid	mg	0.173		0		1		0.156	0.147	
Vitamin B-6	mg	0.346		0		1		0.311	0.294	
Folate, total	mcg	1		0		1		1	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		1	1	
Folate, DFE	mcg_DFE	1		0	NC	4		1	1	
Vitamin B-12	mcg	0.92		0		1		0.83	0.78	
Vitamin A, IU	IU	17		0		1		15	14	
Vitamin A, RAE	mcg_RAE	5		0		1		5	4	
Retinol	mcg	5		0		1		5	4	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.209		0		1		0.188	0.178	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.008		0		1		0.007	0.007	
15:0	g									
16:0	g	0.154		0		1		0.139	0.131	
17:0	g									
18:0	g	0.047		0		1		0.042	0.040	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.170		0		1		0.153	0.145	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.033		0		1		0.030	0.028	

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

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

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

Common Measures:

Measure 1 = 90g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.26	0.648	13		1		91.94	67.37	
Energy	kcal	90		0	NC	4		104	77	
Energy	kj	377				4		437	320	
Protein (N x 6.25)	g	19.31	0.713	14		1		22.40	16.41	
Total lipid (fat)	g	0.81	0.059	13		1		0.94	0.69	
Ash	g	1.16	0.075	12		1		1.35	0.99	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	50		1		1		58	43	
Iron, Fe	mg	0.90		1		1		1.04	0.77	
Magnesium, Mg	mg	32		2		1		37	27	
Phosphorus, P	mg	200		1		1		232	170	
Potassium, K	mg	404		2		1		469	343	
Sodium, Na	mg	97		2		1		113	82	
Zinc, Zn	mg	0.76		2		1		0.88	0.65	
Copper, Cu	mg	0.200		1		1		0.232	0.170	
Manganese, Mn	mg	0.700		1		1		0.812	0.595	
Selenium, Se	mcg	12.6		0	BFZN	4		14.6	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.372		0		4		0.432	0.316	
Riboflavin	mg	0.141		0		4		0.164	0.120	
Niacin	mg	1.620		0		4		1.879	1.377	
Pantothenic acid	mg	0.150		0		4		0.174	0.128	
Vitamin B-6	mg	0.300		0		4		0.348	0.255	
Folate, total	mcg	1		0		4		1	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		4		1	1	
Folate, DFE	mcg_DFE	1		0	NC	4		1	1	
Vitamin B-12	mcg	0.80		0		4		0.93	0.68	
Vitamin A, IU	IU	15		0		4		17	13	
Vitamin A, RAE	mcg_RAE	5		0		4		5	4	
Retinol	mcg	5		0		4		5	4	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.163		0		1		0.189	0.139	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.006		1		1		0.007	0.005	
15:0	g									
16:0	g	0.120	0.002	7		1		0.139	0.102	
17:0	g									
18:0	g	0.037	0.002	7		1		0.043	0.031	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.133		0		1		0.154	0.113	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.026	0.004	7		1		0.030	0.022	

NDB No. 15006
Finfish, burbot, raw

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

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Common Measures:

Measure 1 = 116g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.83		0		1		16.71	56.81	
Energy	kcal	187		0	NC	4		47	159	
Energy	kj	782				4		196	665	
Protein (N x 6.25)	g	22.15		0		1		5.54	18.83	
Total lipid (fat)	g	10.28		0		1		2.57	8.74	
Ash	g	1.54		0		1		0.39	1.31	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	28		0		1		7	24	
Iron, Fe	mg	0.64		0		1		0.16	0.54	
Magnesium, Mg	mg	32		0		1		8	27	
Phosphorus, P	mg	308		0		1		77	262	
Potassium, K	mg	481		0		1		120	409	
Sodium, Na	mg	114		0		1		29	97	
Zinc, Zn	mg	0.99		0		1		0.25	0.84	
Copper, Cu	mg	0.069		0		1		0.017	0.059	
Manganese, Mn	mg	0.019		0		1		0.005	0.016	
Selenium, Se	mcg	46.8		0	BFSN	4		11.7	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.146		0		1		0.037	0.124	
Riboflavin	mg	0.192		0		1		0.048	0.163	
Niacin	mg	5.769		0		1		1.442	4.904	
Pantothenic acid	mg	0.865		0		1		0.216	0.735	
Vitamin B-6	mg	0.346		0		1		0.087	0.294	
Folate, total	mcg	17		0		1		4	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	17		0		1		4	14	
Folate, DFE	mcg_DFE	17		0	NC	4		4	14	
Vitamin B-12	mcg	1.83		0		1		0.46	1.56	
Vitamin A, IU	IU	109		0		1		27	93	
Vitamin A, RAE	mcg_RAE	33		0		1		8	28	
Retinol	mcg	33		0		1		8	28	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	83		0		1		21	71	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.248		0		1		0.062	0.211	
Threonine	g	0.971		0		1		0.243	0.825	
Isoleucine	g	1.021		0		1		0.255	0.868	
Leucine	g	1.801		0		1		0.450	1.531	
Lysine	g	2.035		0		1		0.509	1.730	
Methionine	g	0.656		0		1		0.164	0.558	
Cystine	g	0.237		0		1		0.059	0.201	
Phenylalanine	g	0.865		0		1		0.216	0.735	
Tyrosine	g	0.748		0		1		0.187	0.636	
Valine	g	1.141		0		1		0.285	0.970	
Arginine	g	1.326		0		1		0.332	1.127	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.652		0		1		0.163	0.554	
Alanine.....g	1.340		0		1		0.335	1.139	
Aspartic acid.....g	2.269		0		1		0.567	1.929	
Glutamic acid.....g	3.307		0		1		0.827	2.811	
Glycine.....g	1.063		0		1		0.266	0.904	
Proline.....g	0.783		0		1		0.196	0.666	
Serine.....g	0.904		0		1		0.226	0.768	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 25g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.13	0.681	42		1		23.72	63.01	
Energy	kcal	146		0	NC	4		47	124	
Energy	kj	611				4		195	519	
Protein (N x 6.25)	g	17.28	0.125	42		1		5.53	14.69	
Total lipid (fat)	g	8.02	0.729	43		1		2.57	6.82	
Ash	g	1.20	0.027	42		1		0.38	1.02	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	22		0		4		7	19	
Iron, Fe	mg	0.50		0		4		0.16	0.43	
Magnesium, Mg	mg	25		0		4		8	21	
Phosphorus, P	mg	240		0		4		77	204	
Potassium, K	mg	375	9.200	24		1		120	319	
Sodium, Na	mg	89	3.209	24		1		28	76	
Zinc, Zn	mg	0.77	0.027	73		1		0.25	0.65	
Copper, Cu	mg	0.054	0.002	72		1		0.017	0.046	
Manganese, Mn	mg	0.015		0		1		0.005	0.013	
Selenium, Se	mcg	36.5		0	CAZN	4		11.7	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.120		0		4		0.038	0.102	
Riboflavin	mg	0.150		0		4		0.048	0.128	
Niacin	mg	4.500		0		4		1.440	3.825	
Pantothenic acid	mg	0.750		0		4		0.240	0.638	
Vitamin B-6	mg	0.300		0		4		0.096	0.255	
Folate, total	mcg	15		0		4		5	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		0		4		5	13	
Folate, DFE	mcg_DFE	15		0	NC	4		5	13	
Vitamin B-12	mcg	1.90		0		4		0.61	1.62	
Vitamin A, IU	IU	100		0		4		32	85	
Vitamin A, RAE	mcg_RAE	30		0		4		10	26	
Retinol	mcg	30		0		4		10	26	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.380		0		4		1.082	2.873	
Fatty acids, total monounsaturated	g	3.380		0		4		1.082	2.873	
Fatty acids, total polyunsaturated	g	0.590		0		4		0.189	0.502	
Fatty acids, total trans	g									
Cholesterol	mg	65		0		4		21	55	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.194		0		1		0.062	0.165	
Threonine	g	0.758		0		1		0.243	0.644	
Isoleucine	g	0.796		0		1		0.255	0.677	
Leucine	g	1.405		0		1		0.450	1.194	
Lysine	g	1.587		0		1		0.508	1.349	
Methionine	g	0.512		0		1		0.164	0.435	
Cystine	g	0.185		0		1		0.059	0.157	
Phenylalanine	g	0.675		0		1		0.216	0.574	
Tyrosine	g	0.583		0		1		0.187	0.496	
Valine	g	0.890		0		1		0.285	0.757	
Arginine	g	1.034		0		1		0.331	0.879	

NDB No. 15007
Finfish, butterfish, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.509		0		1		0.163	0.433	
Alanine.....g	1.045		0		1		0.334	0.888	
Aspartic acid.....g	1.770		0		1		0.566	1.505	
Glutamic acid.....g	2.580		0		1		0.826	2.193	
Glycine.....g	0.830		0		1		0.266	0.706	
Proline.....g	0.611		0		1		0.196	0.519	
Serine.....g	0.705		0		1		0.226	0.599	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 32g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.63		0		1		118.37	59.19	
Energy	kcal	162		0	NC	4		275	138	
Energy	kj	678				4		1152	576	
Protein (N x 6.25)	g	22.86		0		1		38.86	19.43	
Total lipid (fat)	g	7.17		0		1		12.19	6.09	
Ash	g	1.87		0		1		3.18	1.59	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	52		0		1		88	44	
Iron, Fe	mg	1.59		0		1		2.70	1.35	
Magnesium, Mg	mg	38		0		1		65	32	
Phosphorus, P	mg	531		0		1		903	451	
Potassium, K	mg	427		0		1		726	363	
Sodium, Na	mg	63		0		1		107	54	
Zinc, Zn	mg	1.90		0		1		3.23	1.62	
Copper, Cu	mg	0.073		0		1		0.124	0.062	
Manganese, Mn	mg	0.050		0		4		0.085	0.043	
Selenium, Se	mcg	16.2		0	BFSN	4		27.5	13.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0		1		2.7	1.4	
Thiamin	mg	0.140		0		4		0.238	0.119	
Riboflavin	mg	0.070		0		4		0.119	0.060	
Niacin	mg	2.100		0		4		3.570	1.785	
Pantothenic acid	mg	0.870		0		4		1.479	0.740	
Vitamin B-6	mg	0.219		0		1		0.372	0.186	
Folate, total	mcg	17		0		4		29	15	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	17		0		4		29	15	
Folate, DFE	mcg_DFE	17		0	NC	4		29	15	
Vitamin B-12	mcg	1.47		0		1		2.50	1.25	
Vitamin A, IU	IU	32		0		1		54	27	
Vitamin A, RAE	mcg_RAE	10		0		1		16	8	
Retinol	mcg	10		0		1		16	8	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.388		0		1		2.360	1.180	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.146		0		1		0.248	0.124	
15:0	g									
16:0	g	0.842		0		1		1.431	0.716	
17:0	g									
18:0	g	0.237		0		1		0.403	0.201	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.985		0		1		5.075	2.537	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.840		0		1		1.428	0.714	

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

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

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

Common Measures:

Measure 1 = 170g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.31	0.362	65		1		166.36	64.86	
Energy	kcal	127		0	NC	4		277	108	
Energy	kj	531				4		1158	452	
Protein (N x 6.25)	g	17.83	0.113	63		1		38.87	15.16	
Total lipid (fat)	g	5.60	0.207	163		1		12.21	4.76	
Ash	g	1.46	0.128	64		1		3.18	1.24	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	41	6.828	11		1		89	35	
Iron, Fe	mg	1.24	0.200	7		1		2.70	1.05	
Magnesium, Mg	mg	29	2.434	7		1		63	25	
Phosphorus, P	mg	415	125.413	7		1		905	353	
Potassium, K	mg	333	35.915	14		1		726	283	
Sodium, Na	mg	49	1.308	5		1		107	42	
Zinc, Zn	mg	1.48	0.245	44		1		3.23	1.26	
Copper, Cu	mg	0.057	0.009	32		1		0.124	0.048	
Manganese, Mn	mg	0.042		0		4		0.092	0.036	
Selenium, Se	mcg	12.6		0	BFZN	4		27.5	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		1		1		3.5	1.4	
Thiamin	mg	0.115		0		4		0.251	0.098	
Riboflavin	mg	0.055		0		4		0.120	0.047	
Niacin	mg	1.640		0		4		3.575	1.394	
Pantothenic acid	mg	0.750		0		4		1.635	0.638	
Vitamin B-6	mg	0.190		1		1		0.414	0.162	
Folate, total	mcg	15		0		4		33	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		0		4		33	13	
Folate, DFE	mcg_DFE	15		0	NC	4		33	13	
Vitamin B-12	mcg	1.53		1		1		3.34	1.30	
Vitamin A, IU	IU	29	6.659	3		1		63	25	
Vitamin A, RAE	mcg_RAE	9	2.000	3		1		19	7	
Retinol	mcg	9	2.000	3		1		19	7	
Vitamin E	mg_ATE	0.630		0		1		1.373	0.536	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.083		0		1		2.361	0.921	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.114	0.016	13		1		0.249	0.097	
15:0	g									
16:0	g	0.657	0.032	13		1		1.432	0.558	
17:0	g									
18:0	g	0.185	0.007	13		1		0.403	0.157	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.328		0		1		5.075	1.979	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.655	0.060	13		1		1.428	0.557	

NDB No. 15008
Finfish, carp, raw

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

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

Common Measures:

Measure 1 = 218g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.81		0		1		51.16	49.99	
Energy	kcal	229		0	NC	4		199	195	
Energy	kj	958				4		834	814	
Protein (N x 6.25)	g	18.09		0		1		15.74	15.38	
Total lipid (fat)	g	13.33		0		1		11.60	11.33	
Ash	g	1.26		0		1		1.10	1.07	
Carbohydrate, by difference	g	8.04		0	NC	4		6.99	6.83	
Fiber, total dietary	g	0.7		0		4		0.7	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	44		0		1		38	37	
Iron, Fe	mg	1.43		0		1		1.24	1.22	
Magnesium, Mg	mg	27		0		1		23	23	
Phosphorus, P	mg	216		0		1		188	184	
Potassium, K	mg	340		0		1		296	289	
Sodium, Na	mg	280		0		1		244	238	
Zinc, Zn	mg	0.86		0		1		0.75	0.73	
Copper, Cu	mg	0.101		0		1		0.088	0.086	
Manganese, Mn	mg	0.040		0		4		0.035	0.034	
Selenium, Se	mcg	13.9		0	RA	4		12.1	11.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.073		0		1		0.064	0.062	
Riboflavin	mg	0.133		0		1		0.116	0.113	
Niacin	mg	2.282		0		1		1.985	1.940	
Pantothenic acid	mg	0.730		0		4		0.635	0.621	
Vitamin B-6	mg	0.190		0		4		0.165	0.162	
Folate, total	mcg	30		0	RA	4		26	26	
Folic acid	mcg	14		0	NC	4		12	11	
Folate, food	mcg	17		0		4		14	14	
Folate, DFE	mcg_DFE	39		0	NC	4		34	34	
Vitamin B-12	mcg	1.90		0		4		1.65	1.62	
Vitamin A, IU	IU	28		0		1		24	24	
Vitamin A, RAE	mcg_RAE	8		0		1		7	7	
Retinol	mcg	8		0		1		7	7	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.288		0		1		2.861	2.795	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.091		0		1		0.079	0.077	
15:0	g									
16:0	g	2.008		0		1		1.747	1.707	
17:0	g									
18:0	g	1.169		0		1		1.017	0.994	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.611		0		1		4.882	4.769	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.171		0		1		0.149	0.145	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	5.347		0		1		4.652	4.545	
20:1 ... g	0.049		0		1		0.043	0.042	
22:1 undifferentiated ... g	0.002		0		1		0.002	0.002	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.325		0		1		2.893	2.826	
18:2 undifferentiated ... g	2.616		0		1		2.276	2.224	
18:3 undifferentiated ... g	0.178		0		1		0.155	0.151	
18:4 ... g	0.030		0		1		0.026	0.026	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.098		0		1		0.085	0.083	
20:5 n-3 ... g	0.119		0		1		0.104	0.101	
22:5 n-3 ... g	0.057		0		1		0.050	0.048	
22:6 n-3 ... g	0.222		0		1		0.193	0.189	
Fatty acids, total trans ... g									
Cholesterol ... mg	81		0		1		70	69	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.200		0		1		0.174	0.170	
Threonine ... g	0.790		0		1		0.687	0.672	
Isoleucine ... g	0.836		0		1		0.727	0.711	
Leucine ... g	1.508		0		1		1.312	1.282	
Lysine ... g	1.597		0		1		1.389	1.357	
Methionine ... g	0.527		0		1		0.458	0.448	
Cystine ... g	0.205		0		1		0.178	0.174	
Phenylalanine ... g	0.726		0		1		0.632	0.617	
Tyrosine ... g	0.622		0		1		0.541	0.529	
Valine ... g	0.943		0		1		0.820	0.802	
Arginine ... g	1.077		0		1		0.937	0.915	
Histidine ... g	0.530		0		1		0.461	0.451	
Alanine ... g	1.103		0		1		0.960	0.938	
Aspartic acid ... g	1.817		0		1		1.581	1.544	
Glutamic acid ... g	2.720		0		1		2.366	2.312	
Glycine ... g	0.851		0		1		0.740	0.723	
Proline ... g	0.686		0		1		0.597	0.583	
Serine ... g	0.764		0		1		0.665	0.649	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 87g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.58	0.491	6		1		102.36	60.84	
Energy	kcal	152		0	NC	4		217	129	
Energy	kj	636				4		909	541	
Protein (N x 6.25)	g	18.72	0.849	6		1		26.77	15.91	
Total lipid (fat)	g	8.02	0.891	6		1		11.47	6.82	
Ash	g	1.17	0.092	6		1		1.67	0.99	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9	1.226	6		1		13	8	
Iron, Fe	mg	0.82	0.378	6		1		1.17	0.70	
Magnesium, Mg	mg	26	1.231	6		1		37	22	
Phosphorus, P	mg	245	7.986	6		1		350	208	
Potassium, K	mg	321	11.769	6		1		459	273	
Sodium, Na	mg	80	21.109	6		1		114	68	
Zinc, Zn	mg	1.05	0.215	6		1		1.50	0.89	
Copper, Cu	mg	0.122	0.059	6		1		0.174	0.104	
Manganese, Mn	mg	0.020	0.001	3		1		0.029	0.017	
Selenium, Se	mcg	14.5		0	BFSN	4		20.7	12.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8	0.202	3		1		1.1	0.7	
Thiamin	mg	0.420	0.047	3		1		0.601	0.357	
Riboflavin	mg	0.073	0.003	3		1		0.104	0.062	
Niacin	mg	2.513	0.015	3		1		3.594	2.136	
Pantothenic acid	mg	0.617	0.177	3		1		0.882	0.524	
Vitamin B-6	mg	0.163	0.006	3		1		0.233	0.139	
Folate, total	mcg	7		2		1		10	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		2		1		10	6	
Folate, DFE	mcg_DFE	7		0	NC	4		10	6	
Vitamin B-12	mcg	2.80	0.058	3		1		4.00	2.38	
Vitamin A, IU	IU	50	0.000	3		1		72	43	
Vitamin A, RAE	mcg_RAE	15	0.000	3		1		21	13	
Retinol	mcg	15	0.000	3		1		21	13	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.789		0		1		2.558	1.521	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.112		3		1		0.160	0.095	
15:0	g									
16:0	g	1.309		3		1		1.872	1.113	
17:0	g									
18:0	g	0.319		3		1		0.456	0.271	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.155		0		1		5.942	3.532	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.292		3		1		0.418	0.248	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	3.738		3		1		5.345	3.177	
20:1 ... g	0.106		3		1		0.152	0.090	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.392		0		1		1.991	1.183	
18:2 undifferentiated ... g	1.029		3		1		1.471	0.875	
18:3 undifferentiated ... g	0.082		3		1		0.117	0.070	
18:4 ... g	0.016		3		1		0.023	0.014	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.041		3		1		0.059	0.035	
20:5 n-3 ... g	0.049		3		1		0.070	0.042	
22:5 n-3 ... g									
22:6 n-3 ... g	0.128		3		1		0.183	0.109	
Fatty acids, total trans ... g									
Cholesterol ... mg	64	1.161	3		1		92	54	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.210		0		1		0.300	0.179	
Threonine ... g	0.821		0		1		1.174	0.698	
Isoleucine ... g	0.862		0		1		1.233	0.733	
Leucine ... g	1.521		0		1		2.175	1.293	
Lysine ... g	1.719		0		1		2.458	1.461	
Methionine ... g	0.554		0		1		0.792	0.471	
Cystine ... g	0.201		0		1		0.287	0.171	
Phenylalanine ... g	0.731		0		1		1.045	0.621	
Tyrosine ... g	0.632		0		1		0.904	0.537	
Valine ... g	0.964		0		1		1.379	0.819	
Arginine ... g	1.120		0		1		1.602	0.952	
Histidine ... g	0.551		0		1		0.788	0.468	
Alanine ... g	1.132		0		1		1.619	0.962	
Aspartic acid ... g	1.917		0		1		2.741	1.629	
Glutamic acid ... g	2.794		0		1		3.995	2.375	
Glycine ... g	0.898		0		1		1.284	0.763	
Proline ... g	0.662		0		1		0.947	0.563	
Serine ... g	0.764		0		1		1.093	0.649	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 143g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.38	0.786	11		1		119.85	64.07	
Energy	kcal	135		0	NC	4		215	115	
Energy	kj	565				4		898	480	
Protein (N x 6.25)	g	15.55	0.216	11		1		24.72	13.22	
Total lipid (fat)	g	7.59	0.665	15		1		12.07	6.45	
Ash	g	1.00	0.044	11		1		1.59	0.85	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9	1.512	11		1		14	8	
Iron, Fe	mg	0.50	0.154	10		1		0.80	0.43	
Magnesium, Mg	mg	23	0.650	10		1		37	20	
Phosphorus, P	mg	202	6.800	11		1		321	172	
Potassium, K	mg	299	15.659	10		1		475	254	
Sodium, Na	mg	53	9.916	10		1		84	45	
Zinc, Zn	mg	0.74	0.082	10		1		1.18	0.63	
Copper, Cu	mg	0.101	0.042	10		1		0.161	0.086	
Manganese, Mn	mg	0.018	0.002	7		1		0.029	0.015	
Selenium, Se	mcg	12.6		0	BFZN	4		20.0	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6	0.089	7		1		1.0	0.5	
Thiamin	mg	0.361	0.021	7		1		0.574	0.307	
Riboflavin	mg	0.075	0.008	8		1		0.119	0.064	
Niacin	mg	2.304	0.093	7		1		3.663	1.958	
Pantothenic acid	mg	0.600	0.082	7		1		0.954	0.510	
Vitamin B-6	mg	0.188	0.011	7		1		0.299	0.160	
Folate, total	mcg	10	0.004	3		1		16	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10	0.004	3		1		16	9	
Folate, DFE	mcg_DFE	10		0	NC	4		16	9	
Vitamin B-12	mcg	2.47	0.133	3		1		3.93	2.10	
Vitamin A, IU	IU	50	0.000	7		1		80	43	
Vitamin A, RAE	mcg_RAE	15	0.000	7		1		24	13	
Retinol	mcg	15	0.000	7		1		24	13	
Vitamin E	mg_ATE	1.200		0		4		1.908	1.020	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.768		0		1		2.811	1.503	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.099		13		1		0.157	0.084	
15:0	g									
16:0	g	1.274		13		1		2.026	1.083	
17:0	g									
18:0	g	0.354		13		1		0.563	0.301	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.586		0		1		5.702	3.048	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.283		13		1		0.450	0.241	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	3.168		13		1		5.037	2.693	
20:1 ... g	0.074		13		1		0.118	0.063	
22:1 undifferentiated ... g	0.049		13		1		0.078	0.042	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.568		0		1		2.493	1.333	
18:2 undifferentiated ... g	0.876		13		1		1.393	0.745	
18:3 undifferentiated ... g	0.096		13		1		0.153	0.082	
18:4 ... g	0.037		13		1		0.059	0.031	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.085		13		1		0.135	0.072	
20:5 n-3 ... g	0.067		13		1		0.107	0.057	
22:5 n-3 ... g	0.090	0.000	13		1		0.143	0.077	
22:6 n-3 ... g	0.207		13		1		0.329	0.176	
Fatty acids, total trans ... g									
Cholesterol ... mg	47	5.485	8		1		75	40	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.174		0		1		0.277	0.148	
Threonine ... g	0.682		0		1		1.084	0.580	
Isoleucine ... g	0.717		0		1		1.140	0.609	
Leucine ... g	1.264		0		1		2.010	1.074	
Lysine ... g	1.429		0		1		2.272	1.215	
Methionine ... g	0.460		0		1		0.731	0.391	
Cystine ... g	0.167		0		1		0.266	0.142	
Phenylalanine ... g	0.607		0		1		0.965	0.516	
Tyrosine ... g	0.525		0		1		0.835	0.446	
Valine ... g	0.801		0		1		1.274	0.681	
Arginine ... g	0.931		0		1		1.480	0.791	
Histidine ... g	0.458		0		1		0.728	0.389	
Alanine ... g	0.941		0		1		1.496	0.800	
Aspartic acid ... g	1.593		0		1		2.533	1.354	
Glutamic acid ... g	2.322		0		1		3.692	1.974	
Glycine ... g	0.747		0		1		1.188	0.635	
Proline ... g	0.550		0		1		0.875	0.468	
Serine ... g	0.635		0		1		1.010	0.540	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 159g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.67	0.624	4		1		111.07	66.02	
Energy	kcal	105		0	NC	4		150	89	
Energy	kj	439				4		628	373	
Protein (N x 6.25)	g	18.47	0.423	4		1		26.41	15.70	
Total lipid (fat)	g	2.85	0.194	4		1		4.08	2.42	
Ash	g	1.15	0.050	4		1		1.64	0.98	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11	1.667	4		1		16	9	
Iron, Fe	mg	0.35	0.019	4		1		0.50	0.30	
Magnesium, Mg	mg	28	0.715	4		1		40	24	
Phosphorus, P	mg	304	33.155	3		1		435	258	
Potassium, K	mg	419	15.602	4		1		599	356	
Sodium, Na	mg	50	4.040	4		1		72	43	
Zinc, Zn	mg	0.61	0.040	4		1		0.87	0.52	
Copper, Cu	mg	0.039	0.000	4		1		0.056	0.033	
Manganese, Mn	mg	0.027	0.005	4		1		0.039	0.023	
Selenium, Se	mcg	14.3		0	BFSN	4		20.4	12.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8	0.178	4		1		1.1	0.7	
Thiamin	mg	0.227	0.023	4		1		0.325	0.193	
Riboflavin	mg	0.067	0.003	4		1		0.096	0.057	
Niacin	mg	2.385	0.259	4		1		3.411	2.027	
Pantothenic acid	mg	0.910	0.161	4		1		1.301	0.774	
Vitamin B-6	mg	0.106	0.010	4		1		0.152	0.090	
Folate, total	mcg	10		2		1		14	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		2		1		14	9	
Folate, DFE	mcg_DFE	10		0	NC	4		14	9	
Vitamin B-12	mcg	2.90	0.066	4		1		4.15	2.47	
Vitamin A, IU	IU	50	0.000	4		1		72	43	
Vitamin A, RAE	mcg_RAE	15	0.000	4		1		21	13	
Retinol	mcg	15	0.000	4		1		21	13	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.744		0		1		1.064	0.632	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.082		4		1		0.117	0.070	
15:0	g									
16:0	g	0.483		4		1		0.691	0.411	
17:0	g									
18:0	g	0.116		4		1		0.166	0.099	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.099		0		1		1.572	0.934	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.252		4		1		0.360	0.214	

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

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

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

Common Measures:

Measure 1 = 143g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.36	0.301	5		1		127.77	68.31	
Energy	kcal	95		0	NC	4		151	81	
Energy	kj	397				4		632	338	
Protein (N x 6.25)	g	16.38	0.235	5		1		26.04	13.92	
Total lipid (fat)	g	2.82	0.595	5		1		4.48	2.40	
Ash	g	0.96	0.025	5		1		1.53	0.82	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14	7.641	5		1		22	12	
Iron, Fe	mg	0.30	0.024	4		1		0.48	0.26	
Magnesium, Mg	mg	23	0.520	4		1		37	20	
Phosphorus, P	mg	209	18.568	4		1		332	178	
Potassium, K	mg	358	18.886	4		1		569	304	
Sodium, Na	mg	43	3.871	4		1		68	37	
Zinc, Zn	mg	0.51	0.032	4		1		0.81	0.43	
Copper, Cu	mg	0.034	0.002	4		1		0.054	0.029	
Manganese, Mn	mg	0.025	0.005	4		1		0.040	0.021	
Selenium, Se	mcg	12.6	0.823	5	A	1		20.0	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0.225	4		1		1.1	0.6	
Thiamin	mg	0.210	0.030	4		1		0.334	0.179	
Riboflavin	mg	0.072	0.006	5		1		0.114	0.061	
Niacin	mg	1.907	0.167	4		1		3.032	1.621	
Pantothenic acid	mg	0.765	0.120	4		1		1.216	0.650	
Vitamin B-6	mg	0.116	0.012	4		1		0.184	0.099	
Folate, total	mcg	10		2		1		16	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		2		1		16	9	
Folate, DFE	mcg_DFE	10		0	NC	4		16	9	
Vitamin B-12	mcg	2.23	0.155	4		1		3.55	1.90	
Vitamin A, IU	IU	50	0.000	4		1		80	43	
Vitamin A, RAE	mcg_RAE	15	0.000	4		1		24	13	
Retinol	mcg	15	0.000	4		1		24	13	
Vitamin E	mg_ATE	0.600		0		4		0.954	0.510	
Vitamin D	IU	500.000		0	T	4		795.000	425.000	
Lipids:										
Fatty acids, total saturated	g	0.722		0		1		1.148	0.614	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.064		10		1		0.102	0.054	
15:0	g									
16:0	g	0.442		10		1		0.703	0.376	
17:0	g									
18:0	g	0.150		10		1		0.239	0.128	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.844		0		1		1.342	0.717	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.176		10		1		0.280	0.150	

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

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

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

Common Measures:

Measure 1 = 159g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	47.50		6		1		7.60	13.47	
Energy	kcal	252		0	NC	4		40	71	
Energy	kj	1054				4		169	299	
Protein (N x 6.25)	g	24.60		6		1		3.94	6.97	
Total lipid (fat)	g	17.90		6		1		2.86	5.07	
Ash	g	6.50		2		1		1.04	1.84	
Carbohydrate, by difference	g	4.00		0		4		0.64	1.13	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	275		0		4		44	78	
Iron, Fe	mg	11.88		0		4		1.90	3.37	
Magnesium, Mg	mg	300		0		4		48	85	
Phosphorus, P	mg	356		0		4		57	101	
Potassium, K	mg	181		0		4		29	51	
Sodium, Na	mg	1500		0		1		240	425	
Zinc, Zn	mg	0.95		0		4		0.15	0.27	
Copper, Cu	mg	0.110		0		4		0.018	0.031	
Manganese, Mn	mg	0.050		0		4		0.008	0.014	
Selenium, Se	mcg	65.5		0	BFSN	4		10.5	18.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.190		0		4		0.030	0.054	
Riboflavin	mg	0.620		0		4		0.099	0.176	
Niacin	mg	0.120		0		4		0.019	0.034	
Pantothenic acid	mg	3.500		0		4		0.560	0.992	
Vitamin B-6	mg	0.320		0		4		0.051	0.091	
Folate, total	mcg	50		0		4		8	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	50		0		4		8	14	
Folate, DFE	mcg_DFE	50		0	NC	4		8	14	
Vitamin B-12	mcg	20.00		0		4		3.20	5.67	
Vitamin A, IU	IU	1868		0		4		299	530	
Vitamin A, RAE	mcg_RAE	561		0		4		90	159	
Retinol	mcg	561		0		4		90	159	
Vitamin E	mg_ATE	7.000		0		4		1.120	1.985	
Vitamin D	IU	232.000		0	T	4		37.120	65.772	
Lipids:										
Fatty acids, total saturated	g	4.060		0		4		0.650	1.151	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.212		0		4		0.034	0.060	
15:0	g									
16:0	g	3.555		0		4		0.569	1.008	
17:0	g									
18:0	g	0.293		0		4		0.047	0.083	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.631		0		4		0.741	1.313	
14:1	g									
15:1	g									
16:1 undifferentiated	g	1.043		0		4		0.167	0.296	

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

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

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 28.35g: 1 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.93	0.310	68		1		62.35	67.09	
Energy	kcal	98		0	NC	4		77	83	
Energy	kj	410				4		324	349	
Protein (N x 6.25)	g	18.99	0.225	68		1		15.00	16.14	
Total lipid (fat)	g	1.91	0.149	69		1		1.51	1.62	
Ash	g	1.20	0.032	70		1		0.95	1.02	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		4		9	10	
Iron, Fe	mg	0.40		0		4		0.32	0.34	
Magnesium, Mg	mg	17		0		4		13	14	
Phosphorus, P	mg	152		0		4		120	129	
Potassium, K	mg	354	8.519	18		1		280	301	
Sodium, Na	mg	55	1.653	18		1		43	47	
Zinc, Zn	mg	0.37		1		1		0.29	0.31	
Copper, Cu	mg	0.072		0		4		0.057	0.061	
Manganese, Mn	mg	0.067		0		4		0.053	0.057	
Selenium, Se	mcg	12.6		0	BFZN	4		10.0	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.088		0		4		0.070	0.075	
Riboflavin	mg	0.100		0		4		0.079	0.085	
Niacin	mg	2.510		0		4		1.983	2.134	
Pantothenic acid	mg	0.750		0		4		0.593	0.638	
Vitamin B-6	mg	0.300		0		4		0.237	0.255	
Folate, total	mcg	15		0		4		12	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		0		4		12	13	
Folate, DFE	mcg_DFE	15		0	NC	4		12	13	
Vitamin B-12	mcg	1.00		0		4		0.79	0.85	
Vitamin A, IU	IU	100		0		4		79	85	
Vitamin A, RAE	mcg_RAE	30		0		4		24	26	
Retinol	mcg	30		0		4		24	26	
Vitamin E	mg_ATE	0.065		0	BFFN	4		0.051	0.055	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.421		0		1		0.333	0.358	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.088		1		1		0.070	0.075	
15:0	g									
16:0	g	0.285		1		1		0.225	0.242	
17:0	g									
18:0	g	0.048		1		1		0.038	0.041	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.469		0		1		0.371	0.399	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.114		1		1		0.090	0.097	

NDB No. 15013
Finfish, cisco, raw

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

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

Common Measures:

Measure 1 = 79g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15014
Finfish, cisco, smoked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.80		2		1		19.79	59.33	
Energy	kcal	177		0	NC	4		50	150	
Energy	kj	741				4		210	629	
Protein (N x 6.25)	g	16.36		2		1		4.64	13.91	
Total lipid (fat)	g	11.90		2		1		3.37	10.12	
Ash	g	2.00		2		1		0.57	1.70	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		2		1		7	22	
Iron, Fe	mg	0.49		2		1		0.14	0.42	
Magnesium, Mg	mg	17		2		1		5	14	
Phosphorus, P	mg	150		2		1		43	128	
Potassium, K	mg	293		2		1		83	249	
Sodium, Na	mg	481		2		1		136	409	
Zinc, Zn	mg	0.30		2		1		0.09	0.26	
Copper, Cu	mg	0.215		2		1		0.061	0.183	
Manganese, Mn	mg	0.021		2		1		0.006	0.018	
Selenium, Se	mcg	18.1		0	BFSN	4		5.1	15.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.046		2		1		0.013	0.039	
Riboflavin	mg	0.159		2		1		0.045	0.135	
Niacin	mg	2.310		2		1		0.655	1.964	
Pantothenic acid	mg	0.308		2		1		0.087	0.262	
Vitamin B-6	mg	0.268		2		1		0.076	0.228	
Folate, total	mcg	2		2		1		1	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		2		1		1	2	
Folate, DFE	mcg_DFE	2		0	NC	4		1	2	
Vitamin B-12	mcg	4.26		2		1		1.21	3.62	
Vitamin A, IU	IU	943		2		1		267	802	
Vitamin A, RAE	mcg_RAE	283		2		1		80	241	
Retinol	mcg	283		2		1		80	241	
Vitamin E	mg_ATE	0.200		0		4		0.057	0.170	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.741		0		1		0.494	1.480	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.654		2		1		0.185	0.556	
15:0	g									
16:0	g	0.888		2		1		0.252	0.755	
17:0	g									
18:0	g	0.199		2		1		0.056	0.169	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.484		0		1		1.555	4.661	
14:1	g									
15:1	g									
16:1 undifferentiated	g	2.665		2		1		0.756	2.265	

NDB No. 15014
Finfish, cisco, smoked

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.61		0		1		235.90	64.27	
Energy	kcal	105		0	NC	4		328	89	
Energy	kj	439				4		1371	373	
Protein (N x 6.25)	g	22.76		0		1		71.01	19.35	
Total lipid (fat)	g	0.86		0		1		2.68	0.73	
Ash	g	1.49		0		1		4.65	1.27	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0		1		66	18	
Iron, Fe	mg	0.49		0		1		1.53	0.42	
Magnesium, Mg	mg	41		0		1		128	35	
Phosphorus, P	mg	260		0		1		811	221	
Potassium, K	mg	528		0		1		1647	449	
Sodium, Na	mg	218		0		1		680	185	
Zinc, Zn	mg	0.58		0		1		1.81	0.49	
Copper, Cu	mg	0.037		0		1		0.115	0.031	
Manganese, Mn	mg	0.020		0		4		0.062	0.017	
Selenium, Se	mcg	38.1		0	BFSN	4		118.9	32.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		3.1	0.9	
Thiamin	mg	0.087		0		1		0.271	0.074	
Riboflavin	mg	0.079		0		1		0.246	0.067	
Niacin	mg	2.505		0		1		7.816	2.129	
Pantothenic acid	mg	0.170		0		4		0.530	0.145	
Vitamin B-6	mg	0.282		0		1		0.880	0.240	
Folate, total	mcg	8		0		4		25	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		4		25	7	
Folate, DFE	mcg_DFE	8		0	NC	4		25	7	
Vitamin B-12	mcg	1.05		0		1		3.26	0.89	
Vitamin A, IU	IU	46		0		1		144	39	
Vitamin A, RAE	mcg_RAE	14		0		1		43	12	
Retinol	mcg	14		0		1		43	12	
Vitamin E	mg_ATE	0.200		0		4		0.624	0.170	
Vitamin D	IU	84.000		0	T	4		262.080	71.400	
Lipids:										
Fatty acids, total saturated	g	0.167		0		1		0.521	0.142	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.012		0		1		0.037	0.010	
15:0	g									
16:0	g	0.116		0		1		0.362	0.099	
17:0	g									
18:0	g	0.038		0		1		0.119	0.032	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.124		0		1		0.387	0.105	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		0		1		0.062	0.017	

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

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

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

Common Measures:

Measure 1 = 312g: 1 can

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.92		0		1		136.66	64.53	
Energy	kcal	105		0	NC	4		189	89	
Energy	kj	439				4		791	373	
Protein (N x 6.25)	g	22.83		0		1		41.09	19.41	
Total lipid (fat)	g	0.86		0		1		1.55	0.73	
Ash	g	1.49		0		1		2.68	1.27	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		2		1		25	12	
Iron, Fe	mg	0.49		0		1		0.88	0.42	
Magnesium, Mg	mg	42		2		1		76	36	
Phosphorus, P	mg	138		2		1		248	117	
Potassium, K	mg	244		2		1		439	207	
Sodium, Na	mg	78		2		1		140	66	
Zinc, Zn	mg	0.58		0		1		1.04	0.49	
Copper, Cu	mg	0.036		0		1		0.065	0.031	
Manganese, Mn	mg	0.020		0		4		0.036	0.017	
Selenium, Se	mcg	37.6	1.558	29	A	1		67.7	32.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		1.8	0.9	
Thiamin	mg	0.088		0		1		0.158	0.075	
Riboflavin	mg	0.079		0		1		0.142	0.067	
Niacin	mg	2.513		0		1		4.523	2.136	
Pantothenic acid	mg	0.180		0		4		0.324	0.153	
Vitamin B-6	mg	0.283		0		1		0.509	0.241	
Folate, total	mcg	8		0		4		15	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		4		15	7	
Folate, DFE	mcg_DFE	8		0	NC	4		15	7	
Vitamin B-12	mcg	1.05		0		1		1.89	0.89	
Vitamin A, IU	IU	46		0		1		83	39	
Vitamin A, RAE	mcg_RAE	14		0		1		25	12	
Retinol	mcg	14		0		1		25	12	
Vitamin E	mg_ATE	0.300		0		1		0.540	0.255	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.168		0		1		0.302	0.143	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.012		0		1		0.022	0.010	
15:0	g									
16:0	g	0.117		0		1		0.211	0.099	
17:0	g									
18:0	g	0.038		0		1		0.068	0.032	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.124		0		1		0.223	0.105	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.021		0		1		0.038	0.018	

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

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

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

Common Measures:

Measure 1 = 180g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	16.14		0		1		4.58	12.91	13.72
Energy	kcal	290		0	NC	4		82	232	247
Energy	kj	1213				4		344	971	1031
Protein (N x 6.25)	g	62.82		0		1		17.81	50.26	53.40
Total lipid (fat)	g	2.37		0		1		0.67	1.90	2.01
Ash	g	18.67		0		4		5.29	14.94	15.87
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	160		1		1		45	128	136
Iron, Fe	mg	2.50		1		1		0.71	2.00	2.13
Magnesium, Mg	mg	133		0		1		38	106	113
Phosphorus, P	mg	950		1		1		269	760	808
Potassium, K	mg	1458		0		1		413	1166	1239
Sodium, Na	mg	7027		0		1		1992	5622	5973
Zinc, Zn	mg	1.59		0		1		0.45	1.27	1.35
Copper, Cu	mg	0.176		0		1		0.050	0.141	0.150
Manganese, Mn	mg	0.050		0		4		0.014	0.040	0.043
Selenium, Se	mcg	147.8		0	BFSN	4		41.9	118.2	125.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.5		0		1		1.0	2.8	3.0
Thiamin	mg	0.268		0		1		0.076	0.214	0.228
Riboflavin	mg	0.240		1		1		0.068	0.192	0.204
Niacin	mg	7.500		1		1		2.126	6.000	6.375
Pantothenic acid	mg	1.675		1		1		0.475	1.340	1.424
Vitamin B-6	mg	0.864		0		1		0.245	0.691	0.734
Folate, total	mcg	25		0		4		7	20	21
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	25		0		4		7	20	21
Folate, DFE	mcg_DFE	25		0	NC	4		7	20	21
Vitamin B-12	mcg	10.00		1		1		2.84	8.00	8.50
Vitamin A, IU	IU	141		0		1		40	113	120
Vitamin A, RAE	mcg_RAE	42		0		1		12	34	36
Retinol	mcg	42		0		1		12	34	36
Vitamin E	mg_ATE	0.600		0		4		0.170	0.480	0.510
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.462		0		1		0.131	0.370	0.393
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.032		0		1		0.009	0.026	0.027
15:0	g									
16:0	g	0.321		0		1		0.091	0.257	0.273
17:0	g									
18:0	g	0.106		0		1		0.030	0.085	0.090
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.342		0		1		0.097	0.274	0.291
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.056		0		1		0.016	0.045	0.048

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

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

Measure 3 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.22	0.040	537		1		187.62	69.04	
Energy	kcal	82		0	NC	4		189	70	
Energy	kj	343				4		793	292	
Protein (N x 6.25)	g	17.81	0.040	605		1		41.14	15.14	
Total lipid (fat)	g	0.67	0.007	293		1		1.55	0.57	
Ash	g	1.16	0.013	165		1		2.68	0.99	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	16	1.489	101		1		37	14	
Iron, Fe	mg	0.38	0.031	26		1		0.88	0.32	
Magnesium, Mg	mg	32	1.273	30		1		74	27	
Phosphorus, P	mg	203	3.657	75		1		469	173	
Potassium, K	mg	413	11.091	49		1		954	351	
Sodium, Na	mg	54	3.370	44		1		125	46	
Zinc, Zn	mg	0.45	0.012	188		1		1.04	0.38	
Copper, Cu	mg	0.028	0.001	136		1		0.065	0.024	
Manganese, Mn	mg	0.015		0		1		0.035	0.013	
Selenium, Se	mcg	33.1	2.412	11	A	1		76.5	28.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		2		1		2.3	0.9	
Thiamin	mg	0.076	0.004	40		1		0.176	0.065	
Riboflavin	mg	0.065	0.004	68		1		0.150	0.055	
Niacin	mg	2.063	0.074	69		1		4.766	1.754	
Pantothenic acid	mg	0.153	0.009	45		1		0.353	0.130	
Vitamin B-6	mg	0.245	0.035	4		1		0.566	0.208	
Folate, total	mcg	7		0		4		16	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		4		16	6	
Folate, DFE	mcg_DFE	7		0	NC	4		16	6	
Vitamin B-12	mcg	0.91	0.051	55		1		2.10	0.77	
Vitamin A, IU	IU	40		1		1		92	34	
Vitamin A, RAE	mcg_RAE	12		1		1		28	10	
Retinol	mcg	12		1		1		28	10	
Vitamin E	mg_ATE	0.230		0		1		0.531	0.196	
Vitamin D	IU	44.000		0	T	4		101.640	37.400	
Lipids:										
Fatty acids, total saturated	g	0.131		0		1		0.303	0.111	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.009		25		1		0.021	0.008	
15:0	g									
16:0	g	0.091		26		1		0.210	0.077	
17:0	g									
18:0	g	0.030		26		1		0.069	0.026	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.094		0		1		0.217	0.080	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.016		26		1		0.037	0.014	

NDB No. 15015
Finfish, cod, Atlantic, raw

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

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

Common Measures:

Measure 1 = 231g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.00		0		1		68.40	64.60	
Energy	kcal	105		0	NC	4		95	89	
Energy	kj	439				4		395	373	
Protein (N x 6.25)	g	22.95		0		1		20.66	19.51	
Total lipid (fat)	g	0.81		0		1		0.73	0.69	
Ash	g	1.54		0		1		1.39	1.31	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0		1		8	8	
Iron, Fe	mg	0.33		0		1		0.30	0.28	
Magnesium, Mg	mg	31		0		1		28	26	
Phosphorus, P	mg	223		0		1		201	190	
Potassium, K	mg	517		0		1		465	439	
Sodium, Na	mg	91		0		1		82	77	
Zinc, Zn	mg	0.51		0		1		0.46	0.43	
Copper, Cu	mg	0.033		0		1		0.030	0.028	
Manganese, Mn	mg	0.015		0		1		0.014	0.013	
Selenium, Se	mcg	46.8		0	BFSN	4		42.1	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.0		0		1		2.7	2.6	
Thiamin	mg	0.025		0		1		0.023	0.021	
Riboflavin	mg	0.051		0		1		0.046	0.043	
Niacin	mg	2.485		0		1		2.237	2.112	
Pantothenic acid	mg	0.162		0		1		0.146	0.138	
Vitamin B-6	mg	0.462		0		1		0.416	0.393	
Folate, total	mcg	8		0		1		7	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		7	7	
Folate, DFE	mcg_DFE	8		0	NC	4		7	7	
Vitamin B-12	mcg	1.04		0		1		0.94	0.88	
Vitamin A, IU	IU	32		0		1		29	27	
Vitamin A, RAE	mcg_RAE	10		0		1		9	8	
Retinol	mcg	10		0		1		9	8	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.104		0		1		0.094	0.088	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.004		0		1		0.004	0.003	
15:0	g									
16:0	g	0.085		0		1		0.077	0.072	
17:0	g									
18:0	g	0.015		0		1		0.014	0.013	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.105		0		1		0.095	0.089	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		0		1		0.036	0.034	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.065		0		1		0.059	0.055	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.313		0		1		0.282	0.266	
18:2 undifferentiated ... g	0.008		0		1		0.007	0.007	
18:3 undifferentiated ... g	0.003		0		1		0.003	0.003	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.022		0		1		0.020	0.019	
20:5 n-3 ... g	0.103		0		1		0.093	0.088	
22:5 n-3 ... g	0.005		0		1		0.005	0.004	
22:6 n-3 ... g	0.173		0		1		0.156	0.147	
Fatty acids, total trans ... g									
Cholesterol ... mg	47		0		1		42	40	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.257		0		1		0.231	0.218	
Threonine ... g	1.006		0		1		0.905	0.855	
Isoleucine ... g	1.057		0		1		0.951	0.898	
Leucine ... g	1.865		0		1		1.679	1.585	
Lysine ... g	2.108		0		1		1.897	1.792	
Methionine ... g	0.679		0		1		0.611	0.577	
Cystine ... g	0.246		0		1		0.221	0.209	
Phenylalanine ... g	0.896		0		1		0.806	0.762	
Tyrosine ... g	0.775		0		1		0.698	0.659	
Valine ... g	1.182		0		1		1.064	1.005	
Arginine ... g	1.373		0		1		1.236	1.167	
Histidine ... g	0.676		0		1		0.608	0.575	
Alanine ... g	1.388		0		1		1.249	1.180	
Aspartic acid ... g	2.350		0		1		2.115	1.998	
Glutamic acid ... g	3.426		0		1		3.083	2.912	
Glycine ... g	1.102		0		1		0.992	0.937	
Proline ... g	0.811		0		1		0.730	0.689	
Serine ... g	0.936		0		1		0.842	0.796	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 90g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.28	0.058	237		1		94.28	69.09	
Energy	kcal	82		0	NC	4		95	70	
Energy	kj	343				4		398	292	
Protein (N x 6.25)	g	17.90	0.260	226		1		20.76	15.22	
Total lipid (fat)	g	0.63	0.031	18		1		0.73	0.54	
Ash	g	1.20	0.007	226		1		1.39	1.02	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		1		1		8	6	
Iron, Fe	mg	0.26	0.024	3		1		0.30	0.22	
Magnesium, Mg	mg	24		1		1		28	20	
Phosphorus, P	mg	174		1		1		202	148	
Potassium, K	mg	403	2.102	126		1		467	343	
Sodium, Na	mg	71	1.109	126		1		82	60	
Zinc, Zn	mg	0.40	0.015	60		1		0.46	0.34	
Copper, Cu	mg	0.026	0.002	61		1		0.030	0.022	
Manganese, Mn	mg	0.012		1		1		0.014	0.010	
Selenium, Se	mcg	36.5		0	CAZN	4		42.3	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.9		0		4		3.4	2.5	
Thiamin	mg	0.022	0.003	3		1		0.026	0.019	
Riboflavin	mg	0.042	0.002	3		1		0.049	0.036	
Niacin	mg	2.040	0.248	3		1		2.366	1.734	
Pantothenic acid	mg	0.140		2		1		0.162	0.119	
Vitamin B-6	mg	0.400		0		4		0.464	0.340	
Folate, total	mcg	7		0		4		8	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		4		8	6	
Folate, DFE	mcg_DFE	7		0	NC	4		8	6	
Vitamin B-12	mcg	0.90		0		4		1.04	0.77	
Vitamin A, IU	IU	28		1		1		32	24	
Vitamin A, RAE	mcg_RAE	8		1		1		10	7	
Retinol	mcg	8		1		1		10	7	
Vitamin E	mg_ATE	0.230		0		4		0.267	0.196	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.081		0		1		0.094	0.069	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.003		1		1		0.003	0.003	
15:0	g									
16:0	g	0.066		1		1		0.077	0.056	
17:0	g									
18:0	g	0.012		1		1		0.014	0.010	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.082		0		1		0.095	0.070	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.031		1		1		0.036	0.026	

NDB No. 15019
Finfish, cod, Pacific, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.051		1		1		0.059	0.043	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.244		0		1		0.283	0.207	
18:2 undifferentiated ... g	0.006		1		1		0.007	0.005	
18:3 undifferentiated ... g	0.002		1		1		0.002	0.002	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.017		1		1		0.020	0.014	
20:5 n-3 ... g	0.080		1		1		0.093	0.068	
22:5 n-3 ... g	0.004		1		1		0.005	0.003	
22:6 n-3 ... g	0.135		1		1		0.157	0.115	
Fatty acids, total trans ... g									
Cholesterol ... mg	37		1		1		43	31	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.200		0		1		0.232	0.170	
Threonine ... g	0.785		0		1		0.911	0.667	
Isoleucine ... g	0.825		0		1		0.957	0.701	
Leucine ... g	1.455		0		1		1.688	1.237	
Lysine ... g	1.644		0		1		1.907	1.397	
Methionine ... g	0.530		0		1		0.615	0.451	
Cystine ... g	0.192		0		1		0.223	0.163	
Phenylalanine ... g	0.699		0		1		0.811	0.594	
Tyrosine ... g	0.604		0		1		0.701	0.513	
Valine ... g	0.922		0		1		1.070	0.784	
Arginine ... g	1.071		0		1		1.242	0.910	
Histidine ... g	0.527		0		1		0.611	0.448	
Alanine ... g	1.083		0		1		1.256	0.921	
Aspartic acid ... g	1.833		0		1		2.126	1.558	
Glutamic acid ... g	2.672		0		1		3.100	2.271	
Glycine ... g	0.859		0		1		0.996	0.730	
Proline ... g	0.633		0		1		0.734	0.538	
Serine ... g	0.730		0		1		0.847	0.621	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 116g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.76		0		1		51.99	50.80	
Energy	kcal	221		0	NC	4		192	188	
Energy	kj	925				4		804	786	
Protein (N x 6.21)	g	18.20		0		1		15.83	15.47	
Total lipid (fat)	g	12.67		0		1		11.02	10.77	
Ash	g	1.37		0		1		1.19	1.16	
Carbohydrate, by difference	g	7.54		0	NC	4		6.56	6.41	
Fiber, total dietary	g	0.4		0		4		0.4	0.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	32		0		1		28	27	
Iron, Fe	mg	0.86		0		1		0.75	0.73	
Magnesium, Mg	mg	42		0		1		37	36	
Phosphorus, P	mg	217		0		1		189	184	
Potassium, K	mg	340		0		1		296	289	
Sodium, Na	mg	348		0		1		303	296	
Zinc, Zn	mg	0.52		0		1		0.45	0.44	
Copper, Cu	mg	0.065		0		1		0.057	0.055	
Manganese, Mn	mg	0.080		0		4		0.070	0.068	
Selenium, Se	mcg	38.8		0	RA	4		33.8	33.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.090		0		4		0.078	0.077	
Riboflavin	mg	0.130		0		4		0.113	0.111	
Niacin	mg	4.300		0		4		3.741	3.655	
Pantothenic acid	mg	0.740		0		4		0.644	0.629	
Vitamin B-6	mg	0.260		0		4		0.226	0.221	
Folate, total	mcg	34		0	RA	4		30	29	
Folic acid	mcg	16		0	NC	4		14	14	
Folate, food	mcg	18		0		4		16	15	
Folate, DFE	mcg_DFE	45		0	NC	4		39	38	
Vitamin B-12	mcg	2.10		0		4		1.83	1.79	
Vitamin A, IU	IU	75		0		4		65	64	
Vitamin A, RAE	mcg_RAE	23		0		4		20	19	
Retinol	mcg	23		0		4		20	19	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.476		0		1		3.024	2.955	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.088		0		1		0.077	0.075	
15:0	g									
16:0	g	2.194		0		1		1.909	1.865	
17:0	g									
18:0	g	1.193		0		1		1.038	1.014	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.320		0		1		4.628	4.522	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.444		0		1		0.386	0.377	

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

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

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

Common Measures:

Measure 1 = 87g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.03	0.594	7		1		61.64	66.33	
Energy	kcal	104		0	NC	4		82	88	
Energy	kj	435				4		344	370	
Protein (N x 6.25)	g	17.78	0.301	7		1		14.05	15.11	
Total lipid (fat)	g	3.17	0.529	8		1		2.50	2.69	
Ash	g	1.11	0.113	7		1		0.88	0.94	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15		1		1		12	13	
Iron, Fe	mg	0.37		1		1		0.29	0.31	
Magnesium, Mg	mg	40		1		1		32	34	
Phosphorus, P	mg	210		1		1		166	179	
Potassium, K	mg	345		1		1		273	293	
Sodium, Na	mg	56		1		1		44	48	
Zinc, Zn	mg	0.42	0.009	91		1		0.33	0.36	
Copper, Cu	mg	0.042	0.002	92		1		0.033	0.036	
Manganese, Mn	mg	0.025		1		1		0.020	0.021	
Selenium, Se	mcg	36.5		0	CAZN	4		28.8	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.075		0		4		0.059	0.064	
Riboflavin	mg	0.095		0		4		0.075	0.081	
Niacin	mg	4.200		0		4		3.318	3.570	
Pantothenic acid	mg	0.750		0		4		0.593	0.638	
Vitamin B-6	mg	0.300		0		4		0.237	0.255	
Folate, total	mcg	15		0		4		12	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		0		4		12	13	
Folate, DFE	mcg_DFE	15		0	NC	4		12	13	
Vitamin B-12	mcg	2.50		0		4		1.98	2.13	
Vitamin A, IU	IU	60		0		4		47	51	
Vitamin A, RAE	mcg_RAE	18		0		4		14	15	
Retinol	mcg	18		0		4		14	15	
Vitamin E	mg_ATE	1.000		0		4		0.790	0.850	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.088		0		1		0.860	0.925	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.049		1		1		0.039	0.042	
15:0	g									
16:0	g	0.836		1		1		0.660	0.711	
17:0	g									
18:0	g	0.203		1		1		0.160	0.173	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.149		0		1		0.908	0.977	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.464		1		1		0.367	0.394	

NDB No. 15020
Finfish, croaker, Atlantic, raw

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

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

Common Measures:

Measure 1 = 79g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.68		0		1		66.20	59.23	
Energy	kcal	112		0	NC	4		106	95	
Energy	kj	469				4		445	398	
Protein (N x 6.25)	g	24.35		0		1		23.13	20.70	
Total lipid (fat)	g	0.88		0		1		0.84	0.75	
Ash	g	1.60		0		1		1.52	1.36	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		12	11	
Iron, Fe	mg	1.06		0		1		1.01	0.90	
Magnesium, Mg	mg	40		0		1		38	34	
Phosphorus, P	mg	262		0		1		249	223	
Potassium, K	mg	503		0		1		478	428	
Sodium, Na	mg	40		0		1		38	34	
Zinc, Zn	mg	0.49		0		1		0.47	0.42	
Copper, Cu	mg	0.023		0		1		0.022	0.020	
Manganese, Mn	mg	0.019		0		1		0.018	0.016	
Selenium, Se	mcg	46.8		0	BFSN	4		44.5	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.048		0		1		0.046	0.041	
Riboflavin	mg	0.162		0		1		0.154	0.138	
Niacin	mg	3.271		0		1		3.107	2.780	
Pantothenic acid	mg	0.322		0		1		0.306	0.274	
Vitamin B-6	mg	0.447		0		1		0.425	0.380	
Folate, total	mcg	2		0		1		2	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		1		2	2	
Folate, DFE	mcg_DFE	2		0	NC	4		2	2	
Vitamin B-12	mcg	1.20		0		1		1.14	1.02	
Vitamin A, IU	IU	69		0		1		66	59	
Vitamin A, RAE	mcg_RAE	21		0		1		20	18	
Retinol	mcg	21		0		1		20	18	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	53		0		1		50	45	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.273		0		1		0.259	0.232	
Threonine	g	1.067		0		1		1.014	0.907	
Isoleucine	g	1.122		0		1		1.066	0.954	
Leucine	g	1.979		0		1		1.880	1.682	
Lysine	g	2.236		0		1		2.124	1.901	
Methionine	g	0.721		0		1		0.685	0.613	
Cystine	g	0.261		0		1		0.248	0.222	
Phenylalanine	g	0.950		0		1		0.903	0.808	
Tyrosine	g	0.822		0		1		0.781	0.699	
Valine	g	1.254		0		1		1.191	1.066	
Arginine	g	1.457		0		1		1.384	1.238	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.717		0		1		0.681	0.609	
Alanine.....g	1.472		0		1		1.398	1.251	
Aspartic acid.....g	2.493		0		1		2.368	2.119	
Glutamic acid.....g	3.634		0		1		3.452	3.089	
Glycine.....g	1.169		0		1		1.111	0.994	
Proline.....g	0.861		0		1		0.818	0.732	
Serine.....g	0.993		0		1		0.943	0.844	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 95g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.35	0.662	25		1		93.15	64.90	
Energy	kcal	87		0	NC	4		106	74	
Energy	kj	364				4		444	309	
Protein (N x 6.25)	g	18.99	0.383	12		1		23.17	16.14	
Total lipid (fat)	g	0.69	0.106	4		1		0.84	0.59	
Ash	g	1.25	0.133	6		1		1.53	1.06	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10	5.029	23		1		12	9	
Iron, Fe	mg	0.83		0		4		1.01	0.71	
Magnesium, Mg	mg	31	2.018	19		1		38	26	
Phosphorus, P	mg	204	17.349	6		1		249	173	
Potassium, K	mg	392	14.022	22		1		478	333	
Sodium, Na	mg	31	5.357	20		1		38	26	
Zinc, Zn	mg	0.38	0.010	76		1		0.46	0.32	
Copper, Cu	mg	0.018	0.001	74		1		0.022	0.015	
Manganese, Mn	mg	0.015		0		1		0.018	0.013	
Selenium, Se	mcg	36.5		0	CAZN	4		44.5	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.042		0		4		0.051	0.036	
Riboflavin	mg	0.133	0.023	7		1		0.162	0.113	
Niacin	mg	2.686	0.083	7		1		3.277	2.283	
Pantothenic acid	mg	0.279	0.028	7		1		0.340	0.237	
Vitamin B-6	mg	0.387	0.085	3		1		0.472	0.329	
Folate, total	mcg	2		0		4		2	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		4		2	2	
Folate, DFE	mcg_DFE	2		0	NC	4		2	2	
Vitamin B-12	mcg	1.04	0.125	7		1		1.27	0.89	
Vitamin A, IU	IU	60		0		4		73	51	
Vitamin A, RAE	mcg_RAE	18		0		4		22	15	
Retinol	mcg	18		0		4		22	15	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.130		0		4		0.159	0.111	
Fatty acids, total monounsaturated	g	0.090		0		4		0.110	0.077	
Fatty acids, total polyunsaturated	g	0.280		0		4		0.342	0.238	
Fatty acids, total trans	g									
Cholesterol	mg	41		0		4		50	35	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.213		0		1		0.260	0.181	
Threonine	g	0.833		0		1		1.016	0.708	
Isoleucine	g	0.875		0		1		1.068	0.744	
Leucine	g	1.544		0		1		1.884	1.312	
Lysine	g	1.744		0		1		2.128	1.482	
Methionine	g	0.562		0		1		0.686	0.478	
Cystine	g	0.204		0		1		0.249	0.173	
Phenylalanine	g	0.742		0		1		0.905	0.631	
Tyrosine	g	0.641		0		1		0.782	0.545	
Valine	g	0.979		0		1		1.194	0.832	
Arginine	g	1.137		0		1		1.387	0.966	

NDB No. 15022
Finfish, cusk, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.559		0		1		0.682	0.475	
Alanine.....g	1.149		0		1		1.402	0.977	
Aspartic acid.....g	1.945		0		1		2.373	1.653	
Glutamic acid.....g	2.835		0		1		3.459	2.410	
Glycine.....g	0.912		0		1		1.113	0.775	
Proline.....g	0.672		0		1		0.820	0.571	
Serine.....g	0.775		0		1		0.946	0.659	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 122g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.22		0		1		113.24	60.54	
Energy	kcal	109		0	NC	4		173	93	
Energy	kj	456				4		725	388	
Protein (N x 6.25)	g	23.72		0		1		37.71	20.16	
Total lipid (fat)	g	0.90		0		1		1.43	0.77	
Ash	g	2.69		0		1		4.28	2.29	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19		0		1		30	16	
Iron, Fe	mg	1.45		0		1		2.31	1.23	
Magnesium, Mg	mg	38		0		1		60	32	
Phosphorus, P	mg	183		0		1		291	156	
Potassium, K	mg	533		0		1		847	453	
Sodium, Na	mg	113		0		1		180	96	
Zinc, Zn	mg	0.59		0		1		0.94	0.50	
Copper, Cu	mg	0.053		0		1		0.084	0.045	
Manganese, Mn	mg	0.019		0		1		0.030	0.016	
Selenium, Se	mcg	46.8		0	BFSN	4		74.4	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.023		0		1		0.037	0.020	
Riboflavin	mg	0.085		0		1		0.135	0.072	
Niacin	mg	7.429		0		1		11.812	6.315	
Pantothenic acid	mg	0.865		0		1		1.375	0.735	
Vitamin B-6	mg	0.462		0		1		0.735	0.393	
Folate, total	mcg	6		0		1		10	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		10	5	
Folate, DFE	mcg_DFE	6		0	NC	4		10	5	
Vitamin B-12	mcg	0.69		0		1		1.10	0.59	
Vitamin A, IU	IU	208		0		1		331	177	
Vitamin A, RAE	mcg_RAE	62		0		1		99	53	
Retinol	mcg	62		0		1		99	53	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.241		0		1		0.383	0.205	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.001		0		1		0.002	0.001	
13:0	g									
14:0	g	0.018		0		1		0.029	0.015	
15:0	g									
16:0	g	0.154		0		1		0.245	0.131	
17:0	g									
18:0	g	0.059		0		1		0.094	0.050	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.155		0		1		0.246	0.132	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.029		0		1		0.046	0.025	

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

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

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

Common Measures:

Measure 1 = 159g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.55		2		1		158.20	65.92	
Energy	kcal	85		0	NC	4		173	72	
Energy	kj	356				4		726	302	
Protein (N x 6.25)	g	18.50		1		1		37.74	15.73	
Total lipid (fat)	g	0.70		1		1		1.43	0.60	
Ash	g	2.10		1		1		4.28	1.79	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		4		31	13	
Iron, Fe	mg	1.13		0		4		2.31	0.96	
Magnesium, Mg	mg	30		0		4		61	26	
Phosphorus, P	mg	143		0		4		292	122	
Potassium, K	mg	416		1		1		849	354	
Sodium, Na	mg	88		2		1		180	75	
Zinc, Zn	mg	0.46	0.035	65		1		0.94	0.39	
Copper, Cu	mg	0.041	0.002	64		1		0.084	0.035	
Manganese, Mn	mg	0.015		0		1		0.031	0.013	
Selenium, Se	mcg	36.5		0	CAZN	4		74.5	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.020		0		4		0.041	0.017	
Riboflavin	mg	0.070		0		4		0.143	0.060	
Niacin	mg	6.100		0		4		12.444	5.185	
Pantothenic acid	mg	0.750		0		4		1.530	0.638	
Vitamin B-6	mg	0.400		0		4		0.816	0.340	
Folate, total	mcg	5		0		4		10	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		4		10	4	
Folate, DFE	mcg_DFE	5		0	NC	4		10	4	
Vitamin B-12	mcg	0.60		0		4		1.22	0.51	
Vitamin A, IU	IU	180		0		4		367	153	
Vitamin A, RAE	mcg_RAE	54		0		4		110	46	
Retinol	mcg	54		0		4		110	46	
Vitamin E	mg_ATE	0.300		0		4		0.612	0.255	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.188		0		1		0.384	0.160	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.001		1		1		0.002	0.001	
13:0	g									
14:0	g	0.014	0.007	3		1		0.029	0.012	
15:0	g									
16:0	g	0.120	0.022	3		1		0.245	0.102	
17:0	g									
18:0	g	0.046	0.006	3		1		0.094	0.039	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.121		0		1		0.247	0.103	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.023	0.015	3		1		0.047	0.020	

NDB No. 15023
Finfish, dolphinfish, raw

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

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

Common Measures:

Measure 1 = 204g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.94		0		1		109.25	60.30	
Energy	kcal	153		0	NC	4		236	130	
Energy	kj	640				4		986	544	
Protein (N x 6.25)	g	22.49		0		1		34.63	19.12	
Total lipid (fat)	g	6.32		0		1		9.73	5.37	
Ash	g	1.38		0		1		2.13	1.17	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	77		0		1		119	65	
Iron, Fe	mg	1.15		0		1		1.77	0.98	
Magnesium, Mg	mg	38		0		1		59	32	
Phosphorus, P	mg	231		0		1		356	196	
Potassium, K	mg	353		0		1		544	300	
Sodium, Na	mg	96		0		1		148	82	
Zinc, Zn	mg	0.85		0		1		1.31	0.72	
Copper, Cu	mg	0.297		0		1		0.457	0.252	
Manganese, Mn	mg	0.897		0		1		1.381	0.762	
Selenium, Se	mcg	16.2		0	BFSN	4		24.9	13.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		1.5	0.9	
Thiamin	mg	0.081		0		1		0.125	0.069	
Riboflavin	mg	0.207		0		1		0.319	0.176	
Niacin	mg	2.862		0		1		4.407	2.433	
Pantothenic acid	mg	0.865		0		1		1.332	0.735	
Vitamin B-6	mg	0.346		0		1		0.533	0.294	
Folate, total	mcg	17		0		1		26	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	17		0		1		26	14	
Folate, DFE	mcg_DFE	17		0	NC	4		26	14	
Vitamin B-12	mcg	2.31		0		1		3.56	1.96	
Vitamin A, IU	IU	196		0		1		302	167	
Vitamin A, RAE	mcg_RAE	59		0		1		91	50	
Retinol	mcg	59		0		1		91	50	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.434		0		1		2.208	1.219	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.135		0		1		0.208	0.115	
15:0	g									
16:0	g	1.118		0		1		1.722	0.950	
17:0	g									
18:0	g	0.182		0		1		0.280	0.155	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.807		0		1		4.323	2.386	
14:1	g									
15:1	g									
16:1 undifferentiated	g	1.014		0		1		1.562	0.862	

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

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

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

Common Measures:

Measure 1 = 154g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.33	0.125	650		1		153.11	65.73	
Energy	kcal	119		0	NC	4		236	101	
Energy	kj	498				4		986	423	
Protein (N x 6.25)	g	17.54	0.019	650		1		34.73	14.91	
Total lipid (fat)	g	4.93	0.103	905		1		9.76	4.19	
Ash	g	1.08	0.016	652		1		2.14	0.92	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	60		1		1		119	51	
Iron, Fe	mg	0.90		1		1		1.78	0.77	
Magnesium, Mg	mg	30		1		1		59	26	
Phosphorus, P	mg	180		1		1		356	153	
Potassium, K	mg	275	1.857	189		1		545	234	
Sodium, Na	mg	75	0.644	163		1		149	64	
Zinc, Zn	mg	0.66	0.156	4		1		1.31	0.56	
Copper, Cu	mg	0.232		2		1		0.459	0.197	
Manganese, Mn	mg	0.700		1		1		1.386	0.595	
Selenium, Se	mcg	12.6		0	BFZN	4		24.9	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		4		2.0	0.9	
Thiamin	mg	0.070		0		4		0.139	0.060	
Riboflavin	mg	0.170		0		4		0.337	0.145	
Niacin	mg	2.350		0		4		4.653	1.998	
Pantothenic acid	mg	0.750		0		4		1.485	0.638	
Vitamin B-6	mg	0.300		0		4		0.594	0.255	
Folate, total	mcg	15		0		4		30	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		0		4		30	13	
Folate, DFE	mcg_DFE	15		0	NC	4		30	13	
Vitamin B-12	mcg	2.00		0		4		3.96	1.70	
Vitamin A, IU	IU	170		0		4		337	145	
Vitamin A, RAE	mcg_RAE	51		0		4		101	43	
Retinol	mcg	51		0		4		101	43	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.119		0		1		2.216	0.951	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.105	0.008	7		1		0.208	0.089	
15:0	g									
16:0	g	0.872	0.042	7		1		1.727	0.741	
17:0	g									
18:0	g	0.142	0.013	7		1		0.281	0.121	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.190		0		1		4.336	1.862	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.791	0.062	7		1		1.566	0.672	

NDB No. 15024
Finfish, drum, freshwater, raw

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

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

Common Measures:

Measure 1 = 198g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.31		0		1		16.81	13.05	10.08
Energy	kcal	236		0	NC	4		67	52	40
Energy	kj	987				4		280	217	168
Protein (N x 6.25)	g	23.65		0		1		6.70	5.20	4.02
Total lipid (fat)	g	14.95		0		1		4.24	3.29	2.54
Ash	g	1.80		0		1		0.51	0.40	0.31
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		0		1		7	6	4
Iron, Fe	mg	0.64		0		1		0.18	0.14	0.11
Magnesium, Mg	mg	26		0		4		7	6	4
Phosphorus, P	mg	277		0		1		79	61	47
Potassium, K	mg	349		0		1		99	77	59
Sodium, Na	mg	65		0		1		18	14	11
Zinc, Zn	mg	2.08		0		1		0.59	0.46	0.35
Copper, Cu	mg	0.029		0		1		0.008	0.006	0.005
Manganese, Mn	mg	0.040		0		4		0.011	0.009	0.007
Selenium, Se	mcg	8.3		0	BFSN	4		2.4	1.8	1.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		0		4		0.5	0.4	0.3
Thiamin	mg	0.183		0		1		0.052	0.040	0.031
Riboflavin	mg	0.051		0		1		0.014	0.011	0.009
Niacin	mg	4.487		0		1		1.272	0.987	0.763
Pantothenic acid	mg	0.280		0		4		0.079	0.062	0.048
Vitamin B-6	mg	0.077		0		1		0.022	0.017	0.013
Folate, total	mcg	17		0		4		5	4	3
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	17		0		4		5	4	3
Folate, DFE	mcg_DFE	17		0	NC	4		5	4	3
Vitamin B-12	mcg	2.89		0		1		0.82	0.63	0.49
Vitamin A, IU	IU	3787		0		1		1074	833	644
Vitamin A, RAE	mcg_RAE	1137		0		1		322	250	193
Retinol	mcg	1137		0		1		322	250	193
Vitamin E	mg_ATE	5.100		0		4		1.446	1.122	0.867
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.023		0		1		0.857	0.665	0.514
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.740		0		1		0.210	0.163	0.126
15:0	g									
16:0	g	2.032		0		1		0.576	0.447	0.345
17:0	g									
18:0	g	0.245		0		1		0.069	0.054	0.042
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	9.218		0		1		2.613	2.028	1.567
14:1	g									
15:1	g									
16:1 undifferentiated	g	1.609		0		1		0.456	0.354	0.274

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

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

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

Measure 3 = 17g: 1 cubic inch, boneless

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.26		12		1		139.25	58.02	
Energy	kcal	184		0	NC	4		375	156	
Energy	kj	770				4		1571	654	
Protein (N x 6.25)	g	18.44		12		1		37.62	15.67	
Total lipid (fat)	g	11.66	0.885	14		1		23.79	9.91	
Ash	g	1.41		11		1		2.88	1.20	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	20		1		1		41	17	
Iron, Fe	mg	0.50		1		1		1.02	0.43	
Magnesium, Mg	mg	20		0		4		41	17	
Phosphorus, P	mg	216		2		1		441	184	
Potassium, K	mg	272		5		1		555	231	
Sodium, Na	mg	51		4		1		104	43	
Zinc, Zn	mg	1.62	0.076	40		1		3.30	1.38	
Copper, Cu	mg	0.023	0.002	30		1		0.047	0.020	
Manganese, Mn	mg	0.035		0		1		0.071	0.030	
Selenium, Se	mcg	6.5		0	CAZN	4		13.3	5.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		0		4		3.7	1.5	
Thiamin	mg	0.150	0.016	4		1		0.306	0.128	
Riboflavin	mg	0.040		1		1		0.082	0.034	
Niacin	mg	3.500		1		1		7.140	2.975	
Pantothenic acid	mg	0.240		1		1		0.490	0.204	
Vitamin B-6	mg	0.067	0.026	10		1		0.137	0.057	
Folate, total	mcg	15		0		4		31	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		0		4		31	13	
Folate, DFE	mcg_DFE	15		0	NC	4		31	13	
Vitamin B-12	mcg	3.00		1		1		6.12	2.55	
Vitamin A, IU	IU	3475		2		1		7089	2954	
Vitamin A, RAE	mcg_RAE	1044		2		1		2129	887	
Retinol	mcg	1044		2		1		2129	887	
Vitamin E	mg_ATE	4.000		0		4		8.160	3.400	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.358		0		1		4.810	2.004	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.580		2		1		1.183	0.493	
15:0	g									
16:0	g	1.585		2		1		3.233	1.347	
17:0	g									
18:0	g	0.191		2		1		0.390	0.162	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	7.190		0		1		14.668	6.112	
14:1	g									
15:1	g									
16:1 undifferentiated	g	1.255		2		1		2.560	1.067	

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

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

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

Common Measures:

Measure 1 = 204g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.32		0		1		26.40	12.97	
Energy	kcal	272		0	NC	4		155	76	
Energy	kj	1138				4		649	319	
Protein (N x 6.1)	g	15.65		0		1		8.92	4.38	
Total lipid (fat)	g	12.23		0		1		6.97	3.42	
Ash	g	2.63		0		1		1.50	0.74	
Carbohydrate, by difference	g	23.75		0	NC	4		13.54	6.65	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	20		10		1		11	6	
Iron, Fe	mg	0.74		11		1		0.42	0.21	
Magnesium, Mg	mg	25		11		1		14	7	
Phosphorus, P	mg	181		10		1		103	51	
Potassium, K	mg	261		0		1		149	73	
Sodium, Na	mg	582		0		1		332	163	
Zinc, Zn	mg	0.66		0		1		0.38	0.18	
Copper, Cu	mg	0.101		0		1		0.058	0.028	
Manganese, Mn	mg	0.236		7		1		0.135	0.066	
Selenium, Se	mcg	16.6	0.686	46	A	1		9.5	4.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.127		0		1		0.072	0.036	
Riboflavin	mg	0.178		0		1		0.101	0.050	
Niacin	mg	2.129		0		1		1.214	0.596	
Pantothenic acid	mg	0.333		0		4		0.190	0.093	
Vitamin B-6	mg	0.060		0		1		0.034	0.017	
Folate, total	mcg	45		0	RA	4		26	13	
Folic acid	mcg	29		0	RA	4		16	8	
Folate, food	mcg	16		0	RA	4		9	5	
Folate, DFE	mcg_DFE	65		0	NC	4		37	18	
Vitamin B-12	mcg	1.80		0		1		1.02	0.50	
Vitamin A, IU	IU	106		0		1		60	30	
Vitamin A, RAE	mcg_RAE	32		0		1		18	9	
Retinol	mcg	32		0		1		18	9	
Vitamin E	mg_ATE	1.366		0		4		0.779	0.382	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.149		0		1		1.795	0.882	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.069		0		1		0.039	0.019	
15:0	g									
16:0	g	1.868		0		1		1.065	0.523	
17:0	g									
18:0	g	1.184		0		1		0.675	0.332	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.067		0		1		2.888	1.419	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.058		0		1		0.033	0.016	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	4.989		0		1		2.844	1.397	
20:1 ... g	0.010		0		1		0.006	0.003	
22:1 undifferentiated ... g	0.002		0		1		0.001	0.001	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.166		0		1		1.805	0.886	
18:2 undifferentiated ... g	2.738		0		1		1.561	0.767	
18:3 undifferentiated ... g	0.172		0		1		0.098	0.048	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.018		0		1		0.010	0.005	
20:5 n-3 ... g	0.086		0		1		0.049	0.024	
22:5 n-3 ... g	0.006		0		1		0.003	0.002	
22:6 n-3 ... g	0.128		0		1		0.073	0.036	
Fatty acids, total trans ... g									
Cholesterol ... mg	112		0		1		64	31	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.194		0		1		0.111	0.054	
Threonine ... g	0.646		0		1		0.368	0.181	
Isoleucine ... g	0.745		0		1		0.425	0.209	
Leucine ... g	1.266		0		1		0.722	0.354	
Lysine ... g	1.123		0		1		0.640	0.314	
Methionine ... g	0.424		0		1		0.242	0.119	
Cystine ... g	0.227		0		1		0.129	0.064	
Phenylalanine ... g	0.699		0		1		0.398	0.196	
Tyrosine ... g	0.538		0		1		0.307	0.151	
Valine ... g	0.835		0		1		0.476	0.234	
Arginine ... g	0.847		0		1		0.483	0.237	
Histidine ... g	0.419		0		1		0.239	0.117	
Alanine ... g	0.832		0		1		0.474	0.233	
Aspartic acid ... g	1.373		0		1		0.783	0.384	
Glutamic acid ... g	3.180		0		1		1.813	0.890	
Glycine ... g	0.679		0		1		0.387	0.190	
Proline ... g	0.921		0		1		0.525	0.258	
Serine ... g	0.758		0		1		0.432	0.212	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	z	7		0	0	
Theobromine ... mg	0		0	z	7		0	0	

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

Common Measures:

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

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

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.16		0		1		92.91	62.19	
Energy	kcal	117		0	NC	4		149	99	
Energy	kj	490				4		622	416	
Protein (N x 6.25)	g	24.16		0		1		30.68	20.54	
Total lipid (fat)	g	1.53		0		1		1.94	1.30	
Ash	g	1.50	0.110	11		1		1.91	1.28	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		11		1		23	15	
Iron, Fe	mg	0.34	0.024	11		1		0.43	0.29	
Magnesium, Mg	mg	58		11		1		74	49	
Phosphorus, P	mg	289		11		1		367	246	
Potassium, K	mg	344	23.500	11		1		437	292	
Sodium, Na	mg	105	13.100	11		1		133	89	
Zinc, Zn	mg	0.63	0.057	11		1		0.80	0.54	
Copper, Cu	mg	0.026		11		1		0.033	0.022	
Manganese, Mn	mg	0.020		0		4		0.025	0.017	
Selenium, Se	mcg	58.2	5.410	33	A	1		73.9	49.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.080	0.010	11		1		0.102	0.068	
Riboflavin	mg	0.114	0.015	11		1		0.145	0.097	
Niacin	mg	2.179	0.219	11		1		2.767	1.852	
Pantothenic acid	mg	0.580		0		4		0.737	0.493	
Vitamin B-6	mg	0.240		0		1		0.305	0.204	
Folate, total	mcg	9		0		4		12	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		4		12	8	
Folate, DFE	mcg_DFE	9		0	NC	4		12	8	
Vitamin B-12	mcg	2.51	0.372	11		1		3.19	2.13	
Vitamin A, IU	IU	38		0		1		48	32	
Vitamin A, RAE	mcg_RAE	11		0		1		14	10	
Retinol	mcg	11		0		1		14	10	
Vitamin E	mg_ATE	1.890		0		4		2.400	1.607	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.363		0		1		0.461	0.309	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.057	11.600	11		1		0.072	0.048	
15:0	g									
16:0	g	0.226	12.800	11		1		0.287	0.192	
17:0	g									
18:0	g	0.055	5.000	11		1		0.070	0.047	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.236		0		4		0.300	0.201	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.067	7.200	11		1		0.085	0.057	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.154	12.600	11		1		0.196	0.131	
20:1 ... g	0.035	6.700	11		1		0.044	0.030	
22:1 undifferentiated ... g	0.020	9.200	11		1		0.025	0.017	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.646		0		4		0.820	0.549	
18:2 undifferentiated ... g	0.014	1.300	11		1		0.018	0.012	
18:3 undifferentiated ... g	0.016	4.200	11		1		0.020	0.014	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.048	5.700	11		1		0.061	0.041	
20:5 n-3 ... g	0.243	32.500	11		1		0.309	0.207	
22:5 n-3 ... g	0.046	3.400	11		1		0.058	0.039	
22:6 n-3 ... g	0.258	22.300	11		1		0.328	0.219	
Fatty acids, total trans ... g									
Cholesterol ... mg	68	3.510	11		1		86	58	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.271		0		1		0.344	0.230	
Threonine ... g	1.059		0		1		1.345	0.900	
Isoleucine ... g	1.113		0		1		1.414	0.946	
Leucine ... g	1.963		0		1		2.493	1.669	
Lysine ... g	2.219		0		1		2.818	1.886	
Methionine ... g	0.715		0		1		0.908	0.608	
Cystine ... g	0.259		0		1		0.329	0.220	
Phenylalanine ... g	0.943		0		1		1.198	0.802	
Tyrosine ... g	0.816		0		1		1.036	0.694	
Valine ... g	1.245		0		1		1.581	1.058	
Arginine ... g	1.446		0		1		1.836	1.229	
Histidine ... g	0.711		0		1		0.903	0.604	
Alanine ... g	1.461		0		1		1.855	1.242	
Aspartic acid ... g	2.474		0		1		3.142	2.103	
Glutamic acid ... g	3.606		0		1		4.580	3.065	
Glycine ... g	1.160		0		1		1.473	0.986	
Proline ... g	0.854		0		1		1.085	0.726	
Serine ... g	0.986		0		1		1.252	0.838	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 127g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.06	0.438	623		1		22.41	128.87	67.20
Energy	kcal	91		0	NC	4		26	148	77
Energy	kj	381				4		108	621	324
Protein (N x 6.25)	g	18.84		595		1		5.34	30.71	16.01
Total lipid (fat)	g	1.19	0.039	596		1		0.34	1.94	1.01
Ash	g	1.20	0.012	597		1		0.34	1.96	1.02
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		32		1		5	29	15
Iron, Fe	mg	0.36		9		1		0.10	0.59	0.31
Magnesium, Mg	mg	31		5		1		9	51	26
Phosphorus, P	mg	184		29		1		52	300	156
Potassium, K	mg	361		259		1		102	588	307
Sodium, Na	mg	81		262		1		23	132	69
Zinc, Zn	mg	0.45	0.008	518		1		0.13	0.73	0.38
Copper, Cu	mg	0.032	0.002	507		1		0.009	0.052	0.027
Manganese, Mn	mg	0.017		3		1		0.005	0.028	0.014
Selenium, Se	mcg	32.7	1.935	30	A	1		9.3	53.3	27.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		0		4		0.5	2.8	1.4
Thiamin	mg	0.089		14		1		0.025	0.145	0.076
Riboflavin	mg	0.076		17		1		0.022	0.124	0.065
Niacin	mg	2.899		17		1		0.822	4.725	2.464
Pantothenic acid	mg	0.503		4		1		0.143	0.820	0.428
Vitamin B-6	mg	0.208		8		1		0.059	0.339	0.177
Folate, total	mcg	8		0		4		2	13	7
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	8		0		4		2	13	7
Folate, DFE	mcg_DFE	8		0	NC	4		2	13	7
Vitamin B-12	mcg	1.52		13		1		0.43	2.48	1.29
Vitamin A, IU	IU	33	5.590	4		1		9	54	28
Vitamin A, RAE	mcg_RAE	10	1.679	4		1		3	16	8
Retinol	mcg	10	1.679	4		1		3	16	8
Vitamin E	mg_ATE	1.890		0		1		0.536	3.081	1.607
Vitamin D	IU	60.000		0	T	4		17.010	97.800	51.000
Lipids:										
Fatty acids, total saturated	g	0.283		0		1		0.080	0.461	0.241
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.048		8		1		0.014	0.078	0.041
15:0	g									
16:0	g	0.158		8		1		0.045	0.258	0.134
17:0	g									
18:0	g	0.071		8		1		0.020	0.116	0.060
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.233		0		1		0.066	0.380	0.198
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.080		8		1		0.023	0.130	0.068

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.120		8		1		0.034	0.196	0.102
20:1 ... g	0.028		7		1		0.008	0.046	0.024
22:1 undifferentiated ... g	0.008		8		1		0.002	0.013	0.007
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.329		0		1		0.093	0.536	0.280
18:2 undifferentiated ... g	0.008		8		1		0.002	0.013	0.007
18:3 undifferentiated ... g	0.008		8		1		0.002	0.013	0.007
18:4 ... g	0.016		6		1		0.005	0.026	0.014
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.038		8		1		0.011	0.062	0.032
20:5 n-3 ... g	0.093		8		1		0.026	0.152	0.079
22:5 n-3 ... g	0.046		8		1		0.013	0.075	0.039
22:6 n-3 ... g	0.106		8		1		0.030	0.173	0.090
Fatty acids, total trans ... g									
Cholesterol ... mg	48		14		1		14	78	41
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.211		0		1		0.060	0.344	0.179
Threonine ... g	0.826		0		1		0.234	1.346	0.702
Isoleucine ... g	0.868		0		1		0.246	1.415	0.738
Leucine ... g	1.532		0		1		0.434	2.497	1.302
Lysine ... g	1.731		0		1		0.491	2.822	1.471
Methionine ... g	0.558		0		1		0.158	0.910	0.474
Cystine ... g	0.202		0		1		0.057	0.329	0.172
Phenylalanine ... g	0.736		0		1		0.209	1.200	0.626
Tyrosine ... g	0.636		0		1		0.180	1.037	0.541
Valine ... g	0.971		0		1		0.275	1.583	0.825
Arginine ... g	1.128		0		1		0.320	1.839	0.959
Histidine ... g	0.555		0		1		0.157	0.905	0.472
Alanine ... g	1.140		0		1		0.323	1.858	0.969
Aspartic acid ... g	1.930		0		1		0.547	3.146	1.641
Glutamic acid ... g	2.813		0		1		0.797	4.585	2.391
Glycine ... g	0.905		0		1		0.257	1.475	0.769
Proline ... g	0.666		0		1		0.189	1.086	0.566
Serine ... g	0.769		0		1		0.218	1.253	0.654
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		0	z	7		0	0	0
Theobromine ... mg	0		0	z	7		0	0	0

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

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 163g: 1 fillet

Measure 3 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.35		2		1		33.75		
Energy	kcal	84		0	NC	4		35		
Energy	kj	351				4		148		
Protein (N x 6.25)	g	9.07		2		1		3.81		
Total lipid (fat)	g	1.73		2		1		0.73		
Ash	g	1.44		2		1		0.60		
Carbohydrate, by difference	g	7.41		0	NC	4		3.11		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	23		2		1		10		
Iron, Fe	mg	2.48		2		1		1.04		
Magnesium, Mg	mg	9		2		1		4		
Phosphorus, P	mg	73		2		1		31		
Potassium, K	mg	91		2		1		38		
Sodium, Na	mg	524		2		1		220		
Zinc, Zn	mg	0.82		2		1		0.34		
Copper, Cu	mg	0.195		2		1		0.082		
Manganese, Mn	mg	0.073		2		1		0.031		
Selenium, Se	mcg	10.5		0	BFSN	4		4.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		4		0.3		
Thiamin	mg	0.065		2		1		0.027		
Riboflavin	mg	0.059		2		1		0.025		
Niacin	mg	1.000		0		4		0.420		
Pantothenic acid	mg	0.200		2		1		0.084		
Vitamin B-6	mg	0.080		0		4		0.034		
Folate, total	mcg	3		2		1		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	3		2		1		1		
Folate, DFE	mcg_DFE	3		0	NC	4		1		
Vitamin B-12	mcg	0.84		2		1		0.35		
Vitamin A, IU	IU	89		2		1		37		
Vitamin A, RAE	mcg_RAE	27		2		1		11		
Retinol	mcg	27		2		1		11		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.412		0		1		0.173		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.056		2		1		0.024		
15:0	g									
16:0	g	0.300		2		1		0.126		
17:0	g									
18:0	g	0.056		2		1		0.024		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.824		0		1		0.346		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.257		2		1		0.108		

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

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

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

Common Measures:

Measure 1 = 42g: 1 piece

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.36		0		1		148.19	62.36	
Energy	kcal	118		0	NC	4		238	100	
Energy	kj	494				4		997	420	
Protein (N x 6.25)	g	24.84		0		1		50.18	21.11	
Total lipid (fat)	g	1.30		0		1		2.63	1.11	
Ash	g	1.41		2		1		2.85	1.20	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		2		1		42	18	
Iron, Fe	mg	1.14		0		1		2.30	0.97	
Magnesium, Mg	mg	37		2		1		75	31	
Phosphorus, P	mg	143		2		1		289	122	
Potassium, K	mg	475		2		1		960	404	
Sodium, Na	mg	53		2		1		107	45	
Zinc, Zn	mg	0.51		2		1		1.03	0.43	
Copper, Cu	mg	0.045		2		1		0.091	0.038	
Manganese, Mn	mg	0.012		2		1		0.024	0.010	
Selenium, Se	mcg	46.8		0	BFSN	4		94.5	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.081		0		1		0.164	0.069	
Riboflavin	mg	0.006		0		1		0.012	0.005	
Niacin	mg	0.381		0		1		0.770	0.324	
Pantothenic acid	mg	0.870		0		4		1.757	0.740	
Vitamin B-6	mg	0.350		0		4		0.707	0.298	
Folate, total	mcg	10		0		4		21	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		4		21	9	
Folate, DFE	mcg_DFE	10		0	NC	4		21	9	
Vitamin B-12	mcg	0.69		0		1		1.40	0.59	
Vitamin A, IU	IU	165		0		4		333	140	
Vitamin A, RAE	mcg_RAE	50		0		4		100	42	
Retinol	mcg	50		0		4		100	42	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.299		0		1		0.604	0.254	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.025		2		1		0.051	0.021	
15:0	g									
16:0	g	0.140		2		1		0.283	0.119	
17:0	g									
18:0	g	0.059		2		1		0.119	0.050	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.268		0		1		0.541	0.228	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.026		2		1		0.053	0.022	

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

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

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

Common Measures:

Measure 1 = 202g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.22	0.478	6		1		205.18	67.34	
Energy	kcal	92		0	NC	4		238	78	
Energy	kj	385				4		997	327	
Protein (N x 6.25)	g	19.38	0.457	6		1		50.19	16.47	
Total lipid (fat)	g	1.02		7		1		2.64	0.87	
Ash	g	1.17	0.014	5		1		3.03	0.99	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27	4.075	5		1		70	23	
Iron, Fe	mg	0.89	0.015	5		1		2.31	0.76	
Magnesium, Mg	mg	31	0.580	3		1		80	26	
Phosphorus, P	mg	162		5		1		420	138	
Potassium, K	mg	483	9.220	3		1		1251	411	
Sodium, Na	mg	53	9.409	4		1		137	45	
Zinc, Zn	mg	0.48	0.030	51		1		1.24	0.41	
Copper, Cu	mg	0.020	0.002	52		1		0.052	0.017	
Manganese, Mn	mg	0.014	0.001	3		1		0.036	0.012	
Selenium, Se	mcg	36.5		0	CAZN	4		94.5	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.070		2		1		0.181	0.060	
Riboflavin	mg	0.005		2		1		0.013	0.004	
Niacin	mg	0.313		1		1		0.811	0.266	
Pantothenic acid	mg	0.750		0		4		1.943	0.638	
Vitamin B-6	mg	0.300		0		4		0.777	0.255	
Folate, total	mcg	9		0		4		23	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		4		23	7	
Folate, DFE	mcg_DFE	9		0	NC	4		23	7	
Vitamin B-12	mcg	0.60		2		1		1.55	0.51	
Vitamin A, IU	IU	143		0		4		370	122	
Vitamin A, RAE	mcg_RAE	43		0		4		111	37	
Retinol	mcg	43		0		4		111	37	
Vitamin E	mg_ATE	0.500		0		4		1.295	0.425	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.233		0		1		0.603	0.198	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.012		2		1		0.031	0.010	
15:0	g									
16:0	g	0.169		2		1		0.438	0.144	
17:0	g									
18:0	g	0.049		2		1		0.127	0.042	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.202		0		1		0.523	0.172	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.027		2		1		0.070	0.023	

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

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

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

Common Measures:

Measure 1 = 259g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.25		0		1		111.38	63.11	
Energy	kcal	112		0	NC	4		168	95	
Energy	kj	469				4		703	398	
Protein (N x 6.25)	g	24.24		0		1		36.36	20.60	
Total lipid (fat)	g	0.93		0		1		1.40	0.79	
Ash	g	1.55		0		1		2.33	1.32	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	42		0		1		63	36	
Iron, Fe	mg	1.35		0		1		2.03	1.15	
Magnesium, Mg	mg	50		0		1		75	43	
Phosphorus, P	mg	241		0		1		362	205	
Potassium, K	mg	399		0		1		599	339	
Sodium, Na	mg	87		0		1		131	74	
Zinc, Zn	mg	0.48		0		1		0.72	0.41	
Copper, Cu	mg	0.033		0		1		0.050	0.028	
Manganese, Mn	mg	0.030		0		4		0.045	0.026	
Selenium, Se	mcg	40.5		1	A	1		60.8	34.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.040		0		1		0.060	0.034	
Riboflavin	mg	0.045		0		1		0.068	0.038	
Niacin	mg	4.632		0		1		6.948	3.937	
Pantothenic acid	mg	0.150		0		4		0.225	0.128	
Vitamin B-6	mg	0.346		0		1		0.519	0.294	
Folate, total	mcg	13		0		4		20	11	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	13		0		4		20	11	
Folate, DFE	mcg_DFE	13		0	NC	4		20	11	
Vitamin B-12	mcg	1.39		0		1		2.08	1.18	
Vitamin A, IU	IU	63		0		1		95	54	
Vitamin A, RAE	mcg_RAE	19		0		1		28	16	
Retinol	mcg	19		0		1		28	16	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.167		0		1		0.251	0.142	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.010		0		1		0.015	0.009	
15:0	g									
16:0	g	0.113		0		1		0.170	0.096	
17:0	g									
18:0	g	0.042		0		1		0.063	0.036	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.151		0		1		0.227	0.128	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.022		0		1		0.033	0.019	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.086		0		1		0.129	0.073	
20:1 ... g	0.013		0		1		0.020	0.011	
22:1 undifferentiated ... g	0.029		0		1		0.044	0.025	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.309		0		1		0.464	0.263	
18:2 undifferentiated ... g	0.012		0		1		0.018	0.010	
18:3 undifferentiated ... g	0.003		0		1		0.005	0.003	
18:4 ... g	0.004		0		1		0.006	0.003	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.029		0		1		0.044	0.025	
20:5 n-3 ... g	0.076		0		1		0.114	0.065	
22:5 n-3 ... g	0.024		0		1		0.036	0.020	
22:6 n-3 ... g	0.162		0		1		0.243	0.138	
Fatty acids, total trans ... g									
Cholesterol ... mg	74		0		1		111	63	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.272		0		1		0.408	0.231	
Threonine ... g	1.063		0		1		1.595	0.904	
Isoleucine ... g	1.117		0		1		1.676	0.949	
Leucine ... g	1.971		0		1		2.957	1.675	
Lysine ... g	2.227		0		1		3.341	1.893	
Methionine ... g	0.718		0		1		1.077	0.610	
Cystine ... g	0.260		0		1		0.390	0.221	
Phenylalanine ... g	0.946		0		1		1.419	0.804	
Tyrosine ... g	0.818		0		1		1.227	0.695	
Valine ... g	1.249		0		1		1.874	1.062	
Arginine ... g	1.451		0		1		2.177	1.233	
Histidine ... g	0.714		0		1		1.071	0.607	
Alanine ... g	1.466		0		1		2.199	1.246	
Aspartic acid ... g	2.483		0		1		3.725	2.111	
Glutamic acid ... g	3.619		0		1		5.429	3.076	
Glycine ... g	1.164		0		1		1.746	0.989	
Proline ... g	0.857		0		1		1.286	0.728	
Serine ... g	0.989		0		1		1.484	0.841	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 150g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.92	0.125	104		1		154.25	67.93	
Energy	kcal	87		0	NC	4		168	74	
Energy	kj	364				4		703	309	
Protein (N x 6.25)	g	18.91	0.149	96		1		36.50	16.07	
Total lipid (fat)	g	0.72	0.020	36		1		1.39	0.61	
Ash	g	1.21	0.027	94		1		2.34	1.03	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	33	6.142	25		1		64	28	
Iron, Fe	mg	1.05		2		1		2.03	0.89	
Magnesium, Mg	mg	39		2		1		75	33	
Phosphorus, P	mg	188	10.886	31		1		363	160	
Potassium, K	mg	311	13.336	16		1		600	264	
Sodium, Na	mg	68	9.327	9		1		131	58	
Zinc, Zn	mg	0.37	0.015	101		1		0.71	0.31	
Copper, Cu	mg	0.026	0.002	92		1		0.050	0.022	
Manganese, Mn	mg	0.025		0		1		0.048	0.021	
Selenium, Se	mcg	30.2	3.953	11	A	1		58.3	25.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.035	0.002	27		1		0.068	0.030	
Riboflavin	mg	0.037	0.005	31		1		0.071	0.031	
Niacin	mg	3.803	0.119	31		1		7.340	3.233	
Pantothenic acid	mg	0.127	0.012	30		1		0.245	0.108	
Vitamin B-6	mg	0.300		2		1		0.579	0.255	
Folate, total	mcg	12		0		4		22	10	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	12		0		4		22	10	
Folate, DFE	mcg_DFE	12		0	NC	4		22	10	
Vitamin B-12	mcg	1.20	0.072	50		1		2.32	1.02	
Vitamin A, IU	IU	55		2		1		106	47	
Vitamin A, RAE	mcg_RAE	17		2		1		32	14	
Retinol	mcg	17		2		1		32	14	
Vitamin E	mg_ATE	0.390		0		1		0.753	0.332	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.130		0		1		0.251	0.111	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.008	0.003	8		1		0.015	0.007	
15:0	g									
16:0	g	0.088	0.013	8		1		0.170	0.075	
17:0	g									
18:0	g	0.033	0.006	8		1		0.064	0.028	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.118		0		1		0.228	0.100	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.017	0.003	8		1		0.033	0.014	

NDB No. 15033
Finfish, haddock, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.067	0.017	8		1		0.129	0.057	
20:1 ... g	0.010	0.002	8		1		0.019	0.009	
22:1 undifferentiated ... g	0.023		1		1		0.044	0.020	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.241		0		1		0.465	0.205	
18:2 undifferentiated ... g	0.009	0.002	8		1		0.017	0.008	
18:3 undifferentiated ... g	0.002	0.002	7		1		0.004	0.002	
18:4 ... g	0.003	0.000	7		1		0.006	0.003	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.023	0.003	8		1		0.044	0.020	
20:5 n-3 ... g	0.059	0.011	8		1		0.114	0.050	
22:5 n-3 ... g	0.019	0.003	8		1		0.037	0.016	
22:6 n-3 ... g	0.126	0.026	8		1		0.243	0.107	
Fatty acids, total trans ... g									
Cholesterol ... mg	57	9.688	4		1		110	48	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.212		0		1		0.409	0.180	
Threonine ... g	0.829		0		1		1.600	0.705	
Isoleucine ... g	0.871		0		1		1.681	0.740	
Leucine ... g	1.537		0		1		2.966	1.306	
Lysine ... g	1.736		0		1		3.350	1.476	
Methionine ... g	0.560		0		1		1.081	0.476	
Cystine ... g	0.203		0		1		0.392	0.173	
Phenylalanine ... g	0.738		0		1		1.424	0.627	
Tyrosine ... g	0.638		0		1		1.231	0.542	
Valine ... g	0.974		0		1		1.880	0.828	
Arginine ... g	1.131		0		1		2.183	0.961	
Histidine ... g	0.557		0		1		1.075	0.473	
Alanine ... g	1.143		0		1		2.206	0.972	
Aspartic acid ... g	1.936		0		1		3.736	1.646	
Glutamic acid ... g	2.822		0		1		5.446	2.399	
Glycine ... g	0.908		0		1		1.752	0.772	
Proline ... g	0.669		0		1		1.291	0.569	
Serine ... g	0.771		0		1		1.488	0.655	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 193g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15035
Finfish, haddock, smoked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.48		0		1		20.26	12.15	60.76
Energy	kcal	116		0	NC	4		33	20	99
Energy	kj	485				4		138	83	413
Protein (N x 6.25)	g	25.23		0		1		7.15	4.29	21.45
Total lipid (fat)	g	0.96		0		1		0.27	0.16	0.82
Ash	g	1.62		0		1		0.46	0.28	1.38
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	49		0		1		14	8	42
Iron, Fe	mg	1.40		0		1		0.40	0.24	1.19
Magnesium, Mg	mg	54		0		1		15	9	46
Phosphorus, P	mg	251		0		1		71	43	213
Potassium, K	mg	415		0		1		118	71	353
Sodium, Na	mg	763		0		1		216	130	649
Zinc, Zn	mg	0.50		0		1		0.14	0.09	0.43
Copper, Cu	mg	0.042		0		1		0.012	0.007	0.036
Manganese, Mn	mg	0.030		0		4		0.009	0.005	0.026
Selenium, Se	mcg	42.9		0	BFSN	4		12.2	7.3	36.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.047		0		1		0.013	0.008	0.040
Riboflavin	mg	0.049		0		1		0.014	0.008	0.042
Niacin	mg	5.073		0		1		1.438	0.862	4.312
Pantothenic acid	mg	0.170		0		4		0.048	0.029	0.145
Vitamin B-6	mg	0.400		0		1		0.113	0.068	0.340
Folate, total	mcg	15		0		4		4	3	13
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	15		0		4		4	3	13
Folate, DFE	mcg_DFE	15		0	NC	4		4	3	13
Vitamin B-12	mcg	1.60		0		1		0.45	0.27	1.36
Vitamin A, IU	IU	73		0		1		21	12	62
Vitamin A, RAE	mcg_RAE	22		0		1		6	4	19
Retinol	mcg	22		0		1		6	4	19
Vitamin E	mg_ATE	0.400		0		4		0.113	0.068	0.340
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.173		0		1		0.049	0.029	0.147
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.011		0		1		0.003	0.002	0.009
15:0	g									
16:0	g	0.117		0		1		0.033	0.020	0.099
17:0	g									
18:0	g	0.044		0		1		0.012	0.007	0.037
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.157		0		1		0.045	0.027	0.133
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.023		0		1		0.007	0.004	0.020

NDB No. 15035
Finfish, haddock, smoked

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 17g: 1 cubic inch, boneless

Measure 3 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.69		0		1		113.99	60.94	
Energy	kcal	140		0	NC	4		223	119	
Energy	kj	586				4		931	498	
Protein (N x 6.25)	g	26.69		0		1		42.44	22.69	
Total lipid (fat)	g	2.94		0		1		4.67	2.50	
Ash	g	1.74		0		1		2.77	1.48	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	60		0		1		95	51	
Iron, Fe	mg	1.07		0		4		1.70	0.91	
Magnesium, Mg	mg	107		0		1		170	91	
Phosphorus, P	mg	285		0		1		453	242	
Potassium, K	mg	576		0		1		916	490	
Sodium, Na	mg	69		0		1		110	59	
Zinc, Zn	mg	0.53		0		1		0.84	0.45	
Copper, Cu	mg	0.035		0		1		0.056	0.030	
Manganese, Mn	mg	0.020		0		4		0.032	0.017	
Selenium, Se	mcg	46.8		0	BFSN	4		74.4	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.069		0		1		0.110	0.059	
Riboflavin	mg	0.091		0		1		0.145	0.077	
Niacin	mg	7.123		0		1		11.326	6.055	
Pantothenic acid	mg	0.380		0		4		0.604	0.323	
Vitamin B-6	mg	0.397		0		1		0.631	0.337	
Folate, total	mcg	14		0		4		22	12	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	14		0		4		22	12	
Folate, DFE	mcg_DFE	14		0	NC	4		22	12	
Vitamin B-12	mcg	1.37		0		1		2.17	1.16	
Vitamin A, IU	IU	179		0		1		285	152	
Vitamin A, RAE	mcg_RAE	54		0		1		85	46	
Retinol	mcg	54		0		1		85	46	
Vitamin E	mg_ATE	1.090		0		4		1.733	0.927	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.417		0		1		0.663	0.354	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.072		0		1		0.114	0.061	
15:0	g									
16:0	g	0.272		0		1		0.432	0.231	
17:0	g									
18:0	g	0.063		0		1		0.100	0.054	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.967		0		1		1.538	0.822	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.209		0		1		0.332	0.178	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.463		0		1		0.736	0.394	
20:1 ... g	0.159		0		1		0.253	0.135	
22:1 undifferentiated ... g	0.131		0		1		0.208	0.111	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.940		0		1		1.495	0.799	
18:2 undifferentiated ... g	0.038		0		1		0.060	0.032	
18:3 undifferentiated ... g	0.083		0		1		0.132	0.071	
18:4 ... g	0.050		0		1		0.080	0.043	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.178		0		1		0.283	0.151	
20:5 n-3 ... g	0.091		0		1		0.145	0.077	
22:5 n-3 ... g	0.121		0		1		0.192	0.103	
22:6 n-3 ... g	0.374		0		1		0.595	0.318	
Fatty acids, total trans ... g									
Cholesterol ... mg	41		0		1		65	35	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.299		0		1		0.475	0.254	
Threonine ... g	1.170		0		1		1.860	0.995	
Isoleucine ... g	1.230		0		1		1.956	1.046	
Leucine ... g	2.169		0		1		3.449	1.844	
Lysine ... g	2.451		0		1		3.897	2.083	
Methionine ... g	0.790		0		1		1.256	0.672	
Cystine ... g	0.286		0		1		0.455	0.243	
Phenylalanine ... g	1.042		0		1		1.657	0.886	
Tyrosine ... g	0.901		0		1		1.433	0.766	
Valine ... g	1.375		0		1		2.186	1.169	
Arginine ... g	1.597		0		1		2.539	1.357	
Histidine ... g	0.786		0		1		1.250	0.668	
Alanine ... g	1.614		0		1		2.566	1.372	
Aspartic acid ... g	2.733		0		1		4.345	2.323	
Glutamic acid ... g	3.984		0		1		6.335	3.386	
Glycine ... g	1.281		0		1		2.037	1.089	
Proline ... g	0.944		0		1		1.501	0.802	
Serine ... g	1.089		0		1		1.732	0.926	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 159g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.92	0.146	124		1		158.96	66.23	
Energy	kcal	110		0	NC	4		224	94	
Energy	kj	460				4		939	391	
Protein (N x 6.25)	g	20.81	0.123	116		1		42.45	17.69	
Total lipid (fat)	g	2.29	0.236	55		1		4.67	1.95	
Ash	g	1.36	0.009	115		1		2.77	1.16	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	47		14		1		96	40	
Iron, Fe	mg	0.84		0		4		1.71	0.71	
Magnesium, Mg	mg	83		1		1		169	71	
Phosphorus, P	mg	222		17		1		453	189	
Potassium, K	mg	450		93		1		918	383	
Sodium, Na	mg	54	1.576	102		1		110	46	
Zinc, Zn	mg	0.42		39		1		0.86	0.36	
Copper, Cu	mg	0.027		37		1		0.055	0.023	
Manganese, Mn	mg	0.015		0		1		0.031	0.013	
Selenium, Se	mcg	36.5		0	CAZN	4		74.5	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.060		1		1		0.122	0.051	
Riboflavin	mg	0.075		2		1		0.153	0.064	
Niacin	mg	5.848	1.277	5		1		11.930	4.971	
Pantothenic acid	mg	0.329		2		1		0.671	0.280	
Vitamin B-6	mg	0.344		1		1		0.702	0.292	
Folate, total	mcg	12		0		4		24	10	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	12		0		4		24	10	
Folate, DFE	mcg_DFE	12		0	NC	4		24	10	
Vitamin B-12	mcg	1.18	0.103	8		1		2.42	1.01	
Vitamin A, IU	IU	155		2		1		316	132	
Vitamin A, RAE	mcg_RAE	47		2		1		95	40	
Retinol	mcg	47		2		1		95	40	
Vitamin E	mg_ATE	0.850		0		1		1.734	0.723	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.325		0		1		0.663	0.276	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.056		16		1		0.114	0.048	
15:0	g									
16:0	g	0.212		16		1		0.432	0.180	
17:0	g									
18:0	g	0.049		16		1		0.100	0.042	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.750		0		4		1.530	0.638	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.163		16		1		0.333	0.139	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.361		16		1		0.736	0.307	
20:1 ... g	0.124		16		1		0.253	0.105	
22:1 undifferentiated ... g	0.102		1		1		0.208	0.087	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.730		0		4		1.489	0.621	
18:2 undifferentiated ... g	0.030		16		1		0.061	0.026	
18:3 undifferentiated ... g	0.065		16		1		0.133	0.055	
18:4 ... g	0.039		16		1		0.080	0.033	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.139		16		1		0.284	0.118	
20:5 n-3 ... g	0.071		16		1		0.145	0.060	
22:5 n-3 ... g	0.094		16		1		0.192	0.080	
22:6 n-3 ... g	0.292		16		1		0.596	0.248	
Fatty acids, total trans ... g									
Cholesterol ... mg	32		3		1		65	27	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.233		0		1		0.475	0.198	
Threonine ... g	0.912		0		1		1.860	0.775	
Isoleucine ... g	0.959		0		1		1.956	0.815	
Leucine ... g	1.692		0		1		3.452	1.438	
Lysine ... g	1.911		0		1		3.898	1.624	
Methionine ... g	0.616		0		1		1.257	0.524	
Cystine ... g	0.223		0		1		0.455	0.190	
Phenylalanine ... g	0.813		0		1		1.659	0.691	
Tyrosine ... g	0.703		0		1		1.434	0.598	
Valine ... g	1.072		0		1		2.187	0.911	
Arginine ... g	1.245		0		1		2.540	1.058	
Histidine ... g	0.613		0		1		1.251	0.521	
Alanine ... g	1.259		0		1		2.568	1.070	
Aspartic acid ... g	2.131		0		1		4.347	1.811	
Glutamic acid ... g	3.107		0		1		6.338	2.641	
Glycine ... g	0.999		0		1		2.038	0.849	
Proline ... g	0.736		0		1		1.501	0.626	
Serine ... g	0.849		0		1		1.732	0.722	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 204g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.27	1.361	19		1		143.35	59.73	
Energy	kcal	186		0	NC	4		379	158	
Energy	kj	778				4		1588	661	
Protein (N x 6.25)	g	14.37	1.004	3		1		29.31	12.21	
Total lipid (fat)	g	13.84	0.773	22		1		28.23	11.76	
Ash	g	1.00	0.058	3		1		2.04	0.85	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		1		1		6	3	
Iron, Fe	mg	0.66		0		4		1.35	0.56	
Magnesium, Mg	mg	26		0		4		53	22	
Phosphorus, P	mg	164		1		1		335	139	
Potassium, K	mg	268		1		1		547	228	
Sodium, Na	mg	80		1		1		163	68	
Zinc, Zn	mg	0.40		0		4		0.82	0.34	
Copper, Cu	mg	0.030		0		4		0.061	0.026	
Manganese, Mn	mg	0.012		0		4		0.024	0.010	
Selenium, Se	mcg	36.5		0	CAZN	4		74.5	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.060		1		1		0.122	0.051	
Riboflavin	mg	0.080		1		1		0.163	0.068	
Niacin	mg	1.500		1		1		3.060	1.275	
Pantothenic acid	mg	0.250		1		1		0.510	0.213	
Vitamin B-6	mg	0.420		0		4		0.857	0.357	
Folate, total	mcg	1		0		4		2	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		4		2	1	
Folate, DFE	mcg_DFE	1		0	NC	4		2	1	
Vitamin B-12	mcg	1.00		1		1		2.04	0.85	
Vitamin A, IU	IU	55		2		1		112	47	
Vitamin A, RAE	mcg_RAE	17		2		1		34	14	
Retinol	mcg	17		2		1		34	14	
Vitamin E	mg_ATE	0.850		0		4		1.734	0.723	
Vitamin D	IU	600.000		0	T	4		1224.000	510.000	
Lipids:										
Fatty acids, total saturated	g	2.419		0		1		4.935	2.056	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.008		2		1		0.016	0.007	
13:0	g									
14:0	g	0.754	0.029	3		1		1.538	0.641	
15:0	g									
16:0	g	1.440	0.052	3		1		2.938	1.224	
17:0	g									
18:0	g	0.193		2		1		0.394	0.164	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	8.378		0		1		17.091	7.121	
14:1	g									
15:1	g									
16:1 undifferentiated	g	1.763	0.243	3		1		3.597	1.499	

NDB No. 15038
Finfish, halibut, Greenland, raw

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

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

Common Measures:

Measure 1 = 204g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.88		0		1		98.39	52.60	
Energy	kcal	239		0	NC	4		380	203	
Energy	kj	1000				4		1590	850	
Protein (N x 6.25)	g	18.42		0		1		29.29	15.66	
Total lipid (fat)	g	17.74		0		1		28.21	15.08	
Ash	g	1.28		0		1		2.04	1.09	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0		1		6	3	
Iron, Fe	mg	0.85		0		1		1.35	0.72	
Magnesium, Mg	mg	33		0		1		52	28	
Phosphorus, P	mg	210		0		1		334	179	
Potassium, K	mg	344		0		1		547	292	
Sodium, Na	mg	103		0		1		164	88	
Zinc, Zn	mg	0.51		0		1		0.81	0.43	
Copper, Cu	mg	0.038		0		1		0.060	0.032	
Manganese, Mn	mg	0.015		0		1		0.024	0.013	
Selenium, Se	mcg	46.8		0	BFSN	4		74.4	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.073		0		1		0.116	0.062	
Riboflavin	mg	0.103		0		1		0.164	0.088	
Niacin	mg	1.923		0		1		3.058	1.635	
Pantothenic acid	mg	0.288		0		1		0.458	0.245	
Vitamin B-6	mg	0.485		0		1		0.771	0.412	
Folate, total	mcg	1		0		1		2	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	1	
Folate, DFE	mcg_DFE	1		0	NC	4		2	1	
Vitamin B-12	mcg	0.96		0		1		1.53	0.82	
Vitamin A, IU	IU	60		0		1		95	51	
Vitamin A, RAE	mcg_RAE	18		0		1		29	15	
Retinol	mcg	18		0		1		29	15	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.102		0		1		4.932	2.637	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.010		0		1		0.016	0.009	
13:0	g									
14:0	g	0.967		0		1		1.538	0.822	
15:0	g									
16:0	g	1.846		0		1		2.935	1.569	
17:0	g									
18:0	g	0.247		0		1		0.393	0.210	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	10.742		0		1		17.080	9.131	
14:1	g									
15:1	g									
16:1 undifferentiated	g	2.261		0		1		3.595	1.922	

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

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

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

Common Measures:

Measure 1 = 159g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.16		0		4		91.75	54.54	
Energy	kcal	203		0		4		290	173	
Energy	kj	849				4		1215	722	
Protein (N x 6.25)	g	23.03		0		4		32.93	19.58	
Total lipid (fat)	g	11.59		0		4		16.57	9.85	
Ash	g	1.87		0		1		2.67	1.59	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	74		0		4		106	63	
Iron, Fe	mg	1.41		0		4		2.02	1.20	
Magnesium, Mg	mg	41		0		4		59	35	
Phosphorus, P	mg	303		0		4		433	258	
Potassium, K	mg	419		0		4		599	356	
Sodium, Na	mg	115		0		4		164	98	
Zinc, Zn	mg	1.27		0		4		1.82	1.08	
Copper, Cu	mg	0.118		0		4		0.169	0.100	
Manganese, Mn	mg	0.040		0		4		0.057	0.034	
Selenium, Se	mcg	46.8		0	BFSN	4		66.9	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		4		1.0	0.6	
Thiamin	mg	0.112		0		4		0.160	0.095	
Riboflavin	mg	0.299		0		4		0.428	0.254	
Niacin	mg	4.124		0		4		5.897	3.505	
Pantothenic acid	mg	0.740		0		4		1.058	0.629	
Vitamin B-6	mg	0.348		0		4		0.498	0.296	
Folate, total	mcg	12		0		4		16	10	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	12		0		4		16	10	
Folate, DFE	mcg_DFE	12		0	NC	4		16	10	
Vitamin B-12	mcg	13.14		0		4		18.79	11.17	
Vitamin A, IU	IU	102		0		4		146	87	
Vitamin A, RAE	mcg_RAE	31		0		4		44	26	
Retinol	mcg	31		0		4		44	26	
Vitamin E	mg_ATE	1.340		0		4		1.916	1.139	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.615		0		4		3.739	2.223	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.015		0		1		0.021	0.013	
13:0	g									
14:0	g	0.710		0		1		1.015	0.604	
15:0	g									
16:0	g	1.735		0		1		2.481	1.475	
17:0	g									
18:0	g	0.140		0		1		0.200	0.119	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.790		0		4		6.850	4.072	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.797		0		1		1.140	0.677	

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

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

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

Common Measures:

Measure 1 = 143g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15042
Finfish, herring, Atlantic, kippered

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.70		0		1		16.92	10.15	38.81
Energy	kcal	217		0	NC	4		62	37	141
Energy	kj	908				4		257	154	590
Protein (N x 6.25)	g	24.58		0		1		6.97	4.18	15.98
Total lipid (fat)	g	12.37		0		1		3.51	2.10	8.04
Ash	g	1.94		0		1		0.55	0.33	1.26
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	84		0		1		24	14	55
Iron, Fe	mg	1.51		0		1		0.43	0.26	0.98
Magnesium, Mg	mg	46		0		1		13	8	30
Phosphorus, P	mg	325		0		1		92	55	211
Potassium, K	mg	447		0		1		127	76	291
Sodium, Na	mg	918		0		1		260	156	597
Zinc, Zn	mg	1.36		0		1		0.39	0.23	0.88
Copper, Cu	mg	0.135		0		1		0.038	0.023	0.088
Manganese, Mn	mg	0.050		0		4		0.014	0.009	0.033
Selenium, Se	mcg	52.6		0	BFSN	4		14.9	8.9	34.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		0.3	0.2	0.7
Thiamin	mg	0.126		0		1		0.036	0.021	0.082
Riboflavin	mg	0.319		0		1		0.090	0.054	0.207
Niacin	mg	4.402		0		1		1.248	0.748	2.861
Pantothenic acid	mg	0.880		0		4		0.249	0.150	0.572
Vitamin B-6	mg	0.413		0		1		0.117	0.070	0.268
Folate, total	mcg	14		0		4		4	2	9
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	14		0		4		4	2	9
Folate, DFE	mcg_DFE	14		0	NC	4		4	2	9
Vitamin B-12	mcg	18.70		0		1		5.30	3.18	12.16
Vitamin A, IU	IU	128		0		1		36	22	83
Vitamin A, RAE	mcg_RAE	38		0		1		11	7	25
Retinol	mcg	38		0		1		11	7	25
Vitamin E	mg_ATE	1.000		0		4		0.284	0.170	0.650
Vitamin D	IU	120.000		0	T	4		34.020	20.400	78.000
Lipids:										
Fatty acids, total saturated	g	2.791		0		1		0.791	0.474	1.814
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.016		0		1		0.005	0.003	0.010
13:0	g									
14:0	g	0.758		0		1		0.215	0.129	0.493
15:0	g									
16:0	g	1.851		0		1		0.525	0.315	1.203
17:0	g									
18:0	g	0.149		0		1		0.042	0.025	0.097
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.112		0		1		1.449	0.869	3.323
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.851		0		1		0.241	0.145	0.553

NDB No. 15042
Finfish, herring, Atlantic, kippered

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 17g: 1 cubic inch, boneless

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

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15041
Finfish, herring, Atlantic, pickled

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.22		2		1		77.31	15.65	11.04
Energy	kcal	262		0	NC	4		367	74	52
Energy	kj	1096				4		1535	311	219
Protein (N x 6.25)	g	14.19		2		1		19.87	4.02	2.84
Total lipid (fat)	g	18.00		2		1		25.20	5.10	3.60
Ash	g	2.95		2		1		4.13	0.84	0.59
Carbohydrate, by difference	g	9.64		0	NC	4		13.50	2.73	1.93
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	77		2		1		108	22	15
Iron, Fe	mg	1.22		2		1		1.71	0.35	0.24
Magnesium, Mg	mg	8		2		1		11	2	2
Phosphorus, P	mg	89		2		1		125	25	18
Potassium, K	mg	69		2		1		97	20	14
Sodium, Na	mg	870		2		1		1218	247	174
Zinc, Zn	mg	0.53		2		1		0.74	0.15	0.11
Copper, Cu	mg	0.105		2		1		0.147	0.030	0.021
Manganese, Mn	mg	0.040		2		1		0.056	0.011	0.008
Selenium, Se	mcg	58.5		0	BFSN	4		81.9	16.6	11.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.036		2		1		0.050	0.010	0.007
Riboflavin	mg	0.139		2		1		0.195	0.039	0.028
Niacin	mg	3.300		0		4		4.620	0.936	0.660
Pantothenic acid	mg	0.081		2		1		0.113	0.023	0.016
Vitamin B-6	mg	0.170		0		4		0.238	0.048	0.034
Folate, total	mcg	2		2		1		3	1	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		2		1		3	1	0
Folate, DFE	mcg_DFE	2		0	NC	4		3	1	0
Vitamin B-12	mcg	4.27		2		1		5.98	1.21	0.85
Vitamin A, IU	IU	861		2		1		1205	244	172
Vitamin A, RAE	mcg_RAE	259		2		1		362	73	52
Retinol	mcg	259		2		1		362	73	52
Vitamin E	mg_ATE	1.000		0		4		1.400	0.284	0.200
Vitamin D	IU	680.000		0	T	4		952.000	192.780	136.000
Lipids:										
Fatty acids, total saturated	g	2.381		0		1		3.333	0.675	0.476
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.721		2		1		1.009	0.204	0.144
15:0	g									
16:0	g	1.555		2		1		2.177	0.441	0.311
17:0	g									
18:0	g	0.105		2		1		0.147	0.030	0.021
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	11.947		0		1		16.726	3.387	2.389
14:1	g									
15:1	g									
16:1 undifferentiated	g	1.383		2		1		1.936	0.392	0.277

NDB No. 15041
Finfish, herring, Atlantic, pickled

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

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

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 20g: 1 cubic inch

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.05	0.496	138		1		20.43	132.57	61.24
Energy	kcal	158		0	NC	4		45	291	134
Energy	kj	661				4		187	1216	562
Protein (N x 6.25)	g	17.96	0.235	59		1		5.09	33.05	15.27
Total lipid (fat)	g	9.04	0.091	2524		1		2.56	16.63	7.68
Ash	g	1.46	0.035	28		1		0.41	2.69	1.24
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	57	16.753	3		1		16	105	48
Iron, Fe	mg	1.10		1		1		0.31	2.02	0.94
Magnesium, Mg	mg	32		1		1		9	59	27
Phosphorus, P	mg	236	33.702	4		1		67	434	201
Potassium, K	mg	327	50.952	5		1		93	602	278
Sodium, Na	mg	90	4.019	7		1		26	166	77
Zinc, Zn	mg	0.99	0.073	56		1		0.28	1.82	0.84
Copper, Cu	mg	0.092	0.006	48		1		0.026	0.169	0.078
Manganese, Mn	mg	0.035		0		1		0.010	0.064	0.030
Selenium, Se	mcg	36.5		0	CAZN	4		10.3	67.2	31.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		2		1		0.2	1.3	0.6
Thiamin	mg	0.092	0.007	43		1		0.026	0.169	0.078
Riboflavin	mg	0.233	0.031	32		1		0.066	0.429	0.198
Niacin	mg	3.217	0.166	34		1		0.912	5.919	2.734
Pantothenic acid	mg	0.645	0.098	12		1		0.183	1.187	0.548
Vitamin B-6	mg	0.302	0.022	17		1		0.086	0.556	0.257
Folate, total	mcg	10		0		4		3	18	9
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	10		0		4		3	18	9
Folate, DFE	mcg_DFE	10		0	NC	4		3	18	9
Vitamin B-12	mcg	13.67	0.558	6		1		3.87	25.15	11.62
Vitamin A, IU	IU	94	7.416	129		1		27	173	80
Vitamin A, RAE	mcg_RAE	28	2.227	129		1		8	52	24
Retinol	mcg	28	2.227	129		1		8	52	24
Vitamin E	mg_ATE	1.070		0		1		0.303	1.969	0.910
Vitamin D	IU	1628.000		0	T	4		461.538	2995.520	1383.800
Lipids:										
Fatty acids, total saturated	g	2.040		0		1		0.578	3.754	1.734
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.005	0.000	12		1		0.001	0.009	0.004
12:0	g	0.012	0.001	20		1		0.003	0.022	0.010
13:0	g									
14:0	g	0.554	0.021	24		1		0.157	1.019	0.471
15:0	g									
16:0	g	1.353	0.048	24		1		0.384	2.490	1.150
17:0	g									
18:0	g	0.109	0.008	24		1		0.031	0.201	0.093
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.736		0		1		1.059	6.874	3.176
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.622	0.029	24		1		0.176	1.144	0.529

NDB No. 15039
Finfish, herring, Atlantic, raw

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 184g: 1 fillet

Measure 3 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.49		0		1		91.43	53.97	
Energy	kcal	250		0	NC	4		360	213	
Energy	kj	1046				4		1506	889	
Protein (N x 6.25)	g	21.01		0		1		30.25	17.86	
Total lipid (fat)	g	17.79		0		1		25.62	15.12	
Ash	g	3.04		0		1		4.38	2.58	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	106		0		1		153	90	
Iron, Fe	mg	1.44		0		1		2.07	1.22	
Magnesium, Mg	mg	41		0		1		59	35	
Phosphorus, P	mg	292		0		1		420	248	
Potassium, K	mg	542		0		1		780	461	
Sodium, Na	mg	95		0		1		137	81	
Zinc, Zn	mg	0.68		0		1		0.98	0.58	
Copper, Cu	mg	0.100		0		1		0.144	0.085	
Manganese, Mn	mg	0.058		0		1		0.084	0.049	
Selenium, Se	mcg	46.8		0	BFSN	4		67.4	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.073		0		1		0.105	0.062	
Riboflavin	mg	0.256		0		1		0.369	0.218	
Niacin	mg	2.821		0		1		4.062	2.398	
Pantothenic acid	mg	1.154		0		1		1.662	0.981	
Vitamin B-6	mg	0.519		0		1		0.747	0.441	
Folate, total	mcg	6		0		1		9	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		9	5	
Folate, DFE	mcg_DFE	6		0	NC	4		9	5	
Vitamin B-12	mcg	9.62		0		1		13.85	8.18	
Vitamin A, IU	IU	116		0		1		167	99	
Vitamin A, RAE	mcg_RAE	35		0		1		50	30	
Retinol	mcg	35		0		1		50	30	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.174		0		1		6.011	3.548	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	1.170		0		1		1.685	0.995	
15:0	g									
16:0	g	2.593		0		1		3.734	2.204	
17:0	g									
18:0	g	0.329		0		1		0.474	0.280	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	8.807		0		1		12.682	7.486	
14:1	g									
15:1	g									
16:1 undifferentiated	g	1.355		0		1		1.951	1.152	

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

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

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

Common Measures:

Measure 1 = 144g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.52	0.477	84		1		131.60	60.79	
Energy	kcal	195		0	NC	4		359	166	
Energy	kj	816				4		1501	693	
Protein (N x 6.25)	g	16.39	0.133	70		1		30.16	13.93	
Total lipid (fat)	g	13.88	0.475	128		1		25.54	11.80	
Ash	g	2.37	0.031	71		1		4.36	2.01	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	83		0		4		153	71	
Iron, Fe	mg	1.12		1		1		2.06	0.95	
Magnesium, Mg	mg	32		0		4		59	27	
Phosphorus, P	mg	228		0		4		420	194	
Potassium, K	mg	423	7.117	31		1		778	360	
Sodium, Na	mg	74	0.631	31		1		136	63	
Zinc, Zn	mg	0.53	0.050	14		1		0.98	0.45	
Copper, Cu	mg	0.078	0.006	18		1		0.144	0.066	
Manganese, Mn	mg	0.045		0		1		0.083	0.038	
Selenium, Se	mcg	36.5		0	CAZN	4		67.2	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.060		0		4		0.110	0.051	
Riboflavin	mg	0.200		0		4		0.368	0.170	
Niacin	mg	2.200		0		4		4.048	1.870	
Pantothenic acid	mg	1.000		0		4		1.840	0.850	
Vitamin B-6	mg	0.450		0		4		0.828	0.383	
Folate, total	mcg	5		0		4		9	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		4		9	4	
Folate, DFE	mcg_DFE	5		0	NC	4		9	4	
Vitamin B-12	mcg	10.00		0		4		18.40	8.50	
Vitamin A, IU	IU	106		2		1		195	90	
Vitamin A, RAE	mcg_RAE	32		2		1		59	27	
Retinol	mcg	32		2		1		59	27	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.257		0		1		5.993	2.768	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.913	0.043	3		1		1.680	0.776	
15:0	g									
16:0	g	2.023	0.266	3		1		3.722	1.720	
17:0	g									
18:0	g	0.257	0.024	3		1		0.473	0.218	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	6.872		0		1		12.644	5.841	
14:1	g									
15:1	g									
16:1 undifferentiated	g	1.057	0.016	3		1		1.945	0.898	

NDB No. 15043
Finfish, herring, Pacific, raw

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

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

Common Measures:

Measure 1 = 184g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.88		0		1		111.56	62.80	
Energy	kcal	111		0	NC	4		168	94	
Energy	kj	464				4		701	395	
Protein (N x 6.25)	g	24.35		0		1		36.77	20.70	
Total lipid (fat)	g	0.82		0		1		1.24	0.70	
Ash	g	1.79		0		1		2.70	1.52	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	44		0		1		66	37	
Iron, Fe	mg	0.83		0		1		1.25	0.71	
Magnesium, Mg	mg	81		0		1		122	69	
Phosphorus, P	mg	254		0		1		384	216	
Potassium, K	mg	486		0		1		734	413	
Sodium, Na	mg	173		0		1		261	147	
Zinc, Zn	mg	1.00		0		1		1.51	0.85	
Copper, Cu	mg	0.141		0		1		0.213	0.120	
Manganese, Mn	mg	0.038		0		1		0.057	0.032	
Selenium, Se	mcg	46.8		0	BFSN	4		70.7	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.127		0		1		0.192	0.108	
Riboflavin	mg	0.231		0		1		0.349	0.196	
Niacin	mg	2.801		0		1		4.230	2.381	
Pantothenic acid	mg	0.369		0		1		0.557	0.314	
Vitamin B-6	mg	0.351		0		1		0.530	0.298	
Folate, total	mcg	8		0		1		12	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		12	7	
Folate, DFE	mcg_DFE	8		0	NC	4		12	7	
Vitamin B-12	mcg	0.65		0		1		0.98	0.55	
Vitamin A, IU	IU	115		0		1		174	98	
Vitamin A, RAE	mcg_RAE	35		0		1		52	29	
Retinol	mcg	35		0		1		52	29	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	51		0		1		77	43	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.273		0		1		0.412	0.232	
Threonine	g	1.067		0		1		1.611	0.907	
Isoleucine	g	1.122		0		1		1.694	0.954	
Leucine	g	1.979		0		1		2.988	1.682	
Lysine	g	2.236		0		1		3.376	1.901	
Methionine	g	0.721		0		1		1.089	0.613	
Cystine	g	0.261		0		1		0.394	0.222	
Phenylalanine	g	0.950		0		1		1.435	0.808	
Tyrosine	g	0.822		0		1		1.241	0.699	
Valine	g	1.254		0		1		1.894	1.066	
Arginine	g	1.457		0		1		2.200	1.238	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.717		0		1		1.083	0.609	
Alanine.....g	1.472		0		1		2.223	1.251	
Aspartic acid.....g	2.493		0		1		3.764	2.119	
Glutamic acid.....g	3.634		0		1		5.487	3.089	
Glycine.....g	1.169		0		1		1.765	0.994	
Proline.....g	0.861		0		1		1.300	0.732	
Serine.....g	0.993		0		1		1.499	0.844	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 151g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.63	0.265	16		1		153.69	67.69	
Energy	kcal	87		0	NC	4		168	74	
Energy	kj	364				4		703	309	
Protein (N x 6.25)	g	18.99	0.281	10		1		36.65	16.14	
Total lipid (fat)	g	0.64	0.105	7		1		1.24	0.54	
Ash	g	1.40	0.103	6		1		2.70	1.19	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	34		2		1		66	29	
Iron, Fe	mg	0.65		2		1		1.25	0.55	
Magnesium, Mg	mg	63		1		1		122	54	
Phosphorus, P	mg	198	8.322	3		1		382	168	
Potassium, K	mg	379		1		1		731	322	
Sodium, Na	mg	135		1		1		261	115	
Zinc, Zn	mg	0.78		0		4		1.51	0.66	
Copper, Cu	mg	0.110		0		4		0.212	0.094	
Manganese, Mn	mg	0.030		0		4		0.058	0.026	
Selenium, Se	mcg	36.5		0	CAZN	4		70.4	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.110		2		1		0.212	0.094	
Riboflavin	mg	0.190	0.078	5		1		0.367	0.162	
Niacin	mg	2.300	0.115	3		1		4.439	1.955	
Pantothenic acid	mg	0.320	0.040	3		1		0.618	0.272	
Vitamin B-6	mg	0.304	0.047	3		1		0.587	0.258	
Folate, total	mcg	7		0		4		14	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		4		14	6	
Folate, DFE	mcg_DFE	7		0	NC	4		14	6	
Vitamin B-12	mcg	0.56	0.068	5		1		1.08	0.48	
Vitamin A, IU	IU	100	65.064	3		1		193	85	
Vitamin A, RAE	mcg_RAE	30	19.539	3		1		58	26	
Retinol	mcg	30	19.539	3		1		58	26	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.120		0		4		0.232	0.102	
Fatty acids, total monounsaturated	g	0.090		0		4		0.174	0.077	
Fatty acids, total polyunsaturated	g	0.220		0		4		0.425	0.187	
Fatty acids, total trans	g									
Cholesterol	mg	40		0		4		77	34	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.213		0		1		0.411	0.181	
Threonine	g	0.832		0		1		1.606	0.707	
Isoleucine	g	0.875		0		1		1.689	0.744	
Leucine	g	1.543		0		1		2.978	1.312	
Lysine	g	1.744		0		1		3.366	1.482	
Methionine	g	0.562		0		1		1.085	0.478	
Cystine	g	0.204		0		1		0.394	0.173	
Phenylalanine	g	0.741		0		1		1.430	0.630	
Tyrosine	g	0.641		0		1		1.237	0.545	
Valine	g	0.978		0		1		1.888	0.831	
Arginine	g	1.136		0		1		2.192	0.966	

NDB No. 15044
Finfish, ling, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.559		0		1		1.079	0.475	
Alanine.....g	1.148		0		1		2.216	0.976	
Aspartic acid.....g	1.944		0		1		3.752	1.652	
Glutamic acid.....g	2.834		0		1		5.470	2.409	
Glycine.....g	0.911		0		1		1.758	0.774	
Proline.....g	0.671		0		1		1.295	0.570	
Serine.....g	0.775		0		1		1.496	0.659	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 193g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.68		0		1		114.28	64.33	
Energy	kcal	109		0	NC	4		165	93	
Energy	kj	456				4		689	388	
Protein (N x 6.25)	g	22.64		0		1		34.19	19.24	
Total lipid (fat)	g	1.36		0		1		2.05	1.16	
Ash	g	1.55		0		1		2.34	1.32	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		27	15	
Iron, Fe	mg	0.41		0		1		0.62	0.35	
Magnesium, Mg	mg	33		0		1		50	28	
Phosphorus, P	mg	258		0		1		390	219	
Potassium, K	mg	560		0		1		846	476	
Sodium, Na	mg	76		0		1		115	65	
Zinc, Zn	mg	0.58		0		1		0.88	0.49	
Copper, Cu	mg	0.035		0		1		0.053	0.030	
Manganese, Mn	mg	0.026		0		1		0.039	0.022	
Selenium, Se	mcg	46.8		0	BFSN	4		70.7	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.035		0		1		0.053	0.030	
Riboflavin	mg	0.139		0		1		0.210	0.118	
Niacin	mg	2.314		0		1		3.494	1.967	
Pantothenic acid	mg	0.865		0		1		1.306	0.735	
Vitamin B-6	mg	0.346		0		1		0.522	0.294	
Folate, total	mcg	10		0		1		15	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		15	9	
Folate, DFE	mcg_DFE	10		0	NC	4		15	9	
Vitamin B-12	mcg	4.15		0		1		6.27	3.53	
Vitamin A, IU	IU	58		0		1		88	49	
Vitamin A, RAE	mcg_RAE	17		0		1		26	15	
Retinol	mcg	17		0		1		26	15	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.255		0		1		0.385	0.217	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.047		0		1		0.071	0.040	
15:0	g									
16:0	g	0.151		0		1		0.228	0.128	
17:0	g									
18:0	g	0.045		0		1		0.068	0.038	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.447		0		1		0.675	0.380	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.097		0		1		0.146	0.082	

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

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

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

Common Measures:

Measure 1 = 151g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.03	0.066	181		1		156.39	68.88	
Energy	kcal	85		0	NC	4		164	72	
Energy	kj	356				4		686	302	
Protein (N x 6.25)	g	17.66	0.078	173		1		34.08	15.01	
Total lipid (fat)	g	1.06	0.143	16		1		2.05	0.90	
Ash	g	1.21	0.005	174		1		2.34	1.03	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		1		1		27	12	
Iron, Fe	mg	0.32		2		1		0.62	0.27	
Magnesium, Mg	mg	26		1		1		50	22	
Phosphorus, P	mg	201		1		1		388	171	
Potassium, K	mg	437	2.904	95		1		843	371	
Sodium, Na	mg	59	1.020	95		1		114	50	
Zinc, Zn	mg	0.45	0.013	78		1		0.87	0.38	
Copper, Cu	mg	0.027	0.001	75		1		0.052	0.023	
Manganese, Mn	mg	0.020		1		1		0.039	0.017	
Selenium, Se	mcg	36.5		0	CAZN	4		70.4	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.030	0.006	3		1		0.058	0.026	
Riboflavin	mg	0.114	0.009	3		1		0.220	0.097	
Niacin	mg	1.900	0.179	3		1		3.667	1.615	
Pantothenic acid	mg	0.750		0		4		1.448	0.638	
Vitamin B-6	mg	0.300		0		4		0.579	0.255	
Folate, total	mcg	9		0		4		17	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		4		17	8	
Folate, DFE	mcg_DFE	9		0	NC	4		17	8	
Vitamin B-12	mcg	3.60		0		4		6.95	3.06	
Vitamin A, IU	IU	50		0		4		97	43	
Vitamin A, RAE	mcg_RAE	15		0		4		29	13	
Retinol	mcg	15		0		4		29	13	
Vitamin E	mg_ATE	0.230		0		4		0.444	0.196	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.197		0		4		0.380	0.167	
4:0	g	0.000		0		7		0.000	0.000	
6:0	g	0.000		0		7		0.000	0.000	
8:0	g	0.000		0		7		0.000	0.000	
10:0	g	0.000		0		7		0.000	0.000	
12:0	g	0.000		0		7		0.000	0.000	
13:0	g									
14:0	g	0.000		0		7		0.000	0.000	
15:0	g									
16:0	g	0.000		0		7		0.000	0.000	
17:0	g									
18:0	g	0.000		0		7		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.350		0		4		0.676	0.298	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		7		0.000	0.000	

NDB No. 15045
Finfish, lingcod, raw

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

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

Common Measures:

Measure 1 = 193g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.27		0		1		46.88	45.28	
Energy	kcal	262		0	NC	4		231	223	
Energy	kj	1096				4		965	932	
Protein (N x 6.25)	g	23.85		0		1		20.99	20.27	
Total lipid (fat)	g	17.81		0		1		15.67	15.14	
Ash	g	1.53	0.070	10		1		1.35	1.30	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		1		13	13	
Iron, Fe	mg	1.57	0.080	10		1		1.38	1.33	
Magnesium, Mg	mg	97		0		1		85	82	
Phosphorus, P	mg	278		0		1		245	236	
Potassium, K	mg	401	15.900	10		1		353	341	
Sodium, Na	mg	83	8.200	10		1		73	71	
Zinc, Zn	mg	0.94	0.060	10		1		0.83	0.80	
Copper, Cu	mg	0.094		0		1		0.083	0.080	
Manganese, Mn	mg	0.020		0		4		0.018	0.017	
Selenium, Se	mcg	51.6	1.508	33	A	1		45.4	43.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		0.4	0.3	
Thiamin	mg	0.159	0.006	10		1		0.140	0.135	
Riboflavin	mg	0.412	0.013	10		1		0.363	0.350	
Niacin	mg	6.850	0.470	10		1		6.028	5.823	
Pantothenic acid	mg	0.990		0		4		0.871	0.842	
Vitamin B-6	mg	0.460		0		1		0.405	0.391	
Folate, total	mcg	2		0		4		1	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		4		1	1	
Folate, DFE	mcg_DFE	2		0	NC	4		1	1	
Vitamin B-12	mcg	19.00	1.610	10		1		16.72	16.15	
Vitamin A, IU	IU	180		0		1		158	153	
Vitamin A, RAE	mcg_RAE	54		0		1		48	46	
Retinol	mcg	54		0		1		48	46	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.176		0		1		3.675	3.550	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.592	83.700	10		1		0.521	0.503	
15:0	g									
16:0	g	1.375	188.900	10		1		1.210	1.169	
17:0	g									
18:0	g	0.256	39.100	10		1		0.225	0.218	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	7.006		0		1		6.165	5.955	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.534	105.400	10		1		0.470	0.454	

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

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

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

Common Measures:

Measure 1 = 88g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.55	0.657	142		1		71.18	54.02	
Energy	kcal	205		0	NC	4		230	174	
Energy	kj	858				4		961	729	
Protein (N x 6.25)	g	18.60	0.171	83		1		20.83	15.81	
Total lipid (fat)	g	13.89	0.380	364		1		15.56	11.81	
Ash	g	1.35	0.032	60		1		1.51	1.15	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12	2.437	7		1		13	10	
Iron, Fe	mg	1.63	0.398	3		1		1.83	1.39	
Magnesium, Mg	mg	76		1		1		85	65	
Phosphorus, P	mg	217	11.557	8		1		243	184	
Potassium, K	mg	314	19.569	10		1		352	267	
Sodium, Na	mg	90	7.283	14		1		101	77	
Zinc, Zn	mg	0.63	0.017	82		1		0.71	0.54	
Copper, Cu	mg	0.073	0.004	81		1		0.082	0.062	
Manganese, Mn	mg	0.015		0		1		0.017	0.013	
Selenium, Se	mcg	44.1	2.285	11	A	1		49.4	37.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		2		1		0.4	0.3	
Thiamin	mg	0.176	0.050	6		1		0.197	0.150	
Riboflavin	mg	0.312	0.032	7		1		0.349	0.265	
Niacin	mg	9.080	1.278	11		1		10.170	7.718	
Pantothenic acid	mg	0.856	0.113	7		1		0.959	0.728	
Vitamin B-6	mg	0.399	0.045	16		1		0.447	0.339	
Folate, total	mcg	1		0		4		1	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		4		1	1	
Folate, DFE	mcg_DFE	1		0	NC	4		1	1	
Vitamin B-12	mcg	8.71	1.332	9		1		9.76	7.40	
Vitamin A, IU	IU	165	44.628	6		1		185	140	
Vitamin A, RAE	mcg_RAE	50	13.402	6		1		55	42	
Retinol	mcg	50	13.402	6		1		55	42	
Vitamin E	mg_ATE	1.520		0		1		1.702	1.292	
Vitamin D	IU	360.000		0	T	4		403.200	306.000	
Lipids:										
Fatty acids, total saturated	g	3.257		0		1		3.648	2.768	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.017		18		1		0.019	0.014	
13:0	g									
14:0	g	0.674		29		1		0.755	0.573	
15:0	g									
16:0	g	2.125		29		1		2.380	1.806	
17:0	g									
18:0	g	0.423		29		1		0.474	0.360	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.456		0		4		6.111	4.638	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.727		29		1		0.814	0.618	

NDB No. 15046
Finfish, mackerel, Atlantic, raw

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

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

Common Measures:

Measure 1 = 112g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.73		0		1		17.50	10.49	108.64
Energy	kcal	201		0	NC	4		57	34	354
Energy	kj	841				4		238	143	1480
Protein (N x 6.25)	g	25.73		0		1		7.29	4.37	45.28
Total lipid (fat)	g	10.12		0		1		2.87	1.72	17.81
Ash	g	2.08		0		1		0.59	0.35	3.66
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	29		0		1		8	5	51
Iron, Fe	mg	1.49		0		1		0.42	0.25	2.62
Magnesium, Mg	mg	36		0		1		10	6	63
Phosphorus, P	mg	160		0		1		45	27	282
Potassium, K	mg	521		0		1		148	89	917
Sodium, Na	mg	110		0		1		31	19	194
Zinc, Zn	mg	0.86		0		1		0.24	0.15	1.51
Copper, Cu	mg	0.119		0		1		0.034	0.020	0.209
Manganese, Mn	mg	0.019		0		1		0.005	0.003	0.033
Selenium, Se	mcg	46.8		0	BFSN	4		13.3	8.0	82.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.1		0		1		0.6	0.4	3.7
Thiamin	mg	0.135		0		1		0.038	0.023	0.238
Riboflavin	mg	0.540		0		1		0.153	0.092	0.950
Niacin	mg	10.667		0		1		3.024	1.813	18.774
Pantothenic acid	mg	0.365		0		1		0.103	0.062	0.642
Vitamin B-6	mg	0.381		0		1		0.108	0.065	0.671
Folate, total	mcg	2		0		1		1	0	4
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		0		1		1	0	4
Folate, DFE	mcg_DFE	2		0	NC	4		1	0	4
Vitamin B-12	mcg	4.23		0		1		1.20	0.72	7.44
Vitamin A, IU	IU	47		0		1		13	8	83
Vitamin A, RAE	mcg_RAE	14		0		1		4	2	25
Retinol	mcg	14		0		1		4	2	25
Vitamin E	mg_ATE	1.280		0		4		0.363	0.218	2.253
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.881		0		1		0.817	0.490	5.071
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.012		0		1		0.003	0.002	0.021
13:0	g									
14:0	g	0.436		0		1		0.124	0.074	0.767
15:0	g									
16:0	g	1.781		0		1		0.505	0.303	3.135
17:0	g									
18:0	g	0.565		0		1		0.160	0.096	0.994
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.371		0		1		0.956	0.573	5.933
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.603		0		1		0.171	0.103	1.061

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

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 17g: 1 cubic inch, boneless

Measure 3 = 176g: 1 fillet

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.15	2.322	12		1		157.84	59.63	
Energy	kcal	158		0	NC	4		356	134	
Energy	kj	661				4		1487	562	
Protein (N x 6.25)	g	20.07		11		1		45.16	17.06	
Total lipid (fat)	g	7.89	0.865	126		1		17.75	6.71	
Ash	g	1.62		6		1		3.65	1.38	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	23		1		1		52	20	
Iron, Fe	mg	1.16	0.143	4		1		2.61	0.99	
Magnesium, Mg	mg	28		1		1		63	24	
Phosphorus, P	mg	125		1		1		281	106	
Potassium, K	mg	406	8.686	3		1		914	345	
Sodium, Na	mg	86	1.938	3		1		194	73	
Zinc, Zn	mg	0.67	0.028	63		1		1.51	0.57	
Copper, Cu	mg	0.093	0.006	56		1		0.209	0.079	
Manganese, Mn	mg	0.015		0		1		0.034	0.013	
Selenium, Se	mcg	36.5		0	CAZN	4		82.1	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		4		4.5	1.7	
Thiamin	mg	0.111		2		1		0.250	0.094	
Riboflavin	mg	0.421		5		1		0.947	0.358	
Niacin	mg	8.320		3		1		18.720	7.072	
Pantothenic acid	mg	0.316	0.075	12		1		0.711	0.269	
Vitamin B-6	mg	0.330	0.029	11		1		0.743	0.281	
Folate, total	mcg	2	0.060	5		1		5	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2	0.060	5		1		5	2	
Folate, DFE	mcg_DFE	2		0	NC	4		5	2	
Vitamin B-12	mcg	4.40		4		1		9.90	3.74	
Vitamin A, IU	IU	43		4		1		97	37	
Vitamin A, RAE	mcg_RAE	13	0.000	4		1		29	11	
Retinol	mcg	13	0.000	4		1		29	11	
Vitamin E	mg_ATE	1.000		0		4		2.250	0.850	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.247		0		1		5.056	1.910	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.009		11		1		0.020	0.008	
13:0	g									
14:0	g	0.340		83		1		0.765	0.289	
15:0	g									
16:0	g	1.389		83		1		3.125	1.181	
17:0	g									
18:0	g	0.441		83		1		0.992	0.375	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.629		0		1		5.915	2.235	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.470		83		1		1.058	0.400	

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

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

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

Common Measures:

Measure 1 = 225g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.17		2		1		131.42	19.61	11.07
Energy	kcal	156		0	NC	4		296	44	25
Energy	kj	653				4		1240	185	104
Protein (N x 6.25)	g	23.19		2		1		44.06	6.57	3.71
Total lipid (fat)	g	6.30		2		1		11.97	1.79	1.01
Ash	g	1.73		2		1		3.29	0.49	0.28
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	241		2		1		458	68	39
Iron, Fe	mg	2.04		2		1		3.88	0.58	0.33
Magnesium, Mg	mg	37		2		1		70	10	6
Phosphorus, P	mg	301		2		1		572	85	48
Potassium, K	mg	194		2		1		369	55	31
Sodium, Na	mg	379		2		1		720	107	61
Zinc, Zn	mg	1.02		2		1		1.94	0.29	0.16
Copper, Cu	mg	0.147		2		1		0.279	0.042	0.024
Manganese, Mn	mg	0.040		2		1		0.076	0.011	0.006
Selenium, Se	mcg	37.7		0	BFSN	4		71.6	10.7	6.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		2		1		1.7	0.3	0.1
Thiamin	mg	0.040		2		1		0.076	0.011	0.006
Riboflavin	mg	0.212		2		1		0.403	0.060	0.034
Niacin	mg	6.180		2		1		11.742	1.752	0.989
Pantothenic acid	mg	0.305		2		1		0.580	0.086	0.049
Vitamin B-6	mg	0.210		2		1		0.399	0.060	0.034
Folate, total	mcg	5		2		1		10	1	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	5		2		1		10	1	1
Folate, DFE	mcg_DFE	5		0	NC	4		10	1	1
Vitamin B-12	mcg	6.94		2		1		13.19	1.97	1.11
Vitamin A, IU	IU	434		2		1		825	123	69
Vitamin A, RAE	mcg_RAE	130		2		1		248	37	21
Retinol	mcg	130		2		1		248	37	21
Vitamin E	mg_ATE	1.400		0		4		2.660	0.397	0.224
Vitamin D	IU	252.000		0	T	4		478.800	71.442	40.320
Lipids:										
Fatty acids, total saturated	g	1.857		0		1		3.528	0.526	0.297
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.007		2		1		0.013	0.002	0.001
13:0	g									
14:0	g	0.289		2		1		0.549	0.082	0.046
15:0	g									
16:0	g	1.185		2		1		2.252	0.336	0.190
17:0	g									
18:0	g	0.376		2		1		0.714	0.107	0.060
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.225		0		1		4.228	0.631	0.356
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.400		2		1		0.760	0.113	0.064

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

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

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

Common Measures:

Measure 1 = 190g: 1 cup

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 16g: 1 cubic inch

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.04		0		1		106.32	58.68	
Energy	kcal	134		0	NC	4		206	114	
Energy	kj	561				4		863	477	
Protein (N x 6.25)	g	26.00		0		1		40.04	22.10	
Total lipid (fat)	g	2.56		0		1		3.94	2.18	
Ash	g	1.64		0		1		2.53	1.39	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	40		0		1		62	34	
Iron, Fe	mg	2.28		0		1		3.51	1.94	
Magnesium, Mg	mg	41		0		1		63	35	
Phosphorus, P	mg	318		0		1		490	270	
Potassium, K	mg	558		0		1		859	474	
Sodium, Na	mg	203		0		1		313	173	
Zinc, Zn	mg	0.72		0		1		1.11	0.61	
Copper, Cu	mg	0.033		0		1		0.051	0.028	
Manganese, Mn	mg	0.006		0		1		0.009	0.005	
Selenium, Se	mcg	46.8		0	BFSN	4		72.1	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0		1		2.5	1.4	
Thiamin	mg	0.115		0		1		0.177	0.098	
Riboflavin	mg	0.580		0		1		0.893	0.493	
Niacin	mg	10.462		0		1		16.111	8.893	
Pantothenic acid	mg	0.968		0		1		1.491	0.823	
Vitamin B-6	mg	0.510		0		1		0.785	0.434	
Folate, total	mcg	9		0		1		14	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		14	8	
Folate, DFE	mcg_DFE	9		0	NC	4		14	8	
Vitamin B-12	mcg	18.00		0		1		27.72	15.30	
Vitamin A, IU	IU	839		0		1		1292	713	
Vitamin A, RAE	mcg_RAE	252		0		1		388	214	
Retinol	mcg	252		0		1		388	214	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.465		0		1		0.716	0.395	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.105		0		1		0.162	0.089	
15:0	g									
16:0	g	0.310		0		1		0.477	0.264	
17:0	g									
18:0	g	0.050		0		1		0.077	0.043	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.979		0		1		1.508	0.832	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.151		0		1		0.233	0.128	

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

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

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

Common Measures:

Measure 1 = 154g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.85	0.456	6		1		150.18	64.47	
Energy	kcal	105		0	NC	4		208	89	
Energy	kj	439				4		870	373	
Protein (N x 6.25)	g	20.28	0.786	6		1		40.15	17.24	
Total lipid (fat)	g	2.00	0.188	6		1		3.96	1.70	
Ash	g	1.28	0.017	6		1		2.53	1.09	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	31		2		1		61	26	
Iron, Fe	mg	1.78		2		1		3.52	1.51	
Magnesium, Mg	mg	32		2		1		63	27	
Phosphorus, P	mg	248		2		1		491	211	
Potassium, K	mg	435		2		1		861	370	
Sodium, Na	mg	158		2		1		313	134	
Zinc, Zn	mg	0.56	0.018	106		1		1.11	0.48	
Copper, Cu	mg	0.026	0.001	107		1		0.051	0.022	
Manganese, Mn	mg	0.005		0		1		0.010	0.004	
Selenium, Se	mcg	36.5		0	CAZN	4		72.3	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0		4		3.2	1.4	
Thiamin	mg	0.100		2		1		0.198	0.085	
Riboflavin	mg	0.476		2		1		0.942	0.405	
Niacin	mg	8.590		2		1		17.008	7.302	
Pantothenic acid	mg	0.839		2		1		1.661	0.713	
Vitamin B-6	mg	0.442		2		1		0.875	0.376	
Folate, total	mcg	8		2		1		15	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		2		1		15	6	
Folate, DFE	mcg_DFE	8		0	NC	4		15	6	
Vitamin B-12	mcg	15.60		2		1		30.89	13.26	
Vitamin A, IU	IU	727		2		1		1439	618	
Vitamin A, RAE	mcg_RAE	218		2		1		432	186	
Retinol	mcg	218		2		1		432	186	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.363		0		1		0.719	0.309	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.082		2		1		0.162	0.070	
15:0	g									
16:0	g	0.242		2		1		0.479	0.206	
17:0	g									
18:0	g	0.039		2		1		0.077	0.033	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.764		0		1		1.513	0.649	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.118		2		1		0.234	0.100	

NDB No. 15049
Finfish, mackerel, king, raw

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

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

Common Measures:

Measure 1 = 198g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.46		3		1		99.95	58.19	
Energy	kcal	158		0	NC	4		231	134	
Energy	kj	661				4		965	562	
Protein (N x 6.25)	g	23.59		3		1		34.44	20.05	
Total lipid (fat)	g	6.32		3		1		9.23	5.37	
Ash	g	1.53		3		1		2.23	1.30	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		2		1		19	11	
Iron, Fe	mg	0.74		3		1		1.08	0.63	
Magnesium, Mg	mg	38		2		1		55	32	
Phosphorus, P	mg	271		2		1		396	230	
Potassium, K	mg	554		3		1		809	471	
Sodium, Na	mg	66		3		1		96	56	
Zinc, Zn	mg	0.62		3		1		0.91	0.53	
Copper, Cu	mg	0.065		2		1		0.095	0.055	
Manganese, Mn	mg	0.012		2		1		0.018	0.010	
Selenium, Se	mcg	40.6		0	BFSN	4		59.3	34.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0		4		2.3	1.4	
Thiamin	mg	0.130		1		1		0.190	0.111	
Riboflavin	mg	0.210		1		1		0.307	0.179	
Niacin	mg	5.000		1		1		7.300	4.250	
Pantothenic acid	mg	0.870		0		4		1.270	0.740	
Vitamin B-6	mg	0.460		0		4		0.672	0.391	
Folate, total	mcg	1		0		4		2	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		4		2	1	
Folate, DFE	mcg_DFE	1		0	NC	4		2	1	
Vitamin B-12	mcg	7.00		1		1		10.22	5.95	
Vitamin A, IU	IU	109		0		4		159	93	
Vitamin A, RAE	mcg_RAE	33		0		4		48	28	
Retinol	mcg	33		0		4		48	28	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.801		0		1		2.629	1.531	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.204		3		1		0.298	0.173	
15:0	g									
16:0	g	1.155		3		1		1.686	0.982	
17:0	g									
18:0	g	0.442		3		1		0.645	0.376	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.139		0		1		3.123	1.818	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.309		3		1		0.451	0.263	

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

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

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

Common Measures:

Measure 1 = 146g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15051

Finfish, mackerel, spanish, raw

Scombermorus maculatus (Mitchill)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.67	4.380	3		1		134.02	60.92	
Energy	kcal	139		0	NC	4		260	118	
Energy	kj	582				4		1088	494	
Protein (N x 6.25)	g	19.29	1.200	3		1		36.07	16.40	
Total lipid (fat)	g	6.30	3.810	3		1		11.78	5.36	
Ash	g	1.27	0.080	3		1		2.37	1.08	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.950	3		1		21	9	
Iron, Fe	mg	0.44	0.120	3		1		0.82	0.37	
Magnesium, Mg	mg	33	1.670	3		1		62	28	
Phosphorus, P	mg	205	31.300	3		1		383	174	
Potassium, K	mg	446	32.480	3		1		834	379	
Sodium, Na	mg	59	7.090	3		1		110	50	
Zinc, Zn	mg	0.49	0.030	3		1		0.92	0.42	
Copper, Cu	mg	0.055	0.005	3		1		0.103	0.047	
Manganese, Mn	mg	0.014	0.001	3		1		0.026	0.012	
Selenium, Se	mcg	36.5		0	CAZN	4		68.3	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0		4		3.0	1.4	
Thiamin	mg	0.130		1		1		0.243	0.111	
Riboflavin	mg	0.170		1		1		0.318	0.145	
Niacin	mg	2.300		1		1		4.301	1.955	
Pantothenic acid	mg	0.750		0		4		1.403	0.638	
Vitamin B-6	mg	0.400		0		4		0.748	0.340	
Folate, total	mcg	1		0		4		2	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		4		2	1	
Folate, DFE	mcg_DFE	1		0	NC	4		2	1	
Vitamin B-12	mcg	2.40		1		1		4.49	2.04	
Vitamin A, IU	IU	100		0		4		187	85	
Vitamin A, RAE	mcg_RAE	30		0		4		56	26	
Retinol	mcg	30		0		4		56	26	
Vitamin E	mg_ATE	0.689		0	BFFN	4		1.288	0.586	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.828		0		1		3.418	1.554	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.173		3		1		0.324	0.147	
15:0	g									
16:0	g	1.239		3		1		2.317	1.053	
17:0	g									
18:0	g	0.416		3		1		0.778	0.354	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.530		0		1		2.861	1.301	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.291		3		1		0.544	0.247	

NDB No. 15051
Finfish, mackerel, spanish, raw

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

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

Common Measures:

Measure 1 = 187g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.63		0		1		53.24		
Energy	kcal	190		0	NC	4		162		
Energy	kj	795				4		676		
Protein (N x 6.25)	g	26.32		0		1		22.37		
Total lipid (fat)	g	8.63		0		1		7.34		
Ash	g	1.46		0		1		1.24		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	65		0		1		55		
Iron, Fe	mg	0.41		0		1		0.35		
Magnesium, Mg	mg	38		0		1		32		
Phosphorus, P	mg	208		0		1		177		
Potassium, K	mg	374		0		1		318		
Sodium, Na	mg	92		0		1		78		
Zinc, Zn	mg	1.05		0		1		0.89		
Copper, Cu	mg	0.044		0		1		0.037		
Manganese, Mn	mg	0.026		0		1		0.022		
Selenium, Se	mcg	16.2		0	BFSN	4		13.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.016		0		1		0.014		
Riboflavin	mg	0.069		0		1		0.059		
Niacin	mg	8.256		0		1		7.018		
Pantothenic acid	mg	0.865		0		1		0.735		
Vitamin B-6	mg	0.488		0		1		0.415		
Folate, total	mcg	18		0		1		15		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	18		0		1		15		
Folate, DFE	mcg_DFE	18		0	NC	4		15		
Vitamin B-12	mcg	3.27		0		1		2.78		
Vitamin A, IU	IU	109		0		1		93		
Vitamin A, RAE	mcg_RAE	33		0		1		28		
Retinol	mcg	33		0		1		28		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	67		0		1		57		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.295		0		1		0.251		
Threonine	g	1.154		0		1		0.981		
Isoleucine	g	1.213		0		1		1.031		
Leucine	g	2.139		0		1		1.818		
Lysine	g	2.417		0		1		2.054		
Methionine	g	0.779		0		1		0.662		
Cystine	g	0.282		0		1		0.240		
Phenylalanine	g	1.028		0		1		0.874		
Tyrosine	g	0.889		0		1		0.756		
Valine	g	1.356		0		1		1.153		
Arginine	g	1.575		0		1		1.339		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.775		0		1		0.659		
Alanine.....g	1.592		0		1		1.353		
Aspartic acid.....g	2.695		0		1		2.291		
Glutamic acid.....g	3.929		0		1		3.340		
Glycine.....g	1.263		0		1		1.074		
Proline.....g	0.931		0		1		0.791		
Serine.....g	1.074		0		1		0.913		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.85		2		1		60.22		
Energy	kcal	148		0	NC	4		126		
Energy	kj	619				4		526		
Protein (N x 6.25)	g	20.53		1		1		17.45		
Total lipid (fat)	g	6.73		2		1		5.72		
Ash	g	1.14		1		1		0.97		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	51		1		1		43		
Iron, Fe	mg	0.32		1		1		0.27		
Magnesium, Mg	mg	30		0		4		26		
Phosphorus, P	mg	162		1		1		138		
Potassium, K	mg	292		0		4		248		
Sodium, Na	mg	72		0		4		61		
Zinc, Zn	mg	0.82	0.040	40		1		0.70		
Copper, Cu	mg	0.034	0.002	41		1		0.029		
Manganese, Mn	mg	0.020		0		4		0.017		
Selenium, Se	mcg	12.6		0	BFZN	4		10.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.013		1		1		0.011		
Riboflavin	mg	0.054		1		1		0.046		
Niacin	mg	6.440		1		1		5.474		
Pantothenic acid	mg	0.750		0		4		0.638		
Vitamin B-6	mg	0.423		1		1		0.360		
Folate, total	mcg	16		0		4		14		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	16		0		4		14		
Folate, DFE	mcg_DFE	16		0	NC	4		14		
Vitamin B-12	mcg	3.40		1		1		2.89		
Vitamin A, IU	IU	100		0		4		85		
Vitamin A, RAE	mcg_RAE	30		0		4		26		
Retinol	mcg	30		0		4		26		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.660		0		4		1.411		
Fatty acids, total monounsaturated	g	2.580		0		4		2.193		
Fatty acids, total polyunsaturated	g	1.840		0		4		1.564		
Fatty acids, total trans	g									
Cholesterol	mg	52		1		1		44		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.230		0		1		0.196		
Threonine	g	0.900		0		1		0.765		
Isoleucine	g	0.946		0		1		0.804		
Leucine	g	1.669		0		1		1.419		
Lysine	g	1.886		0		1		1.603		
Methionine	g	0.608		0		1		0.517		
Cystine	g	0.220		0		1		0.187		
Phenylalanine	g	0.802		0		1		0.682		
Tyrosine	g	0.693		0		1		0.589		
Valine	g	1.058		0		1		0.899		
Arginine	g	1.229		0		1		1.045		

NDB No. 15053
Finfish, milkfish, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.604		0		1		0.513		
Alanine.....g	1.242		0		1		1.056		
Aspartic acid.....g	2.102		0		1		1.787		
Glutamic acid.....g	3.065		0		1		2.605		
Glycine.....g	0.986		0		1		0.838		
Proline.....g	0.726		0		1		0.617		
Serine.....g	0.838		0		1		0.712		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.51		0		1		66.73		
Energy	kcal	97		0	NC	4		82		
Energy	kj	406				4		345		
Protein (N x 6.25)	g	18.56		0		1		15.78		
Total lipid (fat)	g	1.95		0		1		1.66		
Ash	g	1.55		0		1		1.32		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		9		
Iron, Fe	mg	0.41		0		1		0.35		
Magnesium, Mg	mg	27		0		1		23		
Phosphorus, P	mg	256		0		1		218		
Potassium, K	mg	513		0		1		436		
Sodium, Na	mg	23		0		1		20		
Zinc, Zn	mg	0.53		0		1		0.45		
Copper, Cu	mg	0.036		0		1		0.031		
Manganese, Mn	mg	0.031		0		1		0.026		
Selenium, Se	mcg	46.8		0	BFSN	4		39.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		0.9		
Thiamin	mg	0.029		0		1		0.025		
Riboflavin	mg	0.073		0		1		0.062		
Niacin	mg	2.558		0		1		2.174		
Pantothenic acid	mg	0.173		0		1		0.147		
Vitamin B-6	mg	0.277		0		1		0.235		
Folate, total	mcg	8		0		1		7		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	8		0		1		7		
Folate, DFE	mcg_DFE	8		0	NC	4		7		
Vitamin B-12	mcg	1.04		0		1		0.88		
Vitamin A, IU	IU	46		0		1		39		
Vitamin A, RAE	mcg_RAE	14		0		1		12		
Retinol	mcg	14		0		1		12		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	32		0		1		27		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.208		0		1		0.177		
Threonine	g	0.814		0		1		0.692		
Isoleucine	g	0.855		0		1		0.727		
Leucine	g	1.509		0		1		1.283		
Lysine	g	1.705		0		1		1.449		
Methionine	g	0.549		0		1		0.467		
Cystine	g	0.199		0		1		0.169		
Phenylalanine	g	0.725		0		1		0.616		
Tyrosine	g	0.627		0		1		0.533		
Valine	g	0.956		0		1		0.813		
Arginine	g	1.111		0		1		0.944		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.547		0		1		0.465		
Alanine.....g	1.123		0		1		0.955		
Aspartic acid.....g	1.901		0		1		1.616		
Glutamic acid.....g	2.771		0		1		2.355		
Glycine.....g	0.891		0		1		0.757		
Proline.....g	0.656		0		1		0.558		
Serine.....g	0.757		0		1		0.643		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.24		2		1		70.75		
Energy	kcal	76		0	NC	4		65		
Energy	kj	318				4		270		
Protein (N x 6.25)	g	14.48		2		1		12.31		
Total lipid (fat)	g	1.52		2		1		1.29		
Ash	g	1.21		1		1		1.03		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1		1		7		
Iron, Fe	mg	0.32		1		1		0.27		
Magnesium, Mg	mg	21		1		1		18		
Phosphorus, P	mg	200		0		4		170		
Potassium, K	mg	400		0		4		340		
Sodium, Na	mg	18		1		1		15		
Zinc, Zn	mg	0.41		1		1		0.35		
Copper, Cu	mg	0.028		1		1		0.024		
Manganese, Mn	mg	0.024		1		1		0.020		
Selenium, Se	mcg	36.5		0	CAZN	4		31.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		4		0.9		
Thiamin	mg	0.025		1		1		0.021		
Riboflavin	mg	0.060		1		1		0.051		
Niacin	mg	2.100		0		4		1.785		
Pantothenic acid	mg	0.150		0		4		0.128		
Vitamin B-6	mg	0.240		0		4		0.204		
Folate, total	mcg	7		0		4		6		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	7		0		4		6		
Folate, DFE	mcg_DFE	7		0	NC	4		6		
Vitamin B-12	mcg	0.90		0		4		0.77		
Vitamin A, IU	IU	40		0		4		34		
Vitamin A, RAE	mcg_RAE	12		0		4		10		
Retinol	mcg	12		0		4		10		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.340		0		4		0.289		
Fatty acids, total monounsaturated	g	0.240		0		4		0.204		
Fatty acids, total polyunsaturated	g	0.610		0		4		0.519		
Fatty acids, total trans	g									
Cholesterol	mg	25		1		1		21		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.162		0		1		0.138		
Threonine	g	0.635		0		1		0.540		
Isoleucine	g	0.667		0		1		0.567		
Leucine	g	1.177		0		1		1.000		
Lysine	g	1.330		0		1		1.131		
Methionine	g	0.429		0		1		0.365		
Cystine	g	0.155		0		1		0.132		
Phenylalanine	g	0.565		0		1		0.480		
Tyrosine	g	0.489		0		1		0.416		
Valine	g	0.746		0		1		0.634		
Arginine	g	0.867		0		1		0.737		

NDB No. 15054
Finfish, monkfish, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.426		0		1		0.362		
Alanine.....g	0.876		0		1		0.745		
Aspartic acid.....g	1.483		0		1		1.261		
Glutamic acid.....g	2.162		0		1		1.838		
Glycine.....g	0.695		0		1		0.591		
Proline.....g	0.512		0		1		0.435		
Serine.....g	0.591		0		1		0.502		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.52		0		1		65.58	59.94	
Energy	kcal	150		0	NC	4		140	128	
Energy	kj	628				4		584	533	
Protein (N x 6.25)	g	24.81		0		1		23.07	21.09	
Total lipid (fat)	g	4.86		0		1		4.52	4.13	
Ash	g	1.34		2		1		1.25	1.14	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	31		2		1		29	26	
Iron, Fe	mg	1.41		2		1		1.31	1.20	
Magnesium, Mg	mg	33		2		1		31	28	
Phosphorus, P	mg	244		2		1		227	207	
Potassium, K	mg	458		2		1		426	389	
Sodium, Na	mg	71		2		1		66	60	
Zinc, Zn	mg	0.88		2		1		0.82	0.75	
Copper, Cu	mg	0.141		2		1		0.131	0.120	
Manganese, Mn	mg	0.022		2		1		0.020	0.019	
Selenium, Se	mcg	46.8		0	BFSN	4		43.5	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0		1		1.1	1.0	
Thiamin	mg	0.100		0		4		0.093	0.085	
Riboflavin	mg	0.100		0		4		0.093	0.085	
Niacin	mg	6.300		0		4		5.859	5.355	
Pantothenic acid	mg	0.880		0		4		0.818	0.748	
Vitamin B-6	mg	0.490		0		1		0.456	0.417	
Folate, total	mcg	10		0		1		9	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		9	8	
Folate, DFE	mcg_DFE	10		0	NC	4		9	8	
Vitamin B-12	mcg	0.25		0		4		0.23	0.21	
Vitamin A, IU	IU	141		0		1		131	120	
Vitamin A, RAE	mcg_RAE	42		0		1		39	36	
Retinol	mcg	42		0		1		39	36	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.431		0		1		1.331	1.216	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.062		2		1		0.058	0.053	
15:0	g									
16:0	g	0.291		2		1		0.271	0.247	
17:0	g									
18:0	g	0.096		2		1		0.089	0.082	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.382		0		1		1.285	1.175	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.177		2		1		0.165	0.150	

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

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

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

Common Measures:

Measure 1 = 93g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.01	0.631	18		1		21.83	91.64	65.46
Energy	kcal	117		0	NC	4		33	139	99
Energy	kj	490				4		139	583	416
Protein (N x 6.25)	g	19.35	0.523	16		1		5.49	23.03	16.45
Total lipid (fat)	g	3.79	0.357	43		1		1.07	4.51	3.22
Ash	g	1.20	0.038	14		1		0.34	1.43	1.02
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	41	7.422	6		1		12	49	35
Iron, Fe	mg	1.02	0.091	11		1		0.29	1.21	0.87
Magnesium, Mg	mg	29	0.795	6		1		8	35	25
Phosphorus, P	mg	221	8.792	7		1		63	263	188
Potassium, K	mg	357	19.552	10		1		101	425	303
Sodium, Na	mg	65	3.466	12		1		18	77	55
Zinc, Zn	mg	0.52	0.015	200		1		0.15	0.62	0.44
Copper, Cu	mg	0.051	0.003	202		1		0.014	0.061	0.043
Manganese, Mn	mg	0.016	0.002	6		1		0.005	0.019	0.014
Selenium, Se	mcg	36.5		0	CAZN	4		10.3	43.4	31.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2	0.071	8		1		0.3	1.4	1.0
Thiamin	mg	0.090		0		4		0.026	0.107	0.077
Riboflavin	mg	0.080		0		4		0.023	0.095	0.068
Niacin	mg	5.200		0		4		1.474	6.188	4.420
Pantothenic acid	mg	0.760		2		1		0.215	0.904	0.646
Vitamin B-6	mg	0.425		2		1		0.120	0.506	0.361
Folate, total	mcg	9		2		1		2	10	7
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	9		2		1		2	10	7
Folate, DFE	mcg_DFE	9		0	NC	4		2	10	7
Vitamin B-12	mcg	0.22		0		4		0.06	0.26	0.19
Vitamin A, IU	IU	122		1		1		35	145	104
Vitamin A, RAE	mcg_RAE	37		1		1		10	44	31
Retinol	mcg	37		1		1		10	44	31
Vitamin E	mg_ATE	1.000		0		4		0.284	1.190	0.850
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.116		0		1		0.316	1.328	0.949
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.003		2		1		0.001	0.004	0.003
13:0	g									
14:0	g	0.245	0.015	24		1		0.069	0.292	0.208
15:0	g									
16:0	g	0.747	0.033	25		1		0.212	0.889	0.635
17:0	g									
18:0	g	0.100	0.008	25		1		0.028	0.119	0.085
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.078		0		1		0.306	1.283	0.916
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.564	0.030	24		1		0.160	0.671	0.479

NDB No. 15055
Finfish, mullet, striped, raw

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 119g: 1 fillet

Measure 3 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.69		0		1		36.35	61.79	
Energy	kcal	121		0	NC	4		61	103	
Energy	kj	506				4		253	430	
Protein (N x 6.25)	g	23.88		0		1		11.94	20.30	
Total lipid (fat)	g	2.09		0		1		1.05	1.78	
Ash	g	1.54		0		1		0.77	1.31	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	137		0		1		69	116	
Iron, Fe	mg	1.18		0		1		0.59	1.00	
Magnesium, Mg	mg	39		0		1		20	33	
Phosphorus, P	mg	277		0		1		139	235	
Potassium, K	mg	350		0		1		175	298	
Sodium, Na	mg	96		0		1		48	82	
Zinc, Zn	mg	0.61		0		1		0.31	0.52	
Copper, Cu	mg	0.033		0		1		0.017	0.028	
Manganese, Mn	mg	0.020		0		4		0.010	0.017	
Selenium, Se	mcg	55.5		0	BFSN	4		27.8	47.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		4		0.4	0.7	
Thiamin	mg	0.130		0		4		0.065	0.111	
Riboflavin	mg	0.134		0		1		0.067	0.114	
Niacin	mg	2.436		0		1		1.218	2.071	
Pantothenic acid	mg	0.420		0		4		0.210	0.357	
Vitamin B-6	mg	0.270		0		4		0.135	0.230	
Folate, total	mcg	10		0		4		5	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		4		5	9	
Folate, DFE	mcg_DFE	10		0	NC	4		5	9	
Vitamin B-12	mcg	1.15		0		1		0.58	0.98	
Vitamin A, IU	IU	46		0		1		23	39	
Vitamin A, RAE	mcg_RAE	14		0		1		7	12	
Retinol	mcg	14		0		1		7	12	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.313		0		1		0.157	0.266	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.004		0		1		0.002	0.003	
13:0	g									
14:0	g	0.081		0		1		0.041	0.069	
15:0	g									
16:0	g	0.178		0		1		0.089	0.151	
17:0	g									
18:0	g	0.044		0		1		0.022	0.037	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.801		0		1		0.401	0.681	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.110		0		1		0.055	0.094	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.265		0		1		0.133	0.225	
20:1 ... g	0.128		0		1		0.064	0.109	
22:1 undifferentiated ... g	0.294		0		1		0.147	0.250	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.547		0		1		0.274	0.465	
18:2 undifferentiated ... g	0.036		0		1		0.018	0.031	
18:3 undifferentiated ... g	0.073		0		1		0.037	0.062	
18:4 ... g	0.031		0		1		0.016	0.026	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.005		0		1		0.003	0.004	
20:5 n-3 ... g	0.103		0		1		0.052	0.088	
22:5 n-3 ... g	0.029		0		1		0.015	0.025	
22:6 n-3 ... g	0.271		0		1		0.136	0.230	
Fatty acids, total trans ... g									
Cholesterol ... mg	54		0		1		27	46	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.267		0		1		0.134	0.227	
Threonine ... g	1.047		0		1		0.524	0.890	
Isoleucine ... g	1.100		0		1		0.550	0.935	
Leucine ... g	1.941		0		1		0.971	1.650	
Lysine ... g	2.193		0		1		1.097	1.864	
Methionine ... g	0.707		0		1		0.354	0.601	
Cystine ... g	0.256		0		1		0.128	0.218	
Phenylalanine ... g	0.932		0		1		0.466	0.792	
Tyrosine ... g	0.806		0		1		0.403	0.685	
Valine ... g	1.230		0		1		0.615	1.046	
Arginine ... g	1.429		0		1		0.715	1.215	
Histidine ... g	0.703		0		1		0.352	0.598	
Alanine ... g	1.444		0		1		0.722	1.227	
Aspartic acid ... g	2.445		0		1		1.223	2.078	
Glutamic acid ... g	3.564		0		1		1.782	3.029	
Glycine ... g	1.146		0		1		0.573	0.974	
Proline ... g	0.844		0		1		0.422	0.717	
Serine ... g	0.974		0		1		0.487	0.828	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 50g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.70	0.129	183		1		22.31	50.37	66.90
Energy	kcal	94		0	NC	4		27	60	80
Energy	kj	393				4		111	252	334
Protein (N x 6.25)	g	18.62	0.137	135		1		5.28	11.92	15.83
Total lipid (fat)	g	1.63	0.092	208		1		0.46	1.04	1.39
Ash	g	1.20	0.021	115		1		0.34	0.77	1.02
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	107	8.118	50		1		30	68	91
Iron, Fe	mg	0.92	0.047	24		1		0.26	0.59	0.78
Magnesium, Mg	mg	30	2.809	24		1		9	19	26
Phosphorus, P	mg	216	6.315	29		1		61	138	184
Potassium, K	mg	273	26.229	6		1		77	175	232
Sodium, Na	mg	75	9.236	5		1		21	48	64
Zinc, Zn	mg	0.48	0.043	105		1		0.14	0.31	0.41
Copper, Cu	mg	0.026	0.003	79		1		0.007	0.017	0.022
Manganese, Mn	mg	0.015		0		1		0.004	0.010	0.013
Selenium, Se	mcg	43.3	6.177	9	A	1		12.3	27.7	36.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		4		0.2	0.5	0.7
Thiamin	mg	0.110		0		4		0.031	0.070	0.094
Riboflavin	mg	0.110		1		1		0.031	0.070	0.094
Niacin	mg	2.000		1		1		0.567	1.280	1.700
Pantothenic acid	mg	0.360		1		1		0.102	0.230	0.306
Vitamin B-6	mg	0.230		0		4		0.065	0.147	0.196
Folate, total	mcg	9		0		4		3	6	8
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	9		0		4		3	6	8
Folate, DFE	mcg_DFE	9		0	NC	4		3	6	8
Vitamin B-12	mcg	1.00		1		1		0.28	0.64	0.85
Vitamin A, IU	IU	40		2		1		11	26	34
Vitamin A, RAE	mcg_RAE	12		2		1		3	8	10
Retinol	mcg	12		2		1		3	8	10
Vitamin E	mg_ATE	1.250		0		1		0.354	0.800	1.063
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.244		0		1		0.069	0.156	0.207
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.003		1		1		0.001	0.002	0.003
13:0	g									
14:0	g	0.063	0.004	21		1		0.018	0.040	0.054
15:0	g									
16:0	g	0.139	0.012	21		1		0.039	0.089	0.118
17:0	g									
18:0	g	0.034	0.003	21		1		0.010	0.022	0.029
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.625		0		1		0.177	0.400	0.531
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.086	0.011	21		1		0.024	0.055	0.073

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.207	0.013	21		1		0.059	0.132	0.176
20:1 ... g	0.100	0.017	20		1		0.028	0.064	0.085
22:1 undifferentiated ... g	0.229	0.015	21		1		0.065	0.147	0.195
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.427		0		1		0.121	0.273	0.363
18:2 undifferentiated ... g	0.028	0.008	21		1		0.008	0.018	0.024
18:3 undifferentiated ... g	0.057	0.018	21		1		0.016	0.036	0.048
18:4 ... g	0.024	0.008	19		1		0.007	0.015	0.020
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.004	0.024	21		1		0.001	0.003	0.003
20:5 n-3 ... g	0.080	0.006	21		1		0.023	0.051	0.068
22:5 n-3 ... g	0.023	0.002	21		1		0.007	0.015	0.020
22:6 n-3 ... g	0.211	0.021	21		1		0.060	0.135	0.179
Fatty acids, total trans ... g									
Cholesterol ... mg	42	2.380	10		1		12	27	36
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.209		0		1		0.059	0.134	0.178
Threonine ... g	0.817		0		1		0.232	0.523	0.694
Isoleucine ... g	0.858		0		1		0.243	0.549	0.729
Leucine ... g	1.514		0		1		0.429	0.969	1.287
Lysine ... g	1.711		0		1		0.485	1.095	1.454
Methionine ... g	0.551		0		1		0.156	0.353	0.468
Cystine ... g	0.200		0		1		0.057	0.128	0.170
Phenylalanine ... g	0.727		0		1		0.206	0.465	0.618
Tyrosine ... g	0.629		0		1		0.178	0.403	0.535
Valine ... g	0.960		0		1		0.272	0.614	0.816
Arginine ... g	1.115		0		1		0.316	0.714	0.948
Histidine ... g	0.548		0		1		0.155	0.351	0.466
Alanine ... g	1.126		0		1		0.319	0.721	0.957
Aspartic acid ... g	1.907		0		1		0.541	1.220	1.621
Glutamic acid ... g	2.780		0		1		0.788	1.779	2.363
Glycine ... g	0.894		0		1		0.253	0.572	0.760
Proline ... g	0.659		0		1		0.187	0.422	0.560
Serine ... g	0.760		0		1		0.215	0.486	0.646
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 64g: 1 fillet

Measure 3 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.25		0		1		33.70	62.26	
Energy	kcal	117		0	NC	4		54	99	
Energy	kj	490				4		225	416	
Protein (N x 6.25)	g	24.86		0		1		11.44	21.13	
Total lipid (fat)	g	1.18		0		1		0.54	1.00	
Ash	g	1.59		0		1		0.73	1.35	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	102		0		1		47	87	
Iron, Fe	mg	1.16		0		1		0.53	0.99	
Magnesium, Mg	mg	38		0		1		17	32	
Phosphorus, P	mg	257		0		1		118	218	
Potassium, K	mg	344		0		1		158	292	
Sodium, Na	mg	79		0		1		36	67	
Zinc, Zn	mg	1.43		0		1		0.66	1.22	
Copper, Cu	mg	0.192		0		1		0.088	0.163	
Manganese, Mn	mg	0.900		0		4		0.414	0.765	
Selenium, Se	mcg	16.1		0	BFSN	4		7.4	13.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		0		4		0.8	1.4	
Thiamin	mg	0.080		0		4		0.037	0.068	
Riboflavin	mg	0.120		0		4		0.055	0.102	
Niacin	mg	1.900		0		4		0.874	1.615	
Pantothenic acid	mg	0.870		0		4		0.400	0.740	
Vitamin B-6	mg	0.140		0		4		0.064	0.119	
Folate, total	mcg	6		0		4		3	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		4		3	5	
Folate, DFE	mcg_DFE	6		0	NC	4		3	5	
Vitamin B-12	mcg	2.20		0		4		1.01	1.87	
Vitamin A, IU	IU	32		0		4		15	27	
Vitamin A, RAE	mcg_RAE	10		0		4		4	8	
Retinol	mcg	10		0		4		4	8	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.237		0		1		0.109	0.201	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.017		0		1		0.008	0.014	
15:0	g									
16:0	g	0.179		0		1		0.082	0.152	
17:0	g									
18:0	g	0.040		0		1		0.018	0.034	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.195		0		1		0.090	0.166	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.073		0		1		0.034	0.062	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.090		0		1		0.041	0.077	
20:1 ... g	0.031		0		1		0.014	0.026	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.472		0		1		0.217	0.401	
18:2 undifferentiated ... g	0.014		0		1		0.006	0.012	
18:3 undifferentiated ... g	0.015		0		1		0.007	0.013	
18:4 ... g	0.010		0		1		0.005	0.009	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.067		0		1		0.031	0.057	
20:5 n-3 ... g	0.101		0		1		0.046	0.086	
22:5 n-3 ... g	0.036		0		1		0.017	0.031	
22:6 n-3 ... g	0.223		0		1		0.103	0.190	
Fatty acids, total trans ... g									
Cholesterol ... mg	115		0		1		53	98	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.278		0		1		0.128	0.236	
Threonine ... g	1.090		0		1		0.501	0.927	
Isoleucine ... g	1.145		0		1		0.527	0.973	
Leucine ... g	2.020		0		1		0.929	1.717	
Lysine ... g	2.283		0		1		1.050	1.941	
Methionine ... g	0.736		0		1		0.339	0.626	
Cystine ... g	0.266		0		1		0.122	0.226	
Phenylalanine ... g	0.970		0		1		0.446	0.825	
Tyrosine ... g	0.839		0		1		0.386	0.713	
Valine ... g	1.281		0		1		0.589	1.089	
Arginine ... g	1.487		0		1		0.684	1.264	
Histidine ... g	0.732		0		1		0.337	0.622	
Alanine ... g	1.503		0		1		0.691	1.278	
Aspartic acid ... g	2.545		0		1		1.171	2.163	
Glutamic acid ... g	3.711		0		1		1.707	3.154	
Glycine ... g	1.193		0		1		0.549	1.014	
Proline ... g	0.879		0		1		0.404	0.747	
Serine ... g	1.014		0		1		0.466	0.862	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 46g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.13	0.128	38		1		47.48	67.26	
Energy	kcal	91		0	NC	4		55	77	
Energy	kj	381				4		228	324	
Protein (N x 6.25)	g	19.39	0.172	39		1		11.63	16.48	
Total lipid (fat)	g	0.92	0.049	24		1		0.55	0.78	
Ash	g	1.24	0.068	39		1		0.74	1.05	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	80		2		1		48	68	
Iron, Fe	mg	0.90		2		1		0.54	0.77	
Magnesium, Mg	mg	30		2		1		18	26	
Phosphorus, P	mg	200		2		1		120	170	
Potassium, K	mg	269		4		1		161	229	
Sodium, Na	mg	62		4		1		37	53	
Zinc, Zn	mg	1.11	0.153	53		1		0.67	0.94	
Copper, Cu	mg	0.150	0.006	80		1		0.090	0.128	
Manganese, Mn	mg	0.700		2		1		0.420	0.595	
Selenium, Se	mcg	12.6		0	BFZN	4		7.6	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		0		4		1.0	1.4	
Thiamin	mg	0.070		0		4		0.042	0.060	
Riboflavin	mg	0.100		0		4		0.060	0.085	
Niacin	mg	1.520		0		4		0.912	1.292	
Pantothenic acid	mg	0.750		0		4		0.450	0.638	
Vitamin B-6	mg	0.120		0		4		0.072	0.102	
Folate, total	mcg	5		0		4		3	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		4		3	4	
Folate, DFE	mcg_DFE	5		0	NC	4		3	4	
Vitamin B-12	mcg	1.90		0		4		1.14	1.62	
Vitamin A, IU	IU	28		0		4		17	24	
Vitamin A, RAE	mcg_RAE	8		0		4		5	7	
Retinol	mcg	8		0		4		5	7	
Vitamin E	mg_ATE	0.200		0		4		0.120	0.170	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.185		0		1		0.111	0.157	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.013		16		1		0.008	0.011	
15:0	g									
16:0	g	0.140		16		1		0.084	0.119	
17:0	g									
18:0	g	0.031		16		1		0.019	0.026	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.152		0		1		0.091	0.129	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.057		16		1		0.034	0.048	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.070		16		1		0.042	0.060	
20:1 ... g	0.024		6		1		0.014	0.020	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.368		0		1		0.221	0.313	
18:2 undifferentiated ... g	0.011		16		1		0.007	0.009	
18:3 undifferentiated ... g	0.012		16		1		0.007	0.010	
18:4 ... g	0.008		16		1		0.005	0.007	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.052		16		1		0.031	0.044	
20:5 n-3 ... g	0.079		16		1		0.047	0.067	
22:5 n-3 ... g	0.028		16		1		0.017	0.024	
22:6 n-3 ... g	0.174		16		1		0.104	0.148	
Fatty acids, total trans ... g									
Cholesterol ... mg	90		2		1		54	77	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.217		0		1		0.130	0.184	
Threonine ... g	0.850		0		1		0.510	0.723	
Isoleucine ... g	0.893		0		1		0.536	0.759	
Leucine ... g	1.576		0		1		0.946	1.340	
Lysine ... g	1.781		0		1		1.069	1.514	
Methionine ... g	0.574		0		1		0.344	0.488	
Cystine ... g	0.208		0		1		0.125	0.177	
Phenylalanine ... g	0.757		0		1		0.454	0.643	
Tyrosine ... g	0.655		0		1		0.393	0.557	
Valine ... g	0.999		0		1		0.599	0.849	
Arginine ... g	1.160		0		1		0.696	0.986	
Histidine ... g	0.571		0		1		0.343	0.485	
Alanine ... g	1.173		0		1		0.704	0.997	
Aspartic acid ... g	1.985		0		1		1.191	1.687	
Glutamic acid ... g	2.894		0		1		1.736	2.460	
Glycine ... g	0.931		0		1		0.559	0.791	
Proline ... g	0.686		0		1		0.412	0.583	
Serine ... g	0.791		0		1		0.475	0.672	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 60g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.97		0		1		113.10	62.02	
Energy	kcal	113		0	NC	4		175	96	
Energy	kj	473				4		733	402	
Protein (N x 6.25)	g	24.69		0		1		38.27	20.99	
Total lipid (fat)	g	0.88		0		1		1.36	0.75	
Ash	g	1.54		0		1		2.39	1.31	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	73		0		1		113	62	
Iron, Fe	mg	0.71		0		1		1.10	0.60	
Magnesium, Mg	mg	40		0		4		62	34	
Phosphorus, P	mg	282		0		1		437	240	
Potassium, K	mg	331		0		1		513	281	
Sodium, Na	mg	49		0		4		76	42	
Zinc, Zn	mg	0.86		0		1		1.33	0.73	
Copper, Cu	mg	0.065		0		1		0.101	0.055	
Manganese, Mn	mg	0.310		0		4		0.481	0.264	
Selenium, Se	mcg	16.2		0	BFSN	4		25.1	13.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.8		0		1		5.9	3.2	
Thiamin	mg	0.067		0		1		0.104	0.057	
Riboflavin	mg	0.077		0		1		0.119	0.065	
Niacin	mg	2.800		0		4		4.340	2.380	
Pantothenic acid	mg	0.870		0		4		1.349	0.740	
Vitamin B-6	mg	0.135		0		1		0.209	0.115	
Folate, total	mcg	17		0		4		27	15	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	17		0		4		27	15	
Folate, DFE	mcg_DFE	17		0	NC	4		27	15	
Vitamin B-12	mcg	2.30		0		4		3.57	1.96	
Vitamin A, IU	IU	81		0		1		126	69	
Vitamin A, RAE	mcg_RAE	24		0		1		38	21	
Retinol	mcg	24		0		1		38	21	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.151		0		1		0.234	0.128	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.001		0		1		0.002	0.001	
13:0	g									
14:0	g	0.023		0		1		0.036	0.020	
15:0	g									
16:0	g	0.100		0		1		0.155	0.085	
17:0	g									
18:0	g	0.023		0		1		0.036	0.020	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.201		0		1		0.312	0.171	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.072		0		1		0.112	0.061	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.101		0		1		0.157	0.086	
20:1 ... g	0.017		0		1		0.026	0.014	
22:1 undifferentiated ... g	0.006		0		1		0.009	0.005	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.259		0		1		0.401	0.220	
18:2 undifferentiated ... g	0.041		0		1		0.064	0.035	
18:3 undifferentiated ... g	0.027		0		1		0.042	0.023	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.036		0		1		0.056	0.031	
20:5 n-3 ... g	0.042		0		1		0.065	0.036	
22:5 n-3 ... g	0.018		0		1		0.028	0.015	
22:6 n-3 ... g	0.095		0		1		0.147	0.081	
Fatty acids, total trans ... g									
Cholesterol ... mg	50		0		1		78	43	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.277		0		1		0.429	0.235	
Threonine ... g	1.082		0		1		1.677	0.920	
Isoleucine ... g	1.138		0		1		1.764	0.967	
Leucine ... g	2.007		0		1		3.111	1.706	
Lysine ... g	2.267		0		1		3.514	1.927	
Methionine ... g	0.731		0		1		1.133	0.621	
Cystine ... g	0.265		0		1		0.411	0.225	
Phenylalanine ... g	0.964		0		1		1.494	0.819	
Tyrosine ... g	0.833		0		1		1.291	0.708	
Valine ... g	1.272		0		1		1.972	1.081	
Arginine ... g	1.477		0		1		2.289	1.255	
Histidine ... g	0.727		0		1		1.127	0.618	
Alanine ... g	1.493		0		1		2.314	1.269	
Aspartic acid ... g	2.528		0		1		3.918	2.149	
Glutamic acid ... g	3.685		0		1		5.712	3.132	
Glycine ... g	1.185		0		1		1.837	1.007	
Proline ... g	0.873		0		1		1.353	0.742	
Serine ... g	1.007		0		1		1.561	0.856	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 155g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.92	0.059	238		1		156.26	67.08	
Energy	kcal	88		0	NC	4		174	75	
Energy	kj	368				4		729	313	
Protein (N x 6.25)	g	19.26	0.046	236		1		38.13	16.37	
Total lipid (fat)	g	0.69	0.005	224		1		1.37	0.59	
Ash	g	1.20	0.089	16		1		2.38	1.02	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	57	15.246	3		1		113	48	
Iron, Fe	mg	0.55		2		1		1.09	0.47	
Magnesium, Mg	mg	31		0		4		61	26	
Phosphorus, P	mg	220	23.024	3		1		436	187	
Potassium, K	mg	259		2		1		513	220	
Sodium, Na	mg	39		0		4		77	33	
Zinc, Zn	mg	0.67	0.053	59		1		1.33	0.57	
Copper, Cu	mg	0.051	0.019	8		1		0.101	0.043	
Manganese, Mn	mg	0.240		0		4		0.475	0.204	
Selenium, Se	mcg	12.6		0	BFZN	4		24.9	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.8	0.854	4		1		7.5	3.2	
Thiamin	mg	0.058	0.011	4		1		0.115	0.049	
Riboflavin	mg	0.063	0.013	3		1		0.125	0.054	
Niacin	mg	2.300		0		4		4.554	1.955	
Pantothenic acid	mg	0.750		0		4		1.485	0.638	
Vitamin B-6	mg	0.117	0.024	3		1		0.232	0.099	
Folate, total	mcg	15		0		4		30	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		0		4		30	13	
Folate, DFE	mcg_DFE	15		0	NC	4		30	13	
Vitamin B-12	mcg	2.00		0		4		3.96	1.70	
Vitamin A, IU	IU	70		1		1		139	60	
Vitamin A, RAE	mcg_RAE	21		1		1		42	18	
Retinol	mcg	21		1		1		42	18	
Vitamin E	mg_ATE	0.200		0		4		0.396	0.170	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.118		0		1		0.234	0.100	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.001		1		1		0.002	0.001	
13:0	g									
14:0	g	0.018	0.003	4		1		0.036	0.015	
15:0	g									
16:0	g	0.078	0.002	4		1		0.154	0.066	
17:0	g									
18:0	g	0.018	0.002	4		1		0.036	0.015	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.157		0		1		0.311	0.133	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.056	0.013	4		1		0.111	0.048	

NDB No. 15062
Finfish, pike, northern, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.079	0.013	4		1		0.156	0.067	
20:1 ... g	0.013	0.001	3		1		0.026	0.011	
22:1 undifferentiated ... g	0.005	0.003	3		1		0.010	0.004	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.202		0		1		0.400	0.172	
18:2 undifferentiated ... g	0.032	0.005	4		1		0.063	0.027	
18:3 undifferentiated ... g	0.021	0.004	3		1		0.042	0.018	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.028	0.009	3		1		0.055	0.024	
20:5 n-3 ... g	0.033	0.005	4		1		0.065	0.028	
22:5 n-3 ... g	0.014	0.003	4		1		0.028	0.012	
22:6 n-3 ... g	0.074	0.029	4		1		0.147	0.063	
Fatty acids, total trans ... g									
Cholesterol ... mg	39		1		1		77	33	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.216		0		1		0.428	0.184	
Threonine ... g	0.844		0		1		1.671	0.717	
Isoleucine ... g	0.887		0		1		1.756	0.754	
Leucine ... g	1.565		0		1		3.099	1.330	
Lysine ... g	1.768		0		1		3.501	1.503	
Methionine ... g	0.570		0		1		1.129	0.485	
Cystine ... g	0.206		0		1		0.408	0.175	
Phenylalanine ... g	0.752		0		1		1.489	0.639	
Tyrosine ... g	0.650		0		1		1.287	0.553	
Valine ... g	0.992		0		1		1.964	0.843	
Arginine ... g	1.152		0		1		2.281	0.979	
Histidine ... g	0.567		0		1		1.123	0.482	
Alanine ... g	1.165		0		1		2.307	0.990	
Aspartic acid ... g	1.972		0		1		3.905	1.676	
Glutamic acid ... g	2.875		0		1		5.693	2.444	
Glycine ... g	0.924		0		1		1.830	0.785	
Proline ... g	0.681		0		1		1.348	0.579	
Serine ... g	0.786		0		1		1.556	0.668	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 198g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.47		0		1		91.10	62.45	
Energy	kcal	119		0	NC	4		148	101	
Energy	kj	498				4		617	423	
Protein (N x 6.25)	g	24.54		0		1		30.43	20.86	
Total lipid (fat)	g	1.56		0		1		1.93	1.33	
Ash	g	1.54		0		1		1.91	1.31	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	141		0		1		175	120	
Iron, Fe	mg	1.67		0		1		2.07	1.42	
Magnesium, Mg	mg	38		0		1		47	32	
Phosphorus, P	mg	269		0		1		334	229	
Potassium, K	mg	499		0		1		619	424	
Sodium, Na	mg	65		0		1		81	55	
Zinc, Zn	mg	0.79		0		1		0.98	0.67	
Copper, Cu	mg	0.228		0		1		0.283	0.194	
Manganese, Mn	mg	1.026		0		1		1.272	0.872	
Selenium, Se	mcg	16.2		0	BFSN	4		20.1	13.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.312		0		1		0.387	0.265	
Riboflavin	mg	0.195		0		1		0.242	0.166	
Niacin	mg	2.801		0		1		3.473	2.381	
Pantothenic acid	mg	0.865		0		1		1.073	0.735	
Vitamin B-6	mg	0.138		0		1		0.171	0.117	
Folate, total	mcg	17		0		1		21	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	17		0		1		21	14	
Folate, DFE	mcg_DFE	17		0	NC	4		21	14	
Vitamin B-12	mcg	2.31		0		1		2.86	1.96	
Vitamin A, IU	IU	81		0		1		100	69	
Vitamin A, RAE	mcg_RAE	24		0		1		30	21	
Retinol	mcg	24		0		1		30	21	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.319		0		1		0.396	0.271	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.023		0		1		0.029	0.020	
15:0	g									
16:0	g	0.252		0		1		0.312	0.214	
17:0	g									
18:0	g	0.044		0		1		0.055	0.037	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.377		0		1		0.467	0.320	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.126		0		1		0.156	0.107	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.251		0		1		0.311	0.213	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.573		0		1		0.711	0.487	
18:2 undifferentiated ... g	0.033		0		1		0.041	0.028	
18:3 undifferentiated ... g	0.018		0		1		0.022	0.015	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.074		0		1		0.092	0.063	
20:5 n-3 ... g	0.110		0		1		0.136	0.094	
22:5 n-3 ... g	0.049		0		1		0.061	0.042	
22:6 n-3 ... g	0.288		0		1		0.357	0.245	
Fatty acids, total trans ... g									
Cholesterol ... mg	110		0		1		136	94	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.275		0		1		0.341	0.234	
Threonine ... g	1.076		0		1		1.334	0.915	
Isoleucine ... g	1.131		0		1		1.402	0.961	
Leucine ... g	1.994		0		1		2.473	1.695	
Lysine ... g	2.254		0		1		2.795	1.916	
Methionine ... g	0.726		0		1		0.900	0.617	
Cystine ... g	0.263		0		1		0.326	0.224	
Phenylalanine ... g	0.958		0		1		1.188	0.814	
Tyrosine ... g	0.828		0		1		1.027	0.704	
Valine ... g	1.264		0		1		1.567	1.074	
Arginine ... g	1.468		0		1		1.820	1.248	
Histidine ... g	0.722		0		1		0.895	0.614	
Alanine ... g	1.484		0		1		1.840	1.261	
Aspartic acid ... g	2.513		0		1		3.116	2.136	
Glutamic acid ... g	3.663		0		1		4.542	3.114	
Glycine ... g	1.178		0		1		1.461	1.001	
Proline ... g	0.868		0		1		1.076	0.738	
Serine ... g	1.001		0		1		1.241	0.851	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 124g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.31	0.210	28		1		126.10	67.41	
Energy	kcal	93		0	NC	4		148	79	
Energy	kj	389				4		619	331	
Protein (N x 6.25)	g	19.14	0.106	29		1		30.43	16.27	
Total lipid (fat)	g	1.22	0.162	14		1		1.94	1.04	
Ash	g	1.20	0.018	29		1		1.91	1.02	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	110		1		1		175	94	
Iron, Fe	mg	1.30		1		1		2.07	1.11	
Magnesium, Mg	mg	30		1		1		48	26	
Phosphorus, P	mg	210		1		1		334	179	
Potassium, K	mg	389	70.392	3		1		619	331	
Sodium, Na	mg	51	0.667	3		1		81	43	
Zinc, Zn	mg	0.62	0.070	28		1		0.99	0.53	
Copper, Cu	mg	0.178	0.111	3		1		0.283	0.151	
Manganese, Mn	mg	0.800		1		1		1.272	0.680	
Selenium, Se	mcg	12.6		0	BFZN	4		20.0	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.270		0		4		0.429	0.230	
Riboflavin	mg	0.160		0		4		0.254	0.136	
Niacin	mg	2.300		0		4		3.657	1.955	
Pantothenic acid	mg	0.750		0		4		1.193	0.638	
Vitamin B-6	mg	0.120		0		4		0.191	0.102	
Folate, total	mcg	15		0		4		24	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		0		4		24	13	
Folate, DFE	mcg_DFE	15		0	NC	4		24	13	
Vitamin B-12	mcg	2.00		0		4		3.18	1.70	
Vitamin A, IU	IU	70		0		4		111	60	
Vitamin A, RAE	mcg_RAE	21		0		4		33	18	
Retinol	mcg	21		0		4		33	18	
Vitamin E	mg_ATE	0.200		0	BFZN	4		0.318	0.170	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.249		0		1		0.396	0.212	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.018	0.000	7		1		0.029	0.015	
15:0	g									
16:0	g	0.197	0.004	7		1		0.313	0.167	
17:0	g									
18:0	g	0.034	0.002	7		1		0.054	0.029	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.294		0		1		0.467	0.250	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.098	0.007	7		1		0.156	0.083	

NDB No. 15064
Finfish, pike, walleye, raw

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

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

Common Measures:

Measure 1 = 159g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.03		0		1		108.77	61.23	
Energy	kcal	118		0	NC	4		178	100	
Energy	kj	494				4		746	420	
Protein (N x 6.25)	g	24.92		0		1		37.63	21.18	
Total lipid (fat)	g	1.26		0		1		1.90	1.07	
Ash	g	1.81		0		1		2.73	1.54	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	77		0		1		116	65	
Iron, Fe	mg	0.59		0		1		0.89	0.50	
Magnesium, Mg	mg	86		0		1		130	73	
Phosphorus, P	mg	283		0		1		427	241	
Potassium, K	mg	456		0		1		689	388	
Sodium, Na	mg	110		0		1		166	94	
Zinc, Zn	mg	0.60		0		1		0.91	0.51	
Copper, Cu	mg	0.064		0		1		0.097	0.054	
Manganese, Mn	mg	0.019		0		1		0.029	0.016	
Selenium, Se	mcg	46.8		0	BFSN	4		70.7	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.054		0		1		0.082	0.046	
Riboflavin	mg	0.225		0		1		0.340	0.191	
Niacin	mg	3.983		0		1		6.014	3.386	
Pantothenic acid	mg	0.413		0		1		0.624	0.351	
Vitamin B-6	mg	0.331		0		1		0.500	0.281	
Folate, total	mcg	3		0		1		5	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		1		5	3	
Folate, DFE	mcg_DFE	3		0	NC	4		5	3	
Vitamin B-12	mcg	3.68		0		1		5.56	3.13	
Vitamin A, IU	IU	40		0		1		60	34	
Vitamin A, RAE	mcg_RAE	12		0		1		18	10	
Retinol	mcg	12		0		1		18	10	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.170		0		1		0.257	0.145	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.006		0		1		0.009	0.005	
15:0	g									
16:0	g	0.108		0		1		0.163	0.092	
17:0	g									
18:0	g	0.055		0		1		0.083	0.047	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.143		0		1		0.216	0.122	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.015		0		1		0.023	0.013	

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

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1	g									
18:1 undifferentiated	g	0.086		0		1		0.130	0.073	
20:1	g	0.028		0		1		0.042	0.024	
22:1 undifferentiated	g	0.013		0		1		0.020	0.011	
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.622		0		1		0.939	0.529	
18:2 undifferentiated	g	0.012		0		1		0.018	0.010	
18:3 undifferentiated	g									
18:4	g	0.006		0		1		0.009	0.005	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.033		0		1		0.050	0.028	
20:5 n-3	g	0.091		0		1		0.137	0.077	
22:5 n-3	g	0.028		0		1		0.042	0.024	
22:6 n-3	g	0.451		0		1		0.681	0.383	
Fatty acids, total trans	g									
Cholesterol	mg	91		0		1		137	77	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.279		0		1		0.421	0.237	
Threonine	g	1.093		0		1		1.650	0.929	
Isoleucine	g	1.148		0		1		1.733	0.976	
Leucine	g	2.026		0		1		3.059	1.722	
Lysine	g	2.289		0		1		3.456	1.946	
Methionine	g	0.738		0		1		1.114	0.627	
Cystine	g	0.267		0		1		0.403	0.227	
Phenylalanine	g	0.973		0		1		1.469	0.827	
Tyrosine	g	0.841		0		1		1.270	0.715	
Valine	g	1.284		0		1		1.939	1.091	
Arginine	g	1.491		0		1		2.251	1.267	
Histidine	g	0.734		0		1		1.108	0.624	
Alanine	g	1.507		0		1		2.276	1.281	
Aspartic acid	g	2.552		0		1		3.854	2.169	
Glutamic acid	g	3.721		0		1		5.619	3.163	
Glycine	g	1.196		0		1		1.806	1.017	
Proline	g	0.881		0		1		1.330	0.749	
Serine	g	1.017		0		1		1.536	0.864	
Hydroxyproline	g									

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

Common Measures:

Measure 1 = 151g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.18	0.171	62		1		150.89	66.45	
Energy	kcal	92		0	NC	4		178	78	
Energy	kj	385				4		743	327	
Protein (N x 6.25)	g	19.44	0.214	61		1		37.52	16.52	
Total lipid (fat)	g	0.98	0.027	14		1		1.89	0.83	
Ash	g	1.41	0.029	56		1		2.72	1.20	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	60	11.988	17		1		116	51	
Iron, Fe	mg	0.46		0		4		0.89	0.39	
Magnesium, Mg	mg	67		1		1		129	57	
Phosphorus, P	mg	221	8.557	22		1		427	188	
Potassium, K	mg	356	9.510	30		1		687	303	
Sodium, Na	mg	86	5.136	28		1		166	73	
Zinc, Zn	mg	0.47	0.016	84		1		0.91	0.40	
Copper, Cu	mg	0.050	0.003	75		1		0.097	0.043	
Manganese, Mn	mg	0.015		0		1		0.029	0.013	
Selenium, Se	mcg	36.5		0	CAZN	4		70.4	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.047		2		1		0.091	0.040	
Riboflavin	mg	0.185	0.023	10		1		0.357	0.157	
Niacin	mg	3.270	0.231	10		1		6.311	2.780	
Pantothenic acid	mg	0.358	0.020	10		1		0.691	0.304	
Vitamin B-6	mg	0.287		2		1		0.554	0.244	
Folate, total	mcg	3		0		4		6	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		4		6	3	
Folate, DFE	mcg_DFE	3		0	NC	4		6	3	
Vitamin B-12	mcg	3.19	0.350	11		1		6.16	2.71	
Vitamin A, IU	IU	35		2		1		68	30	
Vitamin A, RAE	mcg_RAE	11		2		1		20	9	
Retinol	mcg	11		2		1		20	9	
Vitamin E	mg_ATE	0.230		0		4		0.444	0.196	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.135		0		1		0.261	0.115	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.005		1		1		0.010	0.004	
15:0	g									
16:0	g	0.084		1		1		0.162	0.071	
17:0	g									
18:0	g	0.043		1		1		0.083	0.037	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.112		0		1		0.216	0.095	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.012		1		1		0.023	0.010	

NDB No. 15065
Finfish, pollock, Atlantic, raw

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

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

Common Measures:

Measure 1 = 193g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.06	0.340	11		1		44.44	62.95	
Energy	kcal	113		0	NC	4		68	96	
Energy	kj	473				4		284	402	
Protein (N x 6.25)	g	23.51	0.700	11		1		14.11	19.98	
Total lipid (fat)	g	1.12	0.040	11		1		0.67	0.95	
Ash	g	1.48	0.070	11		1		0.89	1.26	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0		1		4	5	
Iron, Fe	mg	0.28	0.030	11		1		0.17	0.24	
Magnesium, Mg	mg	73		0		4		44	62	
Phosphorus, P	mg	482		0		4		289	410	
Potassium, K	mg	387	24.300	11		1		232	329	
Sodium, Na	mg	116	6.600	11		1		70	99	
Zinc, Zn	mg	0.60	0.000	11		1		0.36	0.51	
Copper, Cu	mg	0.055		0		1		0.033	0.047	
Manganese, Mn	mg	0.020		0		4		0.012	0.017	
Selenium, Se	mcg	43.4		0	BFSN	4		26.0	36.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.074	0.005	11		1		0.044	0.063	
Riboflavin	mg	0.076	0.005	11		1		0.046	0.065	
Niacin	mg	1.650	1.000	11		1		0.990	1.403	
Pantothenic acid	mg	0.160		0		4		0.096	0.136	
Vitamin B-6	mg	0.069		0		1		0.041	0.059	
Folate, total	mcg	4		0		1		2	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		2	3	
Folate, DFE	mcg_DFE	4		0	NC	4		2	3	
Vitamin B-12	mcg	4.20	0.400	11		1		2.52	3.57	
Vitamin A, IU	IU	76		0		1		46	65	
Vitamin A, RAE	mcg_RAE	23		0		1		14	19	
Retinol	mcg	23		0		1		14	19	
Vitamin E	mg_ATE	0.200		0		4		0.120	0.170	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.231		0		1		0.139	0.196	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.014		11		1		0.008	0.012	
15:0	g									
16:0	g	0.173		11		1		0.104	0.147	
17:0	g									
18:0	g	0.038		11		1		0.023	0.032	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.174		0		1		0.104	0.148	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.019		11		1		0.011	0.016	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.124		11		1		0.074	0.105	
20:1 ... g	0.024		11		1		0.014	0.020	
22:1 undifferentiated ... g	0.008		11		1		0.005	0.007	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.524		0		1		0.314	0.445	
18:2 undifferentiated ... g	0.012		11		1		0.007	0.010	
18:3 undifferentiated ... g	0.008		11		1		0.005	0.007	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.016		11		1		0.010	0.014	
20:5 n-3 ... g	0.185		11		1		0.111	0.157	
22:5 n-3 ... g	0.016		11		1		0.010	0.014	
22:6 n-3 ... g	0.283		11		1		0.170	0.241	
Fatty acids, total trans ... g									
Cholesterol ... mg	96	5.870	11		1		58	82	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.263		0		1		0.158	0.224	
Threonine ... g	1.031		0		1		0.619	0.876	
Isoleucine ... g	1.083		0		1		0.650	0.921	
Leucine ... g	1.911		0		1		1.147	1.624	
Lysine ... g	2.159		0		1		1.295	1.835	
Methionine ... g	0.696		0		1		0.418	0.592	
Cystine ... g	0.252		0		1		0.151	0.214	
Phenylalanine ... g	0.918		0		1		0.551	0.780	
Tyrosine ... g	0.794		0		1		0.476	0.675	
Valine ... g	1.211		0		1		0.727	1.029	
Arginine ... g	1.407		0		1		0.844	1.196	
Histidine ... g	0.692		0		1		0.415	0.588	
Alanine ... g	1.422		0		1		0.853	1.209	
Aspartic acid ... g	2.408		0		1		1.445	2.047	
Glutamic acid ... g	3.510		0		1		2.106	2.984	
Glycine ... g	1.129		0		1		0.677	0.960	
Proline ... g	0.831		0		1		0.499	0.706	
Serine ... g	0.959		0		1		0.575	0.815	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 60g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.56	0.431	7		1		62.80	69.33	
Energy	kcal	81		0	NC	4		62	69	
Energy	kj	339				4		261	288	
Protein (N x 6.25)	g	17.18	0.461	6		1		13.23	14.60	
Total lipid (fat)	g	0.80	0.030	11		1		0.62	0.68	
Ash	g	1.21	0.104	6		1		0.93	1.03	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5	0.346	3		1		4	4	
Iron, Fe	mg	0.23	0.030	11		1		0.18	0.20	
Magnesium, Mg	mg	57		0		4		44	48	
Phosphorus, P	mg	376		0		4		290	320	
Potassium, K	mg	326	21.200	11		1		251	277	
Sodium, Na	mg	99	6.100	11		1		76	84	
Zinc, Zn	mg	0.44	0.018	48		1		0.34	0.37	
Copper, Cu	mg	0.043	0.005	49		1		0.033	0.037	
Manganese, Mn	mg	0.015		0		1		0.012	0.013	
Selenium, Se	mcg	21.9	1.806	11	A	1		16.9	18.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.065	0.003	11		1		0.050	0.055	
Riboflavin	mg	0.058	0.005	11		1		0.045	0.049	
Niacin	mg	1.290	0.070	11		1		0.993	1.097	
Pantothenic acid	mg	0.140		2		1		0.108	0.119	
Vitamin B-6	mg	0.060	0.016	4		1		0.046	0.051	
Folate, total	mcg	3		2		1		2	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		2		1		2	3	
Folate, DFE	mcg_DFE	3		0	NC	4		2	3	
Vitamin B-12	mcg	3.10	0.360	11		1		2.39	2.64	
Vitamin A, IU	IU	66		2		1		51	56	
Vitamin A, RAE	mcg_RAE	20		2		1		15	17	
Retinol	mcg	20		2		1		15	17	
Vitamin E	mg_ATE	0.200		0		4		0.154	0.170	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.164		0		1		0.126	0.139	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.008		11		1		0.006	0.007	
15:0	g									
16:0	g	0.123		11		1		0.095	0.105	
17:0	g									
18:0	g	0.028		11		1		0.022	0.024	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.125		0		1		0.096	0.106	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.011		11		1		0.008	0.009	

NDB No. 15066
Finfish, pollock, walleye, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.092		11		1		0.071	0.078	
20:1 ... g	0.018		11		1		0.014	0.015	
22:1 undifferentiated ... g	0.004		11		1		0.003	0.003	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.412		0		1		0.317	0.350	
18:2 undifferentiated ... g	0.009		11		1		0.007	0.008	
18:3 undifferentiated ... g	0.004		11		1		0.003	0.003	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.011		11		1		0.008	0.009	
20:5 n-3 ... g	0.150		11		1		0.116	0.128	
22:5 n-3 ... g	0.011		11		1		0.008	0.009	
22:6 n-3 ... g	0.222		11		1		0.171	0.189	
Fatty acids, total trans ... g									
Cholesterol ... mg	71	4.200	11		1		55	60	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.192		0		1		0.148	0.163	
Threonine ... g	0.753		0		1		0.580	0.640	
Isoleucine ... g	0.792		0		1		0.610	0.673	
Leucine ... g	1.396		0		1		1.075	1.187	
Lysine ... g	1.578		0		1		1.215	1.341	
Methionine ... g	0.509		0		1		0.392	0.433	
Cystine ... g	0.184		0		1		0.142	0.156	
Phenylalanine ... g	0.671		0		1		0.517	0.570	
Tyrosine ... g	0.580		0		1		0.447	0.493	
Valine ... g	0.885		0		1		0.681	0.752	
Arginine ... g	1.028		0		1		0.792	0.874	
Histidine ... g	0.506		0		1		0.390	0.430	
Alanine ... g	1.039		0		1		0.800	0.883	
Aspartic acid ... g	1.759		0		1		1.354	1.495	
Glutamic acid ... g	2.565		0		1		1.975	2.180	
Glycine ... g	0.825		0		1		0.635	0.701	
Proline ... g	0.608		0		1		0.468	0.517	
Serine ... g	0.701		0		1		0.540	0.596	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 77g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.97		0		1		55.41	53.52	
Energy	kcal	211		0	NC	4		186	179	
Energy	kj	883				4		777	750	
Protein (N x 6.25)	g	23.69		0		1		20.85	20.14	
Total lipid (fat)	g	12.14		0		1		10.68	10.32	
Ash	g	1.38		1		1		1.21	1.17	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	43		1		1		38	37	
Iron, Fe	mg	0.67		1		1		0.59	0.57	
Magnesium, Mg	mg	31		1		1		27	26	
Phosphorus, P	mg	341		1		1		300	290	
Potassium, K	mg	636		1		1		560	541	
Sodium, Na	mg	76		1		1		67	65	
Zinc, Zn	mg	0.69		1		1		0.61	0.59	
Copper, Cu	mg	0.078		1		1		0.069	0.066	
Manganese, Mn	mg	0.025		1		1		0.022	0.021	
Selenium, Se	mcg	46.8		0	BFSN	4		41.2	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.680		0		4		0.598	0.578	
Riboflavin	mg	0.150		0		4		0.132	0.128	
Niacin	mg	3.800		0		4		3.344	3.230	
Pantothenic acid	mg	0.870		0		4		0.766	0.740	
Vitamin B-6	mg	0.230		0		4		0.202	0.196	
Folate, total	mcg	17		0		4		15	15	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	17		0		4		15	15	
Folate, DFE	mcg_DFE	17		0	NC	4		15	15	
Vitamin B-12	mcg	1.20		0		4		1.06	1.02	
Vitamin A, IU	IU	120		0		4		106	102	
Vitamin A, RAE	mcg_RAE	36		0		4		32	31	
Retinol	mcg	36		0		4		32	31	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.499		0		1		3.959	3.824	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.208		1		1		0.183	0.177	
15:0	g									
16:0	g	0.949		1		1		0.835	0.807	
17:0	g									
18:0	g	0.350		1		1		0.308	0.298	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.315		0		1		2.917	2.818	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.251		1		1		0.221	0.213	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.747		1		1		0.657	0.635	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.458		0		1		1.283	1.239	
18:2 undifferentiated ... g	0.055		1		1		0.048	0.047	
18:3 undifferentiated ... g									
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.141		1		1		0.124	0.120	
20:5 n-3 ... g	0.131		1		1		0.115	0.111	
22:5 n-3 ... g	0.114		1		1		0.100	0.097	
22:6 n-3 ... g	0.028		1		1		0.025	0.024	
Fatty acids, total trans ... g									
Cholesterol ... mg	64		0		1		56	54	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.265		0		1		0.233	0.225	
Threonine ... g	1.038		0		1		0.913	0.882	
Isoleucine ... g	1.092		0		1		0.961	0.928	
Leucine ... g	1.925		0		1		1.694	1.636	
Lysine ... g	2.175		0		1		1.914	1.849	
Methionine ... g	0.701		0		1		0.617	0.596	
Cystine ... g	0.254		0		1		0.224	0.216	
Phenylalanine ... g	0.925		0		1		0.814	0.786	
Tyrosine ... g	0.800		0		1		0.704	0.680	
Valine ... g	1.220		0		1		1.074	1.037	
Arginine ... g	1.417		0		1		1.247	1.204	
Histidine ... g	0.697		0		1		0.613	0.592	
Alanine ... g	1.433		0		1		1.261	1.218	
Aspartic acid ... g	2.426		0		1		2.135	2.062	
Glutamic acid ... g	3.536		0		1		3.112	3.006	
Glycine ... g	1.137		0		1		1.001	0.966	
Proline ... g	0.838		0		1		0.737	0.712	
Serine ... g	0.966		0		1		0.850	0.821	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 88g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.12	1.704	6		1		20.16	79.65	60.45
Energy	kcal	164		0	NC	4		46	184	139
Energy	kj	686				4		195	769	583
Protein (N x 6.25)	g	18.48	0.842	6		1		5.24	20.70	15.71
Total lipid (fat)	g	9.47	2.259	7		1		2.68	10.61	8.05
Ash	g	1.10	0.033	6		1		0.31	1.23	0.94
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	22	3.899	6		1		6	25	19
Iron, Fe	mg	0.60	0.046	6		1		0.17	0.67	0.51
Magnesium, Mg	mg	27	1.354	6		1		8	30	23
Phosphorus, P	mg	195	19.532	6		1		55	218	166
Potassium, K	mg	381	39.072	7		1		108	427	324
Sodium, Na	mg	65	3.496	7		1		18	73	55
Zinc, Zn	mg	0.72	0.022	65		1		0.20	0.81	0.61
Copper, Cu	mg	0.038	0.010	64		1		0.011	0.043	0.032
Manganese, Mn	mg	0.013	0.002	6		1		0.004	0.015	0.011
Selenium, Se	mcg	36.5		0	CAZN	4		10.3	40.9	31.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.560		0		4		0.159	0.627	0.476
Riboflavin	mg	0.120		0		4		0.034	0.134	0.102
Niacin	mg	3.000		0		4		0.851	3.360	2.550
Pantothenic acid	mg	0.750		0		4		0.213	0.840	0.638
Vitamin B-6	mg	0.200		0		4		0.057	0.224	0.170
Folate, total	mcg	15		0		4		4	17	13
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	15		0		4		4	17	13
Folate, DFE	mcg_DFE	15		0	NC	4		4	17	13
Vitamin B-12	mcg	1.30		0		4		0.37	1.46	1.11
Vitamin A, IU	IU	110		0		4		31	123	94
Vitamin A, RAE	mcg_RAE	33		0		4		9	37	28
Retinol	mcg	33		0		4		9	37	28
Vitamin E	mg_ATE	0.180		0		4		0.051	0.202	0.153
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.509		0		1		0.995	3.930	2.983
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.410		2		1		0.116	0.459	0.349
15:0	g									
16:0	g	2.217		2		1		0.629	2.483	1.884
17:0	g									
18:0	g	0.824		2		1		0.234	0.923	0.700
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.586		0		1		0.733	2.896	2.198
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.563		2		1		0.160	0.631	0.479

NDB No. 15068
Finfish, pompano, florida, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	2.023		2		1		0.574	2.266	1.720
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.137		0		1		0.322	1.273	0.966
18:2 undifferentiated g	0.121		2		1		0.034	0.136	0.103
18:3 undifferentiated g	0.000		0		1		0.000	0.000	0.000
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.246		2		1		0.070	0.276	0.209
20:5 n-3 g	0.175		2		1		0.050	0.196	0.149
22:5 n-3 g	0.202		2		1		0.057	0.226	0.172
22:6 n-3 g	0.393		2		1		0.111	0.440	0.334
Fatty acids, total trans g									
Cholesterol mg	50		1		1		14	56	43
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.207		0		1		0.059	0.232	0.176
Threonine g	0.810		0		1		0.230	0.907	0.689
Isoleucine g	0.851		0		1		0.241	0.953	0.723
Leucine g	1.502		0		1		0.426	1.682	1.277
Lysine g	1.697		0		1		0.481	1.901	1.442
Methionine g	0.547		0		1		0.155	0.613	0.465
Cystine g	0.198		0		1		0.056	0.222	0.168
Phenylalanine g	0.721		0		1		0.204	0.808	0.613
Tyrosine g	0.624		0		1		0.177	0.699	0.530
Valine g	0.952		0		1		0.270	1.066	0.809
Arginine g	1.106		0		1		0.314	1.239	0.940
Histidine g	0.544		0		1		0.154	0.609	0.462
Alanine g	1.117		0		1		0.317	1.251	0.949
Aspartic acid g	1.892		0		1		0.536	2.119	1.608
Glutamic acid g	2.758		0		1		0.782	3.089	2.344
Glycine g	0.887		0		1		0.251	0.993	0.754
Proline g	0.653		0		1		0.185	0.731	0.555
Serine g	0.754		0		1		0.214	0.844	0.641
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 112g: 1 fillet

Measure 3 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.10		0		1		104.26	64.69	
Energy	kcal	102		0	NC	4		140	87	
Energy	kj	427				4		585	363	
Protein (N x 6.25)	g	21.33		0		1		29.22	18.13	
Total lipid (fat)	g	1.17		0		1		1.60	0.99	
Ash	g	1.45		0		1		1.99	1.23	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		18	11	
Iron, Fe	mg	0.36		0		1		0.49	0.31	
Magnesium, Mg	mg	17		0		1		23	14	
Phosphorus, P	mg	256		0		1		351	218	
Potassium, K	mg	513		0		1		703	436	
Sodium, Na	mg	78		0		1		107	66	
Zinc, Zn	mg	1.32		0		1		1.81	1.12	
Copper, Cu	mg	0.041		0		1		0.056	0.035	
Manganese, Mn	mg	0.019		0		1		0.026	0.016	
Selenium, Se	mcg	46.8		0	BFSN	4		64.1	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.092		0		1		0.126	0.078	
Riboflavin	mg	0.073		0		1		0.100	0.062	
Niacin	mg	2.558		0		1		3.504	2.174	
Pantothenic acid	mg	0.173		0		1		0.237	0.147	
Vitamin B-6	mg	0.277		0		1		0.379	0.235	
Folate, total	mcg	8		0		1		11	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		11	7	
Folate, DFE	mcg_DFE	8		0	NC	4		11	7	
Vitamin B-12	mcg	1.04		0		1		1.42	0.88	
Vitamin A, IU	IU	46		0		1		63	39	
Vitamin A, RAE	mcg_RAE	14		0		1		19	12	
Retinol	mcg	14		0		1		19	12	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.410		0		1		0.562	0.349	
4:0	g									
6:0	g									
8:0	g	0.073		0		1		0.100	0.062	
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.040		0		1		0.055	0.034	
15:0	g									
16:0	g	0.226		0		1		0.310	0.192	
17:0	g									
18:0	g	0.072		0		1		0.099	0.061	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.422		0		1		0.578	0.359	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.105		0		1		0.144	0.089	

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

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1	g									
18:1 undifferentiated	g	0.317		0		1		0.434	0.269	
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.041		0		1		0.056	0.035	
18:2 undifferentiated	g	0.041		0		1		0.056	0.035	
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	67		0		1		92	57	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.239		0		1		0.327	0.203	
Threonine	g	0.935		0		1		1.281	0.795	
Isoleucine	g	0.983		0		1		1.347	0.836	
Leucine	g	1.734		0		1		2.376	1.474	
Lysine	g	1.959		0		1		2.684	1.665	
Methionine	g	0.631		0		1		0.864	0.536	
Cystine	g	0.229		0		1		0.314	0.195	
Phenylalanine	g	0.833		0		1		1.141	0.708	
Tyrosine	g	0.720		0		1		0.986	0.612	
Valine	g	1.099		0		1		1.506	0.934	
Arginine	g	1.277		0		1		1.749	1.085	
Histidine	g	0.628		0		1		0.860	0.534	
Alanine	g	1.290		0		1		1.767	1.097	
Aspartic acid	g	2.185		0		1		2.993	1.857	
Glutamic acid	g	3.185		0		1		4.363	2.707	
Glycine	g	1.024		0		1		1.403	0.870	
Proline	g	0.754		0		1		1.033	0.641	
Serine	g	0.870		0		1		1.192	0.740	
Hydroxyproline	g									

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

Common Measures:

Measure 1 = 137g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.36	0.695	6		1		143.19	69.16	
Energy	kcal	79		0	NC	4		139	67	
Energy	kj	331				4		582	281	
Protein (N x 6.25)	g	16.64	0.676	5		1		29.29	14.14	
Total lipid (fat)	g	0.91	0.096	5		1		1.60	0.77	
Ash	g	1.13	0.022	5		1		1.99	0.96	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		1		1		18	9	
Iron, Fe	mg	0.28		1		1		0.49	0.24	
Magnesium, Mg	mg	13		1		1		23	11	
Phosphorus, P	mg	200		0		4		352	170	
Potassium, K	mg	400		0		4		704	340	
Sodium, Na	mg	61		1		1		107	52	
Zinc, Zn	mg	1.03	0.055	34		1		1.81	0.88	
Copper, Cu	mg	0.032	0.003	34		1		0.056	0.027	
Manganese, Mn	mg	0.015		1		1		0.026	0.013	
Selenium, Se	mcg	36.5		0	CAZN	4		64.2	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.080		0		4		0.141	0.068	
Riboflavin	mg	0.060		0		4		0.106	0.051	
Niacin	mg	2.100		0		4		3.696	1.785	
Pantothenic acid	mg	0.150		0		4		0.264	0.128	
Vitamin B-6	mg	0.240		0		4		0.422	0.204	
Folate, total	mcg	7		0		4		12	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		4		12	6	
Folate, DFE	mcg_DFE	7		0	NC	4		12	6	
Vitamin B-12	mcg	0.90		0		4		1.58	0.77	
Vitamin A, IU	IU	40		0		4		70	34	
Vitamin A, RAE	mcg_RAE	12		0		4		21	10	
Retinol	mcg	12		0		4		21	10	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.320		0		1		0.563	0.272	
4:0	g									
6:0	g									
8:0	g	0.057		1		1		0.100	0.048	
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.031		1		1		0.055	0.026	
15:0	g									
16:0	g	0.176		1		1		0.310	0.150	
17:0	g									
18:0	g	0.056		1		1		0.099	0.048	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.329		0		1		0.579	0.280	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.082		1		1		0.144	0.070	

NDB No. 15059
Finfish, pout, ocean, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.247		1		1		0.435	0.210	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.032		0		1		0.056	0.027	
18:2 undifferentiated ... g	0.032		1		1		0.056	0.027	
18:3 undifferentiated ... g									
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	52		1		1		92	44	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.186		0		1		0.327	0.158	
Threonine ... g	0.729		0		1		1.283	0.620	
Isoleucine ... g	0.767		0		1		1.350	0.652	
Leucine ... g	1.352		0		1		2.380	1.149	
Lysine ... g	1.528		0		1		2.689	1.299	
Methionine ... g	0.492		0		1		0.866	0.418	
Cystine ... g	0.178		0		1		0.313	0.151	
Phenylalanine ... g	0.650		0		1		1.144	0.553	
Tyrosine ... g	0.562		0		1		0.989	0.478	
Valine ... g	0.857		0		1		1.508	0.728	
Arginine ... g	0.996		0		1		1.753	0.847	
Histidine ... g	0.490		0		1		0.862	0.417	
Alanine ... g	1.006		0		1		1.771	0.855	
Aspartic acid ... g	1.704		0		1		2.999	1.448	
Glutamic acid ... g	2.484		0		1		4.372	2.111	
Glycine ... g	0.799		0		1		1.406	0.679	
Proline ... g	0.588		0		1		1.035	0.500	
Serine ... g	0.679		0		1		1.195	0.577	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 176g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.41		0		1		109.38	62.40	
Energy	kcal	121		0	NC	4		180	103	
Energy	kj	506				4		754	430	
Protein (N x 6.25)	g	24.04		0		1		35.82	20.43	
Total lipid (fat)	g	2.01		0		1		2.99	1.71	
Ash	g	1.54		0		1		2.29	1.31	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		1		18	10	
Iron, Fe	mg	0.53		0		1		0.79	0.45	
Magnesium, Mg	mg	34		0		1		51	29	
Phosphorus, P	mg	228		0		1		340	194	
Potassium, K	mg	520		0		1		775	442	
Sodium, Na	mg	77		0		1		115	65	
Zinc, Zn	mg	0.53		0		1		0.79	0.45	
Copper, Cu	mg	0.037		0		1		0.055	0.031	
Manganese, Mn	mg	0.020		0		4		0.030	0.017	
Selenium, Se	mcg	46.8		0	BFSN	4		69.7	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.044		0		1		0.066	0.037	
Riboflavin	mg	0.084		0		1		0.125	0.071	
Niacin	mg	3.919		0		1		5.839	3.331	
Pantothenic acid	mg	0.870		0		4		1.296	0.740	
Vitamin B-6	mg	0.270		0		4		0.402	0.230	
Folate, total	mcg	10		0		4		15	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		4		15	9	
Folate, DFE	mcg_DFE	10		0	NC	4		15	9	
Vitamin B-12	mcg	1.20		0		4		1.79	1.02	
Vitamin A, IU	IU	219		0		1		326	186	
Vitamin A, RAE	mcg_RAE	66		0		1		98	56	
Retinol	mcg	66		0		1		98	56	
Vitamin E	mg_ATE	1.250		0		4		1.863	1.063	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.474		0		1		0.706	0.403	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.051		0		1		0.076	0.043	
13:0	g									
14:0	g	0.077		0		1		0.115	0.065	
15:0	g									
16:0	g	0.246		0		1		0.367	0.209	
17:0	g									
18:0	g	0.097		0		1		0.145	0.082	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.447		0		1		0.666	0.380	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.104		0		1		0.155	0.088	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.281		0		1		0.419	0.239	
20:1 ... g	0.037		0		1		0.055	0.031	
22:1 undifferentiated ... g	0.024		0		1		0.036	0.020	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.594		0		1		0.885	0.505	
18:2 undifferentiated ... g	0.038		0		1		0.057	0.032	
18:3 undifferentiated ... g	0.022		0		1		0.033	0.019	
18:4 ... g	0.021		0		1		0.031	0.018	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.021		0		1		0.031	0.018	
20:5 n-3 ... g	0.181		0		1		0.270	0.154	
22:5 n-3 ... g	0.046		0		1		0.069	0.039	
22:6 n-3 ... g	0.262		0		1		0.390	0.223	
Fatty acids, total trans ... g									
Cholesterol ... mg	44		0		1		66	37	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.269		0		1		0.401	0.229	
Threonine ... g	1.054		0		1		1.570	0.896	
Isoleucine ... g	1.108		0		1		1.651	0.942	
Leucine ... g	1.954		0		1		2.911	1.661	
Lysine ... g	2.208		0		1		3.290	1.877	
Methionine ... g	0.712		0		1		1.061	0.605	
Cystine ... g	0.258		0		1		0.384	0.219	
Phenylalanine ... g	0.938		0		1		1.398	0.797	
Tyrosine ... g	0.812		0		1		1.210	0.690	
Valine ... g	1.238		0		1		1.845	1.052	
Arginine ... g	1.438		0		1		2.143	1.222	
Histidine ... g	0.708		0		1		1.055	0.602	
Alanine ... g	1.454		0		1		2.166	1.236	
Aspartic acid ... g	2.461		0		1		3.667	2.092	
Glutamic acid ... g	3.588		0		1		5.346	3.050	
Glycine ... g	1.154		0		1		1.719	0.981	
Proline ... g	0.850		0		1		1.267	0.723	
Serine ... g	0.981		0		1		1.462	0.834	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 149g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15070

Finfish, rockfish, Pacific, mixed species, raw

Sebastes spp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.26		159		1		151.39	67.37	
Energy	kcal	94		0	NC	4		180	80	
Energy	kj	393				4		751	334	
Protein (N x 6.25)	g	18.75	0.071	144		1		35.81	15.94	
Total lipid (fat)	g	1.57		81		1		3.00	1.33	
Ash	g	1.20	0.004	146		1		2.29	1.02	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		1		1		17	8	
Iron, Fe	mg	0.41		2		1		0.78	0.35	
Magnesium, Mg	mg	26		1		1		50	22	
Phosphorus, P	mg	178		1		1		340	151	
Potassium, K	mg	405	2.351	140		1		774	344	
Sodium, Na	mg	60	0.684	141		1		115	51	
Zinc, Zn	mg	0.41	0.017	119		1		0.78	0.35	
Copper, Cu	mg	0.029	0.002	117		1		0.055	0.025	
Manganese, Mn	mg	0.016		1		1		0.031	0.014	
Selenium, Se	mcg	36.5		0	CAZN	4		69.7	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.038	0.003	6		1		0.073	0.032	
Riboflavin	mg	0.069	0.007	6		1		0.132	0.059	
Niacin	mg	3.218	0.422	6		1		6.146	2.735	
Pantothenic acid	mg	0.750		0		4		1.433	0.638	
Vitamin B-6	mg	0.230		0		4		0.439	0.196	
Folate, total	mcg	9		0		4		17	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		4		17	8	
Folate, DFE	mcg_DFE	9		0	NC	4		17	8	
Vitamin B-12	mcg	1.00		0		4		1.91	0.85	
Vitamin A, IU	IU	190		1		1		363	162	
Vitamin A, RAE	mcg_RAE	57		1		1		109	48	
Retinol	mcg	57		1		1		109	48	
Vitamin E	mg_ATE	1.250		0		4		2.388	1.063	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.370		0		1		0.707	0.315	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.040		1		1		0.076	0.034	
13:0	g									
14:0	g	0.060		2		1		0.115	0.051	
15:0	g									
16:0	g	0.192		2		1		0.367	0.163	
17:0	g									
18:0	g	0.076		2		1		0.145	0.065	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.330		0		1		0.630	0.281	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.081		2		1		0.155	0.069	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.219		2		1		0.418	0.186	
20:1 ... g	0.029		2		1		0.055	0.025	
22:1 undifferentiated ... g	0.019		2		1		0.036	0.016	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.482		0		1		0.921	0.410	
18:2 undifferentiated ... g	0.030		2		1		0.057	0.026	
18:3 undifferentiated ... g	0.017		2		1		0.032	0.014	
18:4 ... g	0.016		2		1		0.031	0.014	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.016		2		1		0.031	0.014	
20:5 n-3 ... g	0.141		2		1		0.269	0.120	
22:5 n-3 ... g	0.036		2		1		0.069	0.031	
22:6 n-3 ... g	0.204		2		1		0.390	0.173	
Fatty acids, total trans ... g									
Cholesterol ... mg	35		2		1		67	30	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.210		0		1		0.401	0.179	
Threonine ... g	0.822		0		1		1.570	0.699	
Isoleucine ... g	0.864		0		1		1.650	0.734	
Leucine ... g	1.524		0		1		2.911	1.295	
Lysine ... g	1.722		0		1		3.289	1.464	
Methionine ... g	0.555		0		1		1.060	0.472	
Cystine ... g	0.201		0		1		0.384	0.171	
Phenylalanine ... g	0.732		0		1		1.398	0.622	
Tyrosine ... g	0.633		0		1		1.209	0.538	
Valine ... g	0.966		0		1		1.845	0.821	
Arginine ... g	1.122		0		1		2.143	0.954	
Histidine ... g	0.552		0		1		1.054	0.469	
Alanine ... g	1.134		0		1		2.166	0.964	
Aspartic acid ... g	1.920		0		1		3.667	1.632	
Glutamic acid ... g	2.799		0		1		5.346	2.379	
Glycine ... g	0.900		0		1		1.719	0.765	
Proline ... g	0.663		0		1		1.266	0.564	
Serine ... g	0.765		0		1		1.461	0.650	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 191g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.63		0		1		16.62	49.84	
Energy	kcal	204		0	NC	4		58	173	
Energy	kj	854				4		242	726	
Protein (N x 6.25)	g	28.62		0		1		8.11	24.33	
Total lipid (fat)	g	8.23		0		1		2.33	7.00	
Ash	g	1.76		0		1		0.50	1.50	
Carbohydrate, by difference	g	1.92		0	NC	4		0.54	1.63	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	28		0		1		8	24	
Iron, Fe	mg	0.77		0		1		0.22	0.65	
Magnesium, Mg	mg	26		0		1		7	22	
Phosphorus, P	mg	515		0		1		146	438	
Potassium, K	mg	283		0		1		80	241	
Sodium, Na	mg	117		0		1		33	99	
Zinc, Zn	mg	1.28		0		1		0.36	1.09	
Copper, Cu	mg	0.128		0		1		0.036	0.109	
Manganese, Mn	mg	0.013		0		1		0.004	0.011	
Selenium, Se	mcg	51.7		0	BFSN	4		14.7	43.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	16.4		0		1		4.6	13.9	
Thiamin	mg	0.277		0		1		0.079	0.235	
Riboflavin	mg	0.949		0		1		0.269	0.807	
Niacin	mg	2.192		0		1		0.621	1.863	
Pantothenic acid	mg	1.154		0		1		0.327	0.981	
Vitamin B-6	mg	0.185		0		1		0.052	0.157	
Folate, total	mcg	92		0		1		26	78	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	92		0		1		26	78	
Folate, DFE	mcg_DFE	92		0	NC	4		26	78	
Vitamin B-12	mcg	11.54		0		1		3.27	9.81	
Vitamin A, IU	IU	303		0		1		86	258	
Vitamin A, RAE	mcg_RAE	91		0		1		26	77	
Retinol	mcg	91		0		1		26	77	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.866		0		1		0.529	1.586	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.097		0		1		0.027	0.082	
15:0	g									
16:0	g	1.634		0		1		0.463	1.389	
17:0	g									
18:0	g	0.135		0		1		0.038	0.115	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.129		0		1		0.604	1.810	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.479		0		1		0.136	0.407	

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

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1	g									
18:1 undifferentiated	g	1.455		0		1		0.412	1.237	
20:1	g	0.142		0		1		0.040	0.121	
22:1 undifferentiated	g	0.053		0		1		0.015	0.045	
24:1 c	g									
Fatty acids, total polyunsaturated	g	3.404		0		1		0.965	2.893	
18:2 undifferentiated	g	0.037		0		1		0.010	0.031	
18:3 undifferentiated	g	0.008		0		1		0.002	0.007	
18:4	g	0.015		0		1		0.004	0.013	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.232		0		1		0.066	0.197	
20:5 n-3	g	1.260		0		1		0.357	1.071	
22:5 n-3	g	0.105		0		1		0.030	0.089	
22:6 n-3	g	1.747		0		1		0.495	1.485	
Fatty acids, total trans	g									
Cholesterol	mg	479		0		1		136	407	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.375		0		1		0.106	0.319	
Threonine	g	1.305		0		1		0.370	1.109	
Isoleucine	g	1.465		0		1		0.415	1.245	
Leucine	g	2.509		0		1		0.711	2.133	
Lysine	g	2.179		0		1		0.618	1.852	
Methionine	g	0.710		0		1		0.201	0.604	
Cystine	g	0.499		0		1		0.141	0.424	
Phenylalanine	g	1.401		0		1		0.397	1.191	
Tyrosine	g	1.438		0		1		0.408	1.222	
Valine	g	1.676		0		1		0.475	1.425	
Arginine	g	1.639		0		1		0.465	1.393	
Histidine	g	0.778		0		1		0.221	0.661	
Alanine	g	1.831		0		1		0.519	1.556	
Aspartic acid	g	2.294		0		1		0.650	1.950	
Glutamic acid	g	3.425		0		1		0.971	2.911	
Glycine	g	0.833		0		1		0.236	0.708	
Proline	g	1.525		0		1		0.432	1.296	
Serine	g	1.250		0		1		0.354	1.063	
Hydroxyproline	g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

Calories Factors: **Protein** 4.36 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.73		8		1		9.48	19.20	153.75
Energy	kcal	140		0	NC	4		20	40	318
Energy	kj	586				4		82	166	1330
Protein (N x 6.25)	g	22.32		8		1		3.12	6.33	50.67
Total lipid (fat)	g	6.42		8		1		0.90	1.82	14.57
Ash	g	1.37		3		1		0.19	0.39	3.11
Carbohydrate, by difference	g	1.50		0	NC	4		0.21	0.43	3.41
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	22		0		4		3	6	50
Iron, Fe	mg	0.60		0		4		0.08	0.17	1.36
Magnesium, Mg	mg	20		0		4		3	6	45
Phosphorus, P	mg	402		0		4		56	114	913
Potassium, K	mg	221		0		4		31	63	502
Sodium, Na	mg	91		0		4		13	26	207
Zinc, Zn	mg	1.00		0		4		0.14	0.28	2.27
Copper, Cu	mg	0.100		0		4		0.014	0.028	0.227
Manganese, Mn	mg	0.010		0		4		0.001	0.003	0.023
Selenium, Se	mcg	40.3		0	BFSN	4		5.6	11.4	91.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	16.0		0		4		2.2	4.5	36.3
Thiamin	mg	0.240		0		4		0.034	0.068	0.545
Riboflavin	mg	0.740		0		4		0.104	0.210	1.680
Niacin	mg	1.800		0		4		0.252	0.510	4.086
Pantothenic acid	mg	1.000		0		4		0.140	0.284	2.270
Vitamin B-6	mg	0.160		0		4		0.022	0.045	0.363
Folate, total	mcg	80		0		4		11	23	182
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	80		0		4		11	23	182
Folate, DFE	mcg_DFE	80		0	NC	4		11	23	182
Vitamin B-12	mcg	10.00		0		4		1.40	2.84	22.70
Vitamin A, IU	IU	263		0		4		37	75	597
Vitamin A, RAE	mcg_RAE	79		0		4		11	22	179
Retinol	mcg	79		0		4		11	22	179
Vitamin E	mg_ATE	7.000		0		4		0.980	1.985	15.890
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.456		0		1		0.204	0.413	3.305
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.076		1		1		0.011	0.022	0.173
15:0	g									
16:0	g	1.275		1		1		0.179	0.361	2.894
17:0	g									
18:0	g	0.105		1		1		0.015	0.030	0.238
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.661		0		1		0.233	0.471	3.770
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.374		1		1		0.052	0.106	0.849

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.135		1		1		0.159	0.322	2.576
20:1 ... g	0.111		1		1		0.016	0.031	0.252
22:1 undifferentiated ... g	0.041		1		1		0.006	0.012	0.093
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.656		0		1		0.372	0.753	6.029
18:2 undifferentiated ... g	0.029		1		1		0.004	0.008	0.066
18:3 undifferentiated ... g	0.006		1		1		0.001	0.002	0.014
18:4 ... g	0.012		1		1		0.002	0.003	0.027
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.181		1		1		0.025	0.051	0.411
20:5 n-3 ... g	0.983		1		1		0.138	0.279	2.231
22:5 n-3 ... g	0.082		1		1		0.011	0.023	0.186
22:6 n-3 ... g	1.363		1		1		0.191	0.386	3.094
Fatty acids, total trans ... g									
Cholesterol ... mg	374		5		1		52	106	849
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.293		12		1		0.041	0.083	0.665
Threonine ... g	1.017		26		1		0.142	0.288	2.309
Isoleucine ... g	1.142		26		1		0.160	0.324	2.592
Leucine ... g	1.956		26		1		0.274	0.555	4.440
Lysine ... g	1.699		26		1		0.238	0.482	3.857
Methionine ... g	0.553		26		1		0.077	0.157	1.255
Cystine ... g	0.389		26		1		0.054	0.110	0.883
Phenylalanine ... g	1.092		26		1		0.153	0.310	2.479
Tyrosine ... g	1.121		26		1		0.157	0.318	2.545
Valine ... g	1.307		26		1		0.183	0.371	2.967
Arginine ... g	1.278		26		1		0.179	0.362	2.901
Histidine ... g	0.607		25		1		0.085	0.172	1.378
Alanine ... g	1.428		26		1		0.200	0.405	3.242
Aspartic acid ... g	1.789		26		1		0.250	0.507	4.061
Glutamic acid ... g	2.670		26		1		0.374	0.757	6.061
Glycine ... g	0.650		26		1		0.091	0.184	1.476
Proline ... g	1.189		26		1		0.166	0.337	2.699
Serine ... g	0.975		26		1		0.137	0.276	2.213
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

Measure 3 = 227g: 1 can (8 oz), solids and liquid

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.10		0		1		58.74		
Energy	kcal	89		0	NC	4		76		
Energy	kj	372				4		317		
Protein (N x 6.25)	g	18.85		0		1		16.02		
Total lipid (fat)	g	0.90		0		1		0.77		
Ash	g	1.15		0		1		0.98		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	38		0		1		32		
Iron, Fe	mg	0.23		0		1		0.20		
Magnesium, Mg	mg	38		0		1		32		
Phosphorus, P	mg	256		0		1		218		
Potassium, K	mg	385		0		1		327		
Sodium, Na	mg	81		0		1		69		
Zinc, Zn	mg	0.96		0		1		0.82		
Copper, Cu	mg	0.179		0		1		0.152		
Manganese, Mn	mg	0.019		0		1		0.016		
Selenium, Se	mcg	46.8		0	BFSN	4		39.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.115		0		1		0.098		
Riboflavin	mg	0.183		0		1		0.156		
Niacin	mg	3.654		0		1		3.106		
Pantothenic acid	mg	0.635		0		1		0.540		
Vitamin B-6	mg	0.346		0		1		0.294		
Folate, total	mcg	8		0		1		7		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	8		0		1		7		
Folate, DFE	mcg_DFE	8		0	NC	4		7		
Vitamin B-12	mcg	2.31		0		1		1.96		
Vitamin A, IU	IU	81		0		1		69		
Vitamin A, RAE	mcg_RAE	24		0		1		21		
Retinol	mcg	24		0		1		21		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.023		0		1		0.020		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.007		0		1		0.006		
15:0	g									
16:0	g	0.013		0		1		0.011		
17:0	g									
18:0	g	0.004		0		1		0.003		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.615		0		1		0.523		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.074		0		1		0.063		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.359		0		1		0.305		
20:1 ... g	0.119		0		1		0.101		
22:1 undifferentiated ... g	0.050		0		1		0.043		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.016		0		1		0.014		
18:2 undifferentiated ... g	0.009		0		1		0.008		
18:3 undifferentiated ... g	0.002		0		1		0.002		
18:4 ... g	0.002		0		1		0.002		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.002		0		1		0.002		
20:5 n-3 ... g	0.002		0		1		0.002		
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	26		0		1		22		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.211		0		1		0.179		
Threonine ... g	0.826		0		1		0.702		
Isoleucine ... g	0.868		0		1		0.738		
Leucine ... g	1.532		0		1		1.302		
Lysine ... g	1.731		0		1		1.471		
Methionine ... g	0.558		0		1		0.474		
Cystine ... g	0.202		0		1		0.172		
Phenylalanine ... g	0.736		0		1		0.626		
Tyrosine ... g	0.636		0		1		0.541		
Valine ... g	0.971		0		1		0.825		
Arginine ... g	1.128		0		1		0.959		
Histidine ... g	0.555		0		1		0.472		
Alanine ... g	1.140		0		1		0.969		
Aspartic acid ... g	1.930		0		1		1.641		
Glutamic acid ... g	2.813		0		1		2.391		
Glycine ... g	0.905		0		1		0.769		
Proline ... g	0.666		0		1		0.566		
Serine ... g	0.769		0		1		0.654		
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.90		1		1		64.52		
Energy	kcal	69		0		4		59		
Energy	kj	289				4		245		
Protein (N x 6.25)	g	14.70		1		1		12.50		
Total lipid (fat)	g	0.70		0		4		0.60		
Ash	g	0.90		1		1		0.77		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		4		26		
Iron, Fe	mg	0.18		0		4		0.15		
Magnesium, Mg	mg	30		0		4		26		
Phosphorus, P	mg	200		0		4		170		
Potassium, K	mg	300		0		4		255		
Sodium, Na	mg	63		0		4		54		
Zinc, Zn	mg	0.75		0		4		0.64		
Copper, Cu	mg	0.140		0		4		0.119		
Manganese, Mn	mg	0.015		0		4		0.013		
Selenium, Se	mcg	36.5		0	CAZN	4		31.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.100		0		4		0.085		
Riboflavin	mg	0.150		0		4		0.128		
Niacin	mg	3.000		0		4		2.550		
Pantothenic acid	mg	0.550		0		4		0.468		
Vitamin B-6	mg	0.300		0		4		0.255		
Folate, total	mcg	7		0		4		6		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	7		0		4		6		
Folate, DFE	mcg_DFE	7		0	NC	4		6		
Vitamin B-12	mcg	2.00		0		4		1.70		
Vitamin A, IU	IU	70		0		4		60		
Vitamin A, RAE	mcg_RAE	21		0		4		18		
Retinol	mcg	21		0		4		18		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.018		0		4		0.015		
4:0	g	0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		
8:0	g	0.000		0		4		0.000		
10:0	g	0.000		0		4		0.000		
12:0	g	0.000		0		4		0.000		
13:0	g									
14:0	g	0.006		0		4		0.005		
15:0	g									
16:0	g	0.010		0		4		0.009		
17:0	g									
18:0	g	0.003		0		4		0.003		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.479		0		4		0.407		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.058		0		4		0.049		

NDB No. 15073
Finfish, roughy, orange, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.280		0		4		0.238		
20:1 g	0.093		0		4		0.079		
22:1 undifferentiated g	0.039		0		4		0.033		
24:1 c g									
Fatty acids, total polyunsaturated g	0.013		0		4		0.011		
18:2 undifferentiated g	0.007		0		4		0.006		
18:3 undifferentiated g	0.001		0		4		0.001		
18:4 g	0.001		0		4		0.001		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.001		0		4		0.001		
20:5 n-3 g	0.001		0		4		0.001		
22:5 n-3 g	0.000		0		4		0.000		
22:6 n-3 g	0.000		0		4		0.000		
Fatty acids, total trans g									
Cholesterol mg	20		0		4		17		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.165		0		1		0.140		
Threonine g	0.644		0		1		0.547		
Isoleucine g	0.677		0		1		0.575		
Leucine g	1.195		0		1		1.016		
Lysine g	1.350		0		1		1.148		
Methionine g	0.435		0		1		0.370		
Cystine g	0.158		0		1		0.134		
Phenylalanine g	0.574		0		1		0.488		
Tyrosine g	0.496		0		1		0.422		
Valine g	0.757		0		1		0.643		
Arginine g	0.880		0		1		0.748		
Histidine g	0.433		0		1		0.368		
Alanine g	0.889		0		1		0.756		
Aspartic acid g	1.505		0		1		1.279		
Glutamic acid g	2.194		0		1		1.865		
Glycine g	0.706		0		1		0.600		
Proline g	0.520		0		1		0.442		
Serine g	0.600		0		1		0.510		
Hydroxyproline g									

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Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.85		0		1		94.90	53.42	
Energy	kcal	250		0	NC	4		378	213	
Energy	kj	1046				4		1579	889	
Protein (N x 6.25)	g	17.19		0		1		25.96	14.61	
Total lipid (fat)	g	19.62		0		1		29.63	16.68	
Ash	g	1.35		0		1		2.04	1.15	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	45		0		1		68	38	
Iron, Fe	mg	1.64		0		1		2.48	1.39	
Magnesium, Mg	mg	71		0		1		107	60	
Phosphorus, P	mg	215		0		1		325	183	
Potassium, K	mg	459		0		1		693	390	
Sodium, Na	mg	72		0		1		109	61	
Zinc, Zn	mg	0.41		0		1		0.62	0.35	
Copper, Cu	mg	0.028		0		1		0.042	0.024	
Manganese, Mn	mg	0.019		0		1		0.029	0.016	
Selenium, Se	mcg	46.8		0	BFSN	4		70.7	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.122		0		1		0.184	0.104	
Riboflavin	mg	0.115		0		1		0.174	0.098	
Niacin	mg	5.128		0		1		7.743	4.359	
Pantothenic acid	mg	0.865		0		1		1.306	0.735	
Vitamin B-6	mg	0.346		0		1		0.522	0.294	
Folate, total	mcg	17		0		1		26	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	17		0		1		26	14	
Folate, DFE	mcg_DFE	17		0	NC	4		26	14	
Vitamin B-12	mcg	1.44		0		1		2.17	1.22	
Vitamin A, IU	IU	338		0		1		510	287	
Vitamin A, RAE	mcg_RAE	102		0		1		153	86	
Retinol	mcg	102		0		1		153	86	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.099		0		1		6.189	3.484	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.012		0		1		0.018	0.010	
13:0	g									
14:0	g	0.921		0		1		1.391	0.783	
15:0	g									
16:0	g	2.631		0		1		3.973	2.236	
17:0	g									
18:0	g	0.523		0		1		0.790	0.445	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	10.328		0		1		15.595	8.779	
14:1	g									
15:1	g									
16:1 undifferentiated	g	1.567		0		1		2.366	1.332	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	5.219		0		1		7.881	4.436	
20:1 ... g	1.820		0		1		2.748	1.547	
22:1 undifferentiated ... g	1.670		0		1		2.522	1.420	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.618		0		1		3.953	2.225	
18:2 undifferentiated ... g	0.211		0		1		0.319	0.179	
18:3 undifferentiated ... g	0.122		0		1		0.184	0.104	
18:4 ... g	0.146		0		1		0.220	0.124	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.133		0		1		0.201	0.113	
20:5 n-3 ... g	0.867		0		1		1.309	0.737	
22:5 n-3 ... g	0.216		0		1		0.326	0.184	
22:6 n-3 ... g	0.920		0		1		1.389	0.782	
Fatty acids, total trans ... g									
Cholesterol ... mg	63		0		1		95	54	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.193		0		1		0.291	0.164	
Threonine ... g	0.754		0		1		1.139	0.641	
Isoleucine ... g	0.792		0		1		1.196	0.673	
Leucine ... g	1.397		0		1		2.109	1.187	
Lysine ... g	1.579		0		1		2.384	1.342	
Methionine ... g	0.509		0		1		0.769	0.433	
Cystine ... g	0.184		0		1		0.278	0.156	
Phenylalanine ... g	0.671		0		1		1.013	0.570	
Tyrosine ... g	0.580		0		1		0.876	0.493	
Valine ... g	0.886		0		1		1.338	0.753	
Arginine ... g	1.029		0		1		1.554	0.875	
Histidine ... g	0.506		0		1		0.764	0.430	
Alanine ... g	1.040		0		1		1.570	0.884	
Aspartic acid ... g	1.760		0		1		2.658	1.496	
Glutamic acid ... g	2.566		0		1		3.875	2.181	
Glycine ... g	0.825		0		1		1.246	0.701	
Proline ... g	0.608		0		1		0.918	0.517	
Serine ... g	0.701		0		1		1.059	0.596	
Hydroxyproline ... g									

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Common Measures:

Measure 1 = 151g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.02	0.294	169		1		137.07	60.37	
Energy	kcal	195		0	NC	4		376	166	
Energy	kj	816				4		1575	693	
Protein (N x 6.25)	g	13.41	0.089	169		1		25.88	11.40	
Total lipid (fat)	g	15.30	0.314	178		1		29.53	13.01	
Ash	g	1.05	0.016	169		1		2.03	0.89	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	35		0		4		68	30	
Iron, Fe	mg	1.28		0		4		2.47	1.09	
Magnesium, Mg	mg	55		0		4		106	47	
Phosphorus, P	mg	168		0		4		324	143	
Potassium, K	mg	358	2.652	56		1		691	304	
Sodium, Na	mg	56	1.253	56		1		108	48	
Zinc, Zn	mg	0.32	0.012	103		1		0.62	0.27	
Copper, Cu	mg	0.022	0.001	100		1		0.042	0.019	
Manganese, Mn	mg	0.015		0		1		0.029	0.013	
Selenium, Se	mcg	36.5		0	CAZN	4		70.4	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.100		0		4		0.193	0.085	
Riboflavin	mg	0.090		0		4		0.174	0.077	
Niacin	mg	4.000		0		4		7.720	3.400	
Pantothenic acid	mg	0.750		0		4		1.448	0.638	
Vitamin B-6	mg	0.300		0		4		0.579	0.255	
Folate, total	mcg	15		0		4		29	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		0		4		29	13	
Folate, DFE	mcg_DFE	15		0	NC	4		29	13	
Vitamin B-12	mcg	1.50		0		4		2.90	1.28	
Vitamin A, IU	IU	310		0		4		598	264	
Vitamin A, RAE	mcg_RAE	93		0		4		180	79	
Retinol	mcg	93		0		4		180	79	
Vitamin E	mg_ATE	0.500		0		4		0.965	0.425	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.201		0		1		6.178	2.721	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.009		1		1		0.017	0.008	
13:0	g									
14:0	g	0.719	0.141	3		1		1.388	0.611	
15:0	g									
16:0	g	2.054	0.348	3		1		3.964	1.746	
17:0	g									
18:0	g	0.408	0.094	3		1		0.787	0.347	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	8.057		0		1		15.550	6.848	
14:1	g									
15:1	g									
16:1 undifferentiated	g	1.223	0.238	3		1		2.360	1.040	

NDB No. 15074
Finfish, sablefish, raw

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

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

Common Measures:

Measure 1 = 193g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15075
Finfish, sablefish, smoked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.14		0		1		17.05	51.12	
Energy	kcal	257		0	NC	4		73	218	
Energy	kj	1075				4		305	914	
Protein (N x 6.25)	g	17.65		0		1		5.00	15.00	
Total lipid (fat)	g	20.14		0		1		5.71	17.12	
Ash	g	1.38		0		1		0.39	1.17	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	50		0		4		14	43	
Iron, Fe	mg	1.69		0		4		0.48	1.44	
Magnesium, Mg	mg	74		0		4		21	63	
Phosphorus, P	mg	222		0		4		63	189	
Potassium, K	mg	471		0		1		134	400	
Sodium, Na	mg	737		0		1		209	626	
Zinc, Zn	mg	0.43		0		1		0.12	0.37	
Copper, Cu	mg	0.036		0		1		0.010	0.031	
Manganese, Mn	mg	0.020		0		4		0.006	0.017	
Selenium, Se	mcg	50.2		0	BFSN	4		14.2	42.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.130		0		4		0.037	0.111	
Riboflavin	mg	0.120		0		4		0.034	0.102	
Niacin	mg	5.300		0		4		1.503	4.505	
Pantothenic acid	mg	0.990		0		4		0.281	0.842	
Vitamin B-6	mg	0.390		0		4		0.111	0.332	
Folate, total	mcg	20		0		4		6	17	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	20		0		4		6	17	
Folate, DFE	mcg_DFE	20		0	NC	4		6	17	
Vitamin B-12	mcg	2.00		0		4		0.57	1.70	
Vitamin A, IU	IU	408		0		4		116	347	
Vitamin A, RAE	mcg_RAE	123		0		4		35	104	
Retinol	mcg	123		0		4		35	104	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.213		0		1		1.194	3.581	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.012		0		1		0.003	0.010	
13:0	g									
14:0	g	0.946		0		1		0.268	0.804	
15:0	g									
16:0	g	2.703		0		1		0.766	2.298	
17:0	g									
18:0	g	0.537		0		1		0.152	0.456	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	10.605		0		1		3.007	9.014	
14:1	g									
15:1	g									
16:1 undifferentiated	g	1.609		0		1		0.456	1.368	

NDB No. 15075
Finfish, sablefish, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	5.361		0		1		1.520	4.557	
20:1 ... g	1.870		0		1		0.530	1.590	
22:1 undifferentiated ... g	1.716		0		1		0.486	1.459	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.688		0		1		0.762	2.285	
18:2 undifferentiated ... g	0.217		0		1		0.062	0.184	
18:3 undifferentiated ... g	0.125		0		1		0.035	0.106	
18:4 ... g	0.150		0		1		0.043	0.128	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.137		0		1		0.039	0.116	
20:5 n-3 ... g	0.891		0		1		0.253	0.757	
22:5 n-3 ... g	0.222		0		1		0.063	0.189	
22:6 n-3 ... g	0.945		0		1		0.268	0.803	
Fatty acids, total trans ... g									
Cholesterol ... mg	64		0		1		18	54	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.198		0		1		0.056	0.168	
Threonine ... g	0.774		0		1		0.219	0.658	
Isoleucine ... g	0.814		0		1		0.231	0.692	
Leucine ... g	1.435		0		1		0.407	1.220	
Lysine ... g	1.622		0		1		0.460	1.379	
Methionine ... g	0.523		0		1		0.148	0.445	
Cystine ... g	0.189		0		1		0.054	0.161	
Phenylalanine ... g	0.689		0		1		0.195	0.586	
Tyrosine ... g	0.596		0		1		0.169	0.507	
Valine ... g	0.910		0		1		0.258	0.774	
Arginine ... g	1.057		0		1		0.300	0.898	
Histidine ... g	0.520		0		1		0.147	0.442	
Alanine ... g	1.068		0		1		0.303	0.908	
Aspartic acid ... g	1.808		0		1		0.513	1.537	
Glutamic acid ... g	2.636		0		1		0.747	2.241	
Glycine ... g	0.848		0		1		0.240	0.721	
Proline ... g	0.624		0		1		0.177	0.530	
Serine ... g	0.720		0		1		0.204	0.612	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.75		2		1		115.26	55.04	
Energy	kcal	206		0	NC	4		367	175	
Energy	kj	862				4		1534	733	
Protein (N x 6.25)	g	22.10		2		1		39.34	18.79	
Total lipid (fat)	g	12.35		2		1		21.98	10.50	
Ash	g	1.15		2		1		2.05	0.98	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		4		27	13	
Iron, Fe	mg	0.34		2		1		0.61	0.29	
Magnesium, Mg	mg	30		2		1		53	26	
Phosphorus, P	mg	252		2		1		449	214	
Potassium, K	mg	384		2		1		684	326	
Sodium, Na	mg	61		2		1		109	52	
Zinc, Zn	mg	0.43		2		1		0.77	0.37	
Copper, Cu	mg	0.049		2		1		0.087	0.042	
Manganese, Mn	mg	0.016		2		1		0.028	0.014	
Selenium, Se	mcg	41.4		0	BFSN	4		73.7	35.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.7		2		1		6.6	3.1	
Thiamin	mg	0.340		2		1		0.605	0.289	
Riboflavin	mg	0.135		2		1		0.240	0.115	
Niacin	mg	8.045		2		1		14.320	6.838	
Pantothenic acid	mg	1.475		2		1		2.626	1.254	
Vitamin B-6	mg	0.647		2		1		1.152	0.550	
Folate, total	mcg	34		1		1		61	29	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	34		1		1		61	29	
Folate, DFE	mcg_DFE	34		0	NC	4		61	29	
Vitamin B-12	mcg	2.80		2		1		4.98	2.38	
Vitamin A, IU	IU	50		2		1		89	43	
Vitamin A, RAE	mcg_RAE	15		2		1		27	13	
Retinol	mcg	15		2		1		27	13	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.504		0		1		4.457	2.128	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.571		2		1		1.016	0.485	
15:0	g									
16:0	g	1.493		2		1		2.658	1.269	
17:0	g									
18:0	g	0.315		2		1		0.561	0.268	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.432		0		1		7.889	3.767	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.767		2		1		1.365	0.652	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	2.046		2		1		3.642	1.739	
20:1 ... g	1.368		2		1		2.435	1.163	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	4.426		0		1		7.878	3.762	
18:2 undifferentiated ... g	0.666		2		1		1.185	0.566	
18:3 undifferentiated ... g	0.113		2		1		0.201	0.096	
18:4 ... g	0.184		2		1		0.328	0.156	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	1.273		2		1		2.266	1.082	
20:5 n-3 ... g	0.690		2		1		1.228	0.587	
22:5 n-3 ... g									
22:6 n-3 ... g	1.457		2		1		2.593	1.238	
Fatty acids, total trans ... g									
Cholesterol ... mg	63		2		1		112	54	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.248		0		1		0.441	0.211	
Threonine ... g	0.969		0		1		1.725	0.824	
Isoleucine ... g	1.018		0		1		1.812	0.865	
Leucine ... g	1.796		0		1		3.197	1.527	
Lysine ... g	2.030		0		1		3.613	1.726	
Methionine ... g	0.654		0		1		1.164	0.556	
Cystine ... g	0.237		0		1		0.422	0.201	
Phenylalanine ... g	0.863		0		1		1.536	0.734	
Tyrosine ... g	0.746		0		1		1.328	0.634	
Valine ... g	1.139		0		1		2.027	0.968	
Arginine ... g	1.322		0		1		2.353	1.124	
Histidine ... g	0.651		0		1		1.159	0.553	
Alanine ... g	1.337		0		1		2.380	1.136	
Aspartic acid ... g	2.263		0		1		4.028	1.924	
Glutamic acid ... g	3.299		0		1		5.872	2.804	
Glycine ... g	1.061		0		1		1.889	0.902	
Proline ... g	0.781		0		1		1.390	0.664	
Serine ... g	0.902		0		1		1.606	0.767	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 178g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15236

Finfish, salmon, Atlantic, farmed, raw

Salmo salar L.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.90		2		1		136.42	58.57	
Energy	kcal	183		0	NC	4		362	156	
Energy	kj	766				4		1516	651	
Protein (N x 6.25)	g	19.90		2		1		39.40	16.92	
Total lipid (fat)	g	10.85		2		1		21.48	9.22	
Ash	g	1.05		2		1		2.08	0.89	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		4		24	10	
Iron, Fe	mg	0.36		2		1		0.71	0.31	
Magnesium, Mg	mg	28		2		1		55	24	
Phosphorus, P	mg	233		2		1		461	198	
Potassium, K	mg	362		2		1		717	308	
Sodium, Na	mg	59		2		1		117	50	
Zinc, Zn	mg	0.40		2		1		0.79	0.34	
Copper, Cu	mg	0.049		2		1		0.097	0.042	
Manganese, Mn	mg	0.015		2		1		0.030	0.013	
Selenium, Se	mcg	36.5		0	CAZN	4		72.3	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.9		2		1		7.7	3.3	
Thiamin	mg	0.340		2		1		0.673	0.289	
Riboflavin	mg	0.120		2		1		0.238	0.102	
Niacin	mg	7.505		2		1		14.860	6.379	
Pantothenic acid	mg	1.380		2		1		2.732	1.173	
Vitamin B-6	mg	0.637		2		1		1.261	0.541	
Folate, total	mcg	26		1		1		51	22	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	26		1		1		51	22	
Folate, DFE	mcg_DFE	26		0	NC	4		51	22	
Vitamin B-12	mcg	2.80		2		1		5.54	2.38	
Vitamin A, IU	IU	50		2		1		99	43	
Vitamin A, RAE	mcg_RAE	15		2		1		30	13	
Retinol	mcg	15		2		1		30	13	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.183		0		1		4.322	1.856	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.492		2		1		0.974	0.418	
15:0	g									
16:0	g	1.298		2		1		2.570	1.103	
17:0	g									
18:0	g	0.277		2		1		0.548	0.235	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.868		0		1		7.659	3.288	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.670		2		1		1.327	0.570	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.785		2		1		3.534	1.517	
20:1 ... g	1.193		2		1		2.362	1.014	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.931		0		1		7.783	3.341	
18:2 undifferentiated ... g	0.586		2		1		1.160	0.498	
18:3 undifferentiated ... g	0.094		2		1		0.186	0.080	
18:4 ... g	0.157		2		1		0.311	0.133	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	1.152		2		1		2.281	0.979	
20:5 n-3 ... g	0.618		2		1		1.224	0.525	
22:5 n-3 ... g									
22:6 n-3 ... g	1.293		2		1		2.560	1.099	
Fatty acids, total trans ... g									
Cholesterol ... mg	59		2		1		117	50	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.223		0		1		0.442	0.190	
Threonine ... g	0.872		0		1		1.727	0.741	
Isoleucine ... g	0.917		0		1		1.816	0.779	
Leucine ... g	1.617		0		1		3.202	1.374	
Lysine ... g	1.828		0		1		3.619	1.554	
Methionine ... g	0.589		0		1		1.166	0.501	
Cystine ... g	0.213		0		1		0.422	0.181	
Phenylalanine ... g	0.777		0		1		1.538	0.660	
Tyrosine ... g	0.672		0		1		1.331	0.571	
Valine ... g	1.025		0		1		2.030	0.871	
Arginine ... g	1.191		0		1		2.358	1.012	
Histidine ... g	0.586		0		1		1.160	0.498	
Alanine ... g	1.204		0		1		2.384	1.023	
Aspartic acid ... g	2.038		0		1		4.035	1.732	
Glutamic acid ... g	2.971		0		1		5.883	2.525	
Glycine ... g	0.955		0		1		1.891	0.812	
Proline ... g	0.704		0		1		1.394	0.598	
Serine ... g	0.812		0		1		1.608	0.690	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 198g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.62		0		1		91.81	50.68	
Energy	kcal	182		0	NC	4		280	155	
Energy	kj	761				4		1173	647	
Protein (N x 6.25)	g	25.44		0		1		39.18	21.62	
Total lipid (fat)	g	8.13		0		1		12.52	6.91	
Ash	g	3.26		0		1		5.02	2.77	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		1		23	13	
Iron, Fe	mg	1.03		0		1		1.59	0.88	
Magnesium, Mg	mg	37		0		1		57	31	
Phosphorus, P	mg	256		0		1		394	218	
Potassium, K	mg	628		0		1		967	534	
Sodium, Na	mg	56		0		1		86	48	
Zinc, Zn	mg	0.82		0		1		1.26	0.70	
Copper, Cu	mg	0.321		0		1		0.494	0.273	
Manganese, Mn	mg	0.021		0		1		0.032	0.018	
Selenium, Se	mcg	46.8		0	BFSN	4		72.1	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.275		0		1		0.424	0.234	
Riboflavin	mg	0.487		0		1		0.750	0.414	
Niacin	mg	10.077		0		1		15.519	8.565	
Pantothenic acid	mg	1.920		0		1		2.957	1.632	
Vitamin B-6	mg	0.944		0		1		1.454	0.802	
Folate, total	mcg	29		0		1		45	25	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	29		0		1		45	25	
Folate, DFE	mcg_DFE	29		0	NC	4		45	25	
Vitamin B-12	mcg	3.05		0		1		4.70	2.59	
Vitamin A, IU	IU	44		0		1		68	37	
Vitamin A, RAE	mcg_RAE	13		0		1		20	11	
Retinol	mcg	13		0		1		20	11	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.257		0		1		1.936	1.068	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.176		0		1		0.271	0.150	
15:0	g									
16:0	g	0.810		0		1		1.247	0.689	
17:0	g									
18:0	g	0.272		0		1		0.419	0.231	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.697		0		1		4.153	2.292	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.322		0		1		0.496	0.274	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.732		0		1		2.667	1.472	
20:1 ... g	0.286		0		1		0.440	0.243	
22:1 undifferentiated ... g	0.358		0		1		0.551	0.304	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.256		0		1		5.014	2.768	
18:2 undifferentiated ... g	0.220		0		1		0.339	0.187	
18:3 undifferentiated ... g	0.378		0		1		0.582	0.321	
18:4 ... g	0.106		0		1		0.163	0.090	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.342		0		1		0.527	0.291	
20:5 n-3 ... g	0.411		0		1		0.633	0.349	
22:5 n-3 ... g	0.368		0		1		0.567	0.313	
22:6 n-3 ... g	1.429		0		1		2.201	1.215	
Fatty acids, total trans ... g									
Cholesterol ... mg	71		0		1		109	60	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.285		0		1		0.439	0.242	
Threonine ... g	1.115		0		1		1.717	0.948	
Isoleucine ... g	1.172		0		1		1.805	0.996	
Leucine ... g	2.067		0		1		3.183	1.757	
Lysine ... g	2.336		0		1		3.597	1.986	
Methionine ... g	0.753		0		1		1.160	0.640	
Cystine ... g	0.273		0		1		0.420	0.232	
Phenylalanine ... g	0.993		0		1		1.529	0.844	
Tyrosine ... g	0.859		0		1		1.323	0.730	
Valine ... g	1.310		0		1		2.017	1.114	
Arginine ... g	1.522		0		1		2.344	1.294	
Histidine ... g	0.749		0		1		1.153	0.637	
Alanine ... g	1.538		0		1		2.369	1.307	
Aspartic acid ... g	2.605		0		1		4.012	2.214	
Glutamic acid ... g	3.797		0		1		5.847	3.227	
Glycine ... g	1.221		0		1		1.880	1.038	
Proline ... g	0.899		0		1		1.384	0.764	
Serine ... g	1.038		0		1		1.599	0.882	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 154g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.50	1.146	21		1		135.63	58.23	
Energy	kcal	142		0	NC	4		281	121	
Energy	kj	594				4		1176	505	
Protein (N x 6.25)	g	19.84	0.662	9		1		39.28	16.86	
Total lipid (fat)	g	6.34	1.772	7		1		12.55	5.39	
Ash	g	2.54	0.894	6		1		5.03	2.16	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12	4.117	3		1		24	10	
Iron, Fe	mg	0.80		1		1		1.58	0.68	
Magnesium, Mg	mg	29		1		1		57	25	
Phosphorus, P	mg	200		1		1		396	170	
Potassium, K	mg	490	30.234	3		1		970	417	
Sodium, Na	mg	44		2		1		87	37	
Zinc, Zn	mg	0.64		1		1		1.27	0.54	
Copper, Cu	mg	0.250		1		1		0.495	0.213	
Manganese, Mn	mg	0.016		1		1		0.032	0.014	
Selenium, Se	mcg	36.5		0	CAZN	4		72.3	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.226	0.038	11		1		0.447	0.192	
Riboflavin	mg	0.380	0.147	6		1		0.752	0.323	
Niacin	mg	7.860	0.618	13		1		15.563	6.681	
Pantothenic acid	mg	1.664	0.375	5		1		3.295	1.414	
Vitamin B-6	mg	0.818	0.035	4		1		1.620	0.695	
Folate, total	mcg	25		1		1		50	21	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	25		1		1		50	21	
Folate, DFE	mcg_DFE	25		0	NC	4		50	21	
Vitamin B-12	mcg	3.18	0.312	10		1		6.30	2.70	
Vitamin A, IU	IU	40		1		1		79	34	
Vitamin A, RAE	mcg_RAE	12		1		1		24	10	
Retinol	mcg	12		1		1		24	10	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.981		0		1		1.942	0.834	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.137		2		1		0.271	0.116	
15:0	g									
16:0	g	0.632		2		1		1.251	0.537	
17:0	g									
18:0	g	0.212		2		1		0.420	0.180	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.103		0		1		4.164	1.788	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.251		2		1		0.497	0.213	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.351		2		1		2.675	1.148	
20:1 ... g	0.223		2		1		0.442	0.190	
22:1 undifferentiated ... g	0.279		1		1		0.552	0.237	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.539		0		1		5.027	2.158	
18:2 undifferentiated ... g	0.172		2		1		0.341	0.146	
18:3 undifferentiated ... g	0.295		1		1		0.584	0.251	
18:4 ... g	0.083		1		1		0.164	0.071	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.267		2		1		0.529	0.227	
20:5 n-3 ... g	0.321		2		1		0.636	0.273	
22:5 n-3 ... g	0.287		2		1		0.568	0.244	
22:6 n-3 ... g	1.115		2		1		2.208	0.948	
Fatty acids, total trans ... g									
Cholesterol ... mg	55		0		1		109	47	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.222		0		1		0.440	0.189	
Threonine ... g	0.870		0		1		1.723	0.740	
Isoleucine ... g	0.914		0		1		1.810	0.777	
Leucine ... g	1.613		0		1		3.194	1.371	
Lysine ... g	1.822		0		1		3.608	1.549	
Methionine ... g	0.587		0		1		1.162	0.499	
Cystine ... g	0.213		0		1		0.422	0.181	
Phenylalanine ... g	0.775		0		1		1.535	0.659	
Tyrosine ... g	0.670		0		1		1.327	0.570	
Valine ... g	1.022		0		1		2.024	0.869	
Arginine ... g	1.187		0		1		2.350	1.009	
Histidine ... g	0.584		0		1		1.156	0.496	
Alanine ... g	1.200		0		1		2.376	1.020	
Aspartic acid ... g	2.032		0		1		4.023	1.727	
Glutamic acid ... g	2.962		0		1		5.865	2.518	
Glycine ... g	0.952		0		1		1.885	0.809	
Proline ... g	0.702		0		1		1.390	0.597	
Serine ... g	0.809		0		1		1.602	0.688	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 198g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.60		0		1		101.02	55.76	
Energy	kcal	231		0	NC	4		356	196	
Energy	kj	967				4		1488	822	
Protein (N x 6.25)	g	25.72		0		1		39.61	21.86	
Total lipid (fat)	g	13.38		0		1		20.61	11.37	
Ash	g	1.76		0		1		2.71	1.50	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	28		0		1		43	24	
Iron, Fe	mg	0.91		0		1		1.40	0.77	
Magnesium, Mg	mg	122		0		1		188	104	
Phosphorus, P	mg	371		0		1		571	315	
Potassium, K	mg	505		0		1		778	429	
Sodium, Na	mg	60		0		1		92	51	
Zinc, Zn	mg	0.56		0		1		0.86	0.48	
Copper, Cu	mg	0.053		0		1		0.082	0.045	
Manganese, Mn	mg	0.019		0		1		0.029	0.016	
Selenium, Se	mcg	46.8		0	BFSN	4		72.1	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.1		0		1		6.3	3.5	
Thiamin	mg	0.044		0		1		0.068	0.037	
Riboflavin	mg	0.154		0		1		0.237	0.131	
Niacin	mg	10.045		0		1		15.469	8.538	
Pantothenic acid	mg	0.865		0		1		1.332	0.735	
Vitamin B-6	mg	0.462		0		1		0.711	0.393	
Folate, total	mcg	35		0		1		54	30	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	35		0		1		54	30	
Folate, DFE	mcg_DFE	35		0	NC	4		54	30	
Vitamin B-12	mcg	2.87		0		1		4.42	2.44	
Vitamin A, IU	IU	496		0		1		764	422	
Vitamin A, RAE	mcg_RAE	149		0		1		229	127	
Retinol	mcg	149		0		1		229	127	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.214		0		1		4.950	2.732	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.455		0		1		0.701	0.387	
15:0	g									
16:0	g	2.045		0		1		3.149	1.738	
17:0	g									
18:0	g	0.714		0		1		1.100	0.607	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.742		0		1		8.843	4.881	
14:1	g									
15:1	g									
16:1 undifferentiated	g	1.133		0		1		1.745	0.963	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	3.585		0		1		5.521	3.047	
20:1 ... g	0.580		0		1		0.893	0.493	
22:1 undifferentiated ... g	0.444		0		1		0.684	0.377	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.662		0		1		4.099	2.263	
18:2 undifferentiated ... g	0.136		0		1		0.209	0.116	
18:3 undifferentiated ... g	0.110		0		1		0.169	0.094	
18:4 ... g	0.185		0		1		0.285	0.157	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.197		0		1		0.303	0.167	
20:5 n-3 ... g	1.010		0		1		1.555	0.859	
22:5 n-3 ... g	0.296		0		1		0.456	0.252	
22:6 n-3 ... g	0.727		0		1		1.120	0.618	
Fatty acids, total trans ... g									
Cholesterol ... mg	85		0		1		131	72	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.288		0		1		0.444	0.245	
Threonine ... g	1.127		0		1		1.736	0.958	
Isoleucine ... g	1.185		0		1		1.825	1.007	
Leucine ... g	2.090		0		1		3.219	1.777	
Lysine ... g	2.362		0		1		3.637	2.008	
Methionine ... g	0.761		0		1		1.172	0.647	
Cystine ... g	0.276		0		1		0.425	0.235	
Phenylalanine ... g	1.004		0		1		1.546	0.853	
Tyrosine ... g	0.868		0		1		1.337	0.738	
Valine ... g	1.325		0		1		2.041	1.126	
Arginine ... g	1.539		0		1		2.370	1.308	
Histidine ... g	0.757		0		1		1.166	0.643	
Alanine ... g	1.555		0		1		2.395	1.322	
Aspartic acid ... g	2.634		0		1		4.056	2.239	
Glutamic acid ... g	3.839		0		1		5.912	3.263	
Glycine ... g	1.234		0		1		1.900	1.049	
Proline ... g	0.909		0		1		1.400	0.773	
Serine ... g	1.049		0		1		1.615	0.892	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 154g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15078

Finfish, salmon, chinook, raw

Oncorhynchus tshawytscha (Walbaum)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.17	1.473	7		1		144.88	62.19	
Energy	kcal	180		0		4		356	153	
Energy	kj	753				4		1491	640	
Protein (N x 6.25)	g	20.06	0.487	7		1		39.72	17.05	
Total lipid (fat)	g	10.44	1.692	10		1		20.67	8.87	
Ash	g	1.37	0.092	7		1		2.71	1.16	
Carbohydrate, by difference	g	0.00		0		7		0.00	0.00	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	22		1		1		44	19	
Iron, Fe	mg	0.71		0		1		1.41	0.60	
Magnesium, Mg	mg	95		0		4		188	81	
Phosphorus, P	mg	289		0		4		572	246	
Potassium, K	mg	394	3.781	77		1		780	335	
Sodium, Na	mg	47	1.113	77		1		93	40	
Zinc, Zn	mg	0.44	0.013	110		1		0.87	0.37	
Copper, Cu	mg	0.041	0.003	63		1		0.081	0.035	
Manganese, Mn	mg	0.015		0		1		0.030	0.013	
Selenium, Se	mcg	36.5		0	CAZN	4		72.3	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.0		1		1		7.9	3.4	
Thiamin	mg	0.036	0.013	7		1		0.071	0.031	
Riboflavin	mg	0.120	0.011	7		1		0.238	0.102	
Niacin	mg	7.835	0.407	6		1		15.513	6.660	
Pantothenic acid	mg	0.750		0		4		1.485	0.638	
Vitamin B-6	mg	0.400		0		4		0.792	0.340	
Folate, total	mcg	30		0		4		59	26	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	30		0		4		59	26	
Folate, DFE	mcg_DFE	30		0	NC	4		59	26	
Vitamin B-12	mcg	2.99		0		4		5.92	2.54	
Vitamin A, IU	IU	455		0		4		901	387	
Vitamin A, RAE	mcg_RAE	137		0		4		271	116	
Retinol	mcg	137		0		4		271	116	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	1.22		0		4		2.42	1.04	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.507		0		1		4.964	2.131	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.355		1		1		0.703	0.302	
15:0	g									
16:0	g	1.600		1		1		3.168	1.360	
17:0	g									
18:0	g	0.557		1		1		1.103	0.473	
20:0	g									
22:0	g									
24:0	g									

NDB No. 15078
Finfish, salmon, chinook, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.478		0		1		8.866	3.806	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.884		1		1		1.750	0.751	
17:1.....g									
18:1 undifferentiated.....g	2.800		1		1		5.544	2.380	
20:1.....g	0.452		1		1		0.895	0.384	
22:1 undifferentiated.....g	0.346		1		1		0.685	0.294	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.076		0		1		4.110	1.765	
18:2 undifferentiated.....g	0.106		1		1		0.210	0.090	
18:3 undifferentiated.....g	0.086		1		1		0.170	0.073	
18:4.....g	0.144		1		1		0.285	0.122	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.154		1		1		0.305	0.131	
20:5 n-3.....g	0.788		1		1		1.560	0.670	
22:5 n-3.....g	0.231		1		1		0.457	0.196	
22:6 n-3.....g	0.567		1		1		1.123	0.482	
Fatty acids, total trans.....g									
Cholesterol.....mg	66		1		1		131	56	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.225		0		1		0.446	0.191	
Threonine.....g	0.879		0		1		1.740	0.747	
Isoleucine.....g	0.924		0		1		1.830	0.785	
Leucine.....g	1.630		0		1		3.227	1.386	
Lysine.....g	1.842		0		1		3.647	1.566	
Methionine.....g	0.594		0		1		1.176	0.505	
Cystine.....g	0.215		0		1		0.426	0.183	
Phenylalanine.....g	0.783		0		1		1.550	0.666	
Tyrosine.....g	0.677		0		1		1.340	0.575	
Valine.....g	1.033		0		1		2.045	0.878	
Arginine.....g	1.200		0		1		2.376	1.020	
Histidine.....g	0.590		0		1		1.168	0.502	
Alanine.....g	1.213		0		1		2.402	1.031	
Aspartic acid.....g	2.054		0		1		4.067	1.746	
Glutamic acid.....g	2.994		0		1		5.928	2.545	
Glycine.....g	0.963		0		1		1.907	0.819	
Proline.....g	0.709		0		1		1.404	0.603	
Serine.....g	0.818		0		1		1.620	0.695	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 198g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.00		2		1		97.92	20.41	12.24
Energy	kcal	117		0	NC	4		159	33	20
Energy	kj	490				4		666	139	83
Protein (N x 6.25)	g	18.28		2		1		24.86	5.18	3.11
Total lipid (fat)	g	4.32		2		1		5.88	1.22	0.73
Ash	g	2.62		2		1		3.56	0.74	0.45
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		2		1		15	3	2
Iron, Fe	mg	0.85		2		1		1.16	0.24	0.14
Magnesium, Mg	mg	18		2		1		24	5	3
Phosphorus, P	mg	164		2		1		223	46	28
Potassium, K	mg	175		2		1		238	50	30
Sodium, Na	mg	784		2		1		1066	222	133
Zinc, Zn	mg	0.31		2		1		0.42	0.09	0.05
Copper, Cu	mg	0.230		2		1		0.313	0.065	0.039
Manganese, Mn	mg	0.017		2		1		0.023	0.005	0.003
Selenium, Se	mcg	32.4		0	BFSN	4		44.1	9.2	5.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.023		2		1		0.031	0.007	0.004
Riboflavin	mg	0.101		2		1		0.137	0.029	0.017
Niacin	mg	4.720		2		1		6.419	1.338	0.802
Pantothenic acid	mg	0.870		2		1		1.183	0.247	0.148
Vitamin B-6	mg	0.278		2		1		0.378	0.079	0.047
Folate, total	mcg	2		2		1		3	1	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		2		1		3	1	0
Folate, DFE	mcg_DFE	2		0	NC	4		3	1	0
Vitamin B-12	mcg	3.26		2		1		4.43	0.92	0.55
Vitamin A, IU	IU	88		2		1		120	25	15
Vitamin A, RAE	mcg_RAE	26		2		1		36	7	4
Retinol	mcg	26		2		1		36	7	4
Vitamin E	mg_ATE	1.350		0		4		1.836	0.383	0.230
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.929		0		1		1.263	0.263	0.158
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.183		2		1		0.249	0.052	0.031
15:0	g									
16:0	g	0.560		2		1		0.762	0.159	0.095
17:0	g									
18:0	g	0.186		2		1		0.253	0.053	0.032
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.023		0		1		2.751	0.574	0.344
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.305		2		1		0.415	0.086	0.052

NDB No. 15077
Finfish, salmon, chinook, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.949		2		1		1.291	0.269	0.161
20:1 ... g	0.468		2		1		0.636	0.133	0.080
22:1 undifferentiated ... g	0.301		2		1		0.409	0.085	0.051
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.995		0		1		1.353	0.282	0.169
18:2 undifferentiated ... g	0.472		2		1		0.642	0.134	0.080
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.183		2		1		0.249	0.052	0.031
22:5 n-3 ... g	0.073		2		1		0.099	0.021	0.012
22:6 n-3 ... g	0.267		2		1		0.363	0.076	0.045
Fatty acids, total trans ... g									
Cholesterol ... mg	23		2		1		31	7	4
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.205		0		1		0.279	0.058	0.035
Threonine ... g	0.801		0		1		1.089	0.227	0.136
Isoleucine ... g	0.842		0		1		1.145	0.239	0.143
Leucine ... g	1.486		0		1		2.021	0.421	0.253
Lysine ... g	1.679		0		1		2.283	0.476	0.285
Methionine ... g	0.541		0		1		0.736	0.153	0.092
Cystine ... g	0.196		0		1		0.267	0.056	0.033
Phenylalanine ... g	0.714		0		1		0.971	0.202	0.121
Tyrosine ... g	0.617		0		1		0.839	0.175	0.105
Valine ... g	0.942		0		1		1.281	0.267	0.160
Arginine ... g	1.094		0		1		1.488	0.310	0.186
Histidine ... g	0.538		0		1		0.732	0.153	0.091
Alanine ... g	1.106		0		1		1.504	0.314	0.188
Aspartic acid ... g	1.872		0		1		2.546	0.531	0.318
Glutamic acid ... g	2.729		0		1		3.711	0.774	0.464
Glycine ... g	0.878		0		1		1.194	0.249	0.149
Proline ... g	0.646		0		1		0.879	0.183	0.110
Serine ... g	0.746		0		1		1.015	0.211	0.127
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 136g: 1 cup, cooked

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 17g: 1 cubic inch, boneless

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.00		2		1		20.41	61.20	
Energy	kcal	117		0	NC	4		33	99	
Energy	kj	490				4		139	416	
Protein (N x 6.25)	g	18.28		2		1		5.18	15.54	
Total lipid (fat)	g	4.32		2		1		1.22	3.67	
Ash	g	2.62		2		1		0.74	2.23	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		2		1		3	9	
Iron, Fe	mg	0.85		2		1		0.24	0.72	
Magnesium, Mg	mg	18		2		1		5	15	
Phosphorus, P	mg	164		2		1		46	139	
Potassium, K	mg	175		2		1		50	149	
Sodium, Na	mg	2000		0		1		567	1700	
Zinc, Zn	mg	0.31		2		1		0.09	0.26	
Copper, Cu	mg	0.230		2		1		0.065	0.196	
Manganese, Mn	mg	0.017		2		1		0.005	0.014	
Selenium, Se	mcg	38.1		0	BFSN	4		10.8	32.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.023		2		1		0.007	0.020	
Riboflavin	mg	0.101		2		1		0.029	0.086	
Niacin	mg	4.720		2		1		1.338	4.012	
Pantothenic acid	mg	0.870		2		1		0.247	0.740	
Vitamin B-6	mg	0.278		2		1		0.079	0.236	
Folate, total	mcg	2		2		1		1	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		2		1		1	2	
Folate, DFE	mcg_DFE	2		0	NC	4		1	2	
Vitamin B-12	mcg	3.26		2		1		0.92	2.77	
Vitamin A, IU	IU	88		2		1		25	75	
Vitamin A, RAE	mcg_RAE	26		2		1		7	22	
Retinol	mcg	26		2		1		7	22	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.929		0		1		0.263	0.790	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.183		2		1		0.052	0.156	
15:0	g									
16:0	g	0.560		2		1		0.159	0.476	
17:0	g									
18:0	g	0.186		2		1		0.053	0.158	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.023		0		1		0.574	1.720	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.305		2		1		0.086	0.259	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.949		2		1		0.269	0.807	
20:1 ... g	0.468		2		1		0.133	0.398	
22:1 undifferentiated ... g	0.301		2		1		0.085	0.256	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.995		0		1		0.282	0.846	
18:2 undifferentiated ... g	0.472		2		1		0.134	0.401	
18:3 undifferentiated ... g									
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g	0.183		2		1		0.052	0.156	
22:5 n-3 ... g	0.073		2		1		0.021	0.062	
22:6 n-3 ... g	0.267		2		1		0.076	0.227	
Fatty acids, total trans ... g									
Cholesterol ... mg	23		2		1		7	20	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.205		0		1		0.058	0.174	
Threonine ... g	0.801		0		1		0.227	0.681	
Isoleucine ... g	0.842		0		1		0.239	0.716	
Leucine ... g	1.486		0		1		0.421	1.263	
Lysine ... g	1.679		0		1		0.476	1.427	
Methionine ... g	0.541		0		1		0.153	0.460	
Cystine ... g	0.196		0		1		0.056	0.167	
Phenylalanine ... g	0.714		0		1		0.202	0.607	
Tyrosine ... g	0.617		0		1		0.175	0.524	
Valine ... g	0.942		0		1		0.267	0.801	
Arginine ... g	1.094		0		1		0.310	0.930	
Histidine ... g	0.538		0		1		0.153	0.457	
Alanine ... g	1.106		0		1		0.314	0.940	
Aspartic acid ... g	1.872		0		1		0.531	1.591	
Glutamic acid ... g	2.729		0		1		0.774	2.320	
Glycine ... g	0.878		0		1		0.249	0.746	
Proline ... g	0.646		0		1		0.183	0.549	
Serine ... g	0.746		0		1		0.211	0.634	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.77	0.102	6		1		261.14	60.15	
Energy	kcal	141		0	NC	4		520	120	
Energy	kj	590				4		2177	501	
Protein (N x 6.25)	g	21.43	0.105	6		1		79.08	18.22	
Total lipid (fat)	g	5.50	0.202	7		1		20.30	4.68	
Ash	g	2.47	0.111	6		1		9.11	2.10	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	249	1.174	6		1		919	212	
Iron, Fe	mg	0.70		0		4		2.58	0.60	
Magnesium, Mg	mg	30		0		4		111	26	
Phosphorus, P	mg	354	2.352	6		1		1306	301	
Potassium, K	mg	300		0		4		1107	255	
Sodium, Na	mg	75		0		1		277	64	
Zinc, Zn	mg	1.00		0		4		3.69	0.85	
Copper, Cu	mg	0.100		0		4		0.369	0.085	
Manganese, Mn	mg	0.020		0		4		0.074	0.017	
Selenium, Se	mcg	43.3		0	BFSN	4		159.8	36.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.020		0		4		0.074	0.017	
Riboflavin	mg	0.160		0		4		0.590	0.136	
Niacin	mg	7.000		0		4		25.830	5.950	
Pantothenic acid	mg	0.560		0		4		2.066	0.476	
Vitamin B-6	mg	0.380		0		4		1.402	0.323	
Folate, total	mcg	20		0		4		74	17	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	20		0		4		74	17	
Folate, DFE	mcg_DFE	20		0	NC	4		74	17	
Vitamin B-12	mcg	4.40		0		4		16.24	3.74	
Vitamin A, IU	IU	61	1.335	6		1		225	52	
Vitamin A, RAE	mcg_RAE	18	0.401	6		1		68	16	
Retinol	mcg	18	0.401	6		1		68	16	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.486		0		1		5.483	1.263	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.482		1		1		1.779	0.410	
15:0	g									
16:0	g	0.816		1		1		3.011	0.694	
17:0	g									
18:0	g	0.188		1		1		0.694	0.160	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.919		0		1		7.081	1.631	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.237		1		1		0.875	0.201	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.159		1		1		4.277	0.985	
20:1 ... g	0.278		1		1		1.026	0.236	
22:1 undifferentiated ... g	0.245		2		1		0.904	0.208	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.517		0		1		5.598	1.289	
18:2 undifferentiated ... g	0.057		1		1		0.210	0.048	
18:3 undifferentiated ... g	0.049		2		1		0.181	0.042	
18:4 ... g	0.073		1		1		0.269	0.062	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.073		1		1		0.269	0.062	
20:5 n-3 ... g	0.473		2		1		1.745	0.402	
22:5 n-3 ... g	0.090		2		1		0.332	0.077	
22:6 n-3 ... g	0.702		1		1		2.590	0.597	
Fatty acids, total trans ... g									
Cholesterol ... mg	39		1		1		144	33	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.240		0		1		0.886	0.204	
Threonine ... g	0.940		0		1		3.469	0.799	
Isoleucine ... g	0.988		0		1		3.646	0.840	
Leucine ... g	1.742		0		1		6.428	1.481	
Lysine ... g	1.968		0		1		7.262	1.673	
Methionine ... g	0.634		0		1		2.339	0.539	
Cystine ... g	0.230		0		1		0.849	0.196	
Phenylalanine ... g	0.837		0		1		3.089	0.711	
Tyrosine ... g	0.724		0		1		2.672	0.615	
Valine ... g	1.104		0		1		4.074	0.938	
Arginine ... g	1.282		0		1		4.731	1.090	
Histidine ... g	0.631		0		1		2.328	0.536	
Alanine ... g	1.296		0		1		4.782	1.102	
Aspartic acid ... g	2.195		0		1		8.100	1.866	
Glutamic acid ... g	3.199		0		1		11.804	2.719	
Glycine ... g	1.029		0		1		3.797	0.875	
Proline ... g	0.758		0		1		2.797	0.644	
Serine ... g	0.874		0		1		3.225	0.743	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 369g: 1 can

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.44		0		1		105.40	58.17	
Energy	kcal	154		0	NC	4		237	131	
Energy	kj	644				4		992	548	
Protein (N x 6.25)	g	25.82		0		1		39.76	21.95	
Total lipid (fat)	g	4.83		0		1		7.44	4.11	
Ash	g	1.51		0		1		2.33	1.28	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0		1		22	12	
Iron, Fe	mg	0.71		0		1		1.09	0.60	
Magnesium, Mg	mg	28		0		1		43	24	
Phosphorus, P	mg	363		0		1		559	309	
Potassium, K	mg	550		0		1		847	468	
Sodium, Na	mg	64		0		1		99	54	
Zinc, Zn	mg	0.60		0		1		0.92	0.51	
Copper, Cu	mg	0.071		0		1		0.109	0.060	
Manganese, Mn	mg	0.019		0		1		0.029	0.016	
Selenium, Se	mcg	46.8		0	BFSN	4		72.1	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.092		0		1		0.142	0.078	
Riboflavin	mg	0.219		0		1		0.337	0.186	
Niacin	mg	8.526		0		1		13.130	7.247	
Pantothenic acid	mg	0.865		0		1		1.332	0.735	
Vitamin B-6	mg	0.462		0		1		0.711	0.393	
Folate, total	mcg	5		0		1		8	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		1		8	4	
Folate, DFE	mcg_DFE	5		0	NC	4		8	4	
Vitamin B-12	mcg	3.46		0		1		5.33	2.94	
Vitamin A, IU	IU	114		0		1		176	97	
Vitamin A, RAE	mcg_RAE	34		0		1		53	29	
Retinol	mcg	34		0		1		53	29	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.077		0		1		1.659	0.915	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.192		0		1		0.296	0.163	
15:0	g									
16:0	g	0.751		0		1		1.157	0.638	
17:0	g									
18:0	g	0.133		0		1		0.205	0.113	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.976		0		1		3.043	1.680	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.283		0		1		0.436	0.241	

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

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

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

Common Measures:

Measure 1 = 154g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.77	0.102	6		1		261.14	60.15	
Energy	kcal	141		0	NC	4		520	120	
Energy	kj	590				4		2177	501	
Protein (N x 6.25)	g	21.43	0.105	6		1		79.08	18.22	
Total lipid (fat)	g	5.50	0.202	7		1		20.30	4.68	
Ash	g	2.47	0.111	6		1		9.11	2.10	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	249	1.174	6		1		919	212	
Iron, Fe	mg	0.70		0		4		2.58	0.60	
Magnesium, Mg	mg	30		0		4		111	26	
Phosphorus, P	mg	354	2.352	6		1		1306	301	
Potassium, K	mg	300		0		4		1107	255	
Sodium, Na	mg	487		1		1		1797	414	
Zinc, Zn	mg	1.00		0		4		3.69	0.85	
Copper, Cu	mg	0.100		0		4		0.369	0.085	
Manganese, Mn	mg	0.020		0		4		0.074	0.017	
Selenium, Se	mcg	43.3		0	BFSN	4		159.8	36.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.020		0		4		0.074	0.017	
Riboflavin	mg	0.160		0		4		0.590	0.136	
Niacin	mg	7.000		0		4		25.830	5.950	
Pantothenic acid	mg	0.560		0		4		2.066	0.476	
Vitamin B-6	mg	0.380		0		4		1.402	0.323	
Folate, total	mcg	20		0		4		74	17	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	20		0		4		74	17	
Folate, DFE	mcg_DFE	20		0	NC	4		74	17	
Vitamin B-12	mcg	4.40		0		4		16.24	3.74	
Vitamin A, IU	IU	61	1.335	6		1		225	52	
Vitamin A, RAE	mcg_RAE	18	0.401	6		1		68	16	
Retinol	mcg	18	0.401	6		1		68	16	
Vitamin E	mg_ATE	1.600		0		4		5.904	1.360	
Vitamin D	IU	224.000		0	T	4		826.560	190.400	
Lipids:										
Fatty acids, total saturated	g	1.486		0		1		5.483	1.263	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.482		1		1		1.779	0.410	
15:0	g									
16:0	g	0.816		1		1		3.011	0.694	
17:0	g									
18:0	g	0.188		1		1		0.694	0.160	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.919		0		1		7.081	1.631	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.237		1		1		0.875	0.201	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.159		1		1		4.277	0.985	
20:1 ... g	0.278		1		1		1.026	0.236	
22:1 undifferentiated ... g	0.245		2		1		0.904	0.208	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.517		0		1		5.598	1.289	
18:2 undifferentiated ... g	0.057		1		1		0.210	0.048	
18:3 undifferentiated ... g	0.049		2		1		0.181	0.042	
18:4 ... g	0.073		1		1		0.269	0.062	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.073		1		1		0.269	0.062	
20:5 n-3 ... g	0.473		2		1		1.745	0.402	
22:5 n-3 ... g	0.090		2		1		0.332	0.077	
22:6 n-3 ... g	0.702		1		1		2.590	0.597	
Fatty acids, total trans ... g									
Cholesterol ... mg	39		1		1		144	33	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.240		0		1		0.886	0.204	
Threonine ... g	0.940		0		1		3.469	0.799	
Isoleucine ... g	0.988		0		1		3.646	0.840	
Leucine ... g	1.742		0		1		6.428	1.481	
Lysine ... g	1.968		0		1		7.262	1.673	
Methionine ... g	0.634		0		1		2.339	0.539	
Cystine ... g	0.230		0		1		0.849	0.196	
Phenylalanine ... g	0.837		0		1		3.089	0.711	
Tyrosine ... g	0.724		0		1		2.672	0.615	
Valine ... g	1.104		0		1		4.074	0.938	
Arginine ... g	1.282		0		1		4.731	1.090	
Histidine ... g	0.631		0		1		2.328	0.536	
Alanine ... g	1.296		0		1		4.782	1.102	
Aspartic acid ... g	2.195		0		1		8.100	1.866	
Glutamic acid ... g	3.199		0		1		11.804	2.719	
Glycine ... g	1.029		0		1		3.797	0.875	
Proline ... g	0.758		0		1		2.797	0.644	
Serine ... g	0.874		0		1		3.225	0.743	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	z	7		0	0	
Theobromine ... mg	0		0	z	7		0	0	

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

Common Measures:

Measure 1 = 369g: 1 can

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.38	1.391	8		1		149.25	64.07	
Energy	kcal	120		0		4		238	102	
Energy	kj	502				4		994	427	
Protein (N x 6.25)	g	20.14	1.222	8		1		39.88	17.12	
Total lipid (fat)	g	3.77	0.650	13		1		7.46	3.20	
Ash	g	1.18	0.035	7		1		2.34	1.00	
Carbohydrate, by difference	g	0.00		0		7		0.00	0.00	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		1		1		22	9	
Iron, Fe	mg	0.55		0		1		1.09	0.47	
Magnesium, Mg	mg	22		0		4		44	19	
Phosphorus, P	mg	283		1		1		560	241	
Potassium, K	mg	429	5.797	6		1		849	365	
Sodium, Na	mg	50	1.029	6		1		99	43	
Zinc, Zn	mg	0.47	0.015	56		1		0.93	0.40	
Copper, Cu	mg	0.055	0.002	57		1		0.109	0.047	
Manganese, Mn	mg	0.015		0		1		0.030	0.013	
Selenium, Se	mcg	36.5		0	CAZN	4		72.3	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.080		1		1		0.158	0.068	
Riboflavin	mg	0.180		1		1		0.356	0.153	
Niacin	mg	7.000		0		4		13.860	5.950	
Pantothenic acid	mg	0.750		0		4		1.485	0.638	
Vitamin B-6	mg	0.400		0		4		0.792	0.340	
Folate, total	mcg	4		0		4		8	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		8	3	
Folate, DFE	mcg_DFE	4		0	NC	4		8	3	
Vitamin B-12	mcg	3.00		0		4		5.94	2.55	
Vitamin A, IU	IU	99		1		1		196	84	
Vitamin A, RAE	mcg_RAE	30		1		1		59	25	
Retinol	mcg	30		1		1		59	25	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	1.09		0		4		2.16	0.93	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.840		0		1		1.663	0.714	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.150		2		1		0.297	0.128	
15:0	g									
16:0	g	0.586		2		1		1.160	0.498	
17:0	g									
18:0	g	0.104		2		1		0.206	0.088	
20:0	g									
22:0	g									
24:0	g									

NDB No. 15079
Finfish, salmon, chum, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.541		0		1		3.051	1.310	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.221		2		1		0.438	0.188	
17:1.....g									
18:1 undifferentiated.....g	0.816		2		1		1.616	0.694	
20:1.....g	0.184		1		1		0.364	0.156	
22:1 undifferentiated.....g	0.320		1		1		0.634	0.272	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.898		0		1		1.778	0.763	
18:2 undifferentiated.....g	0.060		2		1		0.119	0.051	
18:3 undifferentiated.....g	0.034		1		1		0.067	0.029	
18:4.....g	0.068		1		1		0.135	0.058	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		1		1		0.059	0.026	
20:5 n-3.....g	0.233		2		1		0.461	0.198	
22:5 n-3.....g	0.079		1		1		0.156	0.067	
22:6 n-3.....g	0.394		2		1		0.780	0.335	
Fatty acids, total trans.....g									
Cholesterol.....mg	74		2		1		147	63	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.226		0		1		0.447	0.192	
Threonine.....g	0.883		0		1		1.748	0.751	
Isoleucine.....g	0.928		0		1		1.837	0.789	
Leucine.....g	1.637		0		1		3.241	1.391	
Lysine.....g	1.849		0		1		3.661	1.572	
Methionine.....g	0.596		0		1		1.180	0.507	
Cystine.....g	0.216		0		1		0.428	0.184	
Phenylalanine.....g	0.786		0		1		1.556	0.668	
Tyrosine.....g	0.680		0		1		1.346	0.578	
Valine.....g	1.037		0		1		2.053	0.881	
Arginine.....g	1.205		0		1		2.386	1.024	
Histidine.....g	0.593		0		1		1.174	0.504	
Alanine.....g	1.218		0		1		2.412	1.035	
Aspartic acid.....g	2.062		0		1		4.083	1.753	
Glutamic acid.....g	3.006		0		1		5.952	2.555	
Glycine.....g	0.967		0		1		1.915	0.822	
Proline.....g	0.712		0		1		1.410	0.605	
Serine.....g	0.822		0		1		1.628	0.699	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 198g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.00	1.353	3		1		95.81	56.95	
Energy	kcal	178		0	NC	4		255	151	
Energy	kj	745				4		1065	633	
Protein (N x 6.25)	g	24.30	0.666	3		1		34.75	20.66	
Total lipid (fat)	g	8.23	0.899	3		1		11.77	7.00	
Ash	g	1.40	0.000	3		1		2.00	1.19	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		2		1		17	10	
Iron, Fe	mg	0.39	0.037	3		1		0.56	0.33	
Magnesium, Mg	mg	34	0.353	3		1		49	29	
Phosphorus, P	mg	332	31.598	3		1		475	282	
Potassium, K	mg	460	13.352	3		1		658	391	
Sodium, Na	mg	52	1.819	3		1		74	44	
Zinc, Zn	mg	0.47	0.006	3		1		0.67	0.40	
Copper, Cu	mg	0.089	0.022	3		1		0.127	0.076	
Manganese, Mn	mg	0.021	0.001	3		1		0.030	0.018	
Selenium, Se	mcg	14.1		0	BFSN	4		20.2	12.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5	0.484	3		1		2.1	1.3	
Thiamin	mg	0.100	0.000	3		1		0.143	0.085	
Riboflavin	mg	0.113	0.013	3		1		0.162	0.096	
Niacin	mg	7.393	0.504	3		1		10.572	6.284	
Pantothenic acid	mg	1.273	0.057	3		1		1.820	1.082	
Vitamin B-6	mg	0.568	0.100	3		1		0.812	0.483	
Folate, total	mcg	14	4.000	3		1		20	12	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	14	4.000	3		1		20	12	
Folate, DFE	mcg_DFE	14		0	NC	4		20	12	
Vitamin B-12	mcg	3.17	0.318	3		1		4.53	2.69	
Vitamin A, IU	IU	197	24.037	3		1		282	167	
Vitamin A, RAE	mcg_RAE	59	7.218	3		1		85	50	
Retinol	mcg	59	7.218	3		1		85	50	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.944		0		1		2.780	1.652	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.308		3		1		0.440	0.262	
15:0	g									
16:0	g	1.175		3		1		1.680	0.999	
17:0	g									
18:0	g	0.330		3		1		0.472	0.281	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.618		0		1		5.174	3.075	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.482		3		1		0.689	0.410	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.844		3		1		2.637	1.567	
20:1 ... g	0.551		3		1		0.788	0.468	
22:1 undifferentiated ... g	0.665		3		1		0.951	0.565	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.963		0		1		2.807	1.669	
18:2 undifferentiated ... g	0.373		3		1		0.533	0.317	
18:3 undifferentiated ... g	0.076		3		1		0.109	0.065	
18:4 ... g	0.118		3		1		0.169	0.100	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.094		3		1		0.134	0.080	
20:5 n-3 ... g	0.408		3		1		0.583	0.347	
22:5 n-3 ... g									
22:6 n-3 ... g	0.871		3		1		1.246	0.740	
Fatty acids, total trans ... g									
Cholesterol ... mg	63	4.201	3		1		90	54	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.272		0		1		0.389	0.231	
Threonine ... g	1.065		0		1		1.523	0.905	
Isoleucine ... g	1.120		0		1		1.602	0.952	
Leucine ... g	1.975		0		1		2.824	1.679	
Lysine ... g	2.232		0		1		3.192	1.897	
Methionine ... g	0.719		0		1		1.028	0.611	
Cystine ... g	0.260		0		1		0.372	0.221	
Phenylalanine ... g	0.949		0		1		1.357	0.807	
Tyrosine ... g	0.820		0		1		1.173	0.697	
Valine ... g	1.252		0		1		1.790	1.064	
Arginine ... g	1.454		0		1		2.079	1.236	
Histidine ... g	0.715		0		1		1.022	0.608	
Alanine ... g	1.470		0		1		2.102	1.250	
Aspartic acid ... g	2.488		0		1		3.558	2.115	
Glutamic acid ... g	3.627		0		1		5.187	3.083	
Glycine ... g	1.166		0		1		1.667	0.991	
Proline ... g	0.859		0		1		1.228	0.730	
Serine ... g	0.991		0		1		1.417	0.842	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 143g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15238

Finfish, salmon, coho, farmed, raw

Oncorhynchus kisutch (Walbaum)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.47	1.198	3		1		112.05	59.90	
Energy	kcal	160		0	NC	4		254	136	
Energy	kj	669				4		1064	569	
Protein (N x 6.25)	g	21.27	0.874	3		1		33.82	18.08	
Total lipid (fat)	g	7.67	0.696	3		1		12.20	6.52	
Ash	g	1.30	0.058	3		1		2.07	1.11	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		2		1		19	10	
Iron, Fe	mg	0.34	0.032	3		1		0.54	0.29	
Magnesium, Mg	mg	31	1.576	3		1		49	26	
Phosphorus, P	mg	292	20.611	3		1		464	248	
Potassium, K	mg	450	19.231	3		1		716	383	
Sodium, Na	mg	47	4.191	3		1		75	40	
Zinc, Zn	mg	0.43	0.022	3		1		0.68	0.37	
Copper, Cu	mg	0.048	0.005	3		1		0.076	0.041	
Manganese, Mn	mg	0.012	0.001	3		1		0.019	0.010	
Selenium, Se	mcg	12.6		0	BFZN	4		20.0	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1	0.376	3		1		1.7	0.9	
Thiamin	mg	0.090	0.006	3		1		0.143	0.077	
Riboflavin	mg	0.110	0.020	3		1		0.175	0.094	
Niacin	mg	6.813	0.706	3		1		10.833	5.791	
Pantothenic acid	mg	1.140	0.091	3		1		1.813	0.969	
Vitamin B-6	mg	0.660	0.061	3		1		1.049	0.561	
Folate, total	mcg	13	2.963	3		1		21	11	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	13	2.963	3		1		21	11	
Folate, DFE	mcg_DFE	13		0	NC	4		21	11	
Vitamin B-12	mcg	2.67	0.318	3		1		4.25	2.27	
Vitamin A, IU	IU	188	22.423	3		1		299	160	
Vitamin A, RAE	mcg_RAE	56	6.734	3		1		90	48	
Retinol	mcg	56	6.734	3		1		90	48	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.816		0		1		2.887	1.544	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.287		3		1		0.456	0.244	
15:0	g									
16:0	g	1.090		3		1		1.733	0.927	
17:0	g									
18:0	g	0.312		3		1		0.496	0.265	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.330		0		1		5.295	2.831	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.446		3		1		0.709	0.379	

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

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

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

Common Measures:

Measure 1 = 159g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.50		2		1		127.27	60.78	
Energy	kcal	139		0	NC	4		247	118	
Energy	kj	582				4		1035	494	
Protein (N x 6.25)	g	23.45		2		1		41.74	19.93	
Total lipid (fat)	g	4.30		2		1		7.65	3.66	
Ash	g	1.30		2		1		2.31	1.11	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	45		0	BFSN	4		80	38	
Iron, Fe	mg	0.61		2		1		1.09	0.52	
Magnesium, Mg	mg	33		2		1		59	28	
Phosphorus, P	mg	322		2		1		573	274	
Potassium, K	mg	434		2		1		773	369	
Sodium, Na	mg	58		2		1		103	49	
Zinc, Zn	mg	0.56		2		1		1.00	0.48	
Copper, Cu	mg	0.071		2		1		0.126	0.060	
Manganese, Mn	mg	0.019		2		1		0.034	0.016	
Selenium, Se	mcg	38.0		0	BFSN	4		67.6	32.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4		2		1		2.5	1.2	
Thiamin	mg	0.075		2		1		0.134	0.064	
Riboflavin	mg	0.140		2		1		0.249	0.119	
Niacin	mg	7.950		2		1		14.151	6.758	
Pantothenic acid	mg	0.810		2		1		1.442	0.689	
Vitamin B-6	mg	0.568		2		1		1.011	0.483	
Folate, total	mcg	13		2		1		23	11	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	13		2		1		23	11	
Folate, DFE	mcg_DFE	13		0	NC	4		23	11	
Vitamin B-12	mcg	5.00		2		1		8.90	4.25	
Vitamin A, IU	IU	130		2		1		231	111	
Vitamin A, RAE	mcg_RAE	39		2		1		69	33	
Retinol	mcg	39		2		1		69	33	
Vitamin E	mg_ATE	0.812		0	BFSN	4		1.445	0.690	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.054		0		1		1.876	0.896	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.150		2		1		0.267	0.128	
15:0	g									
16:0	g	0.683		2		1		1.216	0.581	
17:0	g									
18:0	g	0.158		2		1		0.281	0.134	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.581		0		1		2.814	1.344	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.272		2		1		0.484	0.231	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.860		2		1		1.531	0.731	
20:1 ... g	0.275		2		1		0.490	0.234	
22:1 undifferentiated ... g	0.153		2		1		0.272	0.130	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.273		0		1		2.266	1.082	
18:2 undifferentiated ... g	0.056		2		1		0.100	0.048	
18:3 undifferentiated ... g	0.055		2		1		0.098	0.047	
18:4 ... g	0.052		2		1		0.093	0.044	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.022		2		1		0.039	0.019	
20:5 n-3 ... g	0.401		2		1		0.714	0.341	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.658		2		1		1.171	0.559	
Fatty acids, total trans ... g									
Cholesterol ... mg	55		2		1		98	47	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.263		0		1		0.468	0.224	
Threonine ... g	1.028		0		1		1.830	0.874	
Isoleucine ... g	1.081		0		1		1.924	0.919	
Leucine ... g	1.906		0		1		3.393	1.620	
Lysine ... g	2.154		0		1		3.834	1.831	
Methionine ... g	0.694		0		1		1.235	0.590	
Cystine ... g	0.251		0		1		0.447	0.213	
Phenylalanine ... g	0.915		0		1		1.629	0.778	
Tyrosine ... g	0.792		0		1		1.410	0.673	
Valine ... g	1.208		0		1		2.150	1.027	
Arginine ... g	1.403		0		1		2.497	1.193	
Histidine ... g	0.690		0		1		1.228	0.587	
Alanine ... g	1.418		0		1		2.524	1.205	
Aspartic acid ... g	2.401		0		1		4.274	2.041	
Glutamic acid ... g	3.501		0		1		6.232	2.976	
Glycine ... g	1.126		0		1		2.004	0.957	
Proline ... g	0.829		0		1		1.476	0.705	
Serine ... g	0.957		0		1		1.703	0.813	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	z	7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 178g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.39		0		1		101.35	55.58	
Energy	kcal	184		0	NC	4		285	156	
Energy	kj	770				4		1193	654	
Protein (N x 6.25)	g	27.36		0		1		42.41	23.26	
Total lipid (fat)	g	7.50		0		1		11.63	6.38	
Ash	g	1.53		0		1		2.37	1.30	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	46		0		1		71	39	
Iron, Fe	mg	0.71		0		1		1.10	0.60	
Magnesium, Mg	mg	35		0		1		54	30	
Phosphorus, P	mg	298		0		1		462	253	
Potassium, K	mg	455		0		1		705	387	
Sodium, Na	mg	53		0		1		82	45	
Zinc, Zn	mg	0.52		0		1		0.81	0.44	
Copper, Cu	mg	0.065		0		1		0.101	0.055	
Manganese, Mn	mg	0.018		0		1		0.028	0.015	
Selenium, Se	mcg	46.2		0	BFSN	4		71.6	39.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		1.6	0.9	
Thiamin	mg	0.115		0		1		0.178	0.098	
Riboflavin	mg	0.159		0		1		0.246	0.135	
Niacin	mg	7.779		0		1		12.057	6.612	
Pantothenic acid	mg	0.834		0		1		1.293	0.709	
Vitamin B-6	mg	0.556		0		1		0.862	0.473	
Folate, total	mcg	9		0		1		14	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		14	8	
Folate, DFE	mcg_DFE	9		0	NC	4		14	8	
Vitamin B-12	mcg	4.48		0		1		6.94	3.81	
Vitamin A, IU	IU	108		0		1		167	92	
Vitamin A, RAE	mcg_RAE	32		0		1		50	28	
Retinol	mcg	32		0		1		50	28	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.595		0		1		2.472	1.356	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.334		0		1		0.518	0.284	
15:0	g									
16:0	g	0.950		0		1		1.473	0.808	
17:0	g									
18:0	g	0.262		0		1		0.406	0.223	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.702		0		1		4.188	2.297	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.640		0		1		0.992	0.544	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.524		0		1		2.362	1.295	
20:1 ... g	0.316		0		1		0.490	0.269	
22:1 undifferentiated ... g	0.185		0		1		0.287	0.157	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.521		0		1		3.908	2.143	
18:2 undifferentiated ... g	0.260		0		1		0.403	0.221	
18:3 undifferentiated ... g	0.199		0		1		0.308	0.169	
18:4 ... g	0.150		0		1		0.233	0.128	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.169		0		1		0.262	0.144	
20:5 n-3 ... g	0.543		0		1		0.842	0.462	
22:5 n-3 ... g	0.294		0		1		0.456	0.250	
22:6 n-3 ... g	0.831		0		1		1.288	0.706	
Fatty acids, total trans ... g									
Cholesterol ... mg	57		0		1		88	48	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.306		0		1		0.474	0.260	
Threonine ... g	1.200		0		1		1.860	1.020	
Isoleucine ... g	1.261		0		1		1.955	1.072	
Leucine ... g	2.224		0		1		3.447	1.890	
Lysine ... g	2.513		0		1		3.895	2.136	
Methionine ... g	0.810		0		1		1.256	0.689	
Cystine ... g	0.293		0		1		0.454	0.249	
Phenylalanine ... g	1.068		0		1		1.655	0.908	
Tyrosine ... g	0.924		0		1		1.432	0.785	
Valine ... g	1.410		0		1		2.186	1.199	
Arginine ... g	1.637		0		1		2.537	1.391	
Histidine ... g	0.806		0		1		1.249	0.685	
Alanine ... g	1.655		0		1		2.565	1.407	
Aspartic acid ... g	2.802		0		1		4.343	2.382	
Glutamic acid ... g	4.085		0		1		6.332	3.472	
Glycine ... g	1.313		0		1		2.035	1.116	
Proline ... g	0.968		0		1		1.500	0.823	
Serine ... g	1.116		0		1		1.730	0.949	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 155g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.66	0.162	178		1		143.87	61.76	
Energy	kcal	146		0	NC	4		289	124	
Energy	kj	611				4		1210	519	
Protein (N x 6.25)	g	21.62	0.044	178		1		42.81	18.38	
Total lipid (fat)	g	5.93	0.161	219		1		11.74	5.04	
Ash	g	1.21	0.004	178		1		2.40	1.03	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	36		1		1		71	31	
Iron, Fe	mg	0.56	0.077	3		1		1.11	0.48	
Magnesium, Mg	mg	31	0.897	3		1		61	26	
Phosphorus, P	mg	262	16.165	3		1		519	223	
Potassium, K	mg	423	2.619	47		1		838	360	
Sodium, Na	mg	46	1.105	47		1		91	39	
Zinc, Zn	mg	0.41	0.017	74		1		0.81	0.35	
Copper, Cu	mg	0.051	0.003	69		1		0.101	0.043	
Manganese, Mn	mg	0.014	0.001	3		1		0.028	0.012	
Selenium, Se	mcg	36.5		0	CAZN	4		72.3	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0	0.239	4		1		2.0	0.9	
Thiamin	mg	0.113	0.030	3		1		0.224	0.096	
Riboflavin	mg	0.140	0.012	3		1		0.277	0.119	
Niacin	mg	7.230	0.922	3		1		14.315	6.146	
Pantothenic acid	mg	0.823	0.055	3		1		1.630	0.700	
Vitamin B-6	mg	0.549	0.132	3		1		1.087	0.467	
Folate, total	mcg	9	3.215	3		1		18	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9	3.215	3		1		18	8	
Folate, DFE	mcg_DFE	9		0	NC	4		18	8	
Vitamin B-12	mcg	4.17	0.694	3		1		8.26	3.54	
Vitamin A, IU	IU	100	32.146	3		1		198	85	
Vitamin A, RAE	mcg_RAE	30	9.654	3		1		59	26	
Retinol	mcg	30	9.654	3		1		59	26	
Vitamin E	mg_ATE	0.650		0	BFZN	4		1.287	0.553	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.260		0		1		2.495	1.071	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.264		6		1		0.523	0.224	
15:0	g									
16:0	g	0.751		6		1		1.487	0.638	
17:0	g									
18:0	g	0.207		6		1		0.410	0.176	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.134		0		1		4.225	1.814	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.506		6		1		1.002	0.430	

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

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

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

Common Measures:

Measure 1 = 198g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.81	0.743	28		1		312.40	58.49	
Energy	kcal	139		0	NC	4		631	118	
Energy	kj	582				4		2640	494	
Protein (N x 6.25)	g	19.78	0.164	25		1		89.80	16.81	
Total lipid (fat)	g	6.05		26		1		27.47	5.14	
Ash	g	2.60	0.046	25		1		11.80	2.21	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	213	12.474	25		1		967	181	
Iron, Fe	mg	0.84	0.044	25		1		3.81	0.71	
Magnesium, Mg	mg	34	0.961	25		1		154	29	
Phosphorus, P	mg	329	7.235	25		1		1494	280	
Potassium, K	mg	326	7.284	25		1		1480	277	
Sodium, Na	mg	554	16.815	25		1		2515	471	
Zinc, Zn	mg	0.92	0.028	25		1		4.18	0.78	
Copper, Cu	mg	0.102	0.004	25		1		0.463	0.087	
Manganese, Mn	mg	0.020		0		4		0.091	0.017	
Selenium, Se	mcg	33.2	0.367	10	A	1		150.7	28.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	22		1		0.0	0.0	
Thiamin	mg	0.023	0.000	36		1		0.104	0.020	
Riboflavin	mg	0.186	0.007	36		1		0.844	0.158	
Niacin	mg	6.536	0.333	25		1		29.673	5.556	
Pantothenic acid	mg	0.550		0		4		2.497	0.468	
Vitamin B-6	mg	0.300		0		4		1.362	0.255	
Folate, total	mcg	15	0.621	3		1		70	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15	0.621	3		1		70	13	
Folate, DFE	mcg_DFE	15		0	NC	4		70	13	
Vitamin B-12	mcg	4.40		0		4		19.98	3.74	
Vitamin A, IU	IU	55	3.780	14		1		250	47	
Vitamin A, RAE	mcg_RAE	17	1.135	14		1		75	14	
Retinol	mcg	17	1.135	14		1		75	14	
Vitamin E	mg_ATE	1.350		0		4		6.129	1.148	
Vitamin D	IU	624.000		0	T	4		2832.960	530.400	
Lipids:										
Fatty acids, total saturated	g	1.535		0		1		6.969	1.305	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.048		1		1		0.218	0.041	
15:0	g									
16:0	g	1.350		1		1		6.129	1.148	
17:0	g									
18:0	g	0.135		1		1		0.613	0.115	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.807		0		1		8.204	1.536	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.466		1		1		2.116	0.396	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.068		1		1		4.849	0.908	
20:1 ... g	0.272		1		1		1.235	0.231	
22:1 undifferentiated ... g	0.018		2		1		0.082	0.015	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.049		0		1		9.302	1.742	
18:2 undifferentiated ... g	0.058		1		1		0.263	0.049	
18:3 undifferentiated ... g	0.058		2		1		0.263	0.049	
18:4 ... g	0.135		1		1		0.613	0.115	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.077		1		1		0.350	0.065	
20:5 n-3 ... g	0.845		2		1		3.836	0.718	
22:5 n-3 ... g	0.048		2		1		0.218	0.041	
22:6 n-3 ... g	0.806		1		1		3.659	0.685	
Fatty acids, total trans ... g									
Cholesterol ... mg	55		0		4		250	47	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.222		0		1		1.008	0.189	
Threonine ... g	0.867		0		1		3.936	0.737	
Isoleucine ... g	0.912		0		1		4.140	0.775	
Leucine ... g	1.608		0		1		7.300	1.367	
Lysine ... g	1.817		0		1		8.249	1.544	
Methionine ... g	0.586		0		1		2.660	0.498	
Cystine ... g	0.212		0		1		0.962	0.180	
Phenylalanine ... g	0.772		0		1		3.505	0.656	
Tyrosine ... g	0.668		0		1		3.033	0.568	
Valine ... g	1.019		0		1		4.626	0.866	
Arginine ... g	1.184		0		1		5.375	1.006	
Histidine ... g	0.582		0		1		2.642	0.495	
Alanine ... g	1.196		0		1		5.430	1.017	
Aspartic acid ... g	2.026		0		1		9.198	1.722	
Glutamic acid ... g	2.953		0		1		13.407	2.510	
Glycine ... g	0.950		0		1		4.313	0.808	
Proline ... g	0.699		0		1		3.173	0.594	
Serine ... g	0.807		0		1		3.664	0.686	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	z	7		0	0	
Theobromine ... mg	0		0	z	7		0	0	

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

Common Measures:

Measure 1 = 454g: 1 can

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.03		0		4		317.94	59.53	
Energy	kcal	139		0	NC	4		631	118	
Energy	kj	582				4		2640	494	
Protein (N x 6.25)	g	19.78	0.164	25		1		89.80	16.81	
Total lipid (fat)	g	6.05		26		1		27.47	5.14	
Ash	g	1.38		0		4		6.27	1.17	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	213	12.474	25		1		967	181	
Iron, Fe	mg	0.84	0.044	25		1		3.81	0.71	
Magnesium, Mg	mg	34	0.961	25		1		154	29	
Phosphorus, P	mg	329	7.235	25		1		1494	280	
Potassium, K	mg	326	7.284	25		1		1480	277	
Sodium, Na	mg	75		0		4		341	64	
Zinc, Zn	mg	0.92	0.028	25		1		4.18	0.78	
Copper, Cu	mg	0.102	0.004	25		1		0.463	0.087	
Manganese, Mn	mg	0.020		0		4		0.091	0.017	
Selenium, Se	mcg	33.2	0.367	10	A	1		150.7	28.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	22		1		0.0	0.0	
Thiamin	mg	0.023	0.000	36		1		0.104	0.020	
Riboflavin	mg	0.186	0.007	36		1		0.844	0.158	
Niacin	mg	6.536	0.333	25		1		29.673	5.556	
Pantothenic acid	mg	0.550		0		4		2.497	0.468	
Vitamin B-6	mg	0.300		0		4		1.362	0.255	
Folate, total	mcg	15	0.621	3		1		70	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15	0.621	3		1		70	13	
Folate, DFE	mcg_DFE	15		0	NC	4		70	13	
Vitamin B-12	mcg	4.40		0		4		19.98	3.74	
Vitamin A, IU	IU	55	3.780	14		1		250	47	
Vitamin A, RAE	mcg_RAE	17	1.135	14		1		75	14	
Retinol	mcg	17	1.135	14		1		75	14	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.535		0		1		6.969	1.305	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.048		1		1		0.218	0.041	
15:0	g									
16:0	g	1.350		1		1		6.129	1.148	
17:0	g									
18:0	g	0.135		1		1		0.613	0.115	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.825		0		1		8.286	1.551	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.466		1		1		2.116	0.396	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.068		1		1		4.849	0.908	
20:1 ... g	0.272		1		1		1.235	0.231	
22:1 undifferentiated ... g	0.018		2		1		0.082	0.015	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.049		0		1		9.302	1.742	
18:2 undifferentiated ... g	0.058		1		1		0.263	0.049	
18:3 undifferentiated ... g	0.058		2		1		0.263	0.049	
18:4 ... g	0.135		1		1		0.613	0.115	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.077		1		1		0.350	0.065	
20:5 n-3 ... g	0.845		2		1		3.836	0.718	
22:5 n-3 ... g	0.048		2		1		0.218	0.041	
22:6 n-3 ... g	0.806		1		1		3.659	0.685	
Fatty acids, total trans ... g									
Cholesterol ... mg	55		0		4		250	47	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.222		0		1		1.008	0.189	
Threonine ... g	0.867		0		1		3.936	0.737	
Isoleucine ... g	0.912		0		1		4.140	0.775	
Leucine ... g	1.608		0		1		7.300	1.367	
Lysine ... g	1.817		0		1		8.249	1.544	
Methionine ... g	0.586		0		1		2.660	0.498	
Cystine ... g	0.212		0		1		0.962	0.180	
Phenylalanine ... g	0.772		0		1		3.505	0.656	
Tyrosine ... g	0.668		0		1		3.033	0.568	
Valine ... g	1.019		0		1		4.626	0.866	
Arginine ... g	1.184		0		1		5.375	1.006	
Histidine ... g	0.582		0		1		2.642	0.495	
Alanine ... g	1.196		0		1		5.430	1.017	
Aspartic acid ... g	2.026		0		1		9.198	1.722	
Glutamic acid ... g	2.953		0		1		13.407	2.510	
Glycine ... g	0.950		0		1		4.313	0.808	
Proline ... g	0.699		0		1		3.173	0.594	
Serine ... g	0.807		0		1		3.664	0.686	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 454g: 1 can

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.68		0		1		86.40	59.23	
Energy	kcal	149		0	NC	4		185	127	
Energy	kj	623				4		773	530	
Protein (N x 6.25)	g	25.56		0		1		31.69	21.73	
Total lipid (fat)	g	4.42		0		1		5.48	3.76	
Ash	g	1.56		0		1		1.93	1.33	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		1		21	14	
Iron, Fe	mg	0.99		0		1		1.23	0.84	
Magnesium, Mg	mg	33		0		1		41	28	
Phosphorus, P	mg	295		0		1		366	251	
Potassium, K	mg	414		0		1		513	352	
Sodium, Na	mg	86		0		1		107	73	
Zinc, Zn	mg	0.71		0		1		0.88	0.60	
Copper, Cu	mg	0.099		0		1		0.123	0.084	
Manganese, Mn	mg	0.019		0		1		0.024	0.016	
Selenium, Se	mcg	57.2		0	BFSN	4		70.9	48.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.196		0		1		0.243	0.167	
Riboflavin	mg	0.073		0		1		0.091	0.062	
Niacin	mg	8.526		0		1		10.572	7.247	
Pantothenic acid	mg	0.865		0		1		1.073	0.735	
Vitamin B-6	mg	0.231		0		1		0.286	0.196	
Folate, total	mcg	5		0		1		6	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		1		6	4	
Folate, DFE	mcg_DFE	5		0	NC	4		6	4	
Vitamin B-12	mcg	3.46		0		1		4.29	2.94	
Vitamin A, IU	IU	136		0		1		169	116	
Vitamin A, RAE	mcg_RAE	41		0		1		51	35	
Retinol	mcg	41		0		1		51	35	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.715		0		1		0.887	0.608	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.135		0		1		0.167	0.115	
15:0	g									
16:0	g	0.405		0		1		0.502	0.344	
17:0	g									
18:0	g	0.176		0		1		0.218	0.150	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.197		0		1		1.484	1.017	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.199		0		1		0.247	0.169	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.699		0		1		0.867	0.594	
20:1 ... g	0.159		0		1		0.197	0.135	
22:1 undifferentiated ... g	0.140		0		1		0.174	0.119	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.733		0		1		2.149	1.473	
18:2 undifferentiated ... g	0.064		0		1		0.079	0.054	
18:3 undifferentiated ... g	0.044		0		1		0.055	0.037	
18:4 ... g	0.115		0		1		0.143	0.098	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.100		0		1		0.124	0.085	
20:5 n-3 ... g	0.537		0		1		0.666	0.456	
22:5 n-3 ... g	0.123		0		1		0.153	0.105	
22:6 n-3 ... g	0.751		0		1		0.931	0.638	
Fatty acids, total trans ... g									
Cholesterol ... mg	67		0		1		83	57	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.286		0		1		0.355	0.243	
Threonine ... g	1.121		0		1		1.390	0.953	
Isoleucine ... g	1.178		0		1		1.461	1.001	
Leucine ... g	2.078		0		1		2.577	1.766	
Lysine ... g	2.348		0		1		2.912	1.996	
Methionine ... g	0.757		0		1		0.939	0.643	
Cystine ... g	0.274		0		1		0.340	0.233	
Phenylalanine ... g	0.998		0		1		1.238	0.848	
Tyrosine ... g	0.863		0		1		1.070	0.734	
Valine ... g	1.317		0		1		1.633	1.119	
Arginine ... g	1.530		0		1		1.897	1.301	
Histidine ... g	0.753		0		1		0.934	0.640	
Alanine ... g	1.546		0		1		1.917	1.314	
Aspartic acid ... g	2.618		0		1		3.246	2.225	
Glutamic acid ... g	3.816		0		1		4.732	3.244	
Glycine ... g	1.227		0		1		1.521	1.043	
Proline ... g	0.904		0		1		1.121	0.768	
Serine ... g	1.043		0		1		1.293	0.887	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 124g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.35	0.160	141		1		121.40	64.90	
Energy	kcal	116		0	NC	4		184	99	
Energy	kj	485				4		772	413	
Protein (N x 6.25)	g	19.94	0.126	141		1		31.70	16.95	
Total lipid (fat)	g	3.45	0.141	144		1		5.49	2.93	
Ash	g	1.22	0.014	141		1		1.94	1.04	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		4		21	11	
Iron, Fe	mg	0.77		0		4		1.22	0.65	
Magnesium, Mg	mg	26		0		4		41	22	
Phosphorus, P	mg	230		0		4		366	196	
Potassium, K	mg	323	4.635	100		1		514	275	
Sodium, Na	mg	67	1.516	101		1		107	57	
Zinc, Zn	mg	0.55	0.025	27		1		0.87	0.47	
Copper, Cu	mg	0.077	0.005	27		1		0.122	0.065	
Manganese, Mn	mg	0.015		0		1		0.024	0.013	
Selenium, Se	mcg	44.6		1	A	1		70.9	37.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.170		0		4		0.270	0.145	
Riboflavin	mg	0.060		0		4		0.095	0.051	
Niacin	mg	7.000		0		4		11.130	5.950	
Pantothenic acid	mg	0.750		0		4		1.193	0.638	
Vitamin B-6	mg	0.200		0		4		0.318	0.170	
Folate, total	mcg	4		0		4		6	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		6	3	
Folate, DFE	mcg_DFE	4		0	NC	4		6	3	
Vitamin B-12	mcg	3.00		0		4		4.77	2.55	
Vitamin A, IU	IU	118		1		1		188	100	
Vitamin A, RAE	mcg_RAE	35		1		1		56	30	
Retinol	mcg	35		1		1		56	30	
Vitamin E	mg_ATE	1.000		0		4		1.590	0.850	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.558		0		1		0.887	0.474	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.105		1		1		0.167	0.089	
15:0	g									
16:0	g	0.316		1		1		0.502	0.269	
17:0	g									
18:0	g	0.137		1		1		0.218	0.116	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.934		0		1		1.485	0.794	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.155		1		1		0.246	0.132	

NDB No. 15083
Finfish, salmon, pink, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.546		1		1		0.868	0.464	
20:1 ... g	0.124		1		1		0.197	0.105	
22:1 undifferentiated ... g	0.109		1		1		0.173	0.093	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.353		0		1		2.151	1.150	
18:2 undifferentiated ... g	0.050		1		1		0.080	0.043	
18:3 undifferentiated ... g	0.034		1		1		0.054	0.029	
18:4 ... g	0.090		1		1		0.143	0.077	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.078		1		1		0.124	0.066	
20:5 n-3 ... g	0.419		1		1		0.666	0.356	
22:5 n-3 ... g	0.096		1		1		0.153	0.082	
22:6 n-3 ... g	0.586		1		1		0.932	0.498	
Fatty acids, total trans ... g									
Cholesterol ... mg	52		0		4		83	44	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.223		0		1		0.355	0.190	
Threonine ... g	0.874		0		1		1.390	0.743	
Isoleucine ... g	0.919		0		1		1.461	0.781	
Leucine ... g	1.621		0		1		2.577	1.378	
Lysine ... g	1.831		0		1		2.911	1.556	
Methionine ... g	0.590		0		1		0.938	0.502	
Cystine ... g	0.214		0		1		0.340	0.182	
Phenylalanine ... g	0.778		0		1		1.237	0.661	
Tyrosine ... g	0.673		0		1		1.070	0.572	
Valine ... g	1.027		0		1		1.633	0.873	
Arginine ... g	1.193		0		1		1.897	1.014	
Histidine ... g	0.587		0		1		0.933	0.499	
Alanine ... g	1.206		0		1		1.918	1.025	
Aspartic acid ... g	2.042		0		1		3.247	1.736	
Glutamic acid ... g	2.976		0		1		4.732	2.530	
Glycine ... g	0.957		0		1		1.522	0.813	
Proline ... g	0.705		0		1		1.121	0.599	
Serine ... g	0.813		0		1		1.293	0.691	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 159g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.72	0.213	44		1		253.58	58.41	
Energy	kcal	153		0	NC	4		565	130	
Energy	kj	640				4		2362	544	
Protein (N x 6.25)	g	20.47	0.086	45		1		75.53	17.40	
Total lipid (fat)	g	7.31	0.145	1689		1		26.97	6.21	
Ash	g	2.70	0.062	42		1		9.96	2.30	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	239	6.835	26		1		882	203	
Iron, Fe	mg	1.06		20		1		3.91	0.90	
Magnesium, Mg	mg	29		20		1		107	25	
Phosphorus, P	mg	326	4.988	43		1		1203	277	
Potassium, K	mg	377		23		1		1391	320	
Sodium, Na	mg	538	20.580	20		1		1985	457	
Zinc, Zn	mg	1.02		20		1		3.76	0.87	
Copper, Cu	mg	0.084		20		1		0.310	0.071	
Manganese, Mn	mg	0.030		0		4		0.111	0.026	
Selenium, Se	mcg	35.4		0	BFSN	4		130.6	30.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	11		1		0.0	0.0	
Thiamin	mg	0.016	0.001	19		1		0.059	0.014	
Riboflavin	mg	0.193	0.008	19		1		0.712	0.164	
Niacin	mg	5.480	0.189	20		1		20.221	4.658	
Pantothenic acid	mg	0.550		0		4		2.030	0.468	
Vitamin B-6	mg	0.300		0		4		1.107	0.255	
Folate, total	mcg	10	1.062	3		1		36	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10	1.062	3		1		36	8	
Folate, DFE	mcg_DFE	10		0	NC	4		36	8	
Vitamin B-12	mcg	0.30		0		4		1.11	0.26	
Vitamin A, IU	IU	176	10.422	32		1		649	150	
Vitamin A, RAE	mcg_RAE	53	3.130	32		1		195	45	
Retinol	mcg	53	3.130	32		1		195	45	
Vitamin E	mg_ATE	1.600		0		4		5.904	1.360	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.644		0		1		6.066	1.397	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.359		2		1		1.325	0.305	
15:0	g									
16:0	g	1.079		2		1		3.982	0.917	
17:0	g									
18:0	g	0.205		2		1		0.756	0.174	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.162		0		4		11.668	2.688	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.406		2		1		1.498	0.345	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.451		2		1		5.354	1.233	
20:1 ... g	0.918		2		1		3.387	0.780	
22:1 undifferentiated ... g	0.387		2		1		1.428	0.329	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.888		0		4		6.967	1.605	
18:2 undifferentiated ... g	0.085		2		1		0.314	0.072	
18:3 undifferentiated ... g	0.090		2		1		0.332	0.077	
18:4 ... g	0.106		1		1		0.391	0.090	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.374		2		1		1.380	0.318	
20:5 n-3 ... g	0.492		2		1		1.815	0.418	
22:5 n-3 ... g	0.077		2		1		0.284	0.065	
22:6 n-3 ... g	0.664		2		1		2.450	0.564	
Fatty acids, total trans ... g									
Cholesterol ... mg	44	11.721	3		1		162	37	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.229		0		1		0.845	0.195	
Threonine ... g	0.897		0		1		3.310	0.762	
Isoleucine ... g	0.943		0		1		3.480	0.802	
Leucine ... g	1.664		0		1		6.140	1.414	
Lysine ... g	1.880		0		1		6.937	1.598	
Methionine ... g	0.606		0		1		2.236	0.515	
Cystine ... g	0.219		0		1		0.808	0.186	
Phenylalanine ... g	0.799		0		1		2.948	0.679	
Tyrosine ... g	0.691		0		1		2.550	0.587	
Valine ... g	1.055		0		1		3.893	0.897	
Arginine ... g	1.225		0		1		4.520	1.041	
Histidine ... g	0.603		0		1		2.225	0.513	
Alanine ... g	1.238		0		1		4.568	1.052	
Aspartic acid ... g	2.096		0		1		7.734	1.782	
Glutamic acid ... g	3.056		0		1		11.277	2.598	
Glycine ... g	0.983		0		1		3.627	0.836	
Proline ... g	0.724		0		1		2.672	0.615	
Serine ... g	0.835		0		1		3.081	0.710	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 369g: 1 can

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.72	0.213	44		1		253.58	58.41	
Energy	kcal	153		0	NC	4		565	130	
Energy	kj	640				4		2362	544	
Protein (N x 6.25)	g	20.47	0.086	45		1		75.53	17.40	
Total lipid (fat)	g	7.31	0.145	1689		1		26.97	6.21	
Ash	g	2.70	0.062	42		1		9.96	2.30	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	239	6.835	26		1		882	203	
Iron, Fe	mg	1.06		20		1		3.91	0.90	
Magnesium, Mg	mg	29		20		1		107	25	
Phosphorus, P	mg	326	4.988	43		1		1203	277	
Potassium, K	mg	377		23		1		1391	320	
Sodium, Na	mg	75		0		1		277	64	
Zinc, Zn	mg	1.02		20		1		3.76	0.87	
Copper, Cu	mg	0.084		20		1		0.310	0.071	
Manganese, Mn	mg	0.030		0		4		0.111	0.026	
Selenium, Se	mcg	35.4		0	BFSN	4		130.6	30.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	11		1		0.0	0.0	
Thiamin	mg	0.016	0.001	19		1		0.059	0.014	
Riboflavin	mg	0.193	0.008	19		1		0.712	0.164	
Niacin	mg	5.480	0.189	20		1		20.221	4.658	
Pantothenic acid	mg	0.550		0		4		2.030	0.468	
Vitamin B-6	mg	0.300		0		4		1.107	0.255	
Folate, total	mcg	10	1.062	3		1		36	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10	1.062	3		1		36	8	
Folate, DFE	mcg_DFE	10		0	NC	4		36	8	
Vitamin B-12	mcg	0.30		0		4		1.11	0.26	
Vitamin A, IU	IU	176	10.422	32		1		649	150	
Vitamin A, RAE	mcg_RAE	53	3.130	32		1		195	45	
Retinol	mcg	53	3.130	32		1		195	45	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.644		0		1		6.066	1.397	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.359		2		1		1.325	0.305	
15:0	g									
16:0	g	1.079		2		1		3.982	0.917	
17:0	g									
18:0	g	0.205		2		1		0.756	0.174	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.776		0		1		10.243	2.360	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.406		2		1		1.498	0.345	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.451		2		1		5.354	1.233	
20:1 ... g	0.918		2		1		3.387	0.780	
22:1 undifferentiated ... g	0.387		2		1		1.428	0.329	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.277		0		1		8.402	1.935	
18:2 undifferentiated ... g	0.085		2		1		0.314	0.072	
18:3 undifferentiated ... g	0.090		2		1		0.332	0.077	
18:4 ... g	0.106		1		1		0.391	0.090	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.374		2		1		1.380	0.318	
20:5 n-3 ... g	0.492		2		1		1.815	0.418	
22:5 n-3 ... g	0.077		2		1		0.284	0.065	
22:6 n-3 ... g	0.664		2		1		2.450	0.564	
Fatty acids, total trans ... g									
Cholesterol ... mg	44	11.721	3		1		162	37	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.229		0		1		0.845	0.195	
Threonine ... g	0.897		0		1		3.310	0.762	
Isoleucine ... g	0.943		0		1		3.480	0.802	
Leucine ... g	1.664		0		1		6.140	1.414	
Lysine ... g	1.880		0		1		6.937	1.598	
Methionine ... g	0.606		0		1		2.236	0.515	
Cystine ... g	0.219		0		1		0.808	0.186	
Phenylalanine ... g	0.799		0		1		2.948	0.679	
Tyrosine ... g	0.691		0		1		2.550	0.587	
Valine ... g	1.055		0		1		3.893	0.897	
Arginine ... g	1.225		0		1		4.520	1.041	
Histidine ... g	0.603		0		1		2.225	0.513	
Alanine ... g	1.238		0		1		4.568	1.052	
Aspartic acid ... g	2.096		0		1		7.734	1.782	
Glutamic acid ... g	3.056		0		1		11.277	2.598	
Glycine ... g	0.983		0		1		3.627	0.836	
Proline ... g	0.724		0		1		2.672	0.615	
Serine ... g	0.835		0		1		3.081	0.710	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 369g: 1 can

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.84		0		1		95.85	52.56	
Energy	kcal	216		0	NC	4		335	184	
Energy	kj	904				4		1401	768	
Protein (N x 6.25)	g	27.31		0		1		42.33	23.21	
Total lipid (fat)	g	10.97		0		1		17.00	9.32	
Ash	g	1.37	0.010	11		1		2.12	1.16	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0		1		11	6	
Iron, Fe	mg	0.55	0.020	11		1		0.85	0.47	
Magnesium, Mg	mg	31		0		1		48	26	
Phosphorus, P	mg	276		0		1		428	235	
Potassium, K	mg	375	18.500	11		1		581	319	
Sodium, Na	mg	66	5.500	11		1		102	56	
Zinc, Zn	mg	0.51	0.030	11		1		0.79	0.43	
Copper, Cu	mg	0.067		0		1		0.104	0.057	
Manganese, Mn	mg	0.020		0		4		0.031	0.017	
Selenium, Se	mcg	37.8	0.769	33	A	1		58.6	32.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.215	0.008	11		1		0.333	0.183	
Riboflavin	mg	0.171	0.003	11		1		0.265	0.145	
Niacin	mg	6.670	0.220	11		1		10.339	5.670	
Pantothenic acid	mg	0.700		0		4		1.085	0.595	
Vitamin B-6	mg	0.219		0		1		0.339	0.186	
Folate, total	mcg	5		0		4		8	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		4		8	4	
Folate, DFE	mcg_DFE	5		0	NC	4		8	4	
Vitamin B-12	mcg	5.80	1.020	11		1		8.99	4.93	
Vitamin A, IU	IU	209		0		1		324	178	
Vitamin A, RAE	mcg_RAE	63		0		1		97	53	
Retinol	mcg	63		0		1		97	53	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.917		0		1		2.971	1.629	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.258		10		1		0.400	0.219	
15:0	g									
16:0	g	1.005		10		1		1.558	0.854	
17:0	g									
18:0	g	0.158		10		1		0.245	0.134	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.290		0		1		8.200	4.497	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.321		10		1		0.498	0.273	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.338		10		1		2.074	1.137	
20:1 ... g	0.922		10		1		1.429	0.784	
22:1 undifferentiated ... g	0.664		10		1		1.029	0.564	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.409		0		1		3.734	2.048	
18:2 undifferentiated ... g	0.113		10		1		0.175	0.096	
18:3 undifferentiated ... g	0.062		10		1		0.096	0.053	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.030		10		1		0.047	0.026	
20:5 n-3 ... g	0.530		10		1		0.822	0.451	
22:5 n-3 ... g	0.132		10		1		0.205	0.112	
22:6 n-3 ... g	0.700		10		1		1.085	0.595	
Fatty acids, total trans ... g									
Cholesterol ... mg	87	4.340	11		1		135	74	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.306		0		1		0.474	0.260	
Threonine ... g	1.197		0		1		1.855	1.017	
Isoleucine ... g	1.258		0		1		1.950	1.069	
Leucine ... g	2.219		0		1		3.439	1.886	
Lysine ... g	2.508		0		1		3.887	2.132	
Methionine ... g	0.808		0		1		1.252	0.687	
Cystine ... g	0.293		0		1		0.454	0.249	
Phenylalanine ... g	1.066		0		1		1.652	0.906	
Tyrosine ... g	0.922		0		1		1.429	0.784	
Valine ... g	1.407		0		1		2.181	1.196	
Arginine ... g	1.634		0		1		2.533	1.389	
Histidine ... g	0.804		0		1		1.246	0.683	
Alanine ... g	1.651		0		1		2.559	1.403	
Aspartic acid ... g	2.796		0		1		4.334	2.377	
Glutamic acid ... g	4.076		0		1		6.318	3.465	
Glycine ... g	1.311		0		1		2.032	1.114	
Proline ... g	0.966		0		1		1.497	0.821	
Serine ... g	1.114		0		1		1.727	0.947	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 155g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.24	0.645	48		1		19.91	139.08	59.70
Energy	kcal	168		0	NC	4		48	333	143
Energy	kj	703				4		199	1392	597
Protein (N x 6.25)	g	21.30	0.209	45		1		6.04	42.17	18.11
Total lipid (fat)	g	8.56	0.392	48		1		2.43	16.95	7.28
Ash	g	1.18	0.010	45		1		0.33	2.34	1.00
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		1		1		2	12	5
Iron, Fe	mg	0.47	0.030	11		1		0.13	0.93	0.40
Magnesium, Mg	mg	24		1		1		7	48	20
Phosphorus, P	mg	215	4.060	17		1		61	426	183
Potassium, K	mg	391	3.210	46		1		111	774	332
Sodium, Na	mg	47	0.874	46		1		13	93	40
Zinc, Zn	mg	0.54	0.022	62		1		0.15	1.07	0.46
Copper, Cu	mg	0.052	0.003	61		1		0.015	0.103	0.044
Manganese, Mn	mg	0.014		1		1		0.004	0.028	0.012
Selenium, Se	mcg	33.7	0.992	11	A	1		9.6	66.7	28.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.203	0.007	11		1		0.058	0.402	0.173
Riboflavin	mg	0.149	0.006	11		1		0.042	0.295	0.127
Niacin	mg	5.780	0.183	11		1		1.639	11.444	4.913
Pantothenic acid	mg	0.610	0.017	51		1		0.173	1.208	0.519
Vitamin B-6	mg	0.190	0.013	41		1		0.054	0.376	0.162
Folate, total	mcg	4		0		4		1	8	3
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	4		0		4		1	8	3
Folate, DFE	mcg_DFE	4		0	NC	4		1	8	3
Vitamin B-12	mcg	5.00		1		1		1.42	9.90	4.25
Vitamin A, IU	IU	192		1		1		54	380	163
Vitamin A, RAE	mcg_RAE	58		1		1		16	114	49
Retinol	mcg	58		1		1		16	114	49
Vitamin E	mg_ATE	1.000		0		4		0.284	1.980	0.850
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.495		0		1		0.424	2.960	1.271
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.290		3		1		0.082	0.574	0.247
15:0	g									
16:0	g	1.011		3		1		0.287	2.002	0.859
17:0	g									
18:0	g	0.155		3		1		0.044	0.307	0.132
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.125		0		1		1.169	8.168	3.506
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.523		3		1		0.148	1.036	0.445

NDB No. 15085
Finfish, salmon, sockeye, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.382		3		1		0.392	2.736	1.175
20:1 ... g	1.334		2		1		0.378	2.641	1.134
22:1 undifferentiated ... g	0.848		2		1		0.240	1.679	0.721
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.879		0		1		0.533	3.720	1.597
18:2 undifferentiated ... g	0.380		3		1		0.108	0.752	0.323
18:3 undifferentiated ... g	0.092		3		1		0.026	0.182	0.078
18:4 ... g	0.102		2		1		0.029	0.202	0.087
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.094		2		1		0.027	0.186	0.080
20:5 n-3 ... g	0.519		3		1		0.147	1.028	0.441
22:5 n-3 ... g	0.039		2		1		0.011	0.077	0.033
22:6 n-3 ... g	0.653		3		1		0.185	1.293	0.555
Fatty acids, total trans ... g									
Cholesterol ... mg	62	3.400	11		1		18	123	53
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.239		0		1		0.068	0.473	0.203
Threonine ... g	0.934		0		1		0.265	1.849	0.794
Isoleucine ... g	0.982		0		1		0.278	1.944	0.835
Leucine ... g	1.731		0		1		0.491	3.427	1.471
Lysine ... g	1.956		0		1		0.555	3.873	1.663
Methionine ... g	0.630		0		1		0.179	1.247	0.536
Cystine ... g	0.228		0		1		0.065	0.451	0.194
Phenylalanine ... g	0.832		0		1		0.236	1.647	0.707
Tyrosine ... g	0.719		0		1		0.204	1.424	0.611
Valine ... g	1.097		0		1		0.311	2.172	0.932
Arginine ... g	1.275		0		1		0.361	2.525	1.084
Histidine ... g	0.627		0		1		0.178	1.241	0.533
Alanine ... g	1.288		0		1		0.365	2.550	1.095
Aspartic acid ... g	2.181		0		1		0.618	4.318	1.854
Glutamic acid ... g	3.180		0		1		0.902	6.296	2.703
Glycine ... g	1.022		0		1		0.290	2.024	0.869
Proline ... g	0.753		0		1		0.213	1.491	0.640
Serine ... g	0.869		0		1		0.246	1.721	0.739
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 198g: .5 fillet

Measure 3 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.61	0.643	13		1		88.82	16.90	9.54
Energy	kcal	208		0	NC	4		310	59	33
Energy	kj	870				4		1297	247	139
Protein (N x 6.25)	g	24.62	0.452	13		1		36.68	6.98	3.94
Total lipid (fat)	g	11.45	0.310	13		1		17.06	3.25	1.83
Ash	g	3.38	0.135	35		1		5.04	0.96	0.54
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	382	14.917	22		1		569	108	61
Iron, Fe	mg	2.92	0.225	7		1		4.35	0.83	0.47
Magnesium, Mg	mg	39		2		1		58	11	6
Phosphorus, P	mg	490	15.351	22		1		730	139	78
Potassium, K	mg	397		1		1		592	113	64
Sodium, Na	mg	505		1		1		752	143	81
Zinc, Zn	mg	1.31		2		1		1.95	0.37	0.21
Copper, Cu	mg	0.186		2		1		0.277	0.053	0.030
Manganese, Mn	mg	0.108		2		1		0.161	0.031	0.017
Selenium, Se	mcg	52.7		0	BFSN	4		78.5	14.9	8.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.080	0.031	9		1		0.119	0.023	0.013
Riboflavin	mg	0.227	0.045	7		1		0.338	0.064	0.036
Niacin	mg	5.245	0.066	4		1		7.815	1.487	0.839
Pantothenic acid	mg	0.642		2		1		0.957	0.182	0.103
Vitamin B-6	mg	0.167	0.022	3		1		0.249	0.047	0.027
Folate, total	mcg	12		2		1		18	3	2
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	12		2		1		18	3	2
Folate, DFE	mcg_DFE	12		0	NC	4		18	3	2
Vitamin B-12	mcg	8.94		2		1		13.32	2.53	1.43
Vitamin A, IU	IU	224	2.124	6		1		334	64	36
Vitamin A, RAE	mcg_RAE	67	0.638	6		1		100	19	11
Retinol	mcg	67	0.638	6		1		100	19	11
Vitamin E	mg_ATE	0.300		0		1		0.447	0.085	0.048
Vitamin D	IU	272.000		0	T	4		405.280	77.112	43.520
Lipids:										
Fatty acids, total saturated	g	1.528		0		1		2.277	0.433	0.244
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.192		2		1		0.286	0.054	0.031
15:0	g									
16:0	g	0.993		2		1		1.480	0.282	0.159
17:0	g									
18:0	g	0.343		2		1		0.511	0.097	0.055
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.869		0		1		5.765	1.097	0.619
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.220		2		1		0.328	0.062	0.035

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	2.145		2		1		3.196	0.608	0.343
20:1 ... g	0.423		1		1		0.630	0.120	0.068
22:1 undifferentiated ... g	1.081		2		1		1.611	0.306	0.173
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	5.148		0		1		7.671	1.459	0.824
18:2 undifferentiated ... g	3.543		2		1		5.279	1.004	0.567
18:3 undifferentiated ... g	0.498		1		1		0.742	0.141	0.080
18:4 ... g	0.125		2		1		0.186	0.035	0.020
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.473		2		1		0.705	0.134	0.076
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.509		2		1		0.758	0.144	0.081
Fatty acids, total trans ... g									
Cholesterol ... mg	142	7.364	4		1		212	40	23
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.276		0		1		0.411	0.078	0.044
Threonine ... g	1.079		0		1		1.608	0.306	0.173
Isoleucine ... g	1.134		0		1		1.690	0.321	0.181
Leucine ... g	2.001		0		1		2.981	0.567	0.320
Lysine ... g	2.260		0		1		3.367	0.641	0.362
Methionine ... g	0.729		0		1		1.086	0.207	0.117
Cystine ... g	0.264		0		1		0.393	0.075	0.042
Phenylalanine ... g	0.961		0		1		1.432	0.272	0.154
Tyrosine ... g	0.831		0		1		1.238	0.236	0.133
Valine ... g	1.268		0		1		1.889	0.359	0.203
Arginine ... g	1.473		0		1		2.195	0.418	0.236
Histidine ... g	0.725		0		1		1.080	0.206	0.116
Alanine ... g	1.489		0		1		2.219	0.422	0.238
Aspartic acid ... g	2.520		0		1		3.755	0.714	0.403
Glutamic acid ... g	3.674		0		1		5.474	1.042	0.588
Glycine ... g	1.181		0		1		1.760	0.335	0.189
Proline ... g	0.870		0		1		1.296	0.247	0.139
Serine ... g	1.004		0		1		1.496	0.285	0.161
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		0	z	7		0	0	0
Theobromine ... mg	0		0	z	7		0	0	0

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

Common Measures:

Measure 1 = 149g: 1 cup, drained

Measure 2 = 28.35g: 1 oz

Measure 3 = 16g: 1 cubic inch

Calories Factors: Protein 4.27 **Fat** 9 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.30		3		1		60.79	252.71	25.95
Energy	kcal	178		0	NC	4		158	659	68
Energy	kj	745				4		663	2756	283
Protein (N x 6.25)	g	16.35		3		1		14.55	60.50	6.21
Total lipid (fat)	g	11.98	0.972	4		1		10.66	44.33	4.55
Ash	g	3.70		4		1		3.29	13.69	1.41
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	240	36.085	3		1		214	888	91
Iron, Fe	mg	2.30		2		1		2.05	8.51	0.87
Magnesium, Mg	mg	34		1		1		30	126	13
Phosphorus, P	mg	366	54.026	3		1		326	1354	139
Potassium, K	mg	341		1		1		303	1262	130
Sodium, Na	mg	414		1		1		368	1532	157
Zinc, Zn	mg	1.40		2		1		1.25	5.18	0.53
Copper, Cu	mg	0.272		2		1		0.242	1.006	0.103
Manganese, Mn	mg	0.206		2		1		0.183	0.762	0.078
Selenium, Se	mcg	40.6		0	BFSN	4		36.1	150.2	15.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		2		1		0.9	3.7	0.4
Thiamin	mg	0.044		4		1		0.039	0.163	0.017
Riboflavin	mg	0.233	0.035	3		1		0.207	0.862	0.089
Niacin	mg	4.200		2		1		3.738	15.540	1.596
Pantothenic acid	mg	0.730		1		1		0.650	2.701	0.277
Vitamin B-6	mg	0.123		1		1		0.109	0.455	0.047
Folate, total	mcg	24		2		1		22	90	9
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	24		2		1		22	90	9
Folate, DFE	mcg_DFE	24		0	NC	4		22	90	9
Vitamin B-12	mcg	9.00		1		1		8.01	33.30	3.42
Vitamin A, IU	IU	365		2		1		325	1351	139
Vitamin A, RAE	mcg_RAE	92		0	NC	4		81	339	35
Retinol	mcg	88		0	NC	4		78	326	33
Vitamin E	mg_ATE	3.700		0		1		3.293	13.690	1.406
Vitamin D	IU	480.000		0	T	4		427.200	1776.000	182.400
Lipids:										
Fatty acids, total saturated	g	3.087		0		1		2.747	11.422	1.173
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.807		1		1		0.718	2.986	0.307
15:0	g									
16:0	g	1.997		1		1		1.777	7.389	0.759
17:0	g									
18:0	g	0.281		1		1		0.250	1.040	0.107
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.537		0		4		4.928	20.487	2.104
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.728		1		1		0.648	2.694	0.277

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	2.126		1		1		1.892	7.866	0.808
20:1 ... g	0.816		1		1		0.726	3.019	0.310
22:1 undifferentiated ... g	1.867		1		1		1.662	6.908	0.709
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.426		0		4		2.159	8.976	0.922
18:2 undifferentiated ... g	0.141		1		1		0.125	0.522	0.054
18:3 undifferentiated ... g	0.270		1		1		0.240	0.999	0.103
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.341		1		1		0.303	1.262	0.130
20:5 n-3 ... g	0.611		1		1		0.544	2.261	0.232
22:5 n-3 ... g	0.070		1		1		0.062	0.259	0.027
22:6 n-3 ... g	0.993		1		1		0.884	3.674	0.377
Fatty acids, total trans ... g									
Cholesterol ... mg	61		2		1		54	226	23
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.157		2		1		0.140	0.581	0.060
Threonine ... g	0.795		2		1		0.708	2.942	0.302
Isoleucine ... g	0.795		2		1		0.708	2.942	0.302
Leucine ... g	1.358		2		1		1.209	5.025	0.516
Lysine ... g	1.400		2		1		1.246	5.180	0.532
Methionine ... g	0.476		2		1		0.424	1.761	0.181
Cystine ... g	0.139		2		1		0.124	0.514	0.053
Phenylalanine ... g	0.793		2		1		0.706	2.934	0.301
Tyrosine ... g	0.625		2		1		0.556	2.313	0.238
Valine ... g	0.926		2		1		0.824	3.426	0.352
Arginine ... g	1.049		2		1		0.934	3.881	0.399
Histidine ... g	0.680		2		1		0.605	2.516	0.258
Alanine ... g	1.005		2		1		0.894	3.719	0.382
Aspartic acid ... g	1.666		2		1		1.483	6.164	0.633
Glutamic acid ... g	2.307		2		1		2.053	8.536	0.877
Glycine ... g	0.827		2		1		0.736	3.060	0.314
Proline ... g	0.651		2		1		0.579	2.409	0.247
Serine ... g	0.727		2		1		0.647	2.690	0.276
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		0	z	7		0	0	0
Theobromine ... mg	0		0	z	7		0	0	0

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

Common Measures:

Measure 1 = 89g: 1 cup

Measure 2 = 370g: 1 can

Measure 3 = 38g: 1 sardine

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.42		0		1		34.21	58.16	
Energy	kcal	135		0	NC	4		68	115	
Energy	kj	565				4		282	480	
Protein (N x 6.25)	g	24.21		0		1		12.11	20.58	
Total lipid (fat)	g	3.50		0		1		1.75	2.98	
Ash	g	1.55		0		1		0.78	1.32	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	51		0		1		26	43	
Iron, Fe	mg	0.68		0		1		0.34	0.58	
Magnesium, Mg	mg	29		0		1		15	25	
Phosphorus, P	mg	237		0		1		119	201	
Potassium, K	mg	368		0		1		184	313	
Sodium, Na	mg	54		0		1		27	46	
Zinc, Zn	mg	0.62		0		1		0.31	0.53	
Copper, Cu	mg	0.065		0		1		0.033	0.055	
Manganese, Mn	mg	0.045		0		1		0.023	0.038	
Selenium, Se	mcg	46.8		0	BFSN	4		23.4	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.127		0		1		0.064	0.108	
Riboflavin	mg	0.122		0		1		0.061	0.104	
Niacin	mg	4.994		0		1		2.497	4.245	
Pantothenic acid	mg	0.865		0		1		0.433	0.735	
Vitamin B-6	mg	0.346		0		1		0.173	0.294	
Folate, total	mcg	17		0		1		9	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	17		0		1		9	14	
Folate, DFE	mcg_DFE	17		0	NC	4		9	14	
Vitamin B-12	mcg	1.62		0		1		0.81	1.38	
Vitamin A, IU	IU	104		0		1		52	88	
Vitamin A, RAE	mcg_RAE	31		0		1		16	27	
Retinol	mcg	31		0		1		16	27	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	67		0		1		34	57	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.271		0		1		0.136	0.230	
Threonine	g	1.061		0		1		0.531	0.902	
Isoleucine	g	1.115		0		1		0.558	0.948	
Leucine	g	1.967		0		1		0.984	1.672	
Lysine	g	2.223		0		1		1.112	1.890	
Methionine	g	0.716		0		1		0.358	0.609	
Cystine	g	0.259		0		1		0.130	0.220	
Phenylalanine	g	0.945		0		1		0.473	0.803	
Tyrosine	g	0.817		0		1		0.409	0.694	
Valine	g	1.247		0		1		0.624	1.060	
Arginine	g	1.448		0		1		0.724	1.231	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.713		0		1		0.357	0.606	
Alanine.....g	1.464		0		1		0.732	1.244	
Aspartic acid.....g	2.479		0		1		1.240	2.107	
Glutamic acid.....g	3.613		0		1		1.807	3.071	
Glycine.....g	1.162		0		1		0.581	0.988	
Proline.....g	0.856		0		1		0.428	0.728	
Serine.....g	0.988		0		1		0.494	0.840	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 50g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.37	0.342	25		1		125.11	21.37	48.24
Energy	kcal	105		0	NC	4		174	30	67
Energy	kj	439				4		729	125	281
Protein (N x 6.25)	g	18.88	0.110	25		1		31.34	5.35	12.08
Total lipid (fat)	g	2.73	0.450	15		1		4.53	0.77	1.75
Ash	g	1.21	0.020	26		1		2.01	0.34	0.77
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	40		1		1		66	11	26
Iron, Fe	mg	0.53		1		1		0.88	0.15	0.34
Magnesium, Mg	mg	23		1		1		38	7	15
Phosphorus, P	mg	185		0		4		307	52	118
Potassium, K	mg	287		1		1		476	81	184
Sodium, Na	mg	42		2		1		70	12	27
Zinc, Zn	mg	0.48	0.047	71		1		0.80	0.14	0.31
Copper, Cu	mg	0.051	0.003	70		1		0.085	0.014	0.033
Manganese, Mn	mg	0.035		0		4		0.058	0.010	0.022
Selenium, Se	mcg	36.5		0	CAZN	4		60.6	10.3	23.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.110		0		4		0.183	0.031	0.070
Riboflavin	mg	0.100		0		4		0.166	0.028	0.064
Niacin	mg	4.100		0		4		6.806	1.162	2.624
Pantothenic acid	mg	0.750		0		4		1.245	0.213	0.480
Vitamin B-6	mg	0.300		0		4		0.498	0.085	0.192
Folate, total	mcg	15		0		4		25	4	10
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	15		0		4		25	4	10
Folate, DFE	mcg_DFE	15		0	NC	4		25	4	10
Vitamin B-12	mcg	1.40		0		4		2.32	0.40	0.90
Vitamin A, IU	IU	90		0		4		149	26	58
Vitamin A, RAE	mcg_RAE	27		0		4		45	8	17
Retinol	mcg	27		0		4		45	8	17
Vitamin E	mg_ATE	0.500		0		4		0.830	0.142	0.320
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.640		0		4		1.062	0.181	0.410
4:0	g	0.000		0		7		0.000	0.000	0.000
6:0	g	0.000		0		7		0.000	0.000	0.000
8:0	g	0.000		0		7		0.000	0.000	0.000
10:0	g	0.000		0		7		0.000	0.000	0.000
12:0	g	0.000		0		7		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		7		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		7		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		7		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.560		0		4		0.930	0.159	0.358
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		7		0.000	0.000	0.000

NDB No. 15090
Finfish, scup, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		7		0.000	0.000	0.000
20:1 ... g	0.000		0		7		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		7		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.030		0		4		1.710	0.292	0.659
18:2 undifferentiated ... g	0.000		0		7		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0		7		0.000	0.000	0.000
18:4 ... g	0.000		0		7		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		7		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		7		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		7		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		7		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	52		0		4		86	15	33
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.211		0		1		0.350	0.060	0.135
Threonine ... g	0.827		0		1		1.373	0.234	0.529
Isoleucine ... g	0.870		0		1		1.444	0.247	0.557
Leucine ... g	1.534		0		1		2.546	0.435	0.982
Lysine ... g	1.733		0		1		2.877	0.491	1.109
Methionine ... g	0.559		0		1		0.928	0.158	0.358
Cystine ... g	0.202		0		1		0.335	0.057	0.129
Phenylalanine ... g	0.737		0		1		1.223	0.209	0.472
Tyrosine ... g	0.637		0		1		1.057	0.181	0.408
Valine ... g	0.972		0		1		1.614	0.276	0.622
Arginine ... g	1.129		0		1		1.874	0.320	0.723
Histidine ... g	0.556		0		1		0.923	0.158	0.356
Alanine ... g	1.142		0		1		1.896	0.324	0.731
Aspartic acid ... g	1.933		0		1		3.209	0.548	1.237
Glutamic acid ... g	2.818		0		1		4.678	0.799	1.804
Glycine ... g	0.906		0		1		1.504	0.257	0.580
Proline ... g	0.667		0		1		1.107	0.189	0.427
Serine ... g	0.770		0		1		1.278	0.218	0.493
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 166g: 1 cup

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 64g: 1 fillet

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.14		0		1		72.86	61.32	
Energy	kcal	124		0	NC	4		125	105	
Energy	kj	519				4		524	441	
Protein (N x 6.25)	g	23.63		0		1		23.87	20.09	
Total lipid (fat)	g	2.56		0		1		2.59	2.18	
Ash	g	1.40		0		1		1.41	1.19	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		13	11	
Iron, Fe	mg	0.37		0		1		0.37	0.31	
Magnesium, Mg	mg	53		0		1		54	45	
Phosphorus, P	mg	248		0		1		250	211	
Potassium, K	mg	328		0		1		331	279	
Sodium, Na	mg	87		0		1		88	74	
Zinc, Zn	mg	0.52		0		1		0.53	0.44	
Copper, Cu	mg	0.024		0		1		0.024	0.020	
Manganese, Mn	mg	0.020		0		4		0.020	0.017	
Selenium, Se	mcg	46.8		0	BFSN	4		47.3	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.130		0		4		0.131	0.111	
Riboflavin	mg	0.150		0		4		0.152	0.128	
Niacin	mg	1.900		0		4		1.919	1.615	
Pantothenic acid	mg	0.870		0		4		0.879	0.740	
Vitamin B-6	mg	0.460		0		4		0.465	0.391	
Folate, total	mcg	6		0		4		6	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		4		6	5	
Folate, DFE	mcg_DFE	6		0	NC	4		6	5	
Vitamin B-12	mcg	0.30		0		4		0.30	0.26	
Vitamin A, IU	IU	213		0		1		215	181	
Vitamin A, RAE	mcg_RAE	64		0		1		65	54	
Retinol	mcg	64		0		1		65	54	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.655		0		1		0.662	0.557	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.063		0		1		0.064	0.054	
15:0	g									
16:0	g	0.413		0		1		0.417	0.351	
17:0	g									
18:0	g	0.177		0		1		0.179	0.150	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.544		0		1		0.549	0.462	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.167		0		1		0.169	0.142	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.377		0		1		0.381	0.320	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.953		0		1		0.963	0.810	
18:2 undifferentiated ... g	0.031		0		1		0.031	0.026	
18:3 undifferentiated ... g									
18:4 ... g	0.059		0		1		0.060	0.050	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g	0.206		0		1		0.208	0.175	
22:5 n-3 ... g	0.097		0		1		0.098	0.082	
22:6 n-3 ... g	0.556		0		1		0.562	0.473	
Fatty acids, total trans ... g									
Cholesterol ... mg	53		0		1		54	45	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.265		0		1		0.268	0.225	
Threonine ... g	1.036		0		1		1.046	0.881	
Isoleucine ... g	1.089		0		1		1.100	0.926	
Leucine ... g	1.921		0		1		1.940	1.633	
Lysine ... g	2.170		0		1		2.192	1.845	
Methionine ... g	0.699		0		1		0.706	0.594	
Cystine ... g	0.253		0		1		0.256	0.215	
Phenylalanine ... g	0.923		0		1		0.932	0.785	
Tyrosine ... g	0.798		0		1		0.806	0.678	
Valine ... g	1.217		0		1		1.229	1.034	
Arginine ... g	1.414		0		1		1.428	1.202	
Histidine ... g	0.696		0		1		0.703	0.592	
Alanine ... g	1.429		0		1		1.443	1.215	
Aspartic acid ... g	2.420		0		1		2.444	2.057	
Glutamic acid ... g	3.528		0		1		3.563	2.999	
Glycine ... g	1.134		0		1		1.145	0.964	
Proline ... g	0.836		0		1		0.844	0.711	
Serine ... g	0.964		0		1		0.974	0.819	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 101g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.27	0.199	35		1		100.97	66.53	
Energy	kcal	97		0	NC	4		125	82	
Energy	kj	406				4		524	345	
Protein (N x 6.25)	g	18.43	0.108	33		1		23.77	15.67	
Total lipid (fat)	g	2.00	0.221	40		1		2.58	1.70	
Ash	g	1.09	0.022	34		1		1.41	0.93	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		1		1		13	9	
Iron, Fe	mg	0.29		1		1		0.37	0.25	
Magnesium, Mg	mg	41		1		1		53	35	
Phosphorus, P	mg	194		1		1		250	165	
Potassium, K	mg	256		1		1		330	218	
Sodium, Na	mg	68		1		1		88	58	
Zinc, Zn	mg	0.40		34		1		0.52	0.34	
Copper, Cu	mg	0.019	0.002	34		1		0.025	0.016	
Manganese, Mn	mg	0.015		1		1		0.019	0.013	
Selenium, Se	mcg	36.5		0	CAZN	4		47.1	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.110		0		4		0.142	0.094	
Riboflavin	mg	0.120		0		4		0.155	0.102	
Niacin	mg	1.600		0		4		2.064	1.360	
Pantothenic acid	mg	0.750		0		4		0.968	0.638	
Vitamin B-6	mg	0.400		0		4		0.516	0.340	
Folate, total	mcg	5		0		4		6	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		4		6	4	
Folate, DFE	mcg_DFE	5		0	NC	4		6	4	
Vitamin B-12	mcg	0.30		0		4		0.39	0.26	
Vitamin A, IU	IU	184	5.365	3		1		237	156	
Vitamin A, RAE	mcg_RAE	55	1.611	3		1		71	47	
Retinol	mcg	55	1.611	3		1		71	47	
Vitamin E	mg_ATE	0.500		0		4		0.645	0.425	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.511		0		1		0.659	0.434	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.049		2		1		0.063	0.042	
15:0	g									
16:0	g	0.322		2		1		0.415	0.274	
17:0	g									
18:0	g	0.138		2		1		0.178	0.117	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.424		0		1		0.547	0.360	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.130		2		1		0.168	0.111	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.294		2		1		0.379	0.250	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.743		0		1		0.958	0.632	
18:2 undifferentiated ... g	0.024		2		1		0.031	0.020	
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:4 ... g	0.046		1		1		0.059	0.039	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.161		2		1		0.208	0.137	
22:5 n-3 ... g	0.076		2		1		0.098	0.065	
22:6 n-3 ... g	0.434		2		1		0.560	0.369	
Fatty acids, total trans ... g									
Cholesterol ... mg	41		2		1		53	35	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.206		0		1		0.266	0.175	
Threonine ... g	0.808		0		1		1.042	0.687	
Isoleucine ... g	0.849		0		1		1.095	0.722	
Leucine ... g	1.498		0		1		1.932	1.273	
Lysine ... g	1.693		0		1		2.184	1.439	
Methionine ... g	0.546		0		1		0.704	0.464	
Cystine ... g	0.198		0		1		0.255	0.168	
Phenylalanine ... g	0.720		0		1		0.929	0.612	
Tyrosine ... g	0.622		0		1		0.802	0.529	
Valine ... g	0.950		0		1		1.226	0.808	
Arginine ... g	1.103		0		1		1.423	0.938	
Histidine ... g	0.543		0		1		0.700	0.462	
Alanine ... g	1.115		0		1		1.438	0.948	
Aspartic acid ... g	1.887		0		1		2.434	1.604	
Glutamic acid ... g	2.751		0		1		3.549	2.338	
Glycine ... g	0.885		0		1		1.142	0.752	
Proline ... g	0.652		0		1		0.841	0.554	
Serine ... g	0.752		0		1		0.970	0.639	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 129g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15214
Finfish, seatrout, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.91		0		1		133.75	61.12	
Energy	kcal	133		0	NC	4		247	113	
Energy	kj	556				4		1035	473	
Protein (N x 6.25)	g	21.46		0		1		39.92	18.24	
Total lipid (fat)	g	4.63		0		1		8.61	3.94	
Ash	g	1.62		0		1		3.01	1.38	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	22		0		1		41	19	
Iron, Fe	mg	0.35		0		1		0.65	0.30	
Magnesium, Mg	mg	40		0		1		74	34	
Phosphorus, P	mg	321		0		1		597	273	
Potassium, K	mg	437		0		1		813	371	
Sodium, Na	mg	74		0		1		138	63	
Zinc, Zn	mg	0.58		0		1		1.08	0.49	
Copper, Cu	mg	0.038		0		1		0.071	0.032	
Manganese, Mn	mg	0.019		0		1		0.035	0.016	
Selenium, Se	mcg	46.8		0	BFSN	4		87.0	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.069		0		1		0.128	0.059	
Riboflavin	mg	0.207		0		1		0.385	0.176	
Niacin	mg	2.923		0		1		5.437	2.485	
Pantothenic acid	mg	0.865		0		1		1.609	0.735	
Vitamin B-6	mg	0.462		0		1		0.859	0.393	
Folate, total	mcg	6		0		1		11	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		11	5	
Folate, DFE	mcg_DFE	6		0	NC	4		11	5	
Vitamin B-12	mcg	3.46		0		1		6.44	2.94	
Vitamin A, IU	IU	115		0		1		214	98	
Vitamin A, RAE	mcg_RAE	35		0		1		64	29	
Retinol	mcg	35		0		1		64	29	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.293		0		1		2.405	1.099	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.095		0		1		0.177	0.081	
15:0	g									
16:0	g	0.820		0		1		1.525	0.697	
17:0	g									
18:0	g	0.214		0		1		0.398	0.182	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.133		0		1		2.107	0.963	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.464		0		1		0.863	0.394	

NDB No. 15214
Finfish, seatrout, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.602		0		1		1.120	0.512	
20:1 ... g	0.064		0		1		0.119	0.054	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.929		0		1		1.728	0.790	
18:2 undifferentiated ... g	0.088		0		1		0.164	0.075	
18:3 undifferentiated ... g	0.005		0		1		0.009	0.004	
18:4 ... g	0.010		0		1		0.019	0.009	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.247		0		1		0.459	0.210	
20:5 n-3 ... g	0.211		0		1		0.392	0.179	
22:5 n-3 ... g	0.097		0		1		0.180	0.082	
22:6 n-3 ... g	0.265		0		1		0.493	0.225	
Fatty acids, total trans ... g									
Cholesterol ... mg	106		0		1		197	90	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.240		0		1		0.446	0.204	
Threonine ... g	0.941		0		1		1.750	0.800	
Isoleucine ... g	0.989		0		1		1.840	0.841	
Leucine ... g	1.744		0		1		3.244	1.482	
Lysine ... g	1.971		0		1		3.666	1.675	
Methionine ... g	0.635		0		1		1.181	0.540	
Cystine ... g	0.230		0		1		0.428	0.196	
Phenylalanine ... g	0.838		0		1		1.559	0.712	
Tyrosine ... g	0.725		0		1		1.349	0.616	
Valine ... g	1.106		0		1		2.057	0.940	
Arginine ... g	1.284		0		1		2.388	1.091	
Histidine ... g	0.632		0		1		1.176	0.537	
Alanine ... g	1.298		0		1		2.414	1.103	
Aspartic acid ... g	2.198		0		1		4.088	1.868	
Glutamic acid ... g	3.204		0		1		5.959	2.723	
Glycine ... g	1.030		0		1		1.916	0.876	
Proline ... g	0.759		0		1		1.412	0.645	
Serine ... g	0.876		0		1		1.629	0.745	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 186g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.09	0.426	14		1		185.85	66.38	
Energy	kcal	104		0	NC	4		248	88	
Energy	kj	435				4		1036	370	
Protein (N x 6.25)	g	16.74	0.412	14		1		39.84	14.23	
Total lipid (fat)	g	3.61	0.595	14		1		8.59	3.07	
Ash	g	1.26	0.058	15		1		3.00	1.07	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17	3.238	6		1		40	14	
Iron, Fe	mg	0.27	0.036	6		1		0.64	0.23	
Magnesium, Mg	mg	31	0.849	6		1		74	26	
Phosphorus, P	mg	250	14.089	6		1		595	213	
Potassium, K	mg	341		8		1		812	290	
Sodium, Na	mg	58		8		1		138	49	
Zinc, Zn	mg	0.45	0.012	172		1		1.07	0.38	
Copper, Cu	mg	0.030	0.001	172		1		0.071	0.026	
Manganese, Mn	mg	0.015	0.006	3		1		0.036	0.013	
Selenium, Se	mcg	36.5		0	CAZN	4		86.9	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.060		0		4		0.143	0.051	
Riboflavin	mg	0.170		0		4		0.405	0.145	
Niacin	mg	2.400		0		4		5.712	2.040	
Pantothenic acid	mg	0.750		0		4		1.785	0.638	
Vitamin B-6	mg	0.400		0		4		0.952	0.340	
Folate, total	mcg	5		0		4		12	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		4		12	4	
Folate, DFE	mcg_DFE	5		0	NC	4		12	4	
Vitamin B-12	mcg	3.00		0		4		7.14	2.55	
Vitamin A, IU	IU	100		0		4		238	85	
Vitamin A, RAE	mcg_RAE	30		0		4		71	26	
Retinol	mcg	30		0		4		71	26	
Vitamin E	mg_ATE	0.200		0		4		0.476	0.170	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.009		0		1		2.401	0.858	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.074		3		1		0.176	0.063	
15:0	g									
16:0	g	0.640		3		1		1.523	0.544	
17:0	g									
18:0	g	0.167		3		1		0.397	0.142	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.884		0		1		2.104	0.751	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.362		3		1		0.862	0.308	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.470		3		1		1.119	0.400	
20:1 ... g	0.050		1		1		0.119	0.043	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.725		0		1		1.726	0.616	
18:2 undifferentiated ... g	0.069		3		1		0.164	0.059	
18:3 undifferentiated ... g	0.004		1		1		0.010	0.003	
18:4 ... g	0.008		1		1		0.019	0.007	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.193		2		1		0.459	0.164	
20:5 n-3 ... g	0.165		3		1		0.393	0.140	
22:5 n-3 ... g	0.076		3		1		0.181	0.065	
22:6 n-3 ... g	0.207		3		1		0.493	0.176	
Fatty acids, total trans ... g									
Cholesterol ... mg	83		0		4		198	71	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.188		0		1		0.447	0.160	
Threonine ... g	0.734		0		1		1.747	0.624	
Isoleucine ... g	0.772		0		1		1.837	0.656	
Leucine ... g	1.361		0		1		3.239	1.157	
Lysine ... g	1.538		0		1		3.660	1.307	
Methionine ... g	0.496		0		1		1.180	0.422	
Cystine ... g	0.179		0		1		0.426	0.152	
Phenylalanine ... g	0.654		0		1		1.557	0.556	
Tyrosine ... g	0.565		0		1		1.345	0.480	
Valine ... g	0.863		0		1		2.054	0.734	
Arginine ... g	1.002		0		1		2.385	0.852	
Histidine ... g	0.493		0		1		1.173	0.419	
Alanine ... g	1.013		0		1		2.411	0.861	
Aspartic acid ... g	1.715		0		1		4.082	1.458	
Glutamic acid ... g	2.500		0		1		5.950	2.125	
Glycine ... g	0.804		0		1		1.914	0.683	
Proline ... g	0.592		0		1		1.409	0.503	
Serine ... g	0.683		0		1		1.626	0.581	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 238g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15215
Finfish, shad, american, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.22		0		1		85.28	50.34	
Energy	kcal	252		0	NC	4		363	214	
Energy	kj	1054				4		1518	896	
Protein (N x 6.25)	g	21.71		0		1		31.26	18.45	
Total lipid (fat)	g	17.65		0		1		25.42	15.00	
Ash	g	1.69		0		1		2.43	1.44	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	60		0		1		86	51	
Iron, Fe	mg	1.24		0		1		1.79	1.05	
Magnesium, Mg	mg	38		0		1		55	32	
Phosphorus, P	mg	349		0		1		503	297	
Potassium, K	mg	492		0		1		708	418	
Sodium, Na	mg	65		0		1		94	55	
Zinc, Zn	mg	0.47		0		1		0.68	0.40	
Copper, Cu	mg	0.082		0		1		0.118	0.070	
Manganese, Mn	mg	0.054		0		1		0.078	0.046	
Selenium, Se	mcg	46.8		0	BFSN	4		67.4	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.183		0		1		0.264	0.156	
Riboflavin	mg	0.308		0		1		0.444	0.262	
Niacin	mg	10.769		0		1		15.507	9.154	
Pantothenic acid	mg	0.865		0		1		1.246	0.735	
Vitamin B-6	mg	0.462		0		1		0.665	0.393	
Folate, total	mcg	17		0		1		24	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	17		0		1		24	14	
Folate, DFE	mcg_DFE	17		0	NC	4		24	14	
Vitamin B-12	mcg	0.14		0		1		0.20	0.12	
Vitamin A, IU	IU	120		0		1		173	102	
Vitamin A, RAE	mcg_RAE	36		0		1		52	31	
Retinol	mcg	36		0		1		52	31	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	96		0		1		138	82	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.243		0		1		0.350	0.207	
Threonine	g	0.952		0		1		1.371	0.809	
Isoleucine	g	1.000		0		1		1.440	0.850	
Leucine	g	1.764		0		1		2.540	1.499	
Lysine	g	1.993		0		1		2.870	1.694	
Methionine	g	0.642		0		1		0.924	0.546	
Cystine	g	0.233		0		1		0.336	0.198	
Phenylalanine	g	0.847		0		1		1.220	0.720	
Tyrosine	g	0.733		0		1		1.056	0.623	
Valine	g	1.118		0		1		1.610	0.950	
Arginine	g	1.299		0		1		1.871	1.104	

NDB No. 15215
Finfish, shad, american, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.639		0		1		0.920	0.543	
Alanine.....g	1.313		0		1		1.891	1.116	
Aspartic acid.....g	2.223		0		1		3.201	1.890	
Glutamic acid.....g	3.240		0		1		4.666	2.754	
Glycine.....g	1.042		0		1		1.500	0.886	
Proline.....g	0.767		0		1		1.104	0.652	
Serine.....g	0.886		0		1		1.276	0.753	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 144g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.19	0.802	13		1		125.47	57.96	
Energy	kcal	197		0	NC	4		362	167	
Energy	kj	824				4		1517	701	
Protein (N x 6.25)	g	16.93	0.621	11		1		31.15	14.39	
Total lipid (fat)	g	13.77	1.004	11		1		25.34	11.70	
Ash	g	1.32	0.033	11		1		2.43	1.12	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	47		1		1		86	40	
Iron, Fe	mg	0.97		2		1		1.78	0.82	
Magnesium, Mg	mg	30		1		1		55	26	
Phosphorus, P	mg	272		1		1		500	231	
Potassium, K	mg	384		2		1		707	326	
Sodium, Na	mg	51		2		1		94	43	
Zinc, Zn	mg	0.37	0.010	60		1		0.68	0.31	
Copper, Cu	mg	0.064	0.003	61		1		0.118	0.054	
Manganese, Mn	mg	0.042		1		1		0.077	0.036	
Selenium, Se	mcg	36.5		0	CAZN	4		67.2	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.150		0		4		0.276	0.128	
Riboflavin	mg	0.240		0		4		0.442	0.204	
Niacin	mg	8.400		0		4		15.456	7.140	
Pantothenic acid	mg	0.750		0		4		1.380	0.638	
Vitamin B-6	mg	0.400		0		4		0.736	0.340	
Folate, total	mcg	15		0		4		28	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		0		4		28	13	
Folate, DFE	mcg_DFE	15		0	NC	4		28	13	
Vitamin B-12	mcg	0.15		0		4		0.28	0.13	
Vitamin A, IU	IU	110		0		4		202	94	
Vitamin A, RAE	mcg_RAE	33		0		4		61	28	
Retinol	mcg	33		0		4		61	28	
Vitamin E	mg_ATE	1.000		0		4		1.840	0.850	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.126		0		4		5.752	2.657	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.008		0		4		0.015	0.007	
12:0	g	0.018		0		4		0.033	0.015	
13:0	g									
14:0	g	0.849		0		4		1.562	0.722	
15:0	g									
16:0	g	2.073		0		4		3.814	1.762	
17:0	g									
18:0	g	0.167		0		4		0.307	0.142	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.724		0		4		10.532	4.865	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.953		0		4		1.754	0.810	

NDB No. 15094
Finfish, shad, american, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	2.323		0		4		4.274	1.975	
20:1 ... g	1.105		0		4		2.033	0.939	
22:1 undifferentiated ... g	1.287		0		4		2.368	1.094	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.268		0		4		6.013	2.778	
18:2 undifferentiated ... g	0.199		0		4		0.366	0.169	
18:3 undifferentiated ... g	0.158		0		4		0.291	0.134	
18:4 ... g	0.328		0		4		0.604	0.279	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.092		0		4		0.169	0.078	
20:5 n-3 ... g	1.086		0		4		1.998	0.923	
22:5 n-3 ... g	0.084		0		4		0.155	0.071	
22:6 n-3 ... g	1.321		0		4		2.431	1.123	
Fatty acids, total trans ... g									
Cholesterol ... mg	75		0		4		138	64	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.190		0		1		0.350	0.162	
Threonine ... g	0.742		0		1		1.365	0.631	
Isoleucine ... g	0.780		0		1		1.435	0.663	
Leucine ... g	1.376		0		1		2.532	1.170	
Lysine ... g	1.555		0		1		2.861	1.322	
Methionine ... g	0.501		0		1		0.922	0.426	
Cystine ... g	0.182		0		1		0.335	0.155	
Phenylalanine ... g	0.661		0		1		1.216	0.562	
Tyrosine ... g	0.572		0		1		1.052	0.486	
Valine ... g	0.872		0		1		1.604	0.741	
Arginine ... g	1.013		0		1		1.864	0.861	
Histidine ... g	0.498		0		1		0.916	0.423	
Alanine ... g	1.024		0		1		1.884	0.870	
Aspartic acid ... g	1.734		0		1		3.191	1.474	
Glutamic acid ... g	2.527		0		1		4.650	2.148	
Glycine ... g	0.813		0		1		1.496	0.691	
Proline ... g	0.599		0		1		1.102	0.509	
Serine ... g	0.691		0		1		1.271	0.587	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 184g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.09		0		1		51.08		
Energy	kcal	228		0	NC	4		194		
Energy	kj	954				4		811		
Protein (N x 6.25)	g	18.62		0		1		15.83		
Total lipid (fat)	g	13.82		0		1		11.75		
Ash	g	1.25		0		1		1.06		
Carbohydrate, by difference	g	6.39		0	NC	4		5.43		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	50		0		1		43		
Iron, Fe	mg	1.11		0		1		0.94		
Magnesium, Mg	mg	43		0		1		37		
Phosphorus, P	mg	194		0		1		165		
Potassium, K	mg	155		0		1		132		
Sodium, Na	mg	122		0		1		104		
Zinc, Zn	mg	0.48		0		1		0.41		
Copper, Cu	mg	0.042		0		1		0.036		
Manganese, Mn	mg	0.050		0		4		0.043		
Selenium, Se	mcg	34.0		0	RA	4		28.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.072		0		1		0.061		
Riboflavin	mg	0.097		0		1		0.082		
Niacin	mg	2.783		0		1		2.366		
Pantothenic acid	mg	0.620		0		4		0.527		
Vitamin B-6	mg	0.300		0		4		0.255		
Folate, total	mcg	15		0	RA	4		13		
Folic acid	mcg	10		0	NC	4		8		
Folate, food	mcg	5		0		4		4		
Folate, DFE	mcg_DFE	22		0	NC	4		19		
Vitamin B-12	mcg	1.21		0		1		1.03		
Vitamin A, IU	IU	180		0		1		153		
Vitamin A, RAE	mcg_RAE	54		0		1		46		
Retinol	mcg	54		0		1		46		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.205		0		1		2.724		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.102		0		1		0.087		
15:0	g									
16:0	g	2.008		0		1		1.707		
17:0	g									
18:0	g	1.092		0		1		0.928		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.935		0		1		5.045		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.223		0		1		0.190		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	5.216		0		1		4.434		
20:1 ... g	0.217		0		1		0.184		
22:1 undifferentiated ... g	0.253		0		1		0.215		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.701		0		1		3.146		
18:2 undifferentiated ... g	2.600		0		1		2.210		
18:3 undifferentiated ... g	0.190		0		1		0.162		
18:4 ... g	0.025		0		1		0.021		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.092		0		1		0.078		
20:5 n-3 ... g	0.258		0		1		0.219		
22:5 n-3 ... g	0.089		0		1		0.076		
22:6 n-3 ... g	0.431		0		1		0.366		
Fatty acids, total trans ... g									
Cholesterol ... mg	59		0		1		50		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.212		0		1		0.180		
Threonine ... g	0.843		0		1		0.717		
Isoleucine ... g	0.867		0		1		0.737		
Leucine ... g	1.515		0		1		1.288		
Lysine ... g	1.634		0		1		1.389		
Methionine ... g	0.541		0		1		0.460		
Cystine ... g	0.212		0		1		0.180		
Phenylalanine ... g	0.750		0		1		0.638		
Tyrosine ... g	0.633		0		1		0.538		
Valine ... g	0.965		0		1		0.820		
Arginine ... g	1.094		0		1		0.930		
Histidine ... g	0.538		0		1		0.457		
Alanine ... g	1.097		0		1		0.932		
Aspartic acid ... g	1.850		0		1		1.573		
Glutamic acid ... g	2.970		0		1		2.525		
Glycine ... g	0.872		0		1		0.741		
Proline ... g	0.744		0		1		0.632		
Serine ... g	0.789		0		1		0.671		
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.58	0.283	29		1				
Energy	kcal	130		0	NC	4				
Energy	kj	544				4				
Protein (N x 6.25)	g	20.98	0.256	16		1				
Total lipid (fat)	g	4.51		52		1				
Ash	g	1.39		15		1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	34	1.800	4		1				
Iron, Fe	mg	0.84		2		1				
Magnesium, Mg	mg	49		2		1				
Phosphorus, P	mg	210		3		1				
Potassium, K	mg	160		2		1				
Sodium, Na	mg	79		2		1				
Zinc, Zn	mg	0.43	0.009	223		1				
Copper, Cu	mg	0.033	0.001	211		1				
Manganese, Mn	mg	0.015		0		1				
Selenium, Se	mcg	36.5		0	CAZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.042		5		1				
Riboflavin	mg	0.062	0.012	6		1				
Niacin	mg	2.938		5		1				
Pantothenic acid	mg	0.695		3		1				
Vitamin B-6	mg	0.400		0		4				
Folate, total	mcg	3		0		4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	3		0		4				
Folate, DFE	mcg_DFE	3		0	NC	4				
Vitamin B-12	mcg	1.49		6		1				
Vitamin A, IU	IU	233	33.333	3		1				
Vitamin A, RAE	mcg_RAE	70	10.010	3		1				
Retinol	mcg	70	10.010	3		1				
Vitamin E	mg_ATE	1.000		0		4				
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.925		0		1				
4:0	g	0.000		0		1				
6:0	g	0.000		0		1				
8:0	g	0.000		0		1				
10:0	g	0.000		0		1				
12:0	g	0.000		0		1				
13:0	g									
14:0	g	0.080		4		1				
15:0	g									
16:0	g	0.726		4		1				
17:0	g									
18:0	g	0.117		4		1				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.808		0		4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.253		4		1				

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.979		4		1				
20:1 ... g	0.266		2		1				
22:1 undifferentiated ... g	0.310		2		1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.195		0		4				
18:2 undifferentiated ... g	0.076		4		1				
18:3 undifferentiated ... g	0.028		2		1				
18:4 ... g	0.031		2		1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.108		1		1				
20:5 n-3 ... g	0.316		4		1				
22:5 n-3 ... g	0.109		4		1				
22:6 n-3 ... g	0.527		4		1				
Fatty acids, total trans ... g									
Cholesterol ... mg	51		5		1				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.235		0		1				
Threonine ... g	0.920		0		1				
Isoleucine ... g	0.967		0		1				
Leucine ... g	1.705		0		1				
Lysine ... g	1.926		0		1				
Methionine ... g	0.621		0		1				
Cystine ... g	0.225		0		1				
Phenylalanine ... g	0.819		0		1				
Tyrosine ... g	0.708		0		1				
Valine ... g	1.081		0		1				
Arginine ... g	1.255		0		1				
Histidine ... g	0.618		0		1				
Alanine ... g	1.269		0		1				
Aspartic acid ... g	2.148		0		1				
Glutamic acid ... g	3.131		0		1				
Glycine ... g	1.007		0		1				
Proline ... g	0.742		0		1				
Serine ... g	0.856		0		1				
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7				
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.04		1		1		128.41	58.68	
Energy	kcal	126		0	NC	4		234	107	
Energy	kj	527				4		981	448	
Protein (N x 6.25)	g	26.02		1		1		48.40	22.12	
Total lipid (fat)	g	1.63		1		1		3.03	1.39	
Ash	g	1.44		1		1		2.68	1.22	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	37		1		1		69	31	
Iron, Fe	mg	0.67		1		1		1.25	0.57	
Magnesium, Mg	mg	35		1		1		65	30	
Phosphorus, P	mg	350		1		1		651	298	
Potassium, K	mg	512		1		1		952	435	
Sodium, Na	mg	73		1		1		136	62	
Zinc, Zn	mg	0.63		1		1		1.17	0.54	
Copper, Cu	mg	0.122		1		1		0.227	0.104	
Manganese, Mn	mg	0.021		1		1		0.039	0.018	
Selenium, Se	mcg	51.3		0	BFSN	4		95.4	43.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.010		0		4		0.019	0.009	
Riboflavin	mg	0.050		0		4		0.093	0.043	
Niacin	mg	1.800		0		4		3.348	1.530	
Pantothenic acid	mg	0.870		0		4		1.618	0.740	
Vitamin B-6	mg	0.350		0		4		0.651	0.298	
Folate, total	mcg	17		0		4		32	15	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	17		0		4		32	15	
Folate, DFE	mcg_DFE	17		0	NC	4		32	15	
Vitamin B-12	mcg	2.30		0		4		4.28	1.96	
Vitamin A, IU	IU	115		0		4		214	98	
Vitamin A, RAE	mcg_RAE	35		0		4		64	29	
Retinol	mcg	35		0		4		64	29	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.360		0		1		0.670	0.306	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.044		1		1		0.082	0.037	
15:0	g									
16:0	g	0.227		1		1		0.422	0.193	
17:0	g									
18:0	g	0.089		1		1		0.166	0.076	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.350		0		1		0.651	0.298	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.107		1		1		0.199	0.091	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.243		1		1		0.452	0.207	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.382		0		1		0.711	0.325	
18:2 undifferentiated ... g	0.042		1		1		0.078	0.036	
18:3 undifferentiated ... g									
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.110		1		1		0.205	0.094	
20:5 n-3 ... g	0.083		1		1		0.154	0.071	
22:5 n-3 ... g	0.040		1		1		0.074	0.034	
22:6 n-3 ... g	0.107		1		1		0.199	0.091	
Fatty acids, total trans ... g									
Cholesterol ... mg	64		0		4		119	54	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.291		0		1		0.541	0.247	
Threonine ... g	1.141		0		1		2.122	0.970	
Isoleucine ... g	1.199		0		1		2.230	1.019	
Leucine ... g	2.115		0		1		3.934	1.798	
Lysine ... g	2.390		0		1		4.445	2.032	
Methionine ... g	0.770		0		1		1.432	0.655	
Cystine ... g	0.279		0		1		0.519	0.237	
Phenylalanine ... g	1.016		0		1		1.890	0.864	
Tyrosine ... g	0.878		0		1		1.633	0.746	
Valine ... g	1.340		0		1		2.492	1.139	
Arginine ... g	1.557		0		1		2.896	1.323	
Histidine ... g	0.766		0		1		1.425	0.651	
Alanine ... g	1.574		0		1		2.928	1.338	
Aspartic acid ... g	2.664		0		1		4.955	2.264	
Glutamic acid ... g	3.884		0		1		7.224	3.301	
Glycine ... g	1.249		0		1		2.323	1.062	
Proline ... g	0.920		0		1		1.711	0.782	
Serine ... g	1.062		0		1		1.975	0.903	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 186g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15097
Finfish, sheepshead, raw
Archosargus probatocephalus (Walbaum)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.97	0.731	5		1		185.57	66.27	
Energy	kcal	108		0	NC	4		257	92	
Energy	kj	452				4		1075	384	
Protein (N x 6.25)	g	20.21	2.337	5		1		48.10	17.18	
Total lipid (fat)	g	2.41	0.404	5		1		5.74	2.05	
Ash	g	1.09	0.073	5		1		2.59	0.93	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21	7.900	3		1		50	18	
Iron, Fe	mg	0.46	0.090	3		1		1.09	0.39	
Magnesium, Mg	mg	32	1.840	3		1		76	27	
Phosphorus, P	mg	313	25.350	3		1		745	266	
Potassium, K	mg	404	63.321	4		1		962	343	
Sodium, Na	mg	71	11.174	4		1		169	60	
Zinc, Zn	mg	0.39	0.013	62		1		0.93	0.33	
Copper, Cu	mg	0.031	0.002	63		1		0.074	0.026	
Manganese, Mn	mg	0.013	0.003	3		1		0.031	0.011	
Selenium, Se	mcg	36.5		0	CAZN	4		86.9	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.010		0		4		0.024	0.009	
Riboflavin	mg	0.040		0		4		0.095	0.034	
Niacin	mg	1.500		0		4		3.570	1.275	
Pantothenic acid	mg	0.750		0		4		1.785	0.638	
Vitamin B-6	mg	0.300		0		4		0.714	0.255	
Folate, total	mcg	15		0		4		36	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		0		4		36	13	
Folate, DFE	mcg_DFE	15		0	NC	4		36	13	
Vitamin B-12	mcg	2.00		0		4		4.76	1.70	
Vitamin A, IU	IU	100		0		4		238	85	
Vitamin A, RAE	mcg_RAE	30		0		4		71	26	
Retinol	mcg	30		0		4		71	26	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.609		0		1		1.449	0.518	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.076		2		1		0.181	0.065	
15:0	g									
16:0	g	0.406		2		1		0.966	0.345	
17:0	g									
18:0	g	0.114		2		1		0.271	0.097	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.728		0		1		1.733	0.619	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.201		2		1		0.478	0.171	

NDB No. 15097
Finfish, sheepshead, raw

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

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

Common Measures:

Measure 1 = 238g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.79		0		1		61.87		
Energy	kcal	124		0	NC	4		105		
Energy	kj	519				4		441		
Protein (N x 6.25)	g	22.60		0		1		19.21		
Total lipid (fat)	g	3.10		0		1		2.64		
Ash	g	1.79		0		1		1.52		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	77		0		1		65		
Iron, Fe	mg	1.15		0		1		0.98		
Magnesium, Mg	mg	38		0		1		32		
Phosphorus, P	mg	295		0		1		251		
Potassium, K	mg	372		0		1		316		
Sodium, Na	mg	77		0		1		65		
Zinc, Zn	mg	2.12		0		1		1.80		
Copper, Cu	mg	0.178		0		1		0.151		
Manganese, Mn	mg	0.900		0		4		0.765		
Selenium, Se	mcg	46.8		0	BFSN	4		39.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.010		0		4		0.009		
Riboflavin	mg	0.146		0		1		0.124		
Niacin	mg	1.766		0		1		1.501		
Pantothenic acid	mg	0.740		0		4		0.629		
Vitamin B-6	mg	0.170		0		4		0.145		
Folate, total	mcg	5		0		4		4		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	5		0		4		4		
Folate, DFE	mcg_DFE	5		0	NC	4		4		
Vitamin B-12	mcg	3.97		0		1		3.37		
Vitamin A, IU	IU	58		0		4		49		
Vitamin A, RAE	mcg_RAE	17		0		4		15		
Retinol	mcg	17		0		4		15		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.579		0		1		0.492		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.003		0		1		0.003		
13:0	g									
14:0	g	0.100		0		1		0.085		
15:0	g									
16:0	g	0.421		0		1		0.358		
17:0	g									
18:0	g	0.053		0		1		0.045		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.822		0		1		0.699		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.255		0		1		0.217		

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

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1	g									
18:1 undifferentiated	g	0.522		0		1		0.444		
20:1	g	0.036		0		1		0.031		
22:1 undifferentiated	g	0.001		0		1		0.001		
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.135		0		1		0.965		
18:2 undifferentiated	g	0.058		0		1		0.049		
18:3 undifferentiated	g	0.063		0		1		0.054		
18:4	g	0.032		0		1		0.027		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.071		0		1		0.060		
20:5 n-3	g	0.353		0		1		0.300		
22:5 n-3	g	0.023		0		1		0.020		
22:6 n-3	g	0.536		0		1		0.456		
Fatty acids, total trans	g									
Cholesterol	mg	90		0		1		77		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.253		0		1		0.215		
Threonine	g	0.991		0		1		0.842		
Isoleucine	g	1.041		0		1		0.885		
Leucine	g	1.837		0		1		1.561		
Lysine	g	2.076		0		1		1.765		
Methionine	g	0.669		0		1		0.569		
Cystine	g	0.242		0		1		0.206		
Phenylalanine	g	0.882		0		1		0.750		
Tyrosine	g	0.763		0		1		0.649		
Valine	g	1.164		0		1		0.989		
Arginine	g	1.352		0		1		1.149		
Histidine	g	0.665		0		1		0.565		
Alanine	g	1.367		0		1		1.162		
Aspartic acid	g	2.314		0		1		1.967		
Glutamic acid	g	3.374		0		1		2.868		
Glycine	g	1.085		0		1		0.922		
Proline	g	0.799		0		1		0.679		
Serine	g	0.922		0		1		0.784		
Hydroxyproline	g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15099
Finfish, smelt, rainbow, raw
Osmerus mordax (Mitchill)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.77	0.229	47		1		66.95		
Energy	kcal	97		0	NC	4		82		
Energy	kj	406				4		345		
Protein (N x 6.25)	g	17.63	0.222	47		1		14.99		
Total lipid (fat)	g	2.42	0.107	52		1		2.06		
Ash	g	1.40	0.074	46		1		1.19		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	60		1		1		51		
Iron, Fe	mg	0.90		1		1		0.77		
Magnesium, Mg	mg	30		1		1		26		
Phosphorus, P	mg	230		1		1		196		
Potassium, K	mg	290		1		1		247		
Sodium, Na	mg	60		1		1		51		
Zinc, Zn	mg	1.65		2		1		1.40		
Copper, Cu	mg	0.139		2		1		0.118		
Manganese, Mn	mg	0.700		1		1		0.595		
Selenium, Se	mcg	36.5		0	CAZN	4		31.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.010		0		4		0.009		
Riboflavin	mg	0.120		1		1		0.102		
Niacin	mg	1.450		1		1		1.233		
Pantothenic acid	mg	0.638		1		1		0.542		
Vitamin B-6	mg	0.150		0		4		0.128		
Folate, total	mcg	4		0		4		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	4		0		4		3		
Folate, DFE	mcg_DFE	4		0	NC	4		3		
Vitamin B-12	mcg	3.44	0.728	4		1		2.92		
Vitamin A, IU	IU	50		0		4		43		
Vitamin A, RAE	mcg_RAE	15		0		4		13		
Retinol	mcg	15		0		4		13		
Vitamin E	mg_ATE	0.500		0		4		0.425		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.452		0		1		0.384		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.002		1		1		0.002		
13:0	g									
14:0	g	0.078	0.005	12		1		0.066		
15:0	g									
16:0	g	0.328	0.018	12		1		0.279		
17:0	g									
18:0	g	0.041	0.005	12		1		0.035		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.641		0		1		0.545		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.199	0.008	12		1		0.169		

NDB No. 15099
Finfish, smelt, rainbow, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.407	0.019	12		1		0.346		
20:1 ... g	0.028	0.006	6		1		0.024		
22:1 undifferentiated ... g	0.001	0.001	4		1		0.001		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.885		0		1		0.752		
18:2 undifferentiated ... g	0.045	0.009	12		1		0.038		
18:3 undifferentiated ... g	0.049	0.013	12		1		0.042		
18:4 ... g	0.025	0.003	12		1		0.021		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.055	0.005	12		1		0.047		
20:5 n-3 ... g	0.275	0.017	12		1		0.234		
22:5 n-3 ... g	0.018	0.001	12		1		0.015		
22:6 n-3 ... g	0.418	0.023	12		1		0.355		
Fatty acids, total trans ... g									
Cholesterol ... mg	70		1		1		60		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.197		0		1		0.167		
Threonine ... g	0.773		0		1		0.657		
Isoleucine ... g	0.812		0		1		0.690		
Leucine ... g	1.433		0		1		1.218		
Lysine ... g	1.619		0		1		1.376		
Methionine ... g	0.522		0		1		0.444		
Cystine ... g	0.189		0		1		0.161		
Phenylalanine ... g	0.688		0		1		0.585		
Tyrosine ... g	0.595		0		1		0.506		
Valine ... g	0.908		0		1		0.772		
Arginine ... g	1.055		0		1		0.897		
Histidine ... g	0.519		0		1		0.441		
Alanine ... g	1.066		0		1		0.906		
Aspartic acid ... g	1.805		0		1		1.534		
Glutamic acid ... g	2.632		0		1		2.237		
Glycine ... g	0.846		0		1		0.719		
Proline ... g	0.623		0		1		0.530		
Serine ... g	0.719		0		1		0.611		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.35		0		1		119.60	59.80	
Energy	kcal	128		0	NC	4		218	109	
Energy	kj	536				4		910	455	
Protein (N x 6.25)	g	26.30		0		1		44.71	22.36	
Total lipid (fat)	g	1.72		0		1		2.92	1.46	
Ash	g	1.41		2		1		2.40	1.20	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	40		0		1		68	34	
Iron, Fe	mg	0.24		2		1		0.41	0.20	
Magnesium, Mg	mg	37		2		1		63	31	
Phosphorus, P	mg	201		2		1		342	171	
Potassium, K	mg	522		2		1		887	444	
Sodium, Na	mg	57		2		1		97	48	
Zinc, Zn	mg	0.44		2		1		0.75	0.37	
Copper, Cu	mg	0.046		2		1		0.078	0.039	
Manganese, Mn	mg	0.017		2		1		0.029	0.014	
Selenium, Se	mcg	49.0		0	BFSN	4		83.3	41.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0		4		2.7	1.4	
Thiamin	mg	0.053		0		1		0.090	0.045	
Riboflavin	mg	0.004		0		1		0.007	0.003	
Niacin	mg	0.346		0		1		0.588	0.294	
Pantothenic acid	mg	0.870		0		4		1.479	0.740	
Vitamin B-6	mg	0.460		0		4		0.782	0.391	
Folate, total	mcg	6		0		4		10	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		4		10	5	
Folate, DFE	mcg_DFE	6		0	NC	4		10	5	
Vitamin B-12	mcg	3.50		0		4		5.95	2.98	
Vitamin A, IU	IU	115		0		4		196	98	
Vitamin A, RAE	mcg_RAE	35		0		4		59	29	
Retinol	mcg	35		0		4		59	29	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.365		0		1		0.621	0.310	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.053		2		1		0.090	0.045	
15:0	g									
16:0	g	0.190		2		1		0.323	0.162	
17:0	g									
18:0	g	0.070		2		1		0.119	0.060	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.322		0		1		0.547	0.274	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.048		2		1		0.082	0.041	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.123		2		1		0.209	0.105	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.588		0		1		1.000	0.500	
18:2 undifferentiated ... g	0.025		2		1		0.043	0.021	
18:3 undifferentiated ... g									
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.044		2		1		0.075	0.037	
20:5 n-3 ... g	0.048		2		1		0.082	0.041	
22:5 n-3 ... g	0.022		2		1		0.037	0.019	
22:6 n-3 ... g	0.273		2		1		0.464	0.232	
Fatty acids, total trans ... g									
Cholesterol ... mg	47		0		4		80	40	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.294		0		1		0.500	0.250	
Threonine ... g	1.153		0		1		1.960	0.980	
Isoleucine ... g	1.212		0		1		2.060	1.030	
Leucine ... g	2.137		0		1		3.633	1.816	
Lysine ... g	2.415		0		1		4.106	2.053	
Methionine ... g	0.778		0		1		1.323	0.661	
Cystine ... g	0.282		0		1		0.479	0.240	
Phenylalanine ... g	1.027		0		1		1.746	0.873	
Tyrosine ... g	0.888		0		1		1.510	0.755	
Valine ... g	1.355		0		1		2.304	1.152	
Arginine ... g	1.573		0		1		2.674	1.337	
Histidine ... g	0.774		0		1		1.316	0.658	
Alanine ... g	1.590		0		1		2.703	1.352	
Aspartic acid ... g	2.692		0		1		4.576	2.288	
Glutamic acid ... g	3.925		0		1		6.673	3.336	
Glycine ... g	1.262		0		1		2.145	1.073	
Proline ... g	0.930		0		1		1.581	0.791	
Serine ... g	1.073		0		1		1.824	0.912	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 170g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.87		60		1		167.58	65.34	
Energy	kcal	100		0	NC	4		218	85	
Energy	kj	418				4		912	356	
Protein (N x 6.25)	g	20.51		59		1		44.71	17.43	
Total lipid (fat)	g	1.34		55		1		2.92	1.14	
Ash	g	1.31		52		1		2.86	1.11	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	32		22		1		70	27	
Iron, Fe	mg	0.18		7		1		0.39	0.15	
Magnesium, Mg	mg	32	0.636	6		1		70	27	
Phosphorus, P	mg	198		28		1		432	168	
Potassium, K	mg	417		16		1		909	354	
Sodium, Na	mg	64		19		1		140	54	
Zinc, Zn	mg	0.36	0.010	242		1		0.78	0.31	
Copper, Cu	mg	0.028	0.001	244		1		0.061	0.024	
Manganese, Mn	mg	0.013	0.002	6		1		0.028	0.011	
Selenium, Se	mcg	38.2		1	A	1		83.3	32.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0		4		3.5	1.4	
Thiamin	mg	0.046		1		1		0.100	0.039	
Riboflavin	mg	0.003		1		1		0.007	0.003	
Niacin	mg	0.284		1		1		0.619	0.241	
Pantothenic acid	mg	0.750		0		4		1.635	0.638	
Vitamin B-6	mg	0.400		0		4		0.872	0.340	
Folate, total	mcg	5		0		4		11	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		4		11	4	
Folate, DFE	mcg_DFE	5		0	NC	4		11	4	
Vitamin B-12	mcg	3.00		0		4		6.54	2.55	
Vitamin A, IU	IU	100		0		4		218	85	
Vitamin A, RAE	mcg_RAE	30		0		4		65	26	
Retinol	mcg	30		0		4		65	26	
Vitamin E	mg_ATE	0.500		0		4		1.090	0.425	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.285		0		1		0.621	0.242	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.036		16		1		0.078	0.031	
15:0	g									
16:0	g	0.162		16		1		0.353	0.138	
17:0	g									
18:0	g	0.081		16		1		0.177	0.069	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.251		0		1		0.547	0.213	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.060		16		1		0.131	0.051	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.165		16		1		0.360	0.140	
20:1 ... g	0.021		14		1		0.046	0.018	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.459		0		1		1.001	0.390	
18:2 undifferentiated ... g	0.019		16		1		0.041	0.016	
18:3 undifferentiated ... g	0.004		14		1		0.009	0.003	
18:4 ... g	0.009		14		1		0.020	0.008	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.049		16		1		0.107	0.042	
20:5 n-3 ... g	0.051		16		1		0.111	0.043	
22:5 n-3 ... g	0.065		16		1		0.142	0.055	
22:6 n-3 ... g	0.260		16		1		0.567	0.221	
Fatty acids, total trans ... g									
Cholesterol ... mg	37		0		4		81	31	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.230		0		1		0.501	0.196	
Threonine ... g	0.899		0		1		1.960	0.764	
Isoleucine ... g	0.945		0		1		2.060	0.803	
Leucine ... g	1.667		0		1		3.634	1.417	
Lysine ... g	1.883		0		1		4.105	1.601	
Methionine ... g	0.607		0		1		1.323	0.516	
Cystine ... g	0.220		0		1		0.480	0.187	
Phenylalanine ... g	0.801		0		1		1.746	0.681	
Tyrosine ... g	0.692		0		1		1.509	0.588	
Valine ... g	1.056		0		1		2.302	0.898	
Arginine ... g	1.227		0		1		2.675	1.043	
Histidine ... g	0.604		0		1		1.317	0.513	
Alanine ... g	1.240		0		1		2.703	1.054	
Aspartic acid ... g	2.100		0		1		4.578	1.785	
Glutamic acid ... g	3.061		0		1		6.673	2.602	
Glycine ... g	0.984		0		1		2.145	0.836	
Proline ... g	0.725		0		1		1.581	0.616	
Serine ... g	0.837		0		1		1.825	0.711	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 218g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15216
Finfish, spot, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.17		0		1		34.59	58.79	
Energy	kcal	158		0	NC	4		79	134	
Energy	kj	661				4		331	562	
Protein (N x 6.25)	g	23.73		0		1		11.87	20.17	
Total lipid (fat)	g	6.28		0		1		3.14	5.34	
Ash	g	1.36		0		1		0.68	1.16	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		9	15	
Iron, Fe	mg	0.41		0		1		0.21	0.35	
Magnesium, Mg	mg	54		0		1		27	46	
Phosphorus, P	mg	238		0		1		119	202	
Potassium, K	mg	636		0		1		318	541	
Sodium, Na	mg	37		0		1		19	31	
Zinc, Zn	mg	0.65		0		1		0.33	0.55	
Copper, Cu	mg	0.059		0		1		0.030	0.050	
Manganese, Mn	mg	0.045		0		1		0.023	0.038	
Selenium, Se	mcg	46.8		0	BFSN	4		23.4	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.185		0		1		0.093	0.157	
Riboflavin	mg	0.268		0		1		0.134	0.228	
Niacin	mg	8.526		0		1		4.263	7.247	
Pantothenic acid	mg	0.865		0		1		0.433	0.735	
Vitamin B-6	mg	0.462		0		1		0.231	0.393	
Folate, total	mcg	6		0		1		3	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		3	5	
Folate, DFE	mcg_DFE	6		0	NC	4		3	5	
Vitamin B-12	mcg	3.46		0		1		1.73	2.94	
Vitamin A, IU	IU	115		0		1		58	98	
Vitamin A, RAE	mcg_RAE	35		0		1		17	29	
Retinol	mcg	35		0		1		17	29	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.859		0		1		0.930	1.580	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.141		0		1		0.071	0.120	
15:0	g									
16:0	g	1.321		0		1		0.661	1.123	
17:0	g									
18:0	g	0.398		0		1		0.199	0.338	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.706		0		1		0.853	1.450	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.590		0		1		0.295	0.502	

NDB No. 15216
Finfish, spot, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.116		0		1		0.558	0.949	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.398		0		1		0.699	1.188	
18:2 undifferentiated ... g	0.051		0		1		0.026	0.043	
18:3 undifferentiated ... g	0.026		0		1		0.013	0.022	
18:4 ... g	0.205		0		1		0.103	0.174	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.154		0		1		0.077	0.131	
20:5 n-3 ... g	0.282		0		1		0.141	0.240	
22:5 n-3 ... g	0.154		0		1		0.077	0.131	
22:6 n-3 ... g	0.526		0		1		0.263	0.447	
Fatty acids, total trans ... g									
Cholesterol ... mg	77		0		1		39	65	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.266		0		1		0.133	0.226	
Threonine ... g	1.040		0		1		0.520	0.884	
Isoleucine ... g	1.094		0		1		0.547	0.930	
Leucine ... g	1.929		0		1		0.965	1.640	
Lysine ... g	2.179		0		1		1.090	1.852	
Methionine ... g	0.702		0		1		0.351	0.597	
Cystine ... g	0.254		0		1		0.127	0.216	
Phenylalanine ... g	0.926		0		1		0.463	0.787	
Tyrosine ... g	0.801		0		1		0.401	0.681	
Valine ... g	1.223		0		1		0.612	1.040	
Arginine ... g	1.420		0		1		0.710	1.207	
Histidine ... g	0.699		0		1		0.350	0.594	
Alanine ... g	1.435		0		1		0.718	1.220	
Aspartic acid ... g	2.430		0		1		1.215	2.066	
Glutamic acid ... g	3.543		0		1		1.772	3.012	
Glycine ... g	1.139		0		1		0.570	0.968	
Proline ... g	0.839		0		1		0.420	0.713	
Serine ... g	0.968		0		1		0.484	0.823	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 50g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15103
Finfish, spot, raw
Leiostomus xanthuras Lacepede

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.95	3.586	10		1		48.61	64.56	
Energy	kcal	123		0	NC	4		79	105	
Energy	kj	515				4		329	437	
Protein (N x 6.25)	g	18.51	0.228	10		1		11.85	15.73	
Total lipid (fat)	g	4.90	2.928	10		1		3.14	4.17	
Ash	g	1.06	0.003	10		1		0.68	0.90	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		1		1		9	12	
Iron, Fe	mg	0.32		1		1		0.20	0.27	
Magnesium, Mg	mg	42		1		1		27	36	
Phosphorus, P	mg	186		1		1		119	158	
Potassium, K	mg	496		1		1		317	422	
Sodium, Na	mg	29		1		1		19	25	
Zinc, Zn	mg	0.51	0.013	52		1		0.33	0.43	
Copper, Cu	mg	0.046	0.003	54		1		0.029	0.039	
Manganese, Mn	mg	0.035		1		1		0.022	0.030	
Selenium, Se	mcg	36.5		0	CAZN	4		23.4	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.160		0		4		0.102	0.136	
Riboflavin	mg	0.220		0		4		0.141	0.187	
Niacin	mg	7.000		0		4		4.480	5.950	
Pantothenic acid	mg	0.750		0		4		0.480	0.638	
Vitamin B-6	mg	0.400		0		4		0.256	0.340	
Folate, total	mcg	5		0		4		3	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		4		3	4	
Folate, DFE	mcg_DFE	5		0	NC	4		3	4	
Vitamin B-12	mcg	3.00		0		4		1.92	2.55	
Vitamin A, IU	IU	100		0		4		64	85	
Vitamin A, RAE	mcg_RAE	30		0		4		19	26	
Retinol	mcg	30		0		4		19	26	
Vitamin E	mg_ATE	1.550		0	BFFN	4		0.992	1.318	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.450		0		1		0.928	1.233	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.110		1		1		0.070	0.094	
15:0	g									
16:0	g	1.030		1		1		0.659	0.876	
17:0	g									
18:0	g	0.310		1		1		0.198	0.264	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.330		0		1		0.851	1.131	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.460		1		1		0.294	0.391	

NDB No. 15103
Finfish, spot, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.870		1		1		0.557	0.740	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.090		0		1		0.698	0.927	
18:2 undifferentiated ... g	0.040		1		1		0.026	0.034	
18:3 undifferentiated ... g	0.020		1		1		0.013	0.017	
18:4 ... g	0.160		1		1		0.102	0.136	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.120		1		1		0.077	0.102	
20:5 n-3 ... g	0.220		1		1		0.141	0.187	
22:5 n-3 ... g	0.120		1		1		0.077	0.102	
22:6 n-3 ... g	0.410		1		1		0.262	0.349	
Fatty acids, total trans ... g									
Cholesterol ... mg	60		0		4		38	51	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.207		0		1		0.132	0.176	
Threonine ... g	0.812		0		1		0.520	0.690	
Isoleucine ... g	0.853		0		1		0.546	0.725	
Leucine ... g	1.505		0		1		0.963	1.279	
Lysine ... g	1.700		0		1		1.088	1.445	
Methionine ... g	0.548		0		1		0.351	0.466	
Cystine ... g	0.198		0		1		0.127	0.168	
Phenylalanine ... g	0.723		0		1		0.463	0.615	
Tyrosine ... g	0.625		0		1		0.400	0.531	
Valine ... g	0.954		0		1		0.611	0.811	
Arginine ... g	1.108		0		1		0.709	0.942	
Histidine ... g	0.545		0		1		0.349	0.463	
Alanine ... g	1.120		0		1		0.717	0.952	
Aspartic acid ... g	1.896		0		1		1.213	1.612	
Glutamic acid ... g	2.764		0		1		1.769	2.349	
Glycine ... g	0.889		0		1		0.569	0.756	
Proline ... g	0.655		0		1		0.419	0.557	
Serine ... g	0.755		0		1		0.483	0.642	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 64g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.94		0		1		95.12	19.83	13.29
Energy	kcal	135		0	NC	4		184	38	26
Energy	kj	565				4		768	160	107
Protein (N x 6.25)	g	20.70		0		1		28.15	5.87	3.93
Total lipid (fat)	g	5.18		0		1		7.04	1.47	0.98
Ash	g	1.41		0		1		1.92	0.40	0.27
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		4		23	5	3
Iron, Fe	mg	0.90		0		4		1.22	0.26	0.17
Magnesium, Mg	mg	45		0		4		61	13	9
Phosphorus, P	mg	271		0		4		369	77	51
Potassium, K	mg	364		0		1		495	103	69
Sodium, Na	mg	69		0		4		94	20	13
Zinc, Zn	mg	0.54		0		1		0.73	0.15	0.10
Copper, Cu	mg	0.053		0		1		0.072	0.015	0.010
Manganese, Mn	mg	0.030		0		4		0.041	0.009	0.006
Selenium, Se	mcg	16.2		0	BFSN	4		22.0	4.6	3.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.080		0		4		0.109	0.023	0.015
Riboflavin	mg	0.090		0		4		0.122	0.026	0.017
Niacin	mg	10.100		0		4		13.736	2.863	1.919
Pantothenic acid	mg	0.870		0		4		1.183	0.247	0.165
Vitamin B-6	mg	0.230		0		4		0.313	0.065	0.044
Folate, total	mcg	17		0		4		24	5	3
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	17		0		4		24	5	3
Folate, DFE	mcg_DFE	17		0	NC	4		24	5	3
Vitamin B-12	mcg	2.50		0		4		3.40	0.71	0.48
Vitamin A, IU	IU	808		0		1		1099	229	154
Vitamin A, RAE	mcg_RAE	243		0		1		330	69	46
Retinol	mcg	243		0		1		330	69	46
Vitamin E	mg_ATE	0.750		0		4		1.020	0.213	0.143
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.173		0		1		1.595	0.333	0.223
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.197		0		1		0.268	0.056	0.037
15:0	g									
16:0	g	0.878		0		1		1.194	0.249	0.167
17:0	g									
18:0	g	0.097		0		1		0.132	0.027	0.018
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.486		0		1		3.381	0.705	0.472
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.523		0		1		0.711	0.148	0.099

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	1.837		0		1		2.498	0.521	0.349
20:1 g	0.069		0		1		0.094	0.020	0.013
22:1 undifferentiated g	0.029		0		1		0.039	0.008	0.006
24:1 c g									
Fatty acids, total polyunsaturated g	0.885		0		1		1.204	0.251	0.168
18:2 undifferentiated g	0.087		0		1		0.118	0.025	0.017
18:3 undifferentiated g	0.128		0		1		0.174	0.036	0.024
18:4 g	0.164		0		1		0.223	0.046	0.031
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.079		0		1		0.107	0.022	0.015
20:5 n-3 g	0.249		0		1		0.339	0.071	0.047
22:5 n-3 g	0.058		0		1		0.079	0.016	0.011
22:6 n-3 g	0.119		0		1		0.162	0.034	0.023
Fatty acids, total trans g									
Cholesterol mg	77		0		4		105	22	15
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.232		0		1		0.316	0.066	0.044
Threonine g	0.907		0		1		1.234	0.257	0.172
Isoleucine g	0.954		0		1		1.297	0.270	0.181
Leucine g	1.682		0		1		2.288	0.477	0.320
Lysine g	1.901		0		1		2.585	0.539	0.361
Methionine g	0.613		0		1		0.834	0.174	0.116
Cystine g	0.222		0		1		0.302	0.063	0.042
Phenylalanine g	0.808		0		1		1.099	0.229	0.154
Tyrosine g	0.699		0		1		0.951	0.198	0.133
Valine g	1.066		0		1		1.450	0.302	0.203
Arginine g	1.238		0		1		1.684	0.351	0.235
Histidine g	0.609		0		1		0.828	0.173	0.116
Alanine g	1.252		0		1		1.703	0.355	0.238
Aspartic acid g	2.119		0		1		2.882	0.601	0.403
Glutamic acid g	3.089		0		1		4.201	0.876	0.587
Glycine g	0.993		0		1		1.350	0.282	0.189
Proline g	0.732		0		1		0.996	0.208	0.139
Serine g	0.844		0		1		1.148	0.239	0.160
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 136g: 1 cup, cooked

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 19g: 1 oz with bone, cooked (yield after bone removed)

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15104

Finfish, sturgeon, mixed species, raw

Acipenser spp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.55		2		1		65.07		
Energy	kcal	105		0	NC	4		89		
Energy	kj	439				4		373		
Protein (N x 6.25)	g	16.14		2		1		13.72		
Total lipid (fat)	g	4.04		7		1		3.43		
Ash	g	1.10		1		1		0.94		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		4		11		
Iron, Fe	mg	0.70		0		4		0.60		
Magnesium, Mg	mg	35		0		4		30		
Phosphorus, P	mg	211		0		4		179		
Potassium, K	mg	284		1		1		241		
Sodium, Na	mg	54		0		4		46		
Zinc, Zn	mg	0.42	0.032	10		1		0.36		
Copper, Cu	mg	0.041	0.007	10		1		0.035		
Manganese, Mn	mg	0.025		0		1		0.021		
Selenium, Se	mcg	12.6		0	BFZN	4		10.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.070		0		4		0.060		
Riboflavin	mg	0.070		0		4		0.060		
Niacin	mg	8.300		0		4		7.055		
Pantothenic acid	mg	0.750		0		4		0.638		
Vitamin B-6	mg	0.200		0		4		0.170		
Folate, total	mcg	15		0		4		13		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	15		0		4		13		
Folate, DFE	mcg_DFE	15		0	NC	4		13		
Vitamin B-12	mcg	2.20		0		4		1.87		
Vitamin A, IU	IU	700		1		1		595		
Vitamin A, RAE	mcg_RAE	210		1		1		179		
Retinol	mcg	210		1		1		179		
Vitamin E	mg_ATE	0.500		0		4		0.425		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.915		0		1		0.778		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.154	0.056	6		1		0.131		
15:0	g									
16:0	g	0.685	0.038	6		1		0.582		
17:0	g									
18:0	g	0.076	0.010	6		1		0.065		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.939		0		1		1.648		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.408	0.120	6		1		0.347		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.433	0.233	6		1		1.218		
20:1 ... g	0.054	0.037	6		1		0.046		
22:1 undifferentiated ... g	0.023		4		1		0.020		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.690		0		1		0.587		
18:2 undifferentiated ... g	0.068	0.024	6		1		0.058		
18:3 undifferentiated ... g	0.100	0.050	6		1		0.085		
18:4 ... g	0.128	0.020	3		1		0.109		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.062	0.014	6		1		0.053		
20:5 n-3 ... g	0.194	0.074	6		1		0.165		
22:5 n-3 ... g	0.045	0.019	5		1		0.038		
22:6 n-3 ... g	0.093	0.015	6		1		0.079		
Fatty acids, total trans ... g									
Cholesterol ... mg	60		0		4		51		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.181		0		1		0.154		
Threonine ... g	0.708		0		1		0.602		
Isoleucine ... g	0.744		0		1		0.632		
Leucine ... g	1.312		0		1		1.115		
Lysine ... g	1.483		0		1		1.261		
Methionine ... g	0.478		0		1		0.406		
Cystine ... g	0.173		0		1		0.147		
Phenylalanine ... g	0.630		0		1		0.536		
Tyrosine ... g	0.545		0		1		0.463		
Valine ... g	0.832		0		1		0.707		
Arginine ... g	0.966		0		1		0.821		
Histidine ... g	0.475		0		1		0.404		
Alanine ... g	0.976		0		1		0.830		
Aspartic acid ... g	1.653		0		1		1.405		
Glutamic acid ... g	2.410		0		1		2.049		
Glycine ... g	0.775		0		1		0.659		
Proline ... g	0.571		0		1		0.485		
Serine ... g	0.659		0		1		0.560		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.50		1		1		17.72	53.13	
Energy	kcal	173		0	NC	4		49	147	
Energy	kj	724				4		205	615	
Protein (N x 6.25)	g	31.20		1		1		8.85	26.52	
Total lipid (fat)	g	4.40		1		1		1.25	3.74	
Ash	g	1.90		1		1		0.54	1.62	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		4		5	14	
Iron, Fe	mg	0.93		0		4		0.26	0.79	
Magnesium, Mg	mg	47		0		4		13	40	
Phosphorus, P	mg	281		0		4		80	239	
Potassium, K	mg	379		0		4		107	322	
Sodium, Na	mg	739		0		4		210	628	
Zinc, Zn	mg	0.56		0		4		0.16	0.48	
Copper, Cu	mg	0.050		0		4		0.014	0.043	
Manganese, Mn	mg	0.030		0		4		0.009	0.026	
Selenium, Se	mcg	20.1		0	BFSN	4		5.7	17.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.090		0		4		0.026	0.077	
Riboflavin	mg	0.090		0		4		0.026	0.077	
Niacin	mg	11.100		0		4		3.147	9.435	
Pantothenic acid	mg	1.000		0		4		0.284	0.850	
Vitamin B-6	mg	0.270		0		4		0.077	0.230	
Folate, total	mcg	20		0		4		6	17	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	20		0		4		6	17	
Folate, DFE	mcg_DFE	20		0	NC	4		6	17	
Vitamin B-12	mcg	2.90		0		4		0.82	2.47	
Vitamin A, IU	IU	933		0		4		265	793	
Vitamin A, RAE	mcg_RAE	280		0		4		79	238	
Retinol	mcg	280		0		4		79	238	
Vitamin E	mg_ATE	0.500		0		4		0.142	0.425	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.037		0		1		0.294	0.881	
4:0	g	0.000		0		7		0.000	0.000	
6:0	g	0.000		0		7		0.000	0.000	
8:0	g	0.000		0		7		0.000	0.000	
10:0	g	0.000		0		7		0.000	0.000	
12:0	g	0.000		0		7		0.000	0.000	
13:0	g									
14:0	g	0.177		1		1		0.050	0.150	
15:0	g									
16:0	g	0.761		1		1		0.216	0.647	
17:0	g									
18:0	g	0.099		1		1		0.028	0.084	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.356		0		1		0.668	2.003	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.440		1		1		0.125	0.374	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.858		1		1		0.527	1.579	
20:1 ... g	0.033		1		1		0.009	0.028	
22:1 undifferentiated ... g	0.000		0		7		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.436		0		1		0.124	0.371	
18:2 undifferentiated ... g	0.062		1		1		0.018	0.053	
18:3 undifferentiated ... g	0.115		1		1		0.033	0.098	
18:4 ... g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.053		1		1		0.015	0.045	
20:5 n-3 ... g	0.082		1		1		0.023	0.070	
22:5 n-3 ... g	0.029		1		1		0.008	0.025	
22:6 n-3 ... g	0.095		1		1		0.027	0.081	
Fatty acids, total trans ... g									
Cholesterol ... mg	80		0		4		23	68	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.349		0		1		0.099	0.297	
Threonine ... g	1.368		0		1		0.388	1.163	
Isoleucine ... g	1.438		0		1		0.408	1.222	
Leucine ... g	2.536		0		1		0.719	2.156	
Lysine ... g	2.865		0		1		0.812	2.435	
Methionine ... g	0.924		0		1		0.262	0.785	
Cystine ... g	0.334		0		1		0.095	0.284	
Phenylalanine ... g	1.218		0		1		0.345	1.035	
Tyrosine ... g	1.053		0		1		0.299	0.895	
Valine ... g	1.607		0		1		0.456	1.366	
Arginine ... g	1.867		0		1		0.529	1.587	
Histidine ... g	0.919		0		1		0.261	0.781	
Alanine ... g	1.887		0		1		0.535	1.604	
Aspartic acid ... g	3.195		0		1		0.906	2.716	
Glutamic acid ... g	4.658		0		1		1.321	3.959	
Glycine ... g	1.498		0		1		0.425	1.273	
Proline ... g	1.103		0		1		0.313	0.938	
Serine ... g	1.273		0		1		0.361	1.082	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15217
Finfish, sucker, white, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.99		0		1		91.75	62.89	
Energy	kcal	119		0	NC	4		148	101	
Energy	kj	498				4		617	423	
Protein (N x 6.25)	g	21.49		0		1		26.65	18.27	
Total lipid (fat)	g	2.97		0		1		3.68	2.52	
Ash	g	1.87		0		1		2.32	1.59	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	90		0		1		112	77	
Iron, Fe	mg	1.67		0		1		2.07	1.42	
Magnesium, Mg	mg	38		0		1		47	32	
Phosphorus, P	mg	269		0		1		334	229	
Potassium, K	mg	487		0		1		604	414	
Sodium, Na	mg	51		0		1		63	43	
Zinc, Zn	mg	0.96		0		1		1.19	0.82	
Copper, Cu	mg	0.250		0		1		0.310	0.213	
Manganese, Mn	mg	0.769		0		1		0.954	0.654	
Selenium, Se	mcg	16.2		0	BFSN	4		20.1	13.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.012		0		1		0.015	0.010	
Riboflavin	mg	0.085		0		1		0.105	0.072	
Niacin	mg	1.462		0		1		1.813	1.243	
Pantothenic acid	mg	0.865		0		1		1.073	0.735	
Vitamin B-6	mg	0.231		0		1		0.286	0.196	
Folate, total	mcg	17		0		1		21	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	17		0		1		21	14	
Folate, DFE	mcg_DFE	17		0	NC	4		21	14	
Vitamin B-12	mcg	2.31		0		1		2.86	1.96	
Vitamin A, IU	IU	196		0		1		243	167	
Vitamin A, RAE	mcg_RAE	59		0		1		73	50	
Retinol	mcg	59		0		1		73	50	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.579		0		1		0.718	0.492	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.062		0		1		0.077	0.053	
15:0	g									
16:0	g	0.427		0		1		0.529	0.363	
17:0	g									
18:0	g	0.085		0		1		0.105	0.072	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.905		0		1		1.122	0.769	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.490		0		1		0.608	0.417	

NDB No. 15217
Finfish, sucker, white, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.388		0		1		0.481	0.330	
20:1 ... g	0.018		0		1		0.022	0.015	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.035		0		1		1.283	0.880	
18:2 undifferentiated ... g	0.087		0		1		0.108	0.074	
18:3 undifferentiated ... g	0.067		0		1		0.083	0.057	
18:4 ... g	0.041		0		1		0.051	0.035	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.132		0		1		0.164	0.112	
20:5 n-3 ... g	0.244		0		1		0.303	0.207	
22:5 n-3 ... g	0.094		0		1		0.117	0.080	
22:6 n-3 ... g	0.371		0		1		0.460	0.315	
Fatty acids, total trans ... g									
Cholesterol ... mg	53		0		1		66	45	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.241		0		1		0.299	0.205	
Threonine ... g	0.942		0		1		1.168	0.801	
Isoleucine ... g	0.990		0		1		1.228	0.842	
Leucine ... g	1.746		0		1		2.165	1.484	
Lysine ... g	1.973		0		1		2.447	1.677	
Methionine ... g	0.636		0		1		0.789	0.541	
Cystine ... g	0.230		0		1		0.285	0.196	
Phenylalanine ... g	0.839		0		1		1.040	0.713	
Tyrosine ... g	0.725		0		1		0.899	0.616	
Valine ... g	1.107		0		1		1.373	0.941	
Arginine ... g	1.286		0		1		1.595	1.093	
Histidine ... g	0.633		0		1		0.785	0.538	
Alanine ... g	1.300		0		1		1.612	1.105	
Aspartic acid ... g	2.200		0		1		2.728	1.870	
Glutamic acid ... g	3.208		0		1		3.978	2.727	
Glycine ... g	1.031		0		1		1.278	0.876	
Proline ... g	0.760		0		1		0.942	0.646	
Serine ... g	0.877		0		1		1.087	0.745	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 124g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15107
Finfish, sucker, white, raw
Catostomus commersoni (Lacepede)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.71	0.147	148		1		126.74	67.75	
Energy	kcal	92		0	NC	4		146	78	
Energy	kj	385				4		612	327	
Protein (N x 6.25)	g	16.76	0.270	18		1		26.65	14.25	
Total lipid (fat)	g	2.32	0.069	157		1		3.69	1.97	
Ash	g	1.46	0.179	16		1		2.32	1.24	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	70		1		1		111	60	
Iron, Fe	mg	1.30		1		1		2.07	1.11	
Magnesium, Mg	mg	30		1		1		48	26	
Phosphorus, P	mg	210		1		1		334	179	
Potassium, K	mg	380		1		1		604	323	
Sodium, Na	mg	40		1		1		64	34	
Zinc, Zn	mg	0.75	0.258	3		1		1.19	0.64	
Copper, Cu	mg	0.195		2		1		0.310	0.166	
Manganese, Mn	mg	0.600		1		1		0.954	0.510	
Selenium, Se	mcg	12.6		0	BFZN	4		20.0	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.010		0		4		0.016	0.009	
Riboflavin	mg	0.070		0		4		0.111	0.060	
Niacin	mg	1.200		0		4		1.908	1.020	
Pantothenic acid	mg	0.750		0		4		1.193	0.638	
Vitamin B-6	mg	0.200		0		4		0.318	0.170	
Folate, total	mcg	15		0		4		24	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		0		4		24	13	
Folate, DFE	mcg_DFE	15		0	NC	4		24	13	
Vitamin B-12	mcg	2.00		0		4		3.18	1.70	
Vitamin A, IU	IU	170		0		4		270	145	
Vitamin A, RAE	mcg_RAE	51		0		4		81	43	
Retinol	mcg	51		0		4		81	43	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.452		0		1		0.719	0.384	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.048	0.002	18		1		0.076	0.041	
15:0	g									
16:0	g	0.333	0.007	18		1		0.529	0.283	
17:0	g									
18:0	g	0.066	0.004	18		1		0.105	0.056	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.706		0		1		1.123	0.600	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.382	0.012	18		1		0.607	0.325	

NDB No. 15107
Finfish, sucker, white, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.303	0.008	18		1		0.482	0.258	
20:1 ... g	0.014	0.002	18		1		0.022	0.012	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.807		0		1		1.283	0.686	
18:2 undifferentiated ... g	0.068	0.004	18		1		0.108	0.058	
18:3 undifferentiated ... g	0.052	0.003	18		1		0.083	0.044	
18:4 ... g	0.032	0.002	17		1		0.051	0.027	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.103	0.004	18		1		0.164	0.088	
20:5 n-3 ... g	0.190	0.010	18		1		0.302	0.162	
22:5 n-3 ... g	0.073	0.008	18		1		0.116	0.062	
22:6 n-3 ... g	0.289	0.009	18		1		0.460	0.246	
Fatty acids, total trans ... g									
Cholesterol ... mg	41	5.877	5		1		65	35	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.188		0		1		0.299	0.160	
Threonine ... g	0.735		0		1		1.169	0.625	
Isoleucine ... g	0.772		0		1		1.227	0.656	
Leucine ... g	1.362		0		1		2.166	1.158	
Lysine ... g	1.539		0		1		2.447	1.308	
Methionine ... g	0.496		0		1		0.789	0.422	
Cystine ... g	0.180		0		1		0.286	0.153	
Phenylalanine ... g	0.654		0		1		1.040	0.556	
Tyrosine ... g	0.566		0		1		0.900	0.481	
Valine ... g	0.863		0		1		1.372	0.734	
Arginine ... g	1.003		0		1		1.595	0.853	
Histidine ... g	0.493		0		1		0.784	0.419	
Alanine ... g	1.013		0		1		1.611	0.861	
Aspartic acid ... g	1.716		0		1		2.728	1.459	
Glutamic acid ... g	2.501		0		1		3.977	2.126	
Glycine ... g	0.804		0		1		1.278	0.683	
Proline ... g	0.593		0		1		0.943	0.504	
Serine ... g	0.684		0		1		1.088	0.581	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 159g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15218
Finfish, sunfish, pumpkin seed, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.72		0		1		27.28	62.66	
Energy	kcal	114		0	NC	4		42	97	
Energy	kj	477				4		176	405	
Protein (N x 6.25)	g	24.87		0		1		9.20	21.14	
Total lipid (fat)	g	0.90		0		1		0.33	0.77	
Ash	g	1.41		0		1		0.52	1.20	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	103		0		1		38	88	
Iron, Fe	mg	1.54		0		1		0.57	1.31	
Magnesium, Mg	mg	38		0		1		14	32	
Phosphorus, P	mg	231		0		1		85	196	
Potassium, K	mg	449		0		1		166	382	
Sodium, Na	mg	103		0		1		38	88	
Zinc, Zn	mg	1.99		0		1		0.74	1.69	
Copper, Cu	mg	0.385		0		1		0.142	0.327	
Manganese, Mn	mg	0.897		0		1		0.332	0.762	
Selenium, Se	mcg	16.2		0	BFSN	4		6.0	13.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		0.4	0.9	
Thiamin	mg	0.092		0		1		0.034	0.078	
Riboflavin	mg	0.085		0		1		0.031	0.072	
Niacin	mg	1.462		0		1		0.541	1.243	
Pantothenic acid	mg	0.865		0		1		0.320	0.735	
Vitamin B-6	mg	0.138		0		1		0.051	0.117	
Folate, total	mcg	17		0		1		6	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	17		0		1		6	14	
Folate, DFE	mcg_DFE	17		0	NC	4		6	14	
Vitamin B-12	mcg	2.31		0		1		0.85	1.96	
Vitamin A, IU	IU	58		0		1		21	49	
Vitamin A, RAE	mcg_RAE	17		0		1		6	15	
Retinol	mcg	17		0		1		6	15	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.178		0		1		0.066	0.151	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.015		0		1		0.006	0.013	
15:0	g									
16:0	g	0.127		0		1		0.047	0.108	
17:0	g									
18:0	g	0.036		0		1		0.013	0.031	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.150		0		1		0.056	0.128	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.054		0		1		0.020	0.046	

NDB No. 15218
Finfish, sunfish, pumpkin seed, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.090		0		1		0.033	0.077	
20:1 ... g	0.006		0		1		0.002	0.005	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.315		0		1		0.117	0.268	
18:2 undifferentiated ... g	0.019		0		1		0.007	0.016	
18:3 undifferentiated ... g	0.013		0		1		0.005	0.011	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.101		0		1		0.037	0.086	
20:5 n-3 ... g	0.047		0		1		0.017	0.040	
22:5 n-3 ... g	0.042		0		1		0.016	0.036	
22:6 n-3 ... g	0.092		0		1		0.034	0.078	
Fatty acids, total trans ... g									
Cholesterol ... mg	86		0		1		32	73	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.279		0		1		0.103	0.237	
Threonine ... g	1.090		0		1		0.403	0.927	
Isoleucine ... g	1.146		0		1		0.424	0.974	
Leucine ... g	2.022		0		1		0.748	1.719	
Lysine ... g	2.284		0		1		0.845	1.941	
Methionine ... g	0.736		0		1		0.272	0.626	
Cystine ... g	0.267		0		1		0.099	0.227	
Phenylalanine ... g	0.971		0		1		0.359	0.825	
Tyrosine ... g	0.840		0		1		0.311	0.714	
Valine ... g	1.281		0		1		0.474	1.089	
Arginine ... g	1.488		0		1		0.551	1.265	
Histidine ... g	0.732		0		1		0.271	0.622	
Alanine ... g	1.504		0		1		0.556	1.278	
Aspartic acid ... g	2.547		0		1		0.942	2.165	
Glutamic acid ... g	3.713		0		1		1.374	3.156	
Glycine ... g	1.194		0		1		0.442	1.015	
Proline ... g	0.879		0		1		0.325	0.747	
Serine ... g	1.015		0		1		0.376	0.863	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 37g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.50	0.212	8		1		38.16	67.58	
Energy	kcal	89		0	NC	4		43	76	
Energy	kj	372				4		179	317	
Protein (N x 6.25)	g	19.40	0.141	8		1		9.31	16.49	
Total lipid (fat)	g	0.70	0.071	8		1		0.34	0.60	
Ash	g	1.10	0.035	8		1		0.53	0.94	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	80		1		1		38	68	
Iron, Fe	mg	1.20		1		1		0.58	1.02	
Magnesium, Mg	mg	30		1		1		14	26	
Phosphorus, P	mg	180		1		1		86	153	
Potassium, K	mg	350		1		1		168	298	
Sodium, Na	mg	80		1		1		38	68	
Zinc, Zn	mg	1.55		2		1		0.74	1.32	
Copper, Cu	mg	0.300		1		1		0.144	0.255	
Manganese, Mn	mg	0.700		1		1		0.336	0.595	
Selenium, Se	mcg	12.6		0	BFZN	4		6.0	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		4		0.5	0.9	
Thiamin	mg	0.080		0		4		0.038	0.068	
Riboflavin	mg	0.070		0		4		0.034	0.060	
Niacin	mg	1.200		0		4		0.576	1.020	
Pantothenic acid	mg	0.750		0		4		0.360	0.638	
Vitamin B-6	mg	0.120		0		4		0.058	0.102	
Folate, total	mcg	15		0		4		7	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		0		4		7	13	
Folate, DFE	mcg_DFE	15		0	NC	4		7	13	
Vitamin B-12	mcg	2.00		0		4		0.96	1.70	
Vitamin A, IU	IU	50		0		4		24	43	
Vitamin A, RAE	mcg_RAE	15		0		4		7	13	
Retinol	mcg	15		0		4		7	13	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.139		0		1		0.067	0.118	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.012	0.001	8		1		0.006	0.010	
15:0	g									
16:0	g	0.099	0.002	8		1		0.048	0.084	
17:0	g									
18:0	g	0.028	0.001	8		1		0.013	0.024	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.117		0		1		0.056	0.099	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.042	0.005	8		1		0.020	0.036	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.070	0.006	8		1		0.034	0.060	
20:1 ... g	0.005	0.000	8		1		0.002	0.004	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.246		0		1		0.118	0.209	
18:2 undifferentiated ... g	0.015	0.001	8		1		0.007	0.013	
18:3 undifferentiated ... g	0.010	0.002	8		1		0.005	0.009	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.079	0.006	8		1		0.038	0.067	
20:5 n-3 ... g	0.037	0.003	8		1		0.018	0.031	
22:5 n-3 ... g	0.033	0.001	8		1		0.016	0.028	
22:6 n-3 ... g	0.072	0.005	8		1		0.035	0.061	
Fatty acids, total trans ... g									
Cholesterol ... mg	67		1		1		32	57	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.217		0		1		0.104	0.184	
Threonine ... g	0.850		0		1		0.408	0.723	
Isoleucine ... g	0.894		0		1		0.429	0.760	
Leucine ... g	1.577		0		1		0.757	1.340	
Lysine ... g	1.782		0		1		0.855	1.515	
Methionine ... g	0.574		0		1		0.276	0.488	
Cystine ... g	0.208		0		1		0.100	0.177	
Phenylalanine ... g	0.757		0		1		0.363	0.643	
Tyrosine ... g	0.655		0		1		0.314	0.557	
Valine ... g	0.999		0		1		0.480	0.849	
Arginine ... g	1.161		0		1		0.557	0.987	
Histidine ... g	0.571		0		1		0.274	0.485	
Alanine ... g	1.173		0		1		0.563	0.997	
Aspartic acid ... g	1.987		0		1		0.954	1.689	
Glutamic acid ... g	2.896		0		1		1.390	2.462	
Glycine ... g	0.931		0		1		0.447	0.791	
Proline ... g	0.686		0		1		0.329	0.583	
Serine ... g	0.792		0		1		0.380	0.673	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 48g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.34	1.288	3		1		21.64	64.89	
Energy	kcal	99		0	NC	4		28	84	
Energy	kj	414				4		117	352	
Protein (N x 6.25)	g	15.18	0.548	3		1		4.30	12.90	
Total lipid (fat)	g	0.90	0.144	3		1		0.26	0.77	
Ash	g	0.72	0.040	3		1		0.20	0.61	
Carbohydrate, by difference	g	6.85		0	NC	4		1.94	5.82	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9	2.829	3		1		3	8	
Iron, Fe	mg	0.26	0.087	3		1		0.07	0.22	
Magnesium, Mg	mg	43		0		4		12	37	
Phosphorus, P	mg	282		0		4		80	240	
Potassium, K	mg	112		2		1		32	95	
Sodium, Na	mg	143	16.166	3		1		41	122	
Zinc, Zn	mg	0.33		0		4		0.09	0.28	
Copper, Cu	mg	0.032		0		4		0.009	0.027	
Manganese, Mn	mg	0.011		0		4		0.003	0.009	
Selenium, Se	mcg	28.1		0	BFSN	4		8.0	23.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.020	0.007	3		1		0.006	0.017	
Riboflavin	mg	0.021	0.003	3		1		0.006	0.018	
Niacin	mg	0.220	0.035	3		1		0.062	0.187	
Pantothenic acid	mg	0.070		0		4		0.020	0.060	
Vitamin B-6	mg	0.030		0		4		0.009	0.026	
Folate, total	mcg	2		0		4		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		4		0	1	
Folate, DFE	mcg_DFE	2		0	NC	4		0	1	
Vitamin B-12	mcg	1.60		0		4		0.45	1.36	
Vitamin A, IU	IU	66		0		4		19	56	
Vitamin A, RAE	mcg_RAE	20		0		4		6	17	
Retinol	mcg	20		0		4		6	17	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.180		0		4		0.051	0.153	
Fatty acids, total monounsaturated	g	0.140		0		4		0.040	0.119	
Fatty acids, total polyunsaturated	g	0.460		0		4		0.130	0.391	
Fatty acids, total trans	g									
Cholesterol	mg	30	1.848	3		1		9	26	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.092		1		1		0.026	0.078	
Threonine	g	0.734		3		1		0.208	0.624	
Isoleucine	g	0.709		3		1		0.201	0.603	
Leucine	g	1.202		3		1		0.341	1.022	
Lysine	g	1.387		3		1		0.393	1.179	
Methionine	g	0.515		3		1		0.146	0.438	
Cystine	g	0.163		0		1		0.046	0.139	
Phenylalanine	g	0.595		3		1		0.169	0.506	
Tyrosine	g	0.612		3		1		0.174	0.520	
Valine	g	0.770		3		1		0.218	0.655	
Arginine	g	1.008		3		1		0.286	0.857	

NDB No. 15109
Finfish, surimi

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.350		3		1		0.099	0.298	
Alanine.....g	0.891		3		1		0.253	0.757	
Aspartic acid.....g	1.518		3		1		0.430	1.290	
Glutamic acid.....g	2.397		3		1		0.680	2.037	
Glycine.....g	0.588		3		1		0.167	0.500	
Proline.....g	0.566		3		1		0.160	0.481	
Serine.....g	0.663		3		1		0.188	0.564	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.75		0		1		72.88	58.44	
Energy	kcal	155		0	NC	4		164	132	
Energy	kj	649				4		687	551	
Protein (N x 6.25)	g	25.39		0		1		26.91	21.58	
Total lipid (fat)	g	5.14		0		1		5.45	4.37	
Ash	g	1.89		0		1		2.00	1.61	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0		1		6	5	
Iron, Fe	mg	1.04		0		1		1.10	0.88	
Magnesium, Mg	mg	34		0		1		36	29	
Phosphorus, P	mg	337		0		1		357	286	
Potassium, K	mg	369		0		1		391	314	
Sodium, Na	mg	115		0		4		122	98	
Zinc, Zn	mg	1.47		0		1		1.56	1.25	
Copper, Cu	mg	0.162		0		1		0.172	0.138	
Manganese, Mn	mg	0.020		0		4		0.021	0.017	
Selenium, Se	mcg	61.7		0	BFSN	4		65.4	52.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0		1		1.2	0.9	
Thiamin	mg	0.043		0		1		0.046	0.037	
Riboflavin	mg	0.116		0		1		0.123	0.099	
Niacin	mg	11.790		0		1		12.497	10.022	
Pantothenic acid	mg	0.380		0		4		0.403	0.323	
Vitamin B-6	mg	0.381		0		1		0.404	0.324	
Folate, total	mcg	2		0		4		2	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		4		2	2	
Folate, DFE	mcg_DFE	2		0	NC	4		2	2	
Vitamin B-12	mcg	2.02		0		1		2.14	1.72	
Vitamin A, IU	IU	137		0		1		145	116	
Vitamin A, RAE	mcg_RAE	41		0		1		44	35	
Retinol	mcg	41		0		1		44	35	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.406		0		1		1.490	1.195	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.138		0		1		0.146	0.117	
15:0	g									
16:0	g	0.965		0		1		1.023	0.820	
17:0	g									
18:0	g	0.271		0		1		0.287	0.230	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.981		0		1		2.100	1.684	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.322		0		1		0.341	0.274	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.392		0		1		1.476	1.183	
20:1 ... g	0.156		0		1		0.165	0.133	
22:1 undifferentiated ... g	0.110		0		1		0.117	0.094	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.182		0		1		1.253	1.005	
18:2 undifferentiated ... g	0.037		0		1		0.039	0.031	
18:3 undifferentiated ... g	0.238		0		1		0.252	0.202	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.087		0		1		0.092	0.074	
20:5 n-3 ... g	0.138		0		1		0.146	0.117	
22:5 n-3 ... g									
22:6 n-3 ... g	0.681		0		1		0.722	0.579	
Fatty acids, total trans ... g									
Cholesterol ... mg	50		0		1		53	43	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.284		0		1		0.301	0.241	
Threonine ... g	1.113		0		1		1.180	0.946	
Isoleucine ... g	1.170		0		1		1.240	0.995	
Leucine ... g	2.063		0		1		2.187	1.754	
Lysine ... g	2.332		0		1		2.472	1.982	
Methionine ... g	0.751		0		1		0.796	0.638	
Cystine ... g	0.272		0		1		0.288	0.231	
Phenylalanine ... g	0.991		0		1		1.050	0.842	
Tyrosine ... g	0.857		0		1		0.908	0.728	
Valine ... g	1.308		0		1		1.386	1.112	
Arginine ... g	1.519		0		1		1.610	1.291	
Histidine ... g	0.747		0		1		0.792	0.635	
Alanine ... g	1.535		0		1		1.627	1.305	
Aspartic acid ... g	2.600		0		1		2.756	2.210	
Glutamic acid ... g	3.790		0		1		4.017	3.222	
Glycine ... g	1.219		0		1		1.292	1.036	
Proline ... g	0.898		0		1		0.952	0.763	
Serine ... g	1.036		0		1		1.098	0.881	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 106g: 1 piece

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15110
Finfish, swordfish, raw
Xiphias gladius L.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.62	0.859	6		1		102.84	64.28	
Energy	kcal	121		0	NC	4		165	103	
Energy	kj	506				4		689	430	
Protein (N x 6.25)	g	19.80	0.356	6		1		26.93	16.83	
Total lipid (fat)	g	4.01	0.946	7		1		5.45	3.41	
Ash	g	1.48	0.246	4		1		2.01	1.26	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		2		1		5	3	
Iron, Fe	mg	0.81		1		1		1.10	0.69	
Magnesium, Mg	mg	27		2		1		37	23	
Phosphorus, P	mg	263		2		1		358	224	
Potassium, K	mg	288		2		1		392	245	
Sodium, Na	mg	90		0		4		122	77	
Zinc, Zn	mg	1.15		2		1		1.56	0.98	
Copper, Cu	mg	0.126		2		1		0.171	0.107	
Manganese, Mn	mg	0.019		2		1		0.026	0.016	
Selenium, Se	mcg	48.1	9.805	4	A	1		65.4	40.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		2		1		1.5	0.9	
Thiamin	mg	0.037		2		1		0.050	0.031	
Riboflavin	mg	0.095		2		1		0.129	0.081	
Niacin	mg	9.680		2		1		13.165	8.228	
Pantothenic acid	mg	0.412		2		1		0.560	0.350	
Vitamin B-6	mg	0.330		2		1		0.449	0.281	
Folate, total	mcg	2		0		4		3	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		4		3	2	
Folate, DFE	mcg_DFE	2		0	NC	4		3	2	
Vitamin B-12	mcg	1.75		2		1		2.38	1.49	
Vitamin A, IU	IU	119		2		1		162	101	
Vitamin A, RAE	mcg_RAE	36		2		1		49	30	
Retinol	mcg	36		2		1		49	30	
Vitamin E	mg_ATE	0.500		0		4		0.680	0.425	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.097		0		1		1.492	0.932	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.108		1		1		0.147	0.092	
15:0	g									
16:0	g	0.753		1		1		1.024	0.640	
17:0	g									
18:0	g	0.211		1		1		0.287	0.179	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.545		0		1		2.101	1.313	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.251		1		1		0.341	0.213	

NDB No. 15110
Finfish, swordfish, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.086		1		1		1.477	0.923	
20:1 ... g	0.122		1		1		0.166	0.104	
22:1 undifferentiated ... g	0.086		1		1		0.117	0.073	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.922		0		1		1.254	0.784	
18:2 undifferentiated ... g	0.029		1		1		0.039	0.025	
18:3 undifferentiated ... g	0.186		1		1		0.253	0.158	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.068		1		1		0.092	0.058	
20:5 n-3 ... g	0.108		1		1		0.147	0.092	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.531		1		1		0.722	0.451	
Fatty acids, total trans ... g									
Cholesterol ... mg	39		2		1		53	33	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.222		0		1		0.302	0.189	
Threonine ... g	0.868		0		1		1.180	0.738	
Isoleucine ... g	0.912		0		1		1.240	0.775	
Leucine ... g	1.609		0		1		2.188	1.368	
Lysine ... g	1.818		0		1		2.472	1.545	
Methionine ... g	0.586		0		1		0.797	0.498	
Cystine ... g	0.212		0		1		0.288	0.180	
Phenylalanine ... g	0.773		0		1		1.051	0.657	
Tyrosine ... g	0.668		0		1		0.908	0.568	
Valine ... g	1.020		0		1		1.387	0.867	
Arginine ... g	1.185		0		1		1.612	1.007	
Histidine ... g	0.583		0		1		0.793	0.496	
Alanine ... g	1.198		0		1		1.629	1.018	
Aspartic acid ... g	2.028		0		1		2.758	1.724	
Glutamic acid ... g	2.956		0		1		4.020	2.513	
Glycine ... g	0.950		0		1		1.292	0.808	
Proline ... g	0.700		0		1		0.952	0.595	
Serine ... g	0.808		0		1		1.099	0.687	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

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

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.24		1		1		105.36	59.70	
Energy	kcal	147		0	NC	4		221	125	
Energy	kj	615				4		923	523	
Protein (N x 6.25)	g	24.49		1		1		36.74	20.82	
Total lipid (fat)	g	4.69		1		1		7.04	3.99	
Ash	g	1.36		1		1		2.04	1.16	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		1		1		39	22	
Iron, Fe	mg	0.31		1		1		0.47	0.26	
Magnesium, Mg	mg	33		1		1		50	28	
Phosphorus, P	mg	236		1		1		354	201	
Potassium, K	mg	512		1		1		768	435	
Sodium, Na	mg	59		1		1		89	50	
Zinc, Zn	mg	0.53		1		1		0.80	0.45	
Copper, Cu	mg	0.052		1		1		0.078	0.044	
Manganese, Mn	mg	0.015		1		1		0.023	0.013	
Selenium, Se	mcg	51.5		0	BFSN	4		77.3	43.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.140		0		4		0.210	0.119	
Riboflavin	mg	0.190		0		4		0.285	0.162	
Niacin	mg	3.500		0		4		5.250	2.975	
Pantothenic acid	mg	0.870		0		4		1.305	0.740	
Vitamin B-6	mg	0.300		0		4		0.450	0.255	
Folate, total	mcg	17		0		4		26	15	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	17		0		4		26	15	
Folate, DFE	mcg_DFE	17		0	NC	4		26	15	
Vitamin B-12	mcg	2.50		0		4		3.75	2.13	
Vitamin A, IU	IU	69		0		4		104	59	
Vitamin A, RAE	mcg_RAE	21		0		4		31	18	
Retinol	mcg	21		0		4		31	18	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.868		0		1		1.302	0.738	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.135		1		1		0.203	0.115	
15:0	g									
16:0	g	0.526		1		1		0.789	0.447	
17:0	g									
18:0	g	0.181		1		1		0.272	0.154	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.332		0		1		1.998	1.132	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.333		1		1		0.500	0.283	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.944		1		1		1.416	0.802	
20:1 ... g									
22:1 undifferentiated ... g	0.055		1		1		0.083	0.047	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.246		0		1		1.869	1.059	
18:2 undifferentiated ... g	0.048		1		1		0.072	0.041	
18:3 undifferentiated ... g									
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.150		1		1		0.225	0.128	
20:5 n-3 ... g	0.172		1		1		0.258	0.146	
22:5 n-3 ... g	0.143		1		1		0.215	0.122	
22:6 n-3 ... g	0.733		1		1		1.100	0.623	
Fatty acids, total trans ... g									
Cholesterol ... mg	64		0		4		96	54	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.274		0		1		0.411	0.233	
Threonine ... g	1.074		0		1		1.611	0.913	
Isoleucine ... g	1.128		0		1		1.692	0.959	
Leucine ... g	1.990		0		1		2.985	1.692	
Lysine ... g	2.249		0		1		3.374	1.912	
Methionine ... g	0.725		0		1		1.088	0.616	
Cystine ... g	0.263		0		1		0.395	0.224	
Phenylalanine ... g	0.956		0		1		1.434	0.813	
Tyrosine ... g	0.827		0		1		1.241	0.703	
Valine ... g	1.262		0		1		1.893	1.073	
Arginine ... g	1.465		0		1		2.198	1.245	
Histidine ... g	0.721		0		1		1.082	0.613	
Alanine ... g	1.481		0		1		2.222	1.259	
Aspartic acid ... g	2.508		0		1		3.762	2.132	
Glutamic acid ... g	3.655		0		1		5.483	3.107	
Glycine ... g	1.175		0		1		1.763	0.999	
Proline ... g	0.866		0		1		1.299	0.736	
Serine ... g	0.999		0		1		1.499	0.849	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 150g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15112
Finfish, tilefish, raw
Lopholatilus chamaeleonticeps Goode and Bean

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.90		2		1		152.28	67.07	
Energy	kcal	96		0	NC	4		185	82	
Energy	kj	402				4		775	341	
Protein (N x 6.25)	g	17.50		2		1		33.78	14.88	
Total lipid (fat)	g	2.31		2		1		4.46	1.96	
Ash	g	1.14		2		1		2.20	0.97	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		2		1		50	22	
Iron, Fe	mg	0.25		2		1		0.48	0.21	
Magnesium, Mg	mg	28		2		1		54	24	
Phosphorus, P	mg	187		2		1		361	159	
Potassium, K	mg	433		2		1		836	368	
Sodium, Na	mg	53		2		1		102	45	
Zinc, Zn	mg	0.37		2		1		0.71	0.31	
Copper, Cu	mg	0.041		2		1		0.079	0.035	
Manganese, Mn	mg	0.010		2		1		0.019	0.009	
Selenium, Se	mcg	36.5		0	CAZN	4		70.4	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.120		0		4		0.232	0.102	
Riboflavin	mg	0.160		0		4		0.309	0.136	
Niacin	mg	2.900		0		4		5.597	2.465	
Pantothenic acid	mg	0.750		0		4		1.448	0.638	
Vitamin B-6	mg	0.260		0		4		0.502	0.221	
Folate, total	mcg	15		0		4		29	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		0		4		29	13	
Folate, DFE	mcg_DFE	15		0	NC	4		29	13	
Vitamin B-12	mcg	2.20		0		4		4.25	1.87	
Vitamin A, IU	IU	60		0		4		116	51	
Vitamin A, RAE	mcg_RAE	18		0		4		35	15	
Retinol	mcg	18		0		4		35	15	
Vitamin E	mg_ATE	0.350		0		4		0.676	0.298	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.441		0		1		0.851	0.375	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.073		2		1		0.141	0.062	
15:0	g									
16:0	g	0.285		2		1		0.550	0.242	
17:0	g									
18:0	g	0.082		2		1		0.158	0.070	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.571		0		1		1.102	0.485	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.134		2		1		0.259	0.114	

NDB No. 15112
Finfish, tilefish, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.388		2		1		0.749	0.330	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.049		2		1		0.095	0.042	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.599		0		1		1.156	0.509	
18:2 undifferentiated ... g	0.037		2		1		0.071	0.031	
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.066		2		1		0.127	0.056	
20:5 n-3 ... g	0.085		2		1		0.164	0.072	
22:5 n-3 ... g	0.066		2		1		0.127	0.056	
22:6 n-3 ... g	0.345		2		1		0.666	0.293	
Fatty acids, total trans ... g									
Cholesterol ... mg	50		0		4		97	43	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.196		0		1		0.378	0.167	
Threonine ... g	0.767		0		1		1.480	0.652	
Isoleucine ... g	0.806		0		1		1.556	0.685	
Leucine ... g	1.422		0		1		2.744	1.209	
Lysine ... g	1.607		0		1		3.102	1.366	
Methionine ... g	0.518		0		1		1.000	0.440	
Cystine ... g	0.188		0		1		0.363	0.160	
Phenylalanine ... g	0.683		0		1		1.318	0.581	
Tyrosine ... g	0.591		0		1		1.141	0.502	
Valine ... g	0.902		0		1		1.741	0.767	
Arginine ... g	1.047		0		1		2.021	0.890	
Histidine ... g	0.515		0		1		0.994	0.438	
Alanine ... g	1.058		0		1		2.042	0.899	
Aspartic acid ... g	1.792		0		1		3.459	1.523	
Glutamic acid ... g	2.612		0		1		5.041	2.220	
Glycine ... g	0.840		0		1		1.621	0.714	
Proline ... g	0.619		0		1		1.195	0.526	
Serine ... g	0.714		0		1		1.378	0.607	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 193g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.36		0		1		39.28	53.86	
Energy	kcal	190		0	NC	4		118	162	
Energy	kj	795				4		493	676	
Protein (N x 6.25)	g	26.63		0		1		16.51	22.64	
Total lipid (fat)	g	8.47		0		1		5.25	7.20	
Ash	g	1.50		0		1		0.93	1.28	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	55		0		1		34	47	
Iron, Fe	mg	1.92		0		1		1.19	1.63	
Magnesium, Mg	mg	28		0		1		17	24	
Phosphorus, P	mg	314		0		1		195	267	
Potassium, K	mg	463		0		1		287	394	
Sodium, Na	mg	67		0		1		42	57	
Zinc, Zn	mg	0.85		0		1		0.53	0.72	
Copper, Cu	mg	0.241		0		1		0.149	0.205	
Manganese, Mn	mg	1.091		0		1		0.676	0.927	
Selenium, Se	mcg	16.2		0	BFSN	4		10.0	13.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		0.3	0.4	
Thiamin	mg	0.426		0		1		0.264	0.362	
Riboflavin	mg	0.423		0		1		0.262	0.360	
Niacin	mg	5.769		0		1		3.577	4.904	
Pantothenic acid	mg	2.238		0		1		1.388	1.902	
Vitamin B-6	mg	0.231		0		1		0.143	0.196	
Folate, total	mcg	15		0		1		9	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		0		1		9	13	
Folate, DFE	mcg_DFE	15		0	NC	4		9	13	
Vitamin B-12	mcg	7.49		0		1		4.64	6.37	
Vitamin A, IU	IU	63		0		1		39	54	
Vitamin A, RAE	mcg_RAE	19		0		1		12	16	
Retinol	mcg	19		0		1		12	16	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.474		0		1		0.914	1.253	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.237		0		1		0.147	0.201	
15:0	g									
16:0	g	1.045		0		1		0.648	0.888	
17:0	g									
18:0	g	0.190		0		1		0.118	0.162	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.172		0		1		2.587	3.546	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.899		0		1		0.557	0.764	

NDB No. 15219
Finfish, trout, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.847		0		1		1.145	1.570	
20:1 ... g	0.359		0		1		0.223	0.305	
22:1 undifferentiated ... g	1.064		0		1		0.660	0.904	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.922		0		1		1.192	1.634	
18:2 undifferentiated ... g	0.224		0		1		0.139	0.190	
18:3 undifferentiated ... g	0.199		0		1		0.123	0.169	
18:4 ... g	0.082		0		1		0.051	0.070	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.242		0		1		0.150	0.206	
20:5 n-3 ... g	0.259		0		1		0.161	0.220	
22:5 n-3 ... g	0.235		0		1		0.146	0.200	
22:6 n-3 ... g	0.677		0		1		0.420	0.575	
Fatty acids, total trans ... g									
Cholesterol ... mg	74		0		1		46	63	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.298		0		1		0.185	0.253	
Threonine ... g	1.167		0		1		0.724	0.992	
Isoleucine ... g	1.227		0		1		0.761	1.043	
Leucine ... g	2.164		0		1		1.342	1.839	
Lysine ... g	2.446		0		1		1.517	2.079	
Methionine ... g	0.788		0		1		0.489	0.670	
Cystine ... g	0.285		0		1		0.177	0.242	
Phenylalanine ... g	1.040		0		1		0.645	0.884	
Tyrosine ... g	0.899		0		1		0.557	0.764	
Valine ... g	1.372		0		1		0.851	1.166	
Arginine ... g	1.593		0		1		0.988	1.354	
Histidine ... g	0.784		0		1		0.486	0.666	
Alanine ... g	1.610		0		1		0.998	1.369	
Aspartic acid ... g	2.727		0		1		1.691	2.318	
Glutamic acid ... g	3.975		0		1		2.465	3.379	
Glycine ... g	1.278		0		1		0.792	1.086	
Proline ... g	0.942		0		1		0.584	0.801	
Serine ... g	1.086		0		1		0.673	0.923	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 62g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.42	0.615	95		1		56.42	60.71	
Energy	kcal	148		0	NC	4		117	126	
Energy	kj	619				4		489	526	
Protein (N x 6.25)	g	20.77	3.875	58		1		16.41	17.65	
Total lipid (fat)	g	6.61		111		1		5.22	5.62	
Ash	g	1.17	0.023	54		1		0.92	0.99	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	43		15		1		34	37	
Iron, Fe	mg	1.50		3		1		1.19	1.28	
Magnesium, Mg	mg	22	1.296	19		1		17	19	
Phosphorus, P	mg	245		3		1		194	208	
Potassium, K	mg	361	11.057	20		1		285	307	
Sodium, Na	mg	52	3.843	25		1		41	44	
Zinc, Zn	mg	0.66		18		1		0.52	0.56	
Copper, Cu	mg	0.188		13		1		0.149	0.160	
Manganese, Mn	mg	0.851		2		1		0.672	0.723	
Selenium, Se	mcg	12.6		0	BFZN	4		10.0	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		1		1		0.4	0.4	
Thiamin	mg	0.350		1		1		0.277	0.298	
Riboflavin	mg	0.330		1		1		0.261	0.281	
Niacin	mg	4.500		0		4		3.555	3.825	
Pantothenic acid	mg	1.940		1		1		1.533	1.649	
Vitamin B-6	mg	0.200		0		4		0.158	0.170	
Folate, total	mcg	13		1		1		11	11	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	13		1		1		11	11	
Folate, DFE	mcg_DFE	13		0	NC	4		11	11	
Vitamin B-12	mcg	7.79		1		1		6.15	6.62	
Vitamin A, IU	IU	58	17.856	7		1		46	49	
Vitamin A, RAE	mcg_RAE	17	5.362	7		1		14	15	
Retinol	mcg	17	5.362	7		1		14	15	
Vitamin E	mg_ATE	0.200		0		4		0.158	0.170	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.149		0		1		0.908	0.977	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.185		17		1		0.146	0.157	
15:0	g									
16:0	g	0.815		18		1		0.644	0.693	
17:0	g									
18:0	g	0.148		17		1		0.117	0.126	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.254		0		1		2.571	2.766	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.701		18		1		0.554	0.596	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.440		18		1		1.138	1.224	
20:1 ... g	0.280		9		1		0.221	0.238	
22:1 undifferentiated ... g	0.830		1		1		0.656	0.706	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.499		0		1		1.184	1.274	
18:2 undifferentiated ... g	0.175		18		1		0.138	0.149	
18:3 undifferentiated ... g	0.155		17		1		0.122	0.132	
18:4 ... g	0.064		17		1		0.051	0.054	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.189		17		1		0.149	0.161	
20:5 n-3 ... g	0.202		17		1		0.160	0.172	
22:5 n-3 ... g	0.183		17		1		0.145	0.156	
22:6 n-3 ... g	0.528		18		1		0.417	0.449	
Fatty acids, total trans ... g									
Cholesterol ... mg	58		6		1		46	49	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.233		0		1		0.184	0.198	
Threonine ... g	0.911		0		1		0.720	0.774	
Isoleucine ... g	0.957		0		1		0.756	0.813	
Leucine ... g	1.688		0		1		1.334	1.435	
Lysine ... g	1.907		0		1		1.507	1.621	
Methionine ... g	0.615		0		1		0.486	0.523	
Cystine ... g	0.223		0		1		0.176	0.190	
Phenylalanine ... g	0.811		0		1		0.641	0.689	
Tyrosine ... g	0.701		0		1		0.554	0.596	
Valine ... g	1.070		0		1		0.845	0.910	
Arginine ... g	1.243		0		1		0.982	1.057	
Histidine ... g	0.611		0		1		0.483	0.519	
Alanine ... g	1.256		0		1		0.992	1.068	
Aspartic acid ... g	2.127		0		1		1.680	1.808	
Glutamic acid ... g	3.100		0		1		2.449	2.635	
Glycine ... g	0.997		0		1		0.788	0.847	
Proline ... g	0.734		0		1		0.580	0.624	
Serine ... g	0.847		0		1		0.669	0.720	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 79g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.53	0.523	3		1		47.95	57.40	
Energy	kcal	169		0	NC	4		120	144	
Energy	kj	707				4		502	601	
Protein (N x 6.25)	g	24.27	0.266	3		1		17.23	20.63	
Total lipid (fat)	g	7.20	0.503	3		1		5.11	6.12	
Ash	g	1.60	0.058	3		1		1.14	1.36	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	86		0	BFZN	4		61	73	
Iron, Fe	mg	0.33	0.010	3		1		0.23	0.28	
Magnesium, Mg	mg	32	0.177	3		1		23	27	
Phosphorus, P	mg	266	31.763	3		1		189	226	
Potassium, K	mg	441	4.134	3		1		313	375	
Sodium, Na	mg	42	0.935	3		1		30	36	
Zinc, Zn	mg	0.49	0.013	3		1		0.35	0.42	
Copper, Cu	mg	0.061	0.002	3		1		0.043	0.052	
Manganese, Mn	mg	0.020	0.004	3		1		0.014	0.017	
Selenium, Se	mcg	15.0		0	BFSN	4		10.7	12.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.3	0.351	3		1		2.3	2.8	
Thiamin	mg	0.237	0.015	3		1		0.168	0.201	
Riboflavin	mg	0.080	0.000	3		1		0.057	0.068	
Niacin	mg	8.790	0.355	3		1		6.241	7.472	
Pantothenic acid	mg	1.310	0.046	3		1		0.930	1.114	
Vitamin B-6	mg	0.396	0.068	3		1		0.281	0.337	
Folate, total	mcg	24		1		1		17	20	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	24		1		1		17	20	
Folate, DFE	mcg_DFE	24		0	NC	4		17	20	
Vitamin B-12	mcg	4.97	0.167	3		1		3.53	4.22	
Vitamin A, IU	IU	287	41.766	3		1		204	244	
Vitamin A, RAE	mcg_RAE	86	12.542	3		1		61	73	
Retinol	mcg	86	12.542	3		1		61	73	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.105		0		1		1.495	1.789	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.260		3		1		0.185	0.221	
15:0	g									
16:0	g	1.321		3		1		0.938	1.123	
17:0	g									
18:0	g	0.377		3		1		0.268	0.320	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.096		0		1		1.488	1.782	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.319		3		1		0.226	0.271	

NDB No. 15241
Finfish, trout, rainbow, farmed, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.427		3		1		1.013	1.213	
20:1 ... g	0.326		3		1		0.231	0.277	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.330		0		1		1.654	1.981	
18:2 undifferentiated ... g	0.949		3		1		0.674	0.807	
18:3 undifferentiated ... g	0.082		3		1		0.058	0.070	
18:4 ... g	0.068		3		1		0.048	0.058	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.036		3		1		0.026	0.031	
20:5 n-3 ... g	0.334		3		1		0.237	0.284	
22:5 n-3 ... g									
22:6 n-3 ... g	0.820		3		1		0.582	0.697	
Fatty acids, total trans ... g									
Cholesterol ... mg	68	0.548	3		1		48	58	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.272		0		1		0.193	0.231	
Threonine ... g	1.064		0		1		0.755	0.904	
Isoleucine ... g	1.118		0		1		0.794	0.950	
Leucine ... g	1.972		0		1		1.400	1.676	
Lysine ... g	2.229		0		1		1.583	1.895	
Methionine ... g	0.718		0		1		0.510	0.610	
Cystine ... g	0.260		0		1		0.185	0.221	
Phenylalanine ... g	0.947		0		1		0.672	0.805	
Tyrosine ... g	0.819		0		1		0.581	0.696	
Valine ... g	1.250		0		1		0.888	1.063	
Arginine ... g	1.452		0		1		1.031	1.234	
Histidine ... g	0.714		0		1		0.507	0.607	
Alanine ... g	1.468		0		1		1.042	1.248	
Aspartic acid ... g	2.485		0		1		1.764	2.112	
Glutamic acid ... g	3.623		0		1		2.572	3.080	
Glycine ... g	1.165		0		1		0.827	0.990	
Proline ... g	0.858		0		1		0.609	0.729	
Serine ... g	0.990		0		1		0.703	0.842	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 71g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.73	0.327	3		1		57.46	61.82	
Energy	kcal	138		0	NC	4		109	117	
Energy	kj	577				4		456	491	
Protein (N x 6.25)	g	20.87	0.376	3		1		16.49	17.74	
Total lipid (fat)	g	5.40	0.306	3		1		4.27	4.59	
Ash	g	1.43	0.033	3		1		1.13	1.22	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	67		0		4		53	57	
Iron, Fe	mg	0.27	0.016	3		1		0.21	0.23	
Magnesium, Mg	mg	32	0.617	3		1		25	27	
Phosphorus, P	mg	282	16.414	3		1		223	240	
Potassium, K	mg	451	8.108	3		1		356	383	
Sodium, Na	mg	35	0.797	3		1		28	30	
Zinc, Zn	mg	0.41	0.006	3		1		0.32	0.35	
Copper, Cu	mg	0.046	0.000	3		1		0.036	0.039	
Manganese, Mn	mg	0.018	0.001	3		1		0.014	0.015	
Selenium, Se	mcg	12.6		0	BFZN	4		10.0	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.9	0.285	3		1		2.3	2.5	
Thiamin	mg	0.203	0.020	3		1		0.160	0.173	
Riboflavin	mg	0.073	0.003	3		1		0.058	0.062	
Niacin	mg	8.223	0.205	3		1		6.496	6.990	
Pantothenic acid	mg	1.440	0.081	3		1		1.138	1.224	
Vitamin B-6	mg	0.619	0.030	3		1		0.489	0.526	
Folate, total	mcg	11	0.005	3		1		9	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	11	0.005	3		1		9	9	
Folate, DFE	mcg_DFE	11		0	NC	4		9	9	
Vitamin B-12	mcg	3.77	0.233	3		1		2.98	3.20	
Vitamin A, IU	IU	278	61.260	3		1		220	236	
Vitamin A, RAE	mcg_RAE	83	18.396	3		1		66	71	
Retinol	mcg	83	18.396	3		1		66	71	
Vitamin E	mg_ATE	0.030		0		4		0.024	0.026	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.554		0		1		1.228	1.321	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.189		3		1		0.149	0.161	
15:0	g									
16:0	g	0.975		3		1		0.770	0.829	
17:0	g									
18:0	g	0.276		3		1		0.218	0.235	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.539		0		1		1.216	1.308	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.227		3		1		0.179	0.193	

NDB No. 15240
Finfish, trout, rainbow, farmed, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.057		3		1		0.835	0.898	
20:1 ... g	0.240		3		1		0.190	0.204	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.805		0		1		1.426	1.534	
18:2 undifferentiated ... g	0.710		3		1		0.561	0.604	
18:3 undifferentiated ... g	0.058		3		1		0.046	0.049	
18:4 ... g	0.050		3		1		0.040	0.043	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.025		3		1		0.020	0.021	
20:5 n-3 ... g	0.260		3		1		0.205	0.221	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.668		3		1		0.528	0.568	
Fatty acids, total trans ... g									
Cholesterol ... mg	59	3.483	3		1		47	50	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.234		0		1		0.185	0.199	
Threonine ... g	0.915		0		1		0.723	0.778	
Isoleucine ... g	0.962		0		1		0.760	0.818	
Leucine ... g	1.696		0		1		1.340	1.442	
Lysine ... g	1.916		0		1		1.514	1.629	
Methionine ... g	0.618		0		1		0.488	0.525	
Cystine ... g	0.224		0		1		0.177	0.190	
Phenylalanine ... g	0.815		0		1		0.644	0.693	
Tyrosine ... g	0.704		0		1		0.556	0.598	
Valine ... g	1.075		0		1		0.849	0.914	
Arginine ... g	1.249		0		1		0.987	1.062	
Histidine ... g	0.614		0		1		0.485	0.522	
Alanine ... g	1.262		0		1		0.997	1.073	
Aspartic acid ... g	2.137		0		1		1.688	1.816	
Glutamic acid ... g	3.115		0		1		2.461	2.648	
Glycine ... g	1.002		0		1		0.792	0.852	
Proline ... g	0.738		0		1		0.583	0.627	
Serine ... g	0.851		0		1		0.672	0.723	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 79g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.50	0.837	4		1		100.82	59.93	
Energy	kcal	150		0	NC	4		215	128	
Energy	kj	628				4		897	533	
Protein (N x 6.25)	g	22.92	0.375	4		1		32.78	19.48	
Total lipid (fat)	g	5.82	0.937	4		1		8.32	4.95	
Ash	g	1.60	0.091	4		1		2.29	1.36	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	86		0		4		123	73	
Iron, Fe	mg	0.38	0.061	4		1		0.54	0.32	
Magnesium, Mg	mg	31	0.138	4		1		44	26	
Phosphorus, P	mg	269	9.221	4		1		385	229	
Potassium, K	mg	448	6.590	4		1		641	381	
Sodium, Na	mg	56	2.211	4		1		80	48	
Zinc, Zn	mg	0.51	0.006	4		1		0.73	0.43	
Copper, Cu	mg	0.058	0.006	4		1		0.083	0.049	
Manganese, Mn	mg	0.021	0.001	4		1		0.030	0.018	
Selenium, Se	mcg	13.2		0	BFSN	4		18.9	11.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0	0.265	4		1		2.9	1.7	
Thiamin	mg	0.152	0.011	4		1		0.217	0.129	
Riboflavin	mg	0.097	0.010	4		1		0.139	0.082	
Niacin	mg	5.770	0.419	4		1		8.251	4.905	
Pantothenic acid	mg	1.065	0.152	4		1		1.523	0.905	
Vitamin B-6	mg	0.346	0.015	4		1		0.495	0.294	
Folate, total	mcg	19		1		1		27	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	19		1		1		27	16	
Folate, DFE	mcg_DFE	19		0	NC	4		27	16	
Vitamin B-12	mcg	6.30	0.777	4		1		9.01	5.36	
Vitamin A, IU	IU	50	0.000	4		1		72	43	
Vitamin A, RAE	mcg_RAE	15	0.000	4		1		21	13	
Retinol	mcg	15	0.000	4		1		21	13	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.619		0		1		2.315	1.376	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.204		4		1		0.292	0.173	
15:0	g									
16:0	g	0.918		4		1		1.313	0.780	
17:0	g									
18:0	g	0.265		4		1		0.379	0.225	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.746		0		1		2.497	1.484	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.675		4		1		0.965	0.574	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.918		4		1		1.313	0.780	
20:1 g	0.051		4		1		0.073	0.043	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.831		0		1		2.618	1.556	
18:2 undifferentiated g	0.288		4		1		0.412	0.245	
18:3 undifferentiated g	0.187		4		1		0.267	0.159	
18:4 g	0.230		4		1		0.329	0.196	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.120		4		1		0.172	0.102	
20:5 n-3 g	0.468		4		1		0.669	0.398	
22:5 n-3 g									
22:6 n-3 g	0.520		4		1		0.744	0.442	
Fatty acids, total trans g									
Cholesterol mg	69	1.709	4		1		99	59	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.257		0		1		0.368	0.218	
Threonine g	1.005		0		1		1.437	0.854	
Isoleucine g	1.056		0		1		1.510	0.898	
Leucine g	1.863		0		1		2.664	1.584	
Lysine g	2.105		0		1		3.010	1.789	
Methionine g	0.679		0		1		0.971	0.577	
Cystine g	0.246		0		1		0.352	0.209	
Phenylalanine g	0.895		0		1		1.280	0.761	
Tyrosine g	0.774		0		1		1.107	0.658	
Valine g	1.181		0		1		1.689	1.004	
Arginine g	1.372		0		1		1.962	1.166	
Histidine g	0.675		0		1		0.965	0.574	
Alanine g	1.387		0		1		1.983	1.179	
Aspartic acid g	2.348		0		1		3.358	1.996	
Glutamic acid g	3.422		0		1		4.893	2.909	
Glycine g	1.100		0		1		1.573	0.935	
Proline g	0.811		0		1		1.160	0.689	
Serine g	0.935		0		1		1.337	0.795	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 143g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15115
Finfish, trout, rainbow, wild, raw
Salmo gairdneri Richardson

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.87	0.823	30		1		114.27	61.09	
Energy	kcal	119		0	NC	4		189	101	
Energy	kj	498				4		792	423	
Protein (N x 6.25)	g	20.48	0.309	28		1		32.56	17.41	
Total lipid (fat)	g	3.46	0.226	50		1		5.50	2.94	
Ash	g	1.31	0.019	27		1		2.08	1.11	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	67		2		1		107	57	
Iron, Fe	mg	0.70	0.311	5		1		1.11	0.60	
Magnesium, Mg	mg	31	0.416	22		1		49	26	
Phosphorus, P	mg	271	8.117	5		1		431	230	
Potassium, K	mg	481	7.777	22		1		765	409	
Sodium, Na	mg	31	2.185	22		1		49	26	
Zinc, Zn	mg	1.08	0.044	172		1		1.72	0.92	
Copper, Cu	mg	0.109	0.025	169		1		0.173	0.093	
Manganese, Mn	mg	0.158	0.136	5		1		0.251	0.134	
Selenium, Se	mcg	12.6		0	BFZN	4		20.0	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.4	0.534	6		1		3.8	2.0	
Thiamin	mg	0.123	0.013	5		1		0.196	0.105	
Riboflavin	mg	0.105	0.021	5		1		0.167	0.089	
Niacin	mg	5.384	0.281	5		1		8.561	4.576	
Pantothenic acid	mg	0.928	0.114	5		1		1.476	0.789	
Vitamin B-6	mg	0.406	0.017	5		1		0.646	0.345	
Folate, total	mcg	12	2.147	3		1		19	10	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	12	2.147	3		1		19	10	
Folate, DFE	mcg_DFE	12		0	NC	4		19	10	
Vitamin B-12	mcg	4.45	0.561	5		1		7.08	3.78	
Vitamin A, IU	IU	62	7.244	22		1		99	53	
Vitamin A, RAE	mcg_RAE	19	2.175	22		1		30	16	
Retinol	mcg	19	2.175	22		1		30	16	
Vitamin E	mg_ATE	0.200		0		4		0.318	0.170	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.722		0		1		1.148	0.614	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.011		20		1		0.017	0.009	
13:0	g									
14:0	g	0.079		20		1		0.126	0.067	
15:0	g									
16:0	g	0.421		20		1		0.669	0.358	
17:0	g									
18:0	g	0.139		20		1		0.221	0.118	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.129		0		1		1.795	0.960	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.203		20		1		0.323	0.173	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.614		20		1		0.976	0.522	
20:1 ... g	0.112		20		1		0.178	0.095	
22:1 undifferentiated ... g	0.138		20		1		0.219	0.117	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.237		0		1		1.967	1.051	
18:2 undifferentiated ... g	0.239		20		1		0.380	0.203	
18:3 undifferentiated ... g	0.119		20		1		0.189	0.101	
18:4 ... g	0.066		20		1		0.105	0.056	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.109		20		1		0.173	0.093	
20:5 n-3 ... g	0.167		20		1		0.266	0.142	
22:5 n-3 ... g	0.106	0.000	20		1		0.169	0.090	
22:6 n-3 ... g	0.420		20		1		0.668	0.357	
Fatty acids, total trans ... g									
Cholesterol ... mg	59	2.954	7		1		94	50	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.229		0		1		0.364	0.195	
Threonine ... g	0.898		0		1		1.428	0.763	
Isoleucine ... g	0.944		0		1		1.501	0.802	
Leucine ... g	1.664		0		1		2.646	1.414	
Lysine ... g	1.881		0		1		2.991	1.599	
Methionine ... g	0.606		0		1		0.964	0.515	
Cystine ... g	0.220		0		1		0.350	0.187	
Phenylalanine ... g	0.799		0		1		1.270	0.679	
Tyrosine ... g	0.691		0		1		1.099	0.587	
Valine ... g	1.055		0		1		1.677	0.897	
Arginine ... g	1.225		0		1		1.948	1.041	
Histidine ... g	0.603		0		1		0.959	0.513	
Alanine ... g	1.239		0		1		1.970	1.053	
Aspartic acid ... g	2.097		0		1		3.334	1.782	
Glutamic acid ... g	3.057		0		1		4.861	2.598	
Glycine ... g	0.983		0		1		1.563	0.836	
Proline ... g	0.724		0		1		1.151	0.615	
Serine ... g	0.836		0		1		1.329	0.711	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 159g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15128
Finfish, tuna salad

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.16		0		1		129.48	53.69	
Energy	kcal	187		0	NC	4		383	159	
Energy	kj	782				4		1604	665	
Protein (N x 6.25)	g	16.04		0		1		32.88	13.63	
Total lipid (fat)	g	9.26		0		1		18.98	7.87	
Ash	g	2.14		0		1		4.39	1.82	
Carbohydrate, by difference	g	9.41		0	NC	4		19.29	8.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		1		35	14	
Iron, Fe	mg	1.00		0		4		2.05	0.85	
Magnesium, Mg	mg	19		0		4		39	16	
Phosphorus, P	mg	178		0		1		365	151	
Potassium, K	mg	178		0		4		365	151	
Sodium, Na	mg	402		0		4		824	342	
Zinc, Zn	mg	0.56		0		4		1.15	0.48	
Copper, Cu	mg	0.145		0		1		0.297	0.123	
Manganese, Mn	mg	0.040		0		4		0.082	0.034	
Selenium, Se	mcg	41.2		0	RA	4		84.5	35.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.2		0		1		4.5	1.9	
Thiamin	mg	0.031		0		1		0.064	0.026	
Riboflavin	mg	0.070		0		4		0.144	0.060	
Niacin	mg	6.700		0		4		13.735	5.695	
Pantothenic acid	mg	0.260		0		4		0.533	0.221	
Vitamin B-6	mg	0.081		0		1		0.166	0.069	
Folate, total	mcg	8		0	RA	4		16	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0	RA	4		16	7	
Folate, DFE	mcg_DFE	8		0	NC	4		16	7	
Vitamin B-12	mcg	1.20		0		4		2.46	1.02	
Vitamin A, IU	IU	97		0		1		199	82	
Vitamin A, RAE	mcg_RAE	24		0	NC	4		48	20	
Retinol	mcg	22		0	NC	4		45	19	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.544		0		1		3.165	1.312	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.014		0		1		0.029	0.012	
15:0	g									
16:0	g	1.280		0		1		2.624	1.088	
17:0	g									
18:0	g	0.249		0		1		0.510	0.212	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.887		0		1		5.918	2.454	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.045		0		1		0.092	0.038	

NDB No. 15128
Finfish, tuna salad

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	2.828		0		1		5.797	2.404	
20:1 ... g	0.014		0		1		0.029	0.012	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	4.122		0		1		8.450	3.504	
18:2 undifferentiated ... g	3.722		0		1		7.630	3.164	
18:3 undifferentiated ... g	0.332		0		1		0.681	0.282	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g	0.014		0		1		0.029	0.012	
22:5 n-3 ... g									
22:6 n-3 ... g	0.055		0		1		0.113	0.047	
Fatty acids, total trans ... g									
Cholesterol ... mg	13		0		1		27	11	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.180		0		1		0.369	0.153	
Threonine ... g	0.701		0		1		1.437	0.596	
Isoleucine ... g	0.739		0		1		1.515	0.628	
Leucine ... g	1.293		0		1		2.651	1.099	
Lysine ... g	1.457		0		1		2.987	1.238	
Methionine ... g	0.470		0		1		0.964	0.400	
Cystine ... g	0.172		0		1		0.353	0.146	
Phenylalanine ... g	0.626		0		1		1.283	0.532	
Tyrosine ... g	0.539		0		1		1.105	0.458	
Valine ... g	0.824		0		1		1.689	0.700	
Arginine ... g	0.967		0		1		1.982	0.822	
Histidine ... g	0.467		0		1		0.957	0.397	
Alanine ... g	0.962		0		1		1.972	0.818	
Aspartic acid ... g	1.632		0		1		3.346	1.387	
Glutamic acid ... g	2.402		0		1		4.924	2.042	
Glycine ... g	0.767		0		1		1.572	0.652	
Proline ... g	0.565		0		1		1.158	0.480	
Serine ... g	0.657		0		1		1.347	0.558	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.09		0		1		50.23		
Energy	kcal	184		0	NC	4		156		
Energy	kj	770				4		654		
Protein (N x 6.25)	g	29.91		0		1		25.42		
Total lipid (fat)	g	6.28		0		1		5.34		
Ash	g	1.51		0		1		1.28		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		4		9		
Iron, Fe	mg	1.31		0		1		1.11		
Magnesium, Mg	mg	64		0		4		54		
Phosphorus, P	mg	326		0		4		277		
Potassium, K	mg	323		0		1		275		
Sodium, Na	mg	50		0		1		43		
Zinc, Zn	mg	0.77		0		1		0.65		
Copper, Cu	mg	0.110		0		1		0.094		
Manganese, Mn	mg	0.020		0		4		0.017		
Selenium, Se	mcg	46.8		0	BFSN	4		39.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.278		0		1		0.236		
Riboflavin	mg	0.306		0		1		0.260		
Niacin	mg	10.540		0		1		8.959		
Pantothenic acid	mg	1.370		0		4		1.165		
Vitamin B-6	mg	0.525		0		1		0.446		
Folate, total	mcg	2		0		4		2		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	2		0		4		2		
Folate, DFE	mcg_DFE	2		0	NC	4		2		
Vitamin B-12	mcg	10.88		0		1		9.25		
Vitamin A, IU	IU	2520		0		1		2142		
Vitamin A, RAE	mcg_RAE	757		0		1		643		
Retinol	mcg	757		0		1		643		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.612		0		1		1.370		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.178		0		1		0.151		
15:0	g									
16:0	g	1.038		0		1		0.882		
17:0	g									
18:0	g	0.394		0		1		0.335		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.053		0		1		1.745		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.208		0		1		0.177		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.185		0		1		1.007		
20:1 ... g	0.355		0		1		0.302		
22:1 undifferentiated ... g	0.304		0		1		0.258		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.844		0		1		1.567		
18:2 undifferentiated ... g	0.068		0		1		0.058		
18:3 undifferentiated ... g									
18:4 ... g	0.050		0		1		0.043		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.055		0		1		0.047		
20:5 n-3 ... g	0.363		0		1		0.309		
22:5 n-3 ... g	0.160		0		1		0.136		
22:6 n-3 ... g	1.141		0		1		0.970		
Fatty acids, total trans ... g									
Cholesterol ... mg	49		0		1		42		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.335		0		1		0.285		
Threonine ... g	1.311		0		1		1.114		
Isoleucine ... g	1.378		0		1		1.171		
Leucine ... g	2.431		0		1		2.066		
Lysine ... g	2.747		0		1		2.335		
Methionine ... g	0.885		0		1		0.752		
Cystine ... g	0.321		0		1		0.273		
Phenylalanine ... g	1.168		0		1		0.993		
Tyrosine ... g	1.010		0		1		0.859		
Valine ... g	1.541		0		1		1.310		
Arginine ... g	1.790		0		1		1.522		
Histidine ... g	0.880		0		1		0.748		
Alanine ... g	1.809		0		1		1.538		
Aspartic acid ... g	3.062		0		1		2.603		
Glutamic acid ... g	4.464		0		1		3.794		
Glycine ... g	1.436		0		1		1.221		
Proline ... g	1.057		0		1		0.898		
Serine ... g	1.220		0		1		1.037		
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15117
Finfish, tuna, fresh, bluefin, raw
Thunnus thynnus (L.)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.09	0.781	26		1		57.88		
Energy	kcal	144		0	NC	4		122		
Energy	kj	602				4		512		
Protein (N x 6.25)	g	23.33	0.377	18		1		19.83		
Total lipid (fat)	g	4.90	0.971	7		1		4.17		
Ash	g	1.18	0.020	25		1		1.00		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0		4		7		
Iron, Fe	mg	1.02	0.034	5		1		0.87		
Magnesium, Mg	mg	50		0		4		43		
Phosphorus, P	mg	254		0		4		216		
Potassium, K	mg	252	41.695	4		1		214		
Sodium, Na	mg	39		1		1		33		
Zinc, Zn	mg	0.60	0.039	10		1		0.51		
Copper, Cu	mg	0.086	0.013	16		1		0.073		
Manganese, Mn	mg	0.015		0		1		0.013		
Selenium, Se	mcg	36.5		0	CAZN	4		31.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.241	0.023	11		1		0.205		
Riboflavin	mg	0.251	0.055	17		1		0.213		
Niacin	mg	8.654	0.627	16		1		7.356		
Pantothenic acid	mg	1.054	0.247	17		1		0.896		
Vitamin B-6	mg	0.455		2		1		0.387		
Folate, total	mcg	2		0		4		2		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	2		0		4		2		
Folate, DFE	mcg_DFE	2		0	NC	4		2		
Vitamin B-12	mcg	9.43	2.381	18		1		8.01		
Vitamin A, IU	IU	2184	417.378	11		1		1856		
Vitamin A, RAE	mcg_RAE	656	125.339	11		1		557		
Retinol	mcg	656	125.339	11		1		557		
Vitamin E	mg_ATE	1.000		0		4		0.850		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.257		0		1		1.068		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.139		2		1		0.118		
15:0	g									
16:0	g	0.810		2		1		0.689		
17:0	g									
18:0	g	0.307		2		1		0.261		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.600		0		4		1.360		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.162		2		1		0.138		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.924		2		1		0.785		
20:1 ... g	0.277		1		1		0.235		
22:1 undifferentiated ... g	0.237		2		1		0.201		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.433		0		4		1.218		
18:2 undifferentiated ... g	0.053		2		1		0.045		
18:3 undifferentiated ... g	0.000		0		1		0.000		
18:4 ... g	0.039		1		1		0.033		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.043		1		1		0.037		
20:5 n-3 ... g	0.283		3		1		0.241		
22:5 n-3 ... g	0.125		3		1		0.106		
22:6 n-3 ... g	0.890		2		1		0.757		
Fatty acids, total trans ... g									
Cholesterol ... mg	38	2.987	3		1		32		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.261		0		1		0.222		
Threonine ... g	1.023		0		1		0.870		
Isoleucine ... g	1.075		0		1		0.914		
Leucine ... g	1.896		0		1		1.612		
Lysine ... g	2.142		0		1		1.821		
Methionine ... g	0.690		0		1		0.587		
Cystine ... g	0.250		0		1		0.213		
Phenylalanine ... g	0.911		0		1		0.774		
Tyrosine ... g	0.787		0		1		0.669		
Valine ... g	1.202		0		1		1.022		
Arginine ... g	1.396		0		1		1.187		
Histidine ... g	0.687		0		1		0.584		
Alanine ... g	1.411		0		1		1.199		
Aspartic acid ... g	2.388		0		1		2.030		
Glutamic acid ... g	3.482		0		1		2.960		
Glycine ... g	1.120		0		1		0.952		
Proline ... g	0.825		0		1		0.701		
Serine ... g	0.952		0		1		0.809		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.58	0.429	15		1		139.75	59.99	
Energy	kcal	103		0	NC	4		204	88	
Energy	kj	431				4		853	366	
Protein (N x 6.25)	g	22.00	1.245	9		1		43.56	18.70	
Total lipid (fat)	g	1.01	0.060	5		1		2.00	0.86	
Ash	g	1.30		1		1		2.57	1.11	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	29	5.534	3		1		57	25	
Iron, Fe	mg	1.25	0.024	24		1		2.48	1.06	
Magnesium, Mg	mg	34	4.241	3		1		67	29	
Phosphorus, P	mg	222	6.657	8		1		440	189	
Potassium, K	mg	407		1		1		806	346	
Sodium, Na	mg	37	5.234	4		1		73	31	
Zinc, Zn	mg	0.82	0.064	70		1		1.62	0.70	
Copper, Cu	mg	0.086	0.004	93		1		0.170	0.073	
Manganese, Mn	mg	0.015		0		1		0.030	0.013	
Selenium, Se	mcg	36.5		0	CAZN	4		72.3	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		4		2.0	0.9	
Thiamin	mg	0.033		1		1		0.065	0.028	
Riboflavin	mg	0.100		0		4		0.198	0.085	
Niacin	mg	15.400		0		4		30.492	13.090	
Pantothenic acid	mg	0.420		0		4		0.832	0.357	
Vitamin B-6	mg	0.850		2		1		1.683	0.723	
Folate, total	mcg	9		0		4		18	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		4		18	8	
Folate, DFE	mcg_DFE	9		0	NC	4		18	8	
Vitamin B-12	mcg	1.90		0		4		3.76	1.62	
Vitamin A, IU	IU	52	22.716	3		1		103	44	
Vitamin A, RAE	mcg_RAE	16	6.822	3		1		31	13	
Retinol	mcg	16	6.822	3		1		31	13	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.328		0		1		0.649	0.279	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.040		2		1		0.079	0.034	
15:0	g									
16:0	g	0.233		2		1		0.461	0.198	
17:0	g									
18:0	g	0.055		2		1		0.109	0.047	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.190		0		1		0.376	0.162	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.036		2		1		0.071	0.031	

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

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1	g									
18:1 undifferentiated	g	0.131		2		1		0.259	0.111	
20:1	g	0.017		1		1		0.034	0.014	
22:1 undifferentiated	g	0.006		1		1		0.012	0.005	
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.315		0		1		0.624	0.268	
18:2 undifferentiated	g	0.016		2		1		0.032	0.014	
18:3 undifferentiated	g									
18:4	g	0.004		1		1		0.008	0.003	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.026		1		1		0.051	0.022	
20:5 n-3	g	0.071	0.043	3		1		0.141	0.060	
22:5 n-3	g	0.013		2		1		0.026	0.011	
22:6 n-3	g	0.185		2		1		0.366	0.157	
Fatty acids, total trans	g									
Cholesterol	mg	47		2		1		93	40	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.246		0		1		0.487	0.209	
Threonine	g	0.964		0		1		1.909	0.819	
Isoleucine	g	1.014		0		1		2.008	0.862	
Leucine	g	1.788		0		1		3.540	1.520	
Lysine	g	2.020		0		1		4.000	1.717	
Methionine	g	0.651		0		1		1.289	0.553	
Cystine	g	0.236		0		1		0.467	0.201	
Phenylalanine	g	0.859		0		1		1.701	0.730	
Tyrosine	g	0.743		0		1		1.471	0.632	
Valine	g	1.133		0		1		2.243	0.963	
Arginine	g	1.316		0		1		2.606	1.119	
Histidine	g	0.648		0		1		1.283	0.551	
Alanine	g	1.331		0		1		2.635	1.131	
Aspartic acid	g	2.253		0		1		4.461	1.915	
Glutamic acid	g	3.284		0		1		6.502	2.791	
Glycine	g	1.056		0		1		2.091	0.898	
Proline	g	0.778		0		1		1.540	0.661	
Serine	g	0.898		0		1		1.778	0.763	
Hydroxyproline	g									

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

Common Measures:

Measure 1 = 198g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.99	0.338	24		1		20.13	11.36	60.34
Energy	kcal	108		0	NC	4		31	17	92
Energy	kj	452				4		128	72	384
Protein (N x 6.25)	g	23.38		2		1		6.63	3.74	19.87
Total lipid (fat)	g	0.95	0.282	7		1		0.27	0.15	0.81
Ash	g	1.34		1		1		0.38	0.21	1.14
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	16		1		1		5	3	14
Iron, Fe	mg	0.73	0.023	131		1		0.21	0.12	0.62
Magnesium, Mg	mg	50		0		4		14	8	43
Phosphorus, P	mg	191		1		1		54	31	162
Potassium, K	mg	444		0		4		126	71	377
Sodium, Na	mg	37		1		1		10	6	31
Zinc, Zn	mg	0.52	0.033	100		1		0.15	0.08	0.44
Copper, Cu	mg	0.064	0.004	110		1		0.018	0.010	0.054
Manganese, Mn	mg	0.015		0		1		0.004	0.002	0.013
Selenium, Se	mcg	36.5		0	CAZN	4		10.3	5.8	31.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		4		0.3	0.2	0.9
Thiamin	mg	0.434		1		1		0.123	0.069	0.369
Riboflavin	mg	0.047		1		1		0.013	0.008	0.040
Niacin	mg	9.800		1		1		2.778	1.568	8.330
Pantothenic acid	mg	0.750		0		4		0.213	0.120	0.638
Vitamin B-6	mg	0.900		0		4		0.255	0.144	0.765
Folate, total	mcg	2		0		4		1	0	2
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		0		4		1	0	2
Folate, DFE	mcg_DFE	2		0	NC	4		1	0	2
Vitamin B-12	mcg	0.52		0		4		0.15	0.08	0.44
Vitamin A, IU	IU	59		2		1		17	9	50
Vitamin A, RAE	mcg_RAE	18		2		1		5	3	15
Retinol	mcg	18		2		1		5	3	15
Vitamin E	mg_ATE	0.500		0		4		0.142	0.080	0.425
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.235		0		1		0.067	0.038	0.200
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.009		1		1		0.003	0.001	0.008
13:0	g									
14:0	g	0.011	0.005	3		1		0.003	0.002	0.009
15:0	g									
16:0	g	0.156	0.055	3		1		0.044	0.025	0.133
17:0	g									
18:0	g	0.051	0.014	3		1		0.014	0.008	0.043
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.154		0		1		0.044	0.025	0.131
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.025	0.010	3		1		0.007	0.004	0.021

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.108	0.008	3		1		0.031	0.017	0.092
20:1 g	0.007		2		1		0.002	0.001	0.006
22:1 undifferentiated g	0.014		1		1		0.004	0.002	0.012
24:1 c g									
Fatty acids, total polyunsaturated g	0.284		0		1		0.081	0.045	0.241
18:2 undifferentiated g	0.008	0.005	3		1		0.002	0.001	0.007
18:3 undifferentiated g	0.012		1		1		0.003	0.002	0.010
18:4 g	0.005		1		1		0.001	0.001	0.004
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.028	0.016	3		1		0.008	0.004	0.024
20:5 n-3 g	0.037	0.016	3		1		0.010	0.006	0.031
22:5 n-3 g	0.013	0.004	3		1		0.004	0.002	0.011
22:6 n-3 g	0.181	0.042	3		1		0.051	0.029	0.154
Fatty acids, total trans g									
Cholesterol mg	45		2		1		13	7	38
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.262		0		1		0.074	0.042	0.223
Threonine g	1.025		0		1		0.291	0.164	0.871
Isoleucine g	1.077		0		1		0.305	0.172	0.915
Leucine g	1.900		0		1		0.539	0.304	1.615
Lysine g	2.147		0		1		0.609	0.344	1.825
Methionine g	0.692		0		1		0.196	0.111	0.588
Cystine g	0.251		0		1		0.071	0.040	0.213
Phenylalanine g	0.913		0		1		0.259	0.146	0.776
Tyrosine g	0.789		0		1		0.224	0.126	0.671
Valine g	1.204		0		1		0.341	0.193	1.023
Arginine g	1.399		0		1		0.397	0.224	1.189
Histidine g	0.688		0		1		0.195	0.110	0.585
Alanine g	1.414		0		1		0.401	0.226	1.202
Aspartic acid g	2.394		0		1		0.679	0.383	2.035
Glutamic acid g	3.489		0		1		0.989	0.558	2.966
Glycine g	1.122		0		1		0.318	0.180	0.954
Proline g	0.827		0		1		0.234	0.132	0.703
Serine g	0.954		0		1		0.270	0.153	0.811
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 16g: 1 cubic inch, boneless

Measure 3 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.83	0.557	9		1		87.35	16.96	102.31
Energy	kcal	198		0	NC	4		289	56	339
Energy	kj	828				4		1210	235	1417
Protein (N x 6.25)	g	29.13	0.365	6		1		42.53	8.26	49.81
Total lipid (fat)	g	8.21	0.139	7		1		11.99	2.33	14.04
Ash	g	2.76	0.295	9		1		4.03	0.78	4.72
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13	2.415	9		1		19	4	22
Iron, Fe	mg	1.39	0.081	8		1		2.03	0.39	2.38
Magnesium, Mg	mg	31	1.591	8		1		45	9	53
Phosphorus, P	mg	311	18.785	9		1		454	88	532
Potassium, K	mg	207		0		1		302	59	354
Sodium, Na	mg	354		0		1		517	100	605
Zinc, Zn	mg	0.90	0.106	8		1		1.31	0.26	1.54
Copper, Cu	mg	0.071		0		1		0.104	0.020	0.121
Manganese, Mn	mg	0.015	0.002	8		1		0.022	0.004	0.026
Selenium, Se	mcg	76.0	0.820	44	A	1		111.0	21.5	130.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.038		1		1		0.055	0.011	0.065
Riboflavin	mg	0.120		0		4		0.175	0.034	0.205
Niacin	mg	12.400		0		4		18.104	3.515	21.204
Pantothenic acid	mg	0.370		0		4		0.540	0.105	0.633
Vitamin B-6	mg	0.110		1		1		0.161	0.031	0.188
Folate, total	mcg	5	1.445	3		1		8	2	9
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	5	1.445	3		1		8	2	9
Folate, DFE	mcg_DFE	5		0	NC	4		8	2	9
Vitamin B-12	mcg	2.20		0		4		3.21	0.62	3.76
Vitamin A, IU	IU	78	1.352	6		1		114	22	133
Vitamin A, RAE	mcg_RAE	23	0.406	6		1		34	7	40
Retinol	mcg	23	0.406	6		1		34	7	40
Vitamin E	mg_ATE	1.200		0		4		1.752	0.340	2.052
Vitamin D	IU	236.000		0	T	4		344.560	66.906	403.560
Lipids:										
Fatty acids, total saturated	g	1.534		0		1		2.240	0.435	2.623
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.027		1		1		0.039	0.008	0.046
15:0	g									
16:0	g	1.415		1		1		2.066	0.401	2.420
17:0	g									
18:0	g	0.092		1		1		0.134	0.026	0.157
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.949		0		1		4.306	0.836	5.043
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.083		1		1		0.121	0.024	0.142

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	2.839		1		1		4.145	0.805	4.855
20:1 ... g	0.027		1		1		0.039	0.008	0.046
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.885		0		1		4.212	0.818	4.933
18:2 undifferentiated ... g	2.683		1		1		3.917	0.761	4.588
18:3 undifferentiated ... g	0.074		1		1		0.108	0.021	0.127
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.027		1		1		0.039	0.008	0.046
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.101		1		1		0.147	0.029	0.173
Fatty acids, total trans ... g									
Cholesterol ... mg	18		1		1		26	5	31
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.326		0		1		0.476	0.092	0.557
Threonine ... g	1.277		0		1		1.864	0.362	2.184
Isoleucine ... g	1.342		0		1		1.959	0.380	2.295
Leucine ... g	2.368		0		1		3.457	0.671	4.049
Lysine ... g	2.675		0		1		3.906	0.758	4.574
Methionine ... g	0.862		0		1		1.259	0.244	1.474
Cystine ... g	0.312		0		1		0.456	0.088	0.534
Phenylalanine ... g	1.137		0		1		1.660	0.322	1.944
Tyrosine ... g	0.983		0		1		1.435	0.279	1.681
Valine ... g	1.501		0		1		2.191	0.426	2.567
Arginine ... g	1.743		0		1		2.545	0.494	2.981
Histidine ... g	0.858		0		1		1.253	0.243	1.467
Alanine ... g	1.762		0		1		2.573	0.500	3.013
Aspartic acid ... g	2.983		0		1		4.355	0.846	5.101
Glutamic acid ... g	4.349		0		1		6.350	1.233	7.437
Glycine ... g	1.398		0		1		2.041	0.396	2.391
Proline ... g	1.030		0		1		1.504	0.292	1.761
Serine ... g	1.189		0		1		1.736	0.337	2.033
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		0	z	7		0	0	0
Theobromine ... mg	0		0	z	7		0	0	0

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

Common Measures:

Measure 1 = 146g: 1 cup, solid or chunks

Measure 2 = 28.35g: 1 oz

Measure 3 = 171g: 1 can

Calories Factors: Protein 4.27 **Fat** 9 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.83	0.557	9		1		102.31	50.86	
Energy	kcal	198		0	NC	4		339	168	
Energy	kj	828				4		1417	704	
Protein (N x 6.25)	g	29.13	0.365	6		1		49.81	24.76	
Total lipid (fat)	g	8.21	0.139	7		1		14.04	6.98	
Ash	g	2.76	0.295	9		1		4.72	2.35	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13	2.415	9		1		22	11	
Iron, Fe	mg	1.39	0.081	8		1		2.38	1.18	
Magnesium, Mg	mg	31	1.591	8		1		53	26	
Phosphorus, P	mg	311	18.785	9		1		532	264	
Potassium, K	mg	207		0		1		354	176	
Sodium, Na	mg	50		0		1		86	43	
Zinc, Zn	mg	0.90	0.106	8		1		1.54	0.77	
Copper, Cu	mg	0.071		0		1		0.121	0.060	
Manganese, Mn	mg	0.015	0.002	8		1		0.026	0.013	
Selenium, Se	mcg	76.0	0.820	44	A	1		130.0	64.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.038		1		1		0.065	0.032	
Riboflavin	mg	0.120		0		4		0.205	0.102	
Niacin	mg	12.400		0		4		21.204	10.540	
Pantothenic acid	mg	0.370		0		4		0.633	0.315	
Vitamin B-6	mg	0.110		1		1		0.188	0.094	
Folate, total	mcg	5	1.445	3		1		9	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5	1.445	3		1		9	5	
Folate, DFE	mcg_DFE	5		0	NC	4		9	5	
Vitamin B-12	mcg	2.20		0		4		3.76	1.87	
Vitamin A, IU	IU	78	1.352	6		1		133	66	
Vitamin A, RAE	mcg_RAE	23	0.406	6		1		40	20	
Retinol	mcg	23	0.406	6		1		40	20	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.534		0		1		2.623	1.304	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.027		1		1		0.046	0.023	
15:0	g									
16:0	g	1.415		1		1		2.420	1.203	
17:0	g									
18:0	g	0.092		1		1		0.157	0.078	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.949		0		1		5.043	2.507	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.083		1		1		0.142	0.071	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	2.839		1		1		4.855	2.413	
20:1 ... g	0.027		1		1		0.046	0.023	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.885		0		1		4.933	2.452	
18:2 undifferentiated ... g	2.683		1		1		4.588	2.281	
18:3 undifferentiated ... g	0.074		1		1		0.127	0.063	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g	0.027		1		1		0.046	0.023	
22:5 n-3 ... g									
22:6 n-3 ... g	0.101		1		1		0.173	0.086	
Fatty acids, total trans ... g									
Cholesterol ... mg	18		1		1		31	15	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.326		0		1		0.557	0.277	
Threonine ... g	1.277		0		1		2.184	1.085	
Isoleucine ... g	1.342		0		1		2.295	1.141	
Leucine ... g	2.368		0		1		4.049	2.013	
Lysine ... g	2.675		0		1		4.574	2.274	
Methionine ... g	0.862		0		1		1.474	0.733	
Cystine ... g	0.312		0		1		0.534	0.265	
Phenylalanine ... g	1.137		0		1		1.944	0.966	
Tyrosine ... g	0.983		0		1		1.681	0.836	
Valine ... g	1.501		0		1		2.567	1.276	
Arginine ... g	1.743		0		1		2.981	1.482	
Histidine ... g	0.858		0		1		1.467	0.729	
Alanine ... g	1.762		0		1		3.013	1.498	
Aspartic acid ... g	2.983		0		1		5.101	2.536	
Glutamic acid ... g	4.349		0		1		7.437	3.697	
Glycine ... g	1.398		0		1		2.391	1.188	
Proline ... g	1.030		0		1		1.761	0.876	
Serine ... g	1.189		0		1		2.033	1.011	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 171g: 1 can

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 9 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.51	0.569	11		1		114.75	21.12	122.94
Energy	kcal	116		0	NC	4		179	33	191
Energy	kj	485				4		747	138	801
Protein (N x 6.25)	g	25.51	1.466	6		1		39.29	7.23	42.09
Total lipid (fat)	g	0.82	0.082	11		1		1.26	0.23	1.35
Ash	g	1.48	0.146	5		1		2.28	0.42	2.44
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.564	30		1		17	3	18
Iron, Fe	mg	1.53	0.079	30		1		2.36	0.43	2.52
Magnesium, Mg	mg	27	0.569	33		1		42	8	45
Phosphorus, P	mg	163	3.070	29		1		251	46	269
Potassium, K	mg	237	5.967	33		1		365	67	391
Sodium, Na	mg	338	19.913	32		1		521	96	558
Zinc, Zn	mg	0.77	0.033	32		1		1.19	0.22	1.27
Copper, Cu	mg	0.051	0.004	31		1		0.079	0.014	0.084
Manganese, Mn	mg	0.011	0.001	27		1		0.017	0.003	0.018
Selenium, Se	mcg	80.4	0.754	45	A	1		123.8	22.8	132.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	5		1		0.0	0.0	0.0
Thiamin	mg	0.032	0.006	5		1		0.049	0.009	0.053
Riboflavin	mg	0.074	0.012	5		1		0.114	0.021	0.122
Niacin	mg	13.280	0.711	5		1		20.451	3.765	21.912
Pantothenic acid	mg	0.214	0.040	5		1		0.330	0.061	0.353
Vitamin B-6	mg	0.350	0.021	5		1		0.539	0.099	0.578
Folate, total	mcg	4	0.610	7		1		6	1	7
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	4	0.610	7		1		6	1	7
Folate, DFE	mcg_DFE	4		0	NC	4		6	1	7
Vitamin B-12	mcg	2.99	0.365	5		1		4.60	0.85	4.93
Vitamin A, IU	IU	56	5.600	5		1		86	16	92
Vitamin A, RAE	mcg_RAE	17	1.682	5		1		26	5	28
Retinol	mcg	17	1.682	5		1		26	5	28
Vitamin E	mg_ATE	0.530		0		1		0.816	0.150	0.875
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.234		0		1		0.360	0.066	0.386
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.018		5		1		0.028	0.005	0.030
15:0	g									
16:0	g	0.156		5		1		0.240	0.044	0.257
17:0	g									
18:0	g	0.060		5		1		0.092	0.017	0.099
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.159		0		1		0.245	0.045	0.262
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.026		5		1		0.040	0.007	0.043

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.093		5		1		0.143	0.026	0.153
20:1 ... g	0.011		5		1		0.017	0.003	0.018
22:1 undifferentiated ... g	0.029		5		1		0.045	0.008	0.048
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.337		0		1		0.519	0.096	0.556
18:2 undifferentiated ... g	0.009		5		1		0.014	0.003	0.015
18:3 undifferentiated ... g	0.002		5		1		0.003	0.001	0.003
18:4 ... g	0.013		5		1		0.020	0.004	0.021
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.034		5		1		0.052	0.010	0.056
20:5 n-3 ... g	0.047		5		1		0.072	0.013	0.078
22:5 n-3 ... g	0.009	0.000	5		1		0.014	0.003	0.015
22:6 n-3 ... g	0.223		5		1		0.343	0.063	0.368
Fatty acids, total trans ... g									
Cholesterol ... mg	30	5.983	3		1		46	9	50
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.286		0		1		0.440	0.081	0.472
Threonine ... g	1.118		0		1		1.722	0.317	1.845
Isoleucine ... g	1.175		0		1		1.810	0.333	1.939
Leucine ... g	2.073		0		1		3.192	0.588	3.420
Lysine ... g	2.343		0		1		3.608	0.664	3.866
Methionine ... g	0.755		0		1		1.163	0.214	1.246
Cystine ... g	0.273		0		1		0.420	0.077	0.450
Phenylalanine ... g	0.996		0		1		1.534	0.282	1.643
Tyrosine ... g	0.861		0		1		1.326	0.244	1.421
Valine ... g	1.314		0		1		2.024	0.373	2.168
Arginine ... g	1.527		0		1		2.352	0.433	2.520
Histidine ... g	0.751		0		1		1.157	0.213	1.239
Alanine ... g	1.543		0		1		2.376	0.437	2.546
Aspartic acid ... g	2.612		0		1		4.022	0.741	4.310
Glutamic acid ... g	3.808		0		1		5.864	1.080	6.283
Glycine ... g	1.224		0		1		1.885	0.347	2.020
Proline ... g	0.902		0		1		1.389	0.256	1.488
Serine ... g	1.041		0		1		1.603	0.295	1.718
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 154g: 1 cup, solid or chunks

Measure 2 = 28.35g: 1 oz

Measure 3 = 165g: 1 can

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.21		0	BFAN	4		124.10	63.93	
Energy	kcal	116		0	NC	4		191	99	
Energy	kj	485				4		801	413	
Protein (N x 6.25)	g	25.51		0	A	1		42.09	21.68	
Total lipid (fat)	g	0.82		0	A	1		1.35	0.70	
Ash	g	0.78		0	BFAN	4		1.29	0.66	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0	A	1		18	9	
Iron, Fe	mg	1.53		0	A	1		2.52	1.30	
Magnesium, Mg	mg	27		0	A	1		45	23	
Phosphorus, P	mg	163		0	A	1		269	139	
Potassium, K	mg	237		0	A	1		391	201	
Sodium, Na	mg	50		0	BFZN	4		83	43	
Zinc, Zn	mg	0.77		0	A	1		1.27	0.65	
Copper, Cu	mg	0.051		0	A	1		0.084	0.043	
Manganese, Mn	mg	0.011		0	A	1		0.018	0.009	
Selenium, Se	mcg	80.4	0.754	45	A	1		132.7	68.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	A	1		0.0	0.0	
Thiamin	mg	0.032		0	A	1		0.053	0.027	
Riboflavin	mg	0.074		0	A	1		0.122	0.063	
Niacin	mg	13.280		0	A	1		21.912	11.288	
Pantothenic acid	mg	0.214		0	A	1		0.353	0.182	
Vitamin B-6	mg	0.350		0	A	1		0.578	0.298	
Folate, total	mcg	4		0	A	1		7	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0	A	1		7	3	
Folate, DFE	mcg_DFE	4		0	NC	4		7	3	
Vitamin B-12	mcg	2.99		0	A	1		4.93	2.54	
Vitamin A, IU	IU	56		0	A	1		92	48	
Vitamin A, RAE	mcg_RAE	17		0	A	1		28	14	
Retinol	mcg	17		0	A	1		28	14	
Vitamin E	mg_ATE	0.530		0	A	1		0.875	0.451	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.234		0	A	1		0.386	0.199	
4:0	g	0.000		0	A	1		0.000	0.000	
6:0	g	0.000		0	A	1		0.000	0.000	
8:0	g	0.000		0	A	1		0.000	0.000	
10:0	g	0.000		0	A	1		0.000	0.000	
12:0	g	0.000		0	A	1		0.000	0.000	
13:0	g									
14:0	g	0.018		0	A	1		0.030	0.015	
15:0	g									
16:0	g	0.156		0	A	1		0.257	0.133	
17:0	g									
18:0	g	0.060		0	A	1		0.099	0.051	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.159		0	A	1		0.262	0.135	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.026		0	A	1		0.043	0.022	

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

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

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

Common Measures:

Measure 1 = 165g: 1 can

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.28		0		1		95.91	52.94	
Energy	kcal	132		0	NC	4		203	112	
Energy	kj	552				4		851	469	
Protein (N x 6.25)	g	28.21		0		1		43.44	23.98	
Total lipid (fat)	g	1.29		0		1		1.99	1.10	
Ash	g	1.67		0		1		2.57	1.42	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	37		0		1		57	31	
Iron, Fe	mg	1.60		0		1		2.46	1.36	
Magnesium, Mg	mg	44		0		1		68	37	
Phosphorus, P	mg	285		0		1		439	242	
Potassium, K	mg	522		0		1		804	444	
Sodium, Na	mg	47		0		1		72	40	
Zinc, Zn	mg	1.05		0		1		1.62	0.89	
Copper, Cu	mg	0.110		0		1		0.169	0.094	
Manganese, Mn	mg	0.019		0		1		0.029	0.016	
Selenium, Se	mcg	46.8		0	BFSN	4		72.1	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		1.5	0.9	
Thiamin	mg	0.038		0		1		0.059	0.032	
Riboflavin	mg	0.122		0		1		0.188	0.104	
Niacin	mg	18.756		0		1		28.884	15.943	
Pantothenic acid	mg	0.485		0		1		0.747	0.412	
Vitamin B-6	mg	0.981		0		1		1.511	0.834	
Folate, total	mcg	10		0		1		15	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		15	9	
Folate, DFE	mcg_DFE	10		0	NC	4		15	9	
Vitamin B-12	mcg	2.19		0		1		3.37	1.86	
Vitamin A, IU	IU	60		0		1		92	51	
Vitamin A, RAE	mcg_RAE	18		0		1		28	15	
Retinol	mcg	18		0		1		28	15	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.420		0		1		0.647	0.357	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.051		0		1		0.079	0.043	
15:0	g									
16:0	g	0.298		0		1		0.459	0.253	
17:0	g									
18:0	g	0.070		0		1		0.108	0.060	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.243		0		1		0.374	0.207	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.046		0		1		0.071	0.039	

NDB No. 15220
Finfish, tuna, skipjack, fresh, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.168		0		1		0.259	0.143	
20:1 ....g	0.022		0		1		0.034	0.019	
22:1 undifferentiated ....g	0.008		0		1		0.012	0.007	
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.403		0		1		0.621	0.343	
18:2 undifferentiated ....g	0.020		0		1		0.031	0.017	
18:3 undifferentiated ....g									
18:4 ....g	0.005		0		1		0.008	0.004	
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.033		0		1		0.051	0.028	
20:5 n-3 ....g	0.091		0		1		0.140	0.077	
22:5 n-3 ....g	0.017		0		1		0.026	0.014	
22:6 n-3 ....g	0.237		0		1		0.365	0.201	
Fatty acids, total trans ....g									
Cholesterol ....mg	60		0		1		92	51	
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.316		0		1		0.487	0.269	
Threonine ....g	1.237		0		1		1.905	1.051	
Isoleucine ....g	1.300		0		1		2.002	1.105	
Leucine ....g	2.293		0		1		3.531	1.949	
Lysine ....g	2.590		0		1		3.989	2.202	
Methionine ....g	0.835		0		1		1.286	0.710	
Cystine ....g	0.302		0		1		0.465	0.257	
Phenylalanine ....g	1.101		0		1		1.696	0.936	
Tyrosine ....g	0.952		0		1		1.466	0.809	
Valine ....g	1.453		0		1		2.238	1.235	
Arginine ....g	1.688		0		1		2.600	1.435	
Histidine ....g	0.830		0		1		1.278	0.706	
Alanine ....g	1.706		0		1		2.627	1.450	
Aspartic acid ....g	2.888		0		1		4.448	2.455	
Glutamic acid ....g	4.210		0		1		6.483	3.579	
Glycine ....g	1.354		0		1		2.085	1.151	
Proline ....g	0.997		0		1		1.535	0.847	
Serine ....g	1.151		0		1		1.773	0.978	
Hydroxyproline ....g									

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

Common Measures:

Measure 1 = 154g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.02		1		1		113.96	54.42	
Energy	kcal	186		0	NC	4		331	158	
Energy	kj	778				4		1385	661	
Protein (N x 6.25)	g	26.53		1		1		47.22	22.55	
Total lipid (fat)	g	8.08		1		1		14.38	6.87	
Ash	g	2.18		1		1		3.88	1.85	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0		1		7	3	
Iron, Fe	mg	0.65		0		1		1.16	0.55	
Magnesium, Mg	mg	34		0		1		61	29	
Phosphorus, P	mg	267		0		1		475	227	
Potassium, K	mg	333		0		1		593	283	
Sodium, Na	mg	396		0		1		705	337	
Zinc, Zn	mg	0.47		0		1		0.84	0.40	
Copper, Cu	mg	0.130		0		1		0.231	0.111	
Manganese, Mn	mg	0.016		0		4		0.028	0.014	
Selenium, Se	mcg	60.1	6.743	7	A	1		107.0	51.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.017		0		1		0.030	0.014	
Riboflavin	mg	0.079		0		1		0.141	0.067	
Niacin	mg	11.698		0		1		20.822	9.943	
Pantothenic acid	mg	0.370		0		4		0.659	0.315	
Vitamin B-6	mg	0.430		0		4		0.765	0.366	
Folate, total	mcg	5	0.670	3		1		8	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5	0.670	3		1		8	4	
Folate, DFE	mcg_DFE	5		0	NC	4		8	4	
Vitamin B-12	mcg	2.20		0		4		3.92	1.87	
Vitamin A, IU	IU	80		0		4		142	68	
Vitamin A, RAE	mcg_RAE	24		0		4		43	20	
Retinol	mcg	24		0		4		43	20	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.650		0		4		2.937	1.403	
Fatty acids, total monounsaturated	g	2.480		0		4		4.414	2.108	
Fatty acids, total polyunsaturated	g	3.380		0		4		6.016	2.873	
Fatty acids, total trans	g									
Cholesterol	mg	31	3.493	6		1		55	26	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.297		0		1		0.529	0.252	
Threonine	g	1.163		0		1		2.070	0.989	
Isoleucine	g	1.223		0		1		2.177	1.040	
Leucine	g	2.156		0		1		3.838	1.833	
Lysine	g	2.437		0		1		4.338	2.071	
Methionine	g	0.785		0		1		1.397	0.667	
Cystine	g	0.284		0		1		0.506	0.241	
Phenylalanine	g	1.036		0		1		1.844	0.881	
Tyrosine	g	0.896		0		1		1.595	0.762	
Valine	g	1.367		0		1		2.433	1.162	
Arginine	g	1.588		0		1		2.827	1.350	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.781		0		1		1.390	0.664	
Alanine.....g	1.605		0		1		2.857	1.364	
Aspartic acid.....g	2.717		0		1		4.836	2.309	
Glutamic acid.....g	3.961		0		1		7.051	3.367	
Glycine.....g	1.274		0		1		2.268	1.083	
Proline.....g	0.938		0		1		1.670	0.797	
Serine.....g	1.082		0		1		1.926	0.920	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 178g: 1 can

Measure 2 = 85g: 3 oz

Calories Factors: **Protein** 4.27 **Fat** 9 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.02		1		1		113.96	54.42	
Energy	kcal	186		0	NC	4		331	158	
Energy	kj	778				4		1385	661	
Protein (N x 6.25)	g	26.53		1		1		47.22	22.55	
Total lipid (fat)	g	8.08		1		1		14.38	6.87	
Ash	g	2.18		1		1		3.88	1.85	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0		1		7	3	
Iron, Fe	mg	0.65		0		1		1.16	0.55	
Magnesium, Mg	mg	34		0		1		61	29	
Phosphorus, P	mg	267		0		1		475	227	
Potassium, K	mg	333		0		1		593	283	
Sodium, Na	mg	50		0		1		89	43	
Zinc, Zn	mg	0.47		0		1		0.84	0.40	
Copper, Cu	mg	0.130		0		1		0.231	0.111	
Manganese, Mn	mg	0.016		0		4		0.028	0.014	
Selenium, Se	mcg	60.1	6.743	7	A	1		107.0	51.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.017		0		1		0.030	0.014	
Riboflavin	mg	0.079		0		1		0.141	0.067	
Niacin	mg	11.698		0		1		20.822	9.943	
Pantothenic acid	mg	0.370		0		4		0.659	0.315	
Vitamin B-6	mg	0.430		0		4		0.765	0.366	
Folate, total	mcg	5	0.670	3		1		8	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5	0.670	3		1		8	4	
Folate, DFE	mcg_DFE	5		0	NC	4		8	4	
Vitamin B-12	mcg	2.20		0		4		3.92	1.87	
Vitamin A, IU	IU	80		0		4		142	68	
Vitamin A, RAE	mcg_RAE	24		0		4		43	20	
Retinol	mcg	24		0		4		43	20	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.650		0		4		2.937	1.403	
Fatty acids, total monounsaturated	g	2.480		0		4		4.414	2.108	
Fatty acids, total polyunsaturated	g	3.380		0		4		6.016	2.873	
Fatty acids, total trans	g									
Cholesterol	mg	31	3.493	6		1		55	26	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.297		0		1		0.529	0.252	
Threonine	g	1.163		0		1		2.070	0.989	
Isoleucine	g	1.223		0		1		2.177	1.040	
Leucine	g	2.156		0		1		3.838	1.833	
Lysine	g	2.437		0		1		4.338	2.071	
Methionine	g	0.785		0		1		1.397	0.667	
Cystine	g	0.284		0		1		0.506	0.241	
Phenylalanine	g	1.036		0		1		1.844	0.881	
Tyrosine	g	0.896		0		1		1.595	0.762	
Valine	g	1.367		0		1		2.433	1.162	
Arginine	g	1.588		0		1		2.827	1.350	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.781		0		1		1.390	0.664	
Alanine.....g	1.605		0		1		2.857	1.364	
Aspartic acid.....g	2.717		0		1		4.836	2.309	
Glutamic acid.....g	3.961		0		1		7.051	3.367	
Glycine.....g	1.274		0		1		2.268	1.083	
Proline.....g	0.938		0		1		1.670	0.797	
Serine.....g	1.082		0		1		1.926	0.920	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 178g: 1 can

Measure 2 = 85g: 3 oz

Calories Factors: **Protein** 4.27 **Fat** 9 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.19	1.109	5		1		125.89	62.21	
Energy	kcal	128		0	NC	4		220	109	
Energy	kj	536				4		921	455	
Protein (N x 6.25)	g	23.62	1.534	3		1		40.63	20.08	
Total lipid (fat)	g	2.97	0.419	4		1		5.11	2.52	
Ash	g	1.46	0.074	3		1		2.51	1.24	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		2		1		24	12	
Iron, Fe	mg	0.97	0.033	5		1		1.67	0.82	
Magnesium, Mg	mg	33	1.779	5		1		57	28	
Phosphorus, P	mg	217		2		1		373	184	
Potassium, K	mg	237	35.011	6		1		408	201	
Sodium, Na	mg	377	40.239	7		1		648	320	
Zinc, Zn	mg	0.48	0.016	5		1		0.83	0.41	
Copper, Cu	mg	0.039	0.003	5		1		0.067	0.033	
Manganese, Mn	mg	0.019	0.003	5		1		0.033	0.016	
Selenium, Se	mcg	65.7		2	A	1		113.0	55.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.008		2		1		0.014	0.007	
Riboflavin	mg	0.044		2		1		0.076	0.037	
Niacin	mg	5.799		0		1		9.974	4.929	
Pantothenic acid	mg	0.124		2		1		0.213	0.105	
Vitamin B-6	mg	0.217		2		1		0.373	0.184	
Folate, total	mcg	2	0.033	3		1		3	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2	0.033	3		1		3	2	
Folate, DFE	mcg_DFE	2		0	NC	4		3	2	
Vitamin B-12	mcg	1.17	0.121	4		1		2.01	0.99	
Vitamin A, IU	IU	19		2		1		33	16	
Vitamin A, RAE	mcg_RAE	6		2		1		10	5	
Retinol	mcg	6		2		1		10	5	
Vitamin E	mg_ATE	1.590		0		4		2.735	1.352	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.792		0		1		1.362	0.673	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.082		0		1		0.141	0.070	
15:0	g									
16:0	g	0.592		0		1		1.018	0.503	
17:0	g									
18:0	g	0.118		0		1		0.203	0.100	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.784		0		1		1.348	0.666	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.144		0		1		0.248	0.122	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.518		0		1		0.891	0.440	
20:1 ... g	0.078		0		1		0.134	0.066	
22:1 undifferentiated ... g	0.044		0		1		0.076	0.037	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.109		0		1		1.907	0.943	
18:2 undifferentiated ... g	0.055		0		1		0.095	0.047	
18:3 undifferentiated ... g	0.071		0		1		0.122	0.060	
18:4 ... g	0.051		0		1		0.088	0.043	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.051		0		1		0.088	0.043	
20:5 n-3 ... g	0.233		0		1		0.401	0.198	
22:5 n-3 ... g	0.018		0		1		0.031	0.015	
22:6 n-3 ... g	0.629		0		1		1.082	0.535	
Fatty acids, total trans ... g									
Cholesterol ... mg	42		0		1		72	36	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.265		0		1		0.456	0.225	
Threonine ... g	1.035		0		1		1.780	0.880	
Isoleucine ... g	1.088		0		1		1.871	0.925	
Leucine ... g	1.920		0		1		3.302	1.632	
Lysine ... g	2.169		0		1		3.731	1.844	
Methionine ... g	0.699		0		1		1.202	0.594	
Cystine ... g	0.253		0		1		0.435	0.215	
Phenylalanine ... g	0.922		0		1		1.586	0.784	
Tyrosine ... g	0.797		0		1		1.371	0.677	
Valine ... g	1.217		0		1		2.093	1.034	
Arginine ... g	1.413		0		1		2.430	1.201	
Histidine ... g	0.695		0		1		1.195	0.591	
Alanine ... g	1.428		0		1		2.456	1.214	
Aspartic acid ... g	2.419		0		1		4.161	2.056	
Glutamic acid ... g	3.526		0		1		6.065	2.997	
Glycine ... g	1.134		0		1		1.950	0.964	
Proline ... g	0.835		0		1		1.436	0.710	
Serine ... g	0.964		0		1		1.658	0.819	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 172g: 1 can

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.02		0	BFAN	4		127.31	62.92	
Energy	kcal	128		0		4		220	109	
Energy	kj	536				4		921	455	
Protein (N x 6.25)	g	23.62	1.534	3		1		40.63	20.08	
Total lipid (fat)	g	2.97	0.419	4		1		5.11	2.52	
Ash	g	0.63		0	BFAN	4		1.08	0.54	
Carbohydrate, by difference	g	0.00		0		7		0.00	0.00	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		2		1		24	12	
Iron, Fe	mg	0.97	0.033	5		1		1.67	0.82	
Magnesium, Mg	mg	33	1.779	5		1		57	28	
Phosphorus, P	mg	217		2		1		373	184	
Potassium, K	mg	237	35.011	6		1		408	201	
Sodium, Na	mg	50		0		4		86	43	
Zinc, Zn	mg	0.48	0.016	5		1		0.83	0.41	
Copper, Cu	mg	0.039	0.003	5		1		0.067	0.033	
Manganese, Mn	mg	0.019	0.003	5		1		0.033	0.016	
Selenium, Se	mcg	65.7		2	A	1		113.0	55.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.008		2		1		0.014	0.007	
Riboflavin	mg	0.044		2		1		0.076	0.037	
Niacin	mg	5.799		0		1		9.974	4.929	
Pantothenic acid	mg	0.124		2		1		0.213	0.105	
Vitamin B-6	mg	0.217		2		1		0.373	0.184	
Folate, total	mcg	2	0.033	3		1		3	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2	0.033	3		1		3	2	
Folate, DFE	mcg_DFE	2		0	NC	4		3	2	
Vitamin B-12	mcg	1.17	0.121	4		1		2.01	0.99	
Vitamin A, IU	IU	19		2		1		33	16	
Vitamin A, RAE	mcg_RAE	6		2		1		10	5	
Retinol	mcg	6		2		1		10	5	
Vitamin E	mg_ATE	1.590		0	BFZN	4		2.735	1.352	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.792		0		1		1.362	0.673	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.082		0		1		0.141	0.070	
15:0	g									
16:0	g	0.592		0		1		1.018	0.503	
17:0	g									
18:0	g	0.118		0		1		0.203	0.100	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.784		0		1		1.348	0.666	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.144		0		1		0.248	0.122	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.518		0		1		0.891	0.440	
20:1 ... g	0.078		0		1		0.134	0.066	
22:1 undifferentiated ... g	0.044		0		1		0.076	0.037	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.109		0		1		1.907	0.943	
18:2 undifferentiated ... g	0.055		0		1		0.095	0.047	
18:3 undifferentiated ... g	0.071		0		1		0.122	0.060	
18:4 ... g	0.051		0		1		0.088	0.043	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.051		0		1		0.088	0.043	
20:5 n-3 ... g	0.233		0		1		0.401	0.198	
22:5 n-3 ... g	0.018		0		1		0.031	0.015	
22:6 n-3 ... g	0.629		0		1		1.082	0.535	
Fatty acids, total trans ... g									
Cholesterol ... mg	42		0		1		72	36	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.265		0		1		0.456	0.225	
Threonine ... g	1.035		0		1		1.780	0.880	
Isoleucine ... g	1.088		0		1		1.871	0.925	
Leucine ... g	1.920		0		1		3.302	1.632	
Lysine ... g	2.169		0		1		3.731	1.844	
Methionine ... g	0.699		0		1		1.202	0.594	
Cystine ... g	0.253		0		1		0.435	0.215	
Phenylalanine ... g	0.922		0		1		1.586	0.784	
Tyrosine ... g	0.797		0		1		1.371	0.677	
Valine ... g	1.217		0		1		2.093	1.034	
Arginine ... g	1.413		0		1		2.430	1.201	
Histidine ... g	0.695		0		1		1.195	0.591	
Alanine ... g	1.428		0		1		2.456	1.214	
Aspartic acid ... g	2.419		0		1		4.161	2.056	
Glutamic acid ... g	3.526		0		1		6.065	2.997	
Glycine ... g	1.134		0		1		1.950	0.964	
Proline ... g	0.835		0		1		1.436	0.710	
Serine ... g	0.964		0		1		1.658	0.819	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	z	7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 172g: 1 can

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15221
Finfish, tuna, yellowfin, fresh, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.81		0		1		53.39		
Energy	kcal	139		0	NC	4		118		
Energy	kj	582				4		494		
Protein (N x 6.25)	g	29.97		0		1		25.47		
Total lipid (fat)	g	1.22		0		1		1.04		
Ash	g	1.72		0		1		1.46		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0		1		18		
Iron, Fe	mg	0.94		0		1		0.80		
Magnesium, Mg	mg	64		0		1		54		
Phosphorus, P	mg	245		0		1		208		
Potassium, K	mg	569		0		1		484		
Sodium, Na	mg	47		0		1		40		
Zinc, Zn	mg	0.67		0		1		0.57		
Copper, Cu	mg	0.082		0		1		0.070		
Manganese, Mn	mg	0.019		0		1		0.016		
Selenium, Se	mcg	46.8		0	BFSN	4		39.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		0.9		
Thiamin	mg	0.501		0		1		0.426		
Riboflavin	mg	0.057		0		1		0.048		
Niacin	mg	11.936		0		1		10.146		
Pantothenic acid	mg	0.865		0		1		0.735		
Vitamin B-6	mg	1.038		0		1		0.882		
Folate, total	mcg	2		0		1		2		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	2		0		1		2		
Folate, DFE	mcg_DFE	2		0	NC	4		2		
Vitamin B-12	mcg	0.60		0		1		0.51		
Vitamin A, IU	IU	68		0		1		58		
Vitamin A, RAE	mcg_RAE	20		0		1		17		
Retinol	mcg	20		0		1		17		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.301		0		1		0.256		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.012		0		1		0.010		
13:0	g									
14:0	g	0.014		0		1		0.012		
15:0	g									
16:0	g	0.200		0		1		0.170		
17:0	g									
18:0	g	0.065		0		1		0.055		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.197		0		1		0.167		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.032		0		1		0.027		

NDB No. 15221
Finfish, tuna, yellowfin, fresh, cooked, dry heat

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1	g									
18:1 undifferentiated	g	0.138		0		1		0.117		
20:1	g	0.009		0		1		0.008		
22:1 undifferentiated	g	0.018		0		1		0.015		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.364		0		1		0.309		
18:2 undifferentiated	g	0.010		0		1		0.009		
18:3 undifferentiated	g	0.015		0		1		0.013		
18:4	g	0.006		0		1		0.005		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.036		0		1		0.031		
20:5 n-3	g	0.047		0		1		0.040		
22:5 n-3	g	0.017		0		1		0.014		
22:6 n-3	g	0.232		0		1		0.197		
Fatty acids, total trans	g									
Cholesterol	mg	58		0		1		49		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.336		0		1		0.286		
Threonine	g	1.314		0		1		1.117		
Isoleucine	g	1.381		0		1		1.174		
Leucine	g	2.436		0		1		2.071		
Lysine	g	2.753		0		1		2.340		
Methionine	g	0.887		0		1		0.754		
Cystine	g	0.321		0		1		0.273		
Phenylalanine	g	1.170		0		1		0.995		
Tyrosine	g	1.012		0		1		0.860		
Valine	g	1.544		0		1		1.312		
Arginine	g	1.794		0		1		1.525		
Histidine	g	0.882		0		1		0.750		
Alanine	g	1.813		0		1		1.541		
Aspartic acid	g	3.069		0		1		2.609		
Glutamic acid	g	4.475		0		1		3.804		
Glycine	g	1.439		0		1		1.223		
Proline	g	1.060		0		1		0.901		
Serine	g	1.223		0		1		1.040		
Hydroxyproline	g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15222
Finfish, turbot, european, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.45		0		1		112.02	59.88	
Energy	kcal	122		0	NC	4		194	104	
Energy	kj	510				4		812	434	
Protein (N x 6.25)	g	20.58		0		1		32.72	17.49	
Total lipid (fat)	g	3.78		0		1		6.01	3.21	
Ash	g	2.69		0		1		4.28	2.29	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	23		0		1		37	20	
Iron, Fe	mg	0.46		0		1		0.73	0.39	
Magnesium, Mg	mg	65		0		1		103	55	
Phosphorus, P	mg	165		0		1		262	140	
Potassium, K	mg	305		0		1		485	259	
Sodium, Na	mg	192		0		1		305	163	
Zinc, Zn	mg	0.28		0		1		0.45	0.24	
Copper, Cu	mg	0.047		0		1		0.075	0.040	
Manganese, Mn	mg	0.022		0		1		0.035	0.019	
Selenium, Se	mcg	46.8		0	BFSN	4		74.4	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		0		1		2.7	1.4	
Thiamin	mg	0.076		0		1		0.121	0.065	
Riboflavin	mg	0.097		0		1		0.154	0.082	
Niacin	mg	2.679		0		1		4.260	2.277	
Pantothenic acid	mg	0.658		0		1		1.046	0.559	
Vitamin B-6	mg	0.242		0		1		0.385	0.206	
Folate, total	mcg	9		0		1		14	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		14	8	
Folate, DFE	mcg_DFE	9		0	NC	4		14	8	
Vitamin B-12	mcg	2.54		0		1		4.04	2.16	
Vitamin A, IU	IU	40		0		1		64	34	
Vitamin A, RAE	mcg_RAE	12		0		1		19	10	
Retinol	mcg	12		0		1		19	10	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	62		0		1		99	53	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.230		0		1		0.366	0.196	
Threonine	g	0.902		0		1		1.434	0.767	
Isoleucine	g	0.948		0		1		1.507	0.806	
Leucine	g	1.672		0		1		2.658	1.421	
Lysine	g	1.890		0		1		3.005	1.607	
Methionine	g	0.609		0		1		0.968	0.518	
Cystine	g	0.221		0		1		0.351	0.188	
Phenylalanine	g	0.803		0		1		1.277	0.683	
Tyrosine	g	0.695		0		1		1.105	0.591	
Valine	g	1.060		0		1		1.685	0.901	
Arginine	g	1.231		0		1		1.957	1.046	

NDB No. 15222
Finfish, turbot, european, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.606		0		1		0.964	0.515	
Alanine.....g	1.244		0		1		1.978	1.057	
Aspartic acid.....g	2.107		0		1		3.350	1.791	
Glutamic acid.....g	3.072		0		1		4.884	2.611	
Glycine.....g	0.988		0		1		1.571	0.840	
Proline.....g	0.728		0		1		1.158	0.619	
Serine.....g	0.840		0		1		1.336	0.714	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 159g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.95		2		1		156.98	65.41	
Energy	kcal	95		0	NC	4		194	81	
Energy	kj	397				4		811	338	
Protein (N x 6.25)	g	16.05		2		1		32.74	13.64	
Total lipid (fat)	g	2.95		2		1		6.02	2.51	
Ash	g	2.10		2		1		4.28	1.79	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		1		1		37	15	
Iron, Fe	mg	0.36		0		4		0.73	0.31	
Magnesium, Mg	mg	51		1		1		104	43	
Phosphorus, P	mg	129		1		1		263	110	
Potassium, K	mg	238		2		1		486	202	
Sodium, Na	mg	150		1		1		306	128	
Zinc, Zn	mg	0.22		2		1		0.45	0.19	
Copper, Cu	mg	0.037		2		1		0.075	0.031	
Manganese, Mn	mg	0.017		0		4		0.035	0.014	
Selenium, Se	mcg	36.5		0	CAZN	4		74.5	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		0		4		3.5	1.4	
Thiamin	mg	0.066		1		1		0.135	0.056	
Riboflavin	mg	0.080		1		1		0.163	0.068	
Niacin	mg	2.200		1		1		4.488	1.870	
Pantothenic acid	mg	0.570		1		1		1.163	0.485	
Vitamin B-6	mg	0.210		0		4		0.428	0.179	
Folate, total	mcg	8		0		4		16	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		4		16	7	
Folate, DFE	mcg_DFE	8		0	NC	4		16	7	
Vitamin B-12	mcg	2.20		1		1		4.49	1.87	
Vitamin A, IU	IU	35		2		1		71	30	
Vitamin A, RAE	mcg_RAE	11		2		1		21	9	
Retinol	mcg	11		2		1		21	9	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.750		0		4		1.530	0.638	
Fatty acids, total monounsaturated	g	0.610		0		4		1.244	0.519	
Fatty acids, total polyunsaturated	g	0.880		0		4		1.795	0.748	
Fatty acids, total trans	g									
Cholesterol	mg	48		0		4		98	41	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.180		0		1		0.367	0.153	
Threonine	g	0.704		0		1		1.436	0.598	
Isoleucine	g	0.740		0		1		1.510	0.629	
Leucine	g	1.305		0		1		2.662	1.109	
Lysine	g	1.474		0		1		3.007	1.253	
Methionine	g	0.475		0		1		0.969	0.404	
Cystine	g	0.172		0		1		0.351	0.146	
Phenylalanine	g	0.627		0		1		1.279	0.533	
Tyrosine	g	0.542		0		1		1.106	0.461	
Valine	g	0.827		0		1		1.687	0.703	
Arginine	g	0.960		0		1		1.958	0.816	

NDB No. 15129
Finfish, turbot, european, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.473		0		1		0.965	0.402	
Alanine.....g	0.971		0		1		1.981	0.825	
Aspartic acid.....g	1.644		0		1		3.354	1.397	
Glutamic acid.....g	2.396		0		1		4.888	2.037	
Glycine.....g	0.770		0		1		1.571	0.655	
Proline.....g	0.568		0		1		1.159	0.483	
Serine.....g	0.655		0		1		1.336	0.557	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 204g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15223
Finfish, whitefish, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.09		0		1		100.24	55.33	
Energy	kcal	172		0	NC	4		265	146	
Energy	kj	720				4		1108	612	
Protein (N x 6.25)	g	24.47		0		1		37.68	20.80	
Total lipid (fat)	g	7.51		0		1		11.57	6.38	
Ash	g	1.44		0		1		2.22	1.22	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	33		0		1		51	28	
Iron, Fe	mg	0.47		0		1		0.72	0.40	
Magnesium, Mg	mg	42		0		1		65	36	
Phosphorus, P	mg	346		0		1		533	294	
Potassium, K	mg	406		0		1		625	345	
Sodium, Na	mg	65		0		1		100	55	
Zinc, Zn	mg	1.27		0		1		1.96	1.08	
Copper, Cu	mg	0.092		0		1		0.142	0.078	
Manganese, Mn	mg	0.086		0		1		0.132	0.073	
Selenium, Se	mcg	16.2		0	BFSN	4		24.9	13.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.171		0		1		0.263	0.145	
Riboflavin	mg	0.154		0		1		0.237	0.131	
Niacin	mg	3.846		0		1		5.923	3.269	
Pantothenic acid	mg	0.865		0		1		1.332	0.735	
Vitamin B-6	mg	0.346		0		1		0.533	0.294	
Folate, total	mcg	17		0		1		26	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	17		0		1		26	14	
Folate, DFE	mcg_DFE	17		0	NC	4		26	14	
Vitamin B-12	mcg	0.96		0		1		1.48	0.82	
Vitamin A, IU	IU	131		0		1		202	111	
Vitamin A, RAE	mcg_RAE	39		0		1		61	33	
Retinol	mcg	39		0		1		61	33	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.162		0		1		1.789	0.988	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.140		0		1		0.216	0.119	
15:0	g									
16:0	g	0.768		0		1		1.183	0.653	
17:0	g									
18:0	g	0.254		0		1		0.391	0.216	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.559		0		1		3.941	2.175	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.667		0		1		1.027	0.567	

NDB No. 15223
Finfish, whitefish, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.727		0		1		2.660	1.468	
20:1 ... g	0.133		0		1		0.205	0.113	
22:1 undifferentiated ... g	0.032		0		1		0.049	0.027	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.755		0		1		4.243	2.342	
18:2 undifferentiated ... g	0.349		0		1		0.537	0.297	
18:3 undifferentiated ... g	0.235		0		1		0.362	0.200	
18:4 ... g	0.064		0		1		0.099	0.054	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.286		0		1		0.440	0.243	
20:5 n-3 ... g	0.406		0		1		0.625	0.345	
22:5 n-3 ... g	0.209		0		1		0.322	0.178	
22:6 n-3 ... g	1.206		0		1		1.857	1.025	
Fatty acids, total trans ... g									
Cholesterol ... mg	77		0		1		119	65	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.274		0		1		0.422	0.233	
Threonine ... g	1.073		0		1		1.652	0.912	
Isoleucine ... g	1.128		0		1		1.737	0.959	
Leucine ... g	1.989		0		1		3.063	1.691	
Lysine ... g	2.248		0		1		3.462	1.911	
Methionine ... g	0.724		0		1		1.115	0.615	
Cystine ... g	0.262		0		1		0.403	0.223	
Phenylalanine ... g	0.955		0		1		1.471	0.812	
Tyrosine ... g	0.826		0		1		1.272	0.702	
Valine ... g	1.261		0		1		1.942	1.072	
Arginine ... g	1.465		0		1		2.256	1.245	
Histidine ... g	0.721		0		1		1.110	0.613	
Alanine ... g	1.480		0		1		2.279	1.258	
Aspartic acid ... g	2.506		0		1		3.859	2.130	
Glutamic acid ... g	3.654		0		1		5.627	3.106	
Glycine ... g	1.175		0		1		1.810	0.999	
Proline ... g	0.865		0		1		1.332	0.735	
Serine ... g	0.999		0		1		1.538	0.849	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 154g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.77	0.642	37		1		144.08	61.85	
Energy	kcal	134		0	NC	4		265	114	
Energy	kj	561				4		1110	477	
Protein (N x 6.25)	g	19.09	0.239	42		1		37.80	16.23	
Total lipid (fat)	g	5.86	0.451	68		1		11.60	4.98	
Ash	g	1.12	0.014	34		1		2.22	0.95	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		0		4		51	22	
Iron, Fe	mg	0.37		0		4		0.73	0.31	
Magnesium, Mg	mg	33		1		1		65	28	
Phosphorus, P	mg	270		0		4		535	230	
Potassium, K	mg	317		1		1		628	269	
Sodium, Na	mg	51	1.004	17		1		101	43	
Zinc, Zn	mg	0.99	0.319	3		1		1.96	0.84	
Copper, Cu	mg	0.072		2		1		0.143	0.061	
Manganese, Mn	mg	0.067		0		4		0.133	0.057	
Selenium, Se	mcg	12.6		0	BFZN	4		24.9	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.140		0		4		0.277	0.119	
Riboflavin	mg	0.120		0		4		0.238	0.102	
Niacin	mg	3.000		0		4		5.940	2.550	
Pantothenic acid	mg	0.750		0		4		1.485	0.638	
Vitamin B-6	mg	0.300		0		4		0.594	0.255	
Folate, total	mcg	15		0		4		30	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		0		4		30	13	
Folate, DFE	mcg_DFE	15		0	NC	4		30	13	
Vitamin B-12	mcg	1.00		0		4		1.98	0.85	
Vitamin A, IU	IU	120		0		4		238	102	
Vitamin A, RAE	mcg_RAE	36		0		4		71	31	
Retinol	mcg	36		0		4		71	31	
Vitamin E	mg_ATE	0.200		0		4		0.396	0.170	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.906		0		1		1.794	0.770	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.109		1		1		0.216	0.093	
15:0	g									
16:0	g	0.599		1		1		1.186	0.509	
17:0	g									
18:0	g	0.198		1		1		0.392	0.168	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.996		0		1		3.952	1.697	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.520		1		1		1.030	0.442	

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

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

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

Common Measures:

Measure 1 = 198g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.83		2		1		96.33	20.08	12.04
Energy	kcal	108		0	NC	4		147	31	18
Energy	kj	452				4		615	128	77
Protein (N x 6.25)	g	23.40		2		1		31.82	6.63	3.98
Total lipid (fat)	g	0.93		2		1		1.26	0.26	0.16
Ash	g	5.06		2		1		6.88	1.43	0.86
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		2		1		24	5	3
Iron, Fe	mg	0.50		2		1		0.68	0.14	0.09
Magnesium, Mg	mg	23		2		1		31	7	4
Phosphorus, P	mg	132		2		1		180	37	22
Potassium, K	mg	423		2		1		575	120	72
Sodium, Na	mg	1019		2		1		1386	289	173
Zinc, Zn	mg	0.49		2		1		0.67	0.14	0.08
Copper, Cu	mg	0.315		2		1		0.428	0.089	0.054
Manganese, Mn	mg	0.034		2		1		0.046	0.010	0.006
Selenium, Se	mcg	13.5		0	BFSN	4		18.4	3.8	2.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.032		2		1		0.044	0.009	0.005
Riboflavin	mg	0.101		2		1		0.137	0.029	0.017
Niacin	mg	2.400		2		1		3.264	0.680	0.408
Pantothenic acid	mg	0.104		2		1		0.141	0.029	0.018
Vitamin B-6	mg	0.389		2		1		0.529	0.110	0.066
Folate, total	mcg	7		2		1		10	2	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	7		2		1		10	2	1
Folate, DFE	mcg_DFE	7		0	NC	4		10	2	1
Vitamin B-12	mcg	3.26		2		1		4.43	0.92	0.55
Vitamin A, IU	IU	190		2		1		258	54	32
Vitamin A, RAE	mcg_RAE	57		2		1		78	16	10
Retinol	mcg	57		2		1		78	16	10
Vitamin E	mg_ATE	0.200		0		4		0.272	0.057	0.034
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.228		0		1		0.310	0.065	0.039
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.007		2		1		0.010	0.002	0.001
15:0	g									
16:0	g	0.177		2		1		0.241	0.050	0.030
17:0	g									
18:0	g	0.044		2		1		0.060	0.012	0.007
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.278		0		1		0.378	0.079	0.047
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.026		2		1		0.035	0.007	0.004

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.205		2		1		0.279	0.058	0.035
20:1 ... g	0.023		2		1		0.031	0.007	0.004
22:1 undifferentiated ... g	0.024		2		1		0.033	0.007	0.004
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.293		0		1		0.398	0.083	0.050
18:2 undifferentiated ... g	0.084		2		1		0.114	0.024	0.014
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.048		2		1		0.065	0.014	0.008
22:5 n-3 ... g	0.005		2		1		0.007	0.001	0.001
22:6 n-3 ... g	0.156		2		1		0.212	0.044	0.027
Fatty acids, total trans ... g									
Cholesterol ... mg	33		2		1		45	9	6
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.262		0		1		0.356	0.074	0.045
Threonine ... g	1.026		0		1		1.395	0.291	0.174
Isoleucine ... g	1.078		0		1		1.466	0.306	0.183
Leucine ... g	1.902		0		1		2.587	0.539	0.323
Lysine ... g	2.149		0		1		2.923	0.609	0.365
Methionine ... g	0.693		0		1		0.942	0.196	0.118
Cystine ... g	0.251		0		1		0.341	0.071	0.043
Phenylalanine ... g	0.914		0		1		1.243	0.259	0.155
Tyrosine ... g	0.790		0		1		1.074	0.224	0.134
Valine ... g	1.206		0		1		1.640	0.342	0.205
Arginine ... g	1.400		0		1		1.904	0.397	0.238
Histidine ... g	0.689		0		1		0.937	0.195	0.117
Alanine ... g	1.415		0		1		1.924	0.401	0.241
Aspartic acid ... g	2.396		0		1		3.259	0.679	0.407
Glutamic acid ... g	3.493		0		1		4.750	0.990	0.594
Glycine ... g	1.123		0		1		1.527	0.318	0.191
Proline ... g	0.827		0		1		1.125	0.234	0.141
Serine ... g	0.955		0		1		1.299	0.271	0.162
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 136g: 1 cup, cooked

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 17g: 1 cubic inch, boneless

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.71		0		1		53.79	63.50	
Energy	kcal	116		0	NC	4		84	99	
Energy	kj	485				4		349	413	
Protein (N x 6.25)	g	23.48		0		1		16.91	19.96	
Total lipid (fat)	g	1.69		0		1		1.22	1.44	
Ash	g	1.46	0.030	11		1		1.05	1.24	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	62		0		1		45	53	
Iron, Fe	mg	0.42	0.040	11		1		0.30	0.36	
Magnesium, Mg	mg	27		0		1		19	23	
Phosphorus, P	mg	285		0		1		205	242	
Potassium, K	mg	434	9.800	11		1		312	369	
Sodium, Na	mg	132	9.190	11		1		95	112	
Zinc, Zn	mg	0.53	0.020	11		1		0.38	0.45	
Copper, Cu	mg	0.040		0		1		0.029	0.034	
Manganese, Mn	mg	0.130		0		1		0.094	0.111	
Selenium, Se	mcg	41.1		0	BFSN	4		29.6	34.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.068	0.010	11		1		0.049	0.058	
Riboflavin	mg	0.060	0.010	11		1		0.043	0.051	
Niacin	mg	1.670	0.080	11		1		1.202	1.420	
Pantothenic acid	mg	0.250		0		1		0.180	0.213	
Vitamin B-6	mg	0.180		0		1		0.130	0.153	
Folate, total	mcg	15		0		1		11	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		0		1		11	13	
Folate, DFE	mcg_DFE	15		0	NC	4		11	13	
Vitamin B-12	mcg	2.60	0.200	11		1		1.87	2.21	
Vitamin A, IU	IU	114		0		1		82	97	
Vitamin A, RAE	mcg_RAE	34		0		1		25	29	
Retinol	mcg	34		0		1		25	29	
Vitamin E	mg_ATE	0.300		0		4		0.216	0.255	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.400		0		1		0.288	0.340	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.068		11		1		0.049	0.058	
15:0	g									
16:0	g	0.285		11		1		0.205	0.242	
17:0	g									
18:0	g	0.047		11		1		0.034	0.040	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.445		0		1		0.320	0.378	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.121		11		1		0.087	0.103	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.277		11		1		0.199	0.235	
20:1 ... g	0.027		11		1		0.019	0.023	
22:1 undifferentiated ... g	0.020		11		1		0.014	0.017	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.587		0		1		0.423	0.499	
18:2 undifferentiated ... g	0.020		11		1		0.014	0.017	
18:3 undifferentiated ... g	0.013		11		1		0.009	0.011	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.020		11		1		0.014	0.017	
20:5 n-3 ... g	0.283		11		1		0.204	0.241	
22:5 n-3 ... g	0.017		11		1		0.012	0.014	
22:6 n-3 ... g	0.235		11		1		0.169	0.200	
Fatty acids, total trans ... g									
Cholesterol ... mg	84	3.700	11		1		60	71	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.263		0		1		0.189	0.224	
Threonine ... g	1.029		0		1		0.741	0.875	
Isoleucine ... g	1.082		0		1		0.779	0.920	
Leucine ... g	1.908		0		1		1.374	1.622	
Lysine ... g	2.156		0		1		1.552	1.833	
Methionine ... g	0.695		0		1		0.500	0.591	
Cystine ... g	0.252		0		1		0.181	0.214	
Phenylalanine ... g	0.917		0		1		0.660	0.779	
Tyrosine ... g	0.793		0		1		0.571	0.674	
Valine ... g	1.210		0		1		0.871	1.029	
Arginine ... g	1.405		0		1		1.012	1.194	
Histidine ... g	0.691		0		1		0.498	0.587	
Alanine ... g	1.420		0		1		1.022	1.207	
Aspartic acid ... g	2.404		0		1		1.731	2.043	
Glutamic acid ... g	3.505		0		1		2.524	2.979	
Glycine ... g	1.127		0		1		0.811	0.958	
Proline ... g	0.830		0		1		0.598	0.706	
Serine ... g	0.958		0		1		0.690	0.814	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 72g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.27		61		1		73.85	68.23	
Energy	kcal	90		0	NC	4		83	77	
Energy	kj	377				4		346	320	
Protein (N x 6.25)	g	18.31		77		1		16.85	15.56	
Total lipid (fat)	g	1.31		185		1		1.21	1.11	
Ash	g	1.30		57		1		1.20	1.11	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	48		12		1		44	41	
Iron, Fe	mg	0.34	0.030	11		1		0.31	0.29	
Magnesium, Mg	mg	21		2		1		19	18	
Phosphorus, P	mg	222	11.000	13		1		204	189	
Potassium, K	mg	249	10.668	32		1		229	212	
Sodium, Na	mg	72		34		1		66	61	
Zinc, Zn	mg	0.88	0.045	88		1		0.81	0.75	
Copper, Cu	mg	0.031	0.002	83		1		0.029	0.026	
Manganese, Mn	mg	0.104		2		1		0.096	0.088	
Selenium, Se	mcg	32.1	2.079	15	A	1		29.5	27.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.056	0.008	11		1		0.052	0.048	
Riboflavin	mg	0.046	0.301	11		1		0.042	0.039	
Niacin	mg	1.300	0.090	11		1		1.196	1.105	
Pantothenic acid	mg	0.216		2		1		0.199	0.184	
Vitamin B-6	mg	0.156		2		1		0.144	0.133	
Folate, total	mcg	13		2		1		12	11	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	13		2		1		12	11	
Folate, DFE	mcg_DFE	13		0	NC	4		12	11	
Vitamin B-12	mcg	2.30	0.330	11		1		2.12	1.96	
Vitamin A, IU	IU	99		2		1		91	84	
Vitamin A, RAE	mcg_RAE	30		2		1		27	25	
Retinol	mcg	30		2		1		27	25	
Vitamin E	mg_ATE	0.300		0		4		0.276	0.255	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.247		0		1		0.227	0.210	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.045		6		1		0.041	0.038	
15:0	g									
16:0	g	0.158		6		1		0.145	0.134	
17:0	g									
18:0	g	0.032		6		1		0.029	0.027	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.279		0		1		0.257	0.237	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.082		6		1		0.075	0.070	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.162		6		1		0.149	0.138	
20:1 ... g	0.030		6		1		0.028	0.026	
22:1 undifferentiated ... g	0.004		6		1		0.004	0.003	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.422		0		1		0.388	0.359	
18:2 undifferentiated ... g	0.020		6		1		0.018	0.017	
18:3 undifferentiated ... g	0.034		6		1		0.031	0.029	
18:4 ... g	0.041		5		1		0.038	0.035	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.078		6		1		0.072	0.066	
20:5 n-3 ... g	0.093		6		1		0.086	0.079	
22:5 n-3 ... g	0.018		6		1		0.017	0.015	
22:6 n-3 ... g	0.131		6		1		0.121	0.111	
Fatty acids, total trans ... g									
Cholesterol ... mg	67	2.940	11		1		62	57	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.205		0		1		0.189	0.174	
Threonine ... g	0.803		0		1		0.739	0.683	
Isoleucine ... g	0.844		0		1		0.776	0.717	
Leucine ... g	1.488		0		1		1.369	1.265	
Lysine ... g	1.682		0		1		1.547	1.430	
Methionine ... g	0.542		0		1		0.499	0.461	
Cystine ... g	0.196		0		1		0.180	0.167	
Phenylalanine ... g	0.715		0		1		0.658	0.608	
Tyrosine ... g	0.618		0		1		0.569	0.525	
Valine ... g	0.943		0		1		0.868	0.802	
Arginine ... g	1.096		0		1		1.008	0.932	
Histidine ... g	0.539		0		1		0.496	0.458	
Alanine ... g	1.108		0		1		1.019	0.942	
Aspartic acid ... g	1.875		0		1		1.725	1.594	
Glutamic acid ... g	2.734		0		1		2.515	2.324	
Glycine ... g	0.879		0		1		0.809	0.747	
Proline ... g	0.648		0		1		0.596	0.551	
Serine ... g	0.747		0		1		0.687	0.635	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 92g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.23		0		1		88.33	63.10	
Energy	kcal	123		0	NC	4		146	105	
Energy	kj	515				4		612	437	
Protein (N x 6.25)	g	22.44		0		1		26.70	19.07	
Total lipid (fat)	g	3.06		0		1		3.64	2.60	
Ash	g	1.49		0		1		1.77	1.27	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0		1		10	7	
Iron, Fe	mg	0.12		0		1		0.14	0.10	
Magnesium, Mg	mg	38		0		1		45	32	
Phosphorus, P	mg	256		0		1		305	218	
Potassium, K	mg	385		0		1		458	327	
Sodium, Na	mg	109		0		1		130	93	
Zinc, Zn	mg	1.00		0		1		1.19	0.85	
Copper, Cu	mg	0.037		0		1		0.044	0.031	
Manganese, Mn	mg	0.019		0		1		0.023	0.016	
Selenium, Se	mcg	46.8		0	BFSN	4		55.7	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.208		0		1		0.248	0.177	
Riboflavin	mg	0.097		0		1		0.115	0.082	
Niacin	mg	2.598		0		1		3.092	2.208	
Pantothenic acid	mg	0.658		0		1		0.783	0.559	
Vitamin B-6	mg	0.462		0		1		0.550	0.393	
Folate, total	mcg	6		0		1		7	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		7	5	
Folate, DFE	mcg_DFE	6		0	NC	4		7	5	
Vitamin B-12	mcg	2.35		0		1		2.80	2.00	
Vitamin A, IU	IU	433		0		1		515	368	
Vitamin A, RAE	mcg_RAE	130		0		1		155	111	
Retinol	mcg	130		0		1		155	111	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.468		0		1		0.557	0.398	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.085		0		1		0.101	0.072	
15:0	g									
16:0	g	0.324		0		1		0.386	0.275	
17:0	g									
18:0	g	0.059		0		1		0.070	0.050	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.072		0		1		1.276	0.911	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.242		0		1		0.288	0.206	

NDB No. 15224
Finfish, wolffish, Atlantic, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.661		0		1		0.787	0.562	
20:1 ... g	0.146		0		1		0.174	0.124	
22:1 undifferentiated ... g	0.023		0		1		0.027	0.020	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.083		0		1		1.289	0.921	
18:2 undifferentiated ... g	0.026		0		1		0.031	0.022	
18:3 undifferentiated ... g	0.012		0		1		0.014	0.010	
18:4 ... g	0.078		0		1		0.093	0.066	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.114		0		1		0.136	0.097	
20:5 n-3 ... g	0.393		0		1		0.468	0.334	
22:5 n-3 ... g	0.055		0		1		0.065	0.047	
22:6 n-3 ... g	0.405		0		1		0.482	0.344	
Fatty acids, total trans ... g									
Cholesterol ... mg	59		0		1		70	50	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.251		0		1		0.299	0.213	
Threonine ... g	0.984		0		1		1.171	0.836	
Isoleucine ... g	1.034		0		1		1.230	0.879	
Leucine ... g	1.824		0		1		2.171	1.550	
Lysine ... g	2.061		0		1		2.453	1.752	
Methionine ... g	0.664		0		1		0.790	0.564	
Cystine ... g	0.241		0		1		0.287	0.205	
Phenylalanine ... g	0.876		0		1		1.042	0.745	
Tyrosine ... g	0.757		0		1		0.901	0.643	
Valine ... g	1.156		0		1		1.376	0.983	
Arginine ... g	1.343		0		1		1.598	1.142	
Histidine ... g	0.661		0		1		0.787	0.562	
Alanine ... g	1.357		0		1		1.615	1.153	
Aspartic acid ... g	2.297		0		1		2.733	1.952	
Glutamic acid ... g	3.349		0		1		3.985	2.847	
Glycine ... g	1.077		0		1		1.282	0.915	
Proline ... g	0.793		0		1		0.944	0.674	
Serine ... g	0.915		0		1		1.089	0.778	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 119g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.90	0.764	9		1		122.25	67.92	
Energy	kcal	96		0	NC	4		147	82	
Energy	kj	402				4		615	341	
Protein (N x 6.25)	g	17.50		2		1		26.78	14.88	
Total lipid (fat)	g	2.39	0.542	4		1		3.66	2.03	
Ash	g	1.16		1		1		1.77	0.99	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0		4		9	5	
Iron, Fe	mg	0.09		0		4		0.14	0.08	
Magnesium, Mg	mg	30		0		4		46	26	
Phosphorus, P	mg	200		0		4		306	170	
Potassium, K	mg	300		0		4		459	255	
Sodium, Na	mg	85		0		4		130	72	
Zinc, Zn	mg	0.78	0.033	60		1		1.19	0.66	
Copper, Cu	mg	0.029	0.003	58		1		0.044	0.025	
Manganese, Mn	mg	0.015		0		1		0.023	0.013	
Selenium, Se	mcg	36.5		0	CAZN	4		55.8	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.180	0.021	3		1		0.275	0.153	
Riboflavin	mg	0.080	0.006	3		1		0.122	0.068	
Niacin	mg	2.133	0.203	3		1		3.263	1.813	
Pantothenic acid	mg	0.570	0.040	3		1		0.872	0.485	
Vitamin B-6	mg	0.400		0		4		0.612	0.340	
Folate, total	mcg	5		0		4		8	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		4		8	4	
Folate, DFE	mcg_DFE	5		0	NC	4		8	4	
Vitamin B-12	mcg	2.03	0.145	3		1		3.11	1.73	
Vitamin A, IU	IU	375		2		1		574	319	
Vitamin A, RAE	mcg_RAE	113		2		1		172	96	
Retinol	mcg	113		2		1		172	96	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.365		0		1		0.558	0.310	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.066		1		1		0.101	0.056	
15:0	g									
16:0	g	0.253		1		1		0.387	0.215	
17:0	g									
18:0	g	0.046		1		1		0.070	0.039	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.837		0		1		1.281	0.711	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.189		1		1		0.289	0.161	

NDB No. 15134
Finfish, wolffish, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.516		1		1		0.789	0.439	
20:1 ... g	0.114		1		1		0.174	0.097	
22:1 undifferentiated ... g	0.018		1		1		0.028	0.015	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.845		0		1		1.293	0.718	
18:2 undifferentiated ... g	0.020		1		1		0.031	0.017	
18:3 undifferentiated ... g	0.009		1		1		0.014	0.008	
18:4 ... g	0.061		1		1		0.093	0.052	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.089		1		1		0.136	0.076	
20:5 n-3 ... g	0.307		1		1		0.470	0.261	
22:5 n-3 ... g	0.043		1		1		0.066	0.037	
22:6 n-3 ... g	0.316		1		1		0.483	0.269	
Fatty acids, total trans ... g									
Cholesterol ... mg	46		0		4		70	39	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.196		0		1		0.300	0.167	
Threonine ... g	0.767		0		1		1.174	0.652	
Isoleucine ... g	0.806		0		1		1.233	0.685	
Leucine ... g	1.422		0		1		2.176	1.209	
Lysine ... g	1.607		0		1		2.459	1.366	
Methionine ... g	0.518		0		1		0.793	0.440	
Cystine ... g	0.188		0		1		0.288	0.160	
Phenylalanine ... g	0.683		0		1		1.045	0.581	
Tyrosine ... g	0.591		0		1		0.904	0.502	
Valine ... g	0.902		0		1		1.380	0.767	
Arginine ... g	1.047		0		1		1.602	0.890	
Histidine ... g	0.515		0		1		0.788	0.438	
Alanine ... g	1.058		0		1		1.619	0.899	
Aspartic acid ... g	1.792		0		1		2.742	1.523	
Glutamic acid ... g	2.612		0		1		3.996	2.220	
Glycine ... g	0.840		0		1		1.285	0.714	
Proline ... g	0.619		0		1		0.947	0.526	
Serine ... g	0.714		0		1		1.092	0.607	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 153g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15225
Finfish, yellowtail, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.33		0		1		98.30	57.23	
Energy	kcal	187		0	NC	4		273	159	
Energy	kj	782				4		1142	665	
Protein (N x 6.25)	g	29.67		0		1		43.32	25.22	
Total lipid (fat)	g	6.72		0		1		9.81	5.71	
Ash	g	1.40		0		1		2.04	1.19	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	29		0		1		42	25	
Iron, Fe	mg	0.63		0		1		0.92	0.54	
Magnesium, Mg	mg	38		0		1		55	32	
Phosphorus, P	mg	201		0		1		293	171	
Potassium, K	mg	538		0		1		785	457	
Sodium, Na	mg	50		0		1		73	43	
Zinc, Zn	mg	0.67		0		1		0.98	0.57	
Copper, Cu	mg	0.058		0		1		0.085	0.049	
Manganese, Mn	mg	0.019		0		1		0.028	0.016	
Selenium, Se	mcg	46.8		0	BFSN	4		68.3	39.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.9		0		1		4.2	2.5	
Thiamin	mg	0.175		0		1		0.256	0.149	
Riboflavin	mg	0.051		0		1		0.074	0.043	
Niacin	mg	8.718		0		1		12.728	7.410	
Pantothenic acid	mg	0.681		0		1		0.994	0.579	
Vitamin B-6	mg	0.185		0		1		0.270	0.157	
Folate, total	mcg	4		0		1		6	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		6	3	
Folate, DFE	mcg_DFE	4		0	NC	4		6	3	
Vitamin B-12	mcg	1.25		0		1		1.83	1.06	
Vitamin A, IU	IU	104		0		1		152	88	
Vitamin A, RAE	mcg_RAE	31		0		1		46	27	
Retinol	mcg	31		0		1		46	27	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	71		0		1		104	60	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.332		0		1		0.485	0.282	
Threonine	g	1.301		0		1		1.899	1.106	
Isoleucine	g	1.367		0		1		1.996	1.162	
Leucine	g	2.411		0		1		3.520	2.049	
Lysine	g	2.725		0		1		3.979	2.316	
Methionine	g	0.878		0		1		1.282	0.746	
Cystine	g	0.318		0		1		0.464	0.270	
Phenylalanine	g	1.158		0		1		1.691	0.984	
Tyrosine	g	1.002		0		1		1.463	0.852	
Valine	g	1.528		0		1		2.231	1.299	
Arginine	g	1.775		0		1		2.592	1.509	

NDB No. 15225
Finfish, yellowtail, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.873		0		1		1.275	0.742	
Alanine.....g	1.794		0		1		2.619	1.525	
Aspartic acid.....g	3.038		0		1		4.435	2.582	
Glutamic acid.....g	4.429		0		1		6.466	3.765	
Glycine.....g	1.424		0		1		2.079	1.210	
Proline.....g	1.049		0		1		1.532	0.892	
Serine.....g	1.210		0		1		1.767	1.029	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 146g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.52		32		1		139.35	63.34	
Energy	kcal	146		0	NC	4		273	124	
Energy	kj	611				4		1142	519	
Protein (N x 6.25)	g	23.14	0.217	29		1		43.27	19.67	
Total lipid (fat)	g	5.24	0.295	39		1		9.80	4.45	
Ash	g	1.09		1		1		2.04	0.93	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	23		0		4		43	20	
Iron, Fe	mg	0.49		1		1		0.92	0.42	
Magnesium, Mg	mg	30		0		4		56	26	
Phosphorus, P	mg	157		1		1		294	133	
Potassium, K	mg	420		0		4		785	357	
Sodium, Na	mg	39		1		1		73	33	
Zinc, Zn	mg	0.52	0.068	26		1		0.97	0.44	
Copper, Cu	mg	0.045		26		1		0.084	0.038	
Manganese, Mn	mg	0.015		0		1		0.028	0.013	
Selenium, Se	mcg	36.5		0	CAZN	4		68.3	31.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.8		1		1		5.2	2.4	
Thiamin	mg	0.144		1		1		0.269	0.122	
Riboflavin	mg	0.040		1		1		0.075	0.034	
Niacin	mg	6.800		1		1		12.716	5.780	
Pantothenic acid	mg	0.590	0.102	3		1		1.103	0.502	
Vitamin B-6	mg	0.160		2		1		0.299	0.136	
Folate, total	mcg	4	1.292	3		1		7	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4	1.292	3		1		7	3	
Folate, DFE	mcg_DFE	4		0	NC	4		7	3	
Vitamin B-12	mcg	1.30		1		1		2.43	1.11	
Vitamin A, IU	IU	95		1		1		178	81	
Vitamin A, RAE	mcg_RAE	29		1		1		53	24	
Retinol	mcg	29		1		1		53	24	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.280		0		4		2.394	1.088	
Fatty acids, total monounsaturated	g	1.990		0		4		3.721	1.692	
Fatty acids, total polyunsaturated	g	1.420		0		4		2.655	1.207	
Fatty acids, total trans	g									
Cholesterol	mg	55		0		4		103	47	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.259		0		1		0.484	0.220	
Threonine	g	1.015		0		1		1.898	0.863	
Isoleucine	g	1.066		0		1		1.993	0.906	
Leucine	g	1.881		0		1		3.517	1.599	
Lysine	g	2.126		0		1		3.976	1.807	
Methionine	g	0.685		0		1		1.281	0.582	
Cystine	g	0.248		0		1		0.464	0.211	
Phenylalanine	g	0.904		0		1		1.690	0.768	
Tyrosine	g	0.781		0		1		1.460	0.664	
Valine	g	1.192		0		1		2.229	1.013	
Arginine	g	1.385		0		1		2.590	1.177	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.681		0		1		1.273	0.579	
Alanine.....g	1.400		0		1		2.618	1.190	
Aspartic acid.....g	2.370		0		1		4.432	2.015	
Glutamic acid.....g	3.455		0		1		6.461	2.937	
Glycine.....g	1.111		0		1		2.078	0.944	
Proline.....g	0.818		0		1		1.530	0.695	
Serine.....g	0.944		0		1		1.765	0.802	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 187g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.10		0		1		51.09		
Energy	kcal	189		0	NC	4		161		
Energy	kj	791				4		672		
Protein (N x 6.23)	g	19.63		0		1		16.69		
Total lipid (fat)	g	6.78		0		1		5.76		
Ash	g	1.77		0		1		1.50		
Carbohydrate, by difference	g	11.05		0	NC	4		9.39		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	37		0		1		31		
Iron, Fe	mg	3.80		0		1		3.23		
Magnesium, Mg	mg	56		0		1		48		
Phosphorus, P	mg	217		0		4		184		
Potassium, K	mg	284		0		4		241		
Sodium, Na	mg	591		0		1		502		
Zinc, Zn	mg	0.95		0		1		0.81		
Copper, Cu	mg	0.228		0		1		0.194		
Manganese, Mn	mg	0.070		0		4		0.060		
Selenium, Se	mcg	51.8		0	RA	4		44.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		0		4		1.5		
Thiamin	mg	0.220		0		4		0.187		
Riboflavin	mg	0.130		0		4		0.111		
Niacin	mg	1.900		0		4		1.615		
Pantothenic acid	mg	2.870		0		4		2.440		
Vitamin B-6	mg	0.150		0		4		0.128		
Folate, total	mcg	14		0	RA	4		12		
Folic acid	mcg	9		0	NC	4		7		
Folate, food	mcg	5		0		1		5		
Folate, DFE	mcg_DFE	20		0	NC	4		17		
Vitamin B-12	mcg	0.69		0		4		0.59		
Vitamin A, IU	IU	5		0		4		4		
Vitamin A, RAE	mcg_RAE	2		0		4		1		
Retinol	mcg	2		0		4		1		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.646		0		1		1.399		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.049		0		1		0.042		
15:0	g									
16:0	g	0.953		0		1		0.810		
17:0	g									
18:0	g	0.648		0		1		0.551		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.741		0		1		2.330		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.022		0		1		0.019		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	2.721		0		1		2.313		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.676		0		1		1.425		
18:2 undifferentiated ... g	1.474		0		1		1.253		
18:3 undifferentiated ... g	0.095		0		1		0.081		
18:4 ... g	0.007		0		1		0.006		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g	0.054		0		1		0.046		
22:5 n-3 ... g	0.046		0		1		0.039		
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	94		0		1		80		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.224		0		1		0.190		
Threonine ... g	0.838		0		1		0.712		
Isoleucine ... g	0.854		0		1		0.726		
Leucine ... g	1.386		0		1		1.178		
Lysine ... g	1.433		0		1		1.218		
Methionine ... g	0.441		0		1		0.375		
Cystine ... g	0.261		0		1		0.222		
Phenylalanine ... g	0.715		0		1		0.608		
Tyrosine ... g	0.627		0		1		0.533		
Valine ... g	0.860		0		1		0.731		
Arginine ... g	1.411		0		1		1.199		
Histidine ... g	0.378		0		1		0.321		
Alanine ... g	1.169		0		1		0.994		
Aspartic acid ... g	1.862		0		1		1.583		
Glutamic acid ... g	2.819		0		1		2.396		
Glycine ... g	1.213		0		1		1.031		
Proline ... g	0.851		0		1		0.723		
Serine ... g	0.885		0		1		0.752		
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 4.12

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15155

Mollusks, abalone, mixed species, raw

Haliotis spp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.56		12		1		63.38		
Energy	kcal	105		0	NC	4		89		
Energy	kj	439				4		373		
Protein (N x 6.25)	g	17.10	0.400	3		1		14.54		
Total lipid (fat)	g	0.76		7		1		0.65		
Ash	g	1.57	0.090	9		1		1.33		
Carbohydrate, by difference	g	6.01		0	NC	4		5.11		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	31	11.170	6		1		26		
Iron, Fe	mg	3.19		7		1		2.71		
Magnesium, Mg	mg	48	21.192	6		1		41		
Phosphorus, P	mg	190		0		4		162		
Potassium, K	mg	250		0		4		213		
Sodium, Na	mg	301	27.817	6		1		256		
Zinc, Zn	mg	0.82		11		1		0.70		
Copper, Cu	mg	0.196	0.037	13		1		0.167		
Manganese, Mn	mg	0.040		0		1		0.034		
Selenium, Se	mcg	44.8		0	CAZN	4		38.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		4		1.7		
Thiamin	mg	0.190		0		4		0.162		
Riboflavin	mg	0.100		0		4		0.085		
Niacin	mg	1.500		0		4		1.275		
Pantothenic acid	mg	3.000		1		1		2.550		
Vitamin B-6	mg	0.150		0		4		0.128		
Folate, total	mcg	5		1		1		4		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	5		1		1		4		
Folate, DFE	mcg_DFE	5		0	NC	4		4		
Vitamin B-12	mcg	0.73		0		4		0.62		
Vitamin A, IU	IU	5		0		4		4		
Vitamin A, RAE	mcg_RAE	2		0		4		1		
Retinol	mcg	2		0		4		1		
Vitamin E	mg_ATE	4.000		0		4		3.400		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.149		0		1		0.127		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.023		2		1		0.020		
15:0	g									
16:0	g	0.103		2		1		0.088		
17:0	g									
18:0	g	0.021		2		1		0.018		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.107		0		1		0.091		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		2		1		0.017		

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.087		2		1		0.074		
20:1 ... g	0.000		0		1		0.000		
22:1 undifferentiated ... g	0.000		0		1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.104		0		1		0.088		
18:2 undifferentiated ... g	0.007		2		1		0.006		
18:3 undifferentiated ... g	0.000		0		1		0.000		
18:4 ... g	0.006		1		1		0.005		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000		
20:5 n-3 ... g	0.049		2		1		0.042		
22:5 n-3 ... g	0.041		2		1		0.035		
22:6 n-3 ... g	0.000		0		1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	85		1		1		72		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.192		43		1		0.163		
Threonine ... g	0.736		54		1		0.626		
Isoleucine ... g	0.744		54		1		0.632		
Leucine ... g	1.204		54		1		1.023		
Lysine ... g	1.278		66		1		1.086		
Methionine ... g	0.386		54		1		0.328		
Cystine ... g	0.224		49		1		0.190		
Phenylalanine ... g	0.613		54		1		0.521		
Tyrosine ... g	0.547		54		1		0.465		
Valine ... g	0.747		54		1		0.635		
Arginine ... g	1.248		54		1		1.061		
Histidine ... g	0.328		54		1		0.279		
Alanine ... g	1.034		54		1		0.879		
Aspartic acid ... g	1.650		54		1		1.403		
Glutamic acid ... g	2.326		54		1		1.977		
Glycine ... g	1.070		54		1		0.910		
Proline ... g	0.698		54		1		0.593		
Serine ... g	0.766		54		1		0.651		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.64		0		1		101.82	54.09	
Energy	kcal	148		0	NC	4		237	126	
Energy	kj	619				4		991	526	
Protein (N x 6.25)	g	25.55		0		1		40.88	21.72	
Total lipid (fat)	g	1.95		0		1		3.12	1.66	
Ash	g	3.74		0		1		5.98	3.18	
Carbohydrate, by difference	g	5.13		0	NC	4		8.21	4.36	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	92		0		1		147	78	
Iron, Fe	mg	27.96		0		4		44.74	23.77	
Magnesium, Mg	mg	18		0		1		29	15	
Phosphorus, P	mg	338		0		1		541	287	
Potassium, K	mg	628		0		1		1005	534	
Sodium, Na	mg	112		0		1		179	95	
Zinc, Zn	mg	2.73		0		1		4.37	2.32	
Copper, Cu	mg	0.688		0		4		1.101	0.585	
Manganese, Mn	mg	1.000		0		4		1.600	0.850	
Selenium, Se	mcg	48.6	11.978	6	A	1		77.8	41.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	22.1		0		4		35.4	18.8	
Thiamin	mg	0.150		0		4		0.240	0.128	
Riboflavin	mg	0.426		0		1		0.682	0.362	
Niacin	mg	3.354		0		1		5.366	2.851	
Pantothenic acid	mg	0.680		0		4		1.088	0.578	
Vitamin B-6	mg	0.110		0		4		0.176	0.094	
Folate, total	mcg	29		0		4		46	24	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	29		0		4		46	24	
Folate, DFE	mcg_DFE	29		0	NC	4		46	24	
Vitamin B-12	mcg	98.89		0		1		158.22	84.05	
Vitamin A, IU	IU	570		0		1		912	485	
Vitamin A, RAE	mcg_RAE	171		0		1		274	145	
Retinol	mcg	171		0		1		274	145	
Vitamin E	mg_ATE	1.000		0		4		1.600	0.850	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.188		0		1		0.301	0.160	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.026		0		1		0.042	0.022	
15:0	g									
16:0	g	0.120		0		1		0.192	0.102	
17:0	g									
18:0	g	0.036		0		1		0.058	0.031	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.172		0		1		0.275	0.146	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.044		0		1		0.070	0.037	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.068		0		1		0.109	0.058	
20:1 ... g	0.036		0		1		0.058	0.031	
22:1 undifferentiated ... g	0.012		0		1		0.019	0.010	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.552		0		1		0.883	0.469	
18:2 undifferentiated ... g	0.032		0		1		0.051	0.027	
18:3 undifferentiated ... g	0.008		0		1		0.013	0.007	
18:4 ... g	0.032		0		1		0.051	0.027	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.082		0		1		0.131	0.070	
20:5 n-3 ... g	0.138		0		1		0.221	0.117	
22:5 n-3 ... g	0.104		0		1		0.166	0.088	
22:6 n-3 ... g	0.146		0		1		0.234	0.124	
Fatty acids, total trans ... g									
Cholesterol ... mg	67		0		1		107	57	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.286		0		1		0.458	0.243	
Threonine ... g	1.099		0		1		1.758	0.934	
Isoleucine ... g	1.112		0		1		1.779	0.945	
Leucine ... g	1.798		0		1		2.877	1.528	
Lysine ... g	1.909		0		1		3.054	1.623	
Methionine ... g	0.576		0		1		0.922	0.490	
Cystine ... g	0.335		0		1		0.536	0.285	
Phenylalanine ... g	0.915		0		1		1.464	0.778	
Tyrosine ... g	0.817		0		1		1.307	0.694	
Valine ... g	1.116		0		1		1.786	0.949	
Arginine ... g	1.864		0		1		2.982	1.584	
Histidine ... g	0.490		0		1		0.784	0.417	
Alanine ... g	1.545		0		1		2.472	1.313	
Aspartic acid ... g	2.464		0		1		3.942	2.094	
Glutamic acid ... g	3.474		0		1		5.558	2.953	
Glycine ... g	1.598		0		1		2.557	1.358	
Proline ... g	1.042		0		1		1.667	0.886	
Serine ... g	1.144		0		1		1.830	0.972	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 160g: 1 cup

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	97.70		1		1		234.48	83.05	
Energy	kcal	2		0	NC	4		5	2	
Energy	kj	8				4		20	7	
Protein (N x 6.25)	g	0.40		1		1		0.96	0.34	
Total lipid (fat)	g	0.02		1		1		0.05	0.02	
Ash	g	1.80		1		1		4.32	1.53	
Carbohydrate, by difference	g	0.10		0	NC	4		0.24	0.09	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		1		1		31	11	
Iron, Fe	mg	0.30		0		4		0.72	0.26	
Magnesium, Mg	mg	11		1		1		26	9	
Phosphorus, P	mg	114		0		4		274	97	
Potassium, K	mg	149		0		4		358	127	
Sodium, Na	mg	215		1		1		516	183	
Zinc, Zn	mg	0.10		0		1		0.24	0.09	
Copper, Cu	mg	0.389		1		1		0.934	0.331	
Manganese, Mn	mg	0.074		1		1		0.178	0.063	
Selenium, Se	mcg	4.1		0	BFSN	4		9.8	3.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		4		2.4	0.9	
Thiamin	mg	0.010		0		4		0.024	0.009	
Riboflavin	mg	0.020		0		4		0.048	0.017	
Niacin	mg	0.180		0		4		0.432	0.153	
Pantothenic acid	mg	0.040		0		4		0.096	0.034	
Vitamin B-6	mg	0.010		0		4		0.024	0.009	
Folate, total	mcg	2		0		4		5	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		4		5	2	
Folate, DFE	mcg_DFE	2		0	NC	4		5	2	
Vitamin B-12	mcg	5.00		0		4		12.00	4.25	
Vitamin A, IU	IU	30		0		4		72	26	
Vitamin A, RAE	mcg_RAE	9		0		4		22	8	
Retinol	mcg	9		0		4		22	8	
Vitamin E	mg_ATE	1.000		0		4		2.400	0.850	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.002		0		4		0.005	0.002	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.001		0		4		0.002	0.001	
17:0	g									
18:0	g	0.000		0		4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.002		0		4		0.005	0.002	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.001		0		4		0.002	0.001	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.006		0		4		0.014	0.005	
18:2 undifferentiated ... g	0.000		0		4		0.000	0.000	
18:3 undifferentiated ... g	0.000		0		4		0.000	0.000	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.001		0		4		0.002	0.001	
20:5 n-3 ... g	0.001		0		4		0.002	0.001	
22:5 n-3 ... g	0.001		0		4		0.002	0.001	
22:6 n-3 ... g	0.002		0		4		0.005	0.002	
Fatty acids, total trans ... g									
Cholesterol ... mg	3		0		4		7	3	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g									
Threonine ... g	0.000		1		1		0.000	0.000	
Isoleucine ... g	0.000		1		1		0.000	0.000	
Leucine ... g	0.000		1		1		0.000	0.000	
Lysine ... g	0.000		1		1		0.000	0.000	
Methionine ... g									
Cystine ... g									
Phenylalanine ... g	0.000		1		1		0.000	0.000	
Tyrosine ... g	0.000		1		1		0.000	0.000	
Valine ... g	0.000		1		1		0.000	0.000	
Arginine ... g	0.001		1		1		0.002	0.001	
Histidine ... g	0.000		1		1		0.000	0.000	
Alanine ... g	0.005		1		1		0.012	0.004	
Aspartic acid ... g	0.001		1		1		0.002	0.001	
Glutamic acid ... g	0.019		1		1		0.046	0.016	
Glycine ... g	0.001		1		1		0.002	0.001	
Proline ... g									
Serine ... g	0.001		1		1		0.002	0.001	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.55		0		1		52.32	115.71	
Energy	kcal	202		0	NC	4		172	380	
Energy	kj	845				4		718	1589	
Protein (N x 6.2)	g	14.24		0		1		12.10	26.77	
Total lipid (fat)	g	11.15		0		1		9.48	20.96	
Ash	g	2.16		0		1		1.84	4.06	
Carbohydrate, by difference	g	10.33		0	NC	4		8.78	19.42	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	63		0		1		54	118	
Iron, Fe	mg	13.91		0		1		11.82	26.15	
Magnesium, Mg	mg	14		0		1		12	26	
Phosphorus, P	mg	188		0		1		160	353	
Potassium, K	mg	326		0		1		277	613	
Sodium, Na	mg	364		0		1		309	684	
Zinc, Zn	mg	1.46		0		1		1.24	2.74	
Copper, Cu	mg	0.356		0		1		0.303	0.669	
Manganese, Mn	mg	0.540		0		4		0.459	1.015	
Selenium, Se	mcg	28.9		0	RA	4		24.6	54.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	10.0		0		4		8.5	18.8	
Thiamin	mg	0.100		0		4		0.085	0.188	
Riboflavin	mg	0.244		0		1		0.207	0.459	
Niacin	mg	2.064		0		1		1.754	3.880	
Pantothenic acid	mg	0.430		0		4		0.366	0.808	
Vitamin B-6	mg	0.060		0		4		0.051	0.113	
Folate, total	mcg	36		0	RA	4		31	68	
Folic acid	mcg	18		0	NC	4		15	33	
Folate, food	mcg	18		0		4		15	34	
Folate, DFE	mcg_DFE	48		0	NC	4		41	91	
Vitamin B-12	mcg	40.27		0		1		34.23	75.71	
Vitamin A, IU	IU	302		0		1		257	568	
Vitamin A, RAE	mcg_RAE	91		0		1		77	170	
Retinol	mcg	91		0		1		77	170	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.683		0		1		2.281	5.044	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.058		0		1		0.049	0.109	
15:0	g									
16:0	g	1.551		0		1		1.318	2.916	
17:0	g									
18:0	g	1.070		0		1		0.910	2.012	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.545		0		1		3.863	8.545	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.042		0		1		0.036	0.079	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	4.472		0		1		3.801	8.407	
20:1 ... g	0.017		0		1		0.014	0.032	
22:1 undifferentiated ... g	0.006		0		1		0.005	0.011	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.870		0		1		2.440	5.396	
18:2 undifferentiated ... g	2.455		0		1		2.087	4.615	
18:3 undifferentiated ... g	0.160		0		1		0.136	0.301	
18:4 ... g	0.015		0		1		0.013	0.028	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.044		0		1		0.037	0.083	
20:5 n-3 ... g	0.066		0		1		0.056	0.124	
22:5 n-3 ... g	0.050		0		1		0.043	0.094	
22:6 n-3 ... g	0.070		0		1		0.060	0.132	
Fatty acids, total trans ... g									
Cholesterol ... mg	61		0		1		52	115	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.168		0		1		0.143	0.316	
Threonine ... g	0.602		0		1		0.512	1.132	
Isoleucine ... g	0.636		0		1		0.541	1.196	
Leucine ... g	1.024		0		1		0.870	1.925	
Lysine ... g	0.992		0		1		0.843	1.865	
Methionine ... g	0.324		0		1		0.275	0.609	
Cystine ... g	0.204		0		1		0.173	0.384	
Phenylalanine ... g	0.549		0		1		0.467	1.032	
Tyrosine ... g	0.464		0		1		0.394	0.872	
Valine ... g	0.650		0		1		0.553	1.222	
Arginine ... g	0.985		0		1		0.837	1.852	
Histidine ... g	0.280		0		1		0.238	0.526	
Alanine ... g	0.824		0		1		0.700	1.549	
Aspartic acid ... g	1.311		0		1		1.114	2.465	
Glutamic acid ... g	2.239		0		1		1.903	4.209	
Glycine ... g	0.836		0		1		0.711	1.572	
Proline ... g	0.691		0		1		0.587	1.299	
Serine ... g	0.673		0		1		0.572	1.265	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 188g: 20 small

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 4.12

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.64		0		1		54.09	120.92	
Energy	kcal	148		0	NC	4		126	281	
Energy	kj	619				4		526	1177	
Protein (N x 6.25)	g	25.55		0		1		21.72	48.55	
Total lipid (fat)	g	1.95		0		1		1.66	3.71	
Ash	g	3.74		0		1		3.18	7.11	
Carbohydrate, by difference	g	5.13		0	NC	4		4.36	9.75	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	92		0		1		78	175	
Iron, Fe	mg	27.96		0		1		23.77	53.12	
Magnesium, Mg	mg	18		0		1		15	34	
Phosphorus, P	mg	338		0		1		287	642	
Potassium, K	mg	628		0		1		534	1193	
Sodium, Na	mg	112		0		1		95	213	
Zinc, Zn	mg	2.73		0		1		2.32	5.19	
Copper, Cu	mg	0.688		0		1		0.585	1.307	
Manganese, Mn	mg	1.000		0		4		0.850	1.900	
Selenium, Se	mcg	64.0		0	BFSN	4		54.4	121.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	22.1		0		4		18.8	42.0	
Thiamin	mg	0.150		0		4		0.128	0.285	
Riboflavin	mg	0.426		0		1		0.362	0.809	
Niacin	mg	3.354		0		1		2.851	6.373	
Pantothenic acid	mg	0.680		0		4		0.578	1.292	
Vitamin B-6	mg	0.110		0		4		0.094	0.209	
Folate, total	mcg	29		0		4		24	55	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	29		0		4		24	55	
Folate, DFE	mcg_DFE	29		0	NC	4		24	55	
Vitamin B-12	mcg	98.89		0		1		84.05	187.89	
Vitamin A, IU	IU	570		0		1		485	1083	
Vitamin A, RAE	mcg_RAE	171		0		1		145	325	
Retinol	mcg	171		0		1		145	325	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.188		0		1		0.160	0.357	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.026		0		1		0.022	0.049	
15:0	g									
16:0	g	0.120		0		1		0.102	0.228	
17:0	g									
18:0	g	0.036		0		1		0.031	0.068	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.172		0		1		0.146	0.327	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.044		0		1		0.037	0.084	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.068		0		1		0.058	0.129	
20:1 ... g	0.036		0		1		0.031	0.068	
22:1 undifferentiated ... g	0.012		0		1		0.010	0.023	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.552		0		1		0.469	1.049	
18:2 undifferentiated ... g	0.032		0		1		0.027	0.061	
18:3 undifferentiated ... g	0.008		0		1		0.007	0.015	
18:4 ... g	0.032		0		1		0.027	0.061	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.082		0		1		0.070	0.156	
20:5 n-3 ... g	0.138		0		1		0.117	0.262	
22:5 n-3 ... g	0.104		0		1		0.088	0.198	
22:6 n-3 ... g	0.146		0		1		0.124	0.277	
Fatty acids, total trans ... g									
Cholesterol ... mg	67		0		1		57	127	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.286		0		1		0.243	0.543	
Threonine ... g	1.099		0		1		0.934	2.088	
Isoleucine ... g	1.112		0		1		0.945	2.113	
Leucine ... g	1.798		0		1		1.528	3.416	
Lysine ... g	1.909		0		1		1.623	3.627	
Methionine ... g	0.576		0		1		0.490	1.094	
Cystine ... g	0.335		0		1		0.285	0.637	
Phenylalanine ... g	0.915		0		1		0.778	1.739	
Tyrosine ... g	0.817		0		1		0.694	1.552	
Valine ... g	1.116		0		1		0.949	2.120	
Arginine ... g	1.864		0		1		1.584	3.542	
Histidine ... g	0.490		0		1		0.417	0.931	
Alanine ... g	1.545		0		1		1.313	2.936	
Aspartic acid ... g	2.464		0		1		2.094	4.682	
Glutamic acid ... g	3.474		0		1		2.953	6.601	
Glycine ... g	1.598		0		1		1.358	3.036	
Proline ... g	1.042		0		1		0.886	1.980	
Serine ... g	1.144		0		1		0.972	2.174	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 190g: 20 small

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.82		99		1		185.73	16.36	55.64
Energy	kcal	74		0	NC	4		168	15	50
Energy	kj	310				4		703	62	211
Protein (N x 6.25)	g	12.77		79		1		28.99	2.55	8.68
Total lipid (fat)	g	0.97		47		1		2.20	0.19	0.66
Ash	g	1.87		74		1		4.24	0.37	1.27
Carbohydrate, by difference	g	2.57		0	NC	4		5.83	0.51	1.75
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	46	2.311	89		1		104	9	31
Iron, Fe	mg	13.98		207		1		31.73	2.80	9.51
Magnesium, Mg	mg	9		1		1		20	2	6
Phosphorus, P	mg	169	3.797	86		1		384	34	115
Potassium, K	mg	314		1		1		713	63	214
Sodium, Na	mg	56		1		1		127	11	38
Zinc, Zn	mg	1.37		568		1		3.11	0.27	0.93
Copper, Cu	mg	0.344		578		1		0.781	0.069	0.234
Manganese, Mn	mg	0.500		1		1		1.135	0.100	0.340
Selenium, Se	mcg	24.3		0	BFSN	4		55.2	4.9	16.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	13.0		0		4		29.5	2.6	8.8
Thiamin	mg	0.080		0		4		0.182	0.016	0.054
Riboflavin	mg	0.213		14		1		0.484	0.043	0.145
Niacin	mg	1.765		14		1		4.007	0.353	1.200
Pantothenic acid	mg	0.362		14		1		0.822	0.072	0.246
Vitamin B-6	mg	0.060		0		4		0.136	0.012	0.041
Folate, total	mcg	16		0		4		36	3	11
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	16		0		4		36	3	11
Folate, DFE	mcg_DFE	16		0	NC	4		36	3	11
Vitamin B-12	mcg	49.44	3.138	34		1		112.24	9.89	33.62
Vitamin A, IU	IU	300		1		1		681	60	204
Vitamin A, RAE	mcg_RAE	90		1		1		205	18	61
Retinol	mcg	90		1		1		205	18	61
Vitamin E	mg_ATE	1.000		0		4		2.270	0.200	0.680
Vitamin D	IU	4.000		0	T	4		9.080	0.800	2.720
Lipids:										
Fatty acids, total saturated	g	0.094		0		1		0.213	0.019	0.064
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.013		15		1		0.030	0.003	0.009
15:0	g									
16:0	g	0.060		15		1		0.136	0.012	0.041
17:0	g									
18:0	g	0.018		15		1		0.041	0.004	0.012
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.080		0		1		0.182	0.016	0.054
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.022		15		1		0.050	0.004	0.015

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.034		15		1		0.077	0.007	0.023
20:1 ... g	0.018		15		1		0.041	0.004	0.012
22:1 undifferentiated ... g	0.006		6		1		0.014	0.001	0.004
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.282		0		1		0.640	0.056	0.192
18:2 undifferentiated ... g	0.016		15		1		0.036	0.003	0.011
18:3 undifferentiated ... g	0.004		15		1		0.009	0.001	0.003
18:4 ... g	0.016		15		1		0.036	0.003	0.011
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.041		15		1		0.093	0.008	0.028
20:5 n-3 ... g	0.069		15		1		0.157	0.014	0.047
22:5 n-3 ... g	0.052		15		1		0.118	0.010	0.035
22:6 n-3 ... g	0.073		15		1		0.166	0.015	0.050
Fatty acids, total trans ... g									
Cholesterol ... mg	34	4.021	13		1		77	7	23
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.143		0		1		0.325	0.029	0.097
Threonine ... g	0.550		0		1		1.249	0.110	0.374
Isoleucine ... g	0.556		0		1		1.262	0.111	0.378
Leucine ... g	0.899		0		1		2.041	0.180	0.611
Lysine ... g	0.954		0		1		2.166	0.191	0.649
Methionine ... g	0.288		0		1		0.654	0.058	0.196
Cystine ... g	0.168		0		1		0.381	0.034	0.114
Phenylalanine ... g	0.458		0		1		1.040	0.092	0.311
Tyrosine ... g	0.409		0		1		0.928	0.082	0.278
Valine ... g	0.558		0		1		1.267	0.112	0.379
Arginine ... g	0.932		0		1		2.116	0.186	0.634
Histidine ... g	0.245		0		1		0.556	0.049	0.167
Alanine ... g	0.772		0		1		1.752	0.154	0.525
Aspartic acid ... g	1.232		0		1		2.797	0.246	0.838
Glutamic acid ... g	1.737		0		1		3.943	0.347	1.181
Glycine ... g	0.799		0		1		1.814	0.160	0.543
Proline ... g	0.521		0		1		1.183	0.104	0.354
Serine ... g	0.572		0		1		1.298	0.114	0.389
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		0	z	7		0	0	0
Theobromine ... mg	0		0	z	7		0	0	0

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

Common Measures:

Measure 1 = 227g: 1 cup (with liquid and clams)

Measure 2 = 20g: 1 large

Measure 3 = 68.0g: 1 lb (with shell), yield after shell removed

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15229
Mollusks, cuttlefish, mixed species, cooked, moist heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.12		0		1		51.95		
Energy	kcal	158		0	NC	4		134		
Energy	kj	661				4		562		
Protein (N x 6.25)	g	32.48		0		1		27.61		
Total lipid (fat)	g	1.40		0		1		1.19		
Ash	g	3.36		0		1		2.86		
Carbohydrate, by difference	g	1.64		0	NC	4		1.39		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	180		0		1		153		
Iron, Fe	mg	10.84		0		1		9.21		
Magnesium, Mg	mg	60		0		1		51		
Phosphorus, P	mg	580		0		1		493		
Potassium, K	mg	637		0		1		541		
Sodium, Na	mg	744		0		1		632		
Zinc, Zn	mg	3.46		0		1		2.94		
Copper, Cu	mg	0.998		0		1		0.848		
Manganese, Mn	mg	0.209		0		1		0.178		
Selenium, Se	mcg	89.6		0	BFSN	4		76.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.5		0		1		7.2		
Thiamin	mg	0.017		0		1		0.014		
Riboflavin	mg	1.729		0		1		1.470		
Niacin	mg	2.189		0		1		1.861		
Pantothenic acid	mg	0.900		0		1		0.765		
Vitamin B-6	mg	0.270		0		1		0.230		
Folate, total	mcg	24		0		1		20		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	24		0		1		20		
Folate, DFE	mcg_DFE	24		0	NC	4		20		
Vitamin B-12	mcg	5.40		0		1		4.59		
Vitamin A, IU	IU	675		0		1		574		
Vitamin A, RAE	mcg_RAE	203		0		1		172		
Retinol	mcg	203		0		1		172		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.236		0		1		0.201		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.024		0		1		0.020		
15:0	g									
16:0	g	0.122		0		1		0.104		
17:0	g									
18:0	g	0.088		0		1		0.075		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.162		0		1		0.138		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.024		0		1		0.020		

NDB No. 15229
Mollusks, cuttlefish, mixed species, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.062		0		1		0.053		
20:1 g	0.072		0		1		0.061		
22:1 undifferentiated g	0.002		0		1		0.002		
24:1 c g									
Fatty acids, total polyunsaturated g	0.268		0		1		0.228		
18:2 undifferentiated g	0.004		0		1		0.003		
18:3 undifferentiated g	0.002		0		1		0.002		
18:4 g	0.004		0		1		0.003		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.026		0		1		0.022		
20:5 n-3 g	0.078		0		1		0.066		
22:5 n-3 g	0.012		0		1		0.010		
22:6 n-3 g	0.132		0		1		0.112		
Fatty acids, total trans g									
Cholesterol mg	224		0		1		190		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.364		0		1		0.309		
Threonine g	1.398		0		1		1.188		
Isoleucine g	1.414		0		1		1.202		
Leucine g	2.287		0		1		1.944		
Lysine g	2.427		0		1		2.063		
Methionine g	0.733		0		1		0.623		
Cystine g	0.426		0		1		0.362		
Phenylalanine g	1.164		0		1		0.989		
Tyrosine g	1.039		0		1		0.883		
Valine g	1.419		0		1		1.206		
Arginine g	2.370		0		1		2.015		
Histidine g	0.624		0		1		0.530		
Alanine g	1.964		0		1		1.669		
Aspartic acid g	3.134		0		1		2.664		
Glutamic acid g	4.417		0		1		3.754		
Glycine g	2.032		0		1		1.727		
Proline g	1.325		0		1		1.126		
Serine g	1.455		0		1		1.237		
Hydroxyproline g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.56	0.545	16		1		68.48		
Energy	kcal	79		0	NC	4		67		
Energy	kj	331				4		281		
Protein (N x 6.25)	g	16.24		14		1		13.80		
Total lipid (fat)	g	0.70		16		1		0.60		
Ash	g	1.68		14		1		1.43		
Carbohydrate, by difference	g	0.82		0	NC	4		0.70		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	90		13		1		77		
Iron, Fe	mg	6.02		5		1		5.12		
Magnesium, Mg	mg	30		0		4		26		
Phosphorus, P	mg	387		13		1		329		
Potassium, K	mg	354		2		1		301		
Sodium, Na	mg	372		1		1		316		
Zinc, Zn	mg	1.73		27		1		1.47		
Copper, Cu	mg	0.587	0.134	30		1		0.499		
Manganese, Mn	mg	0.110		0		4		0.094		
Selenium, Se	mcg	44.8		0	CAZN	4		38.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.3		1		1		4.5		
Thiamin	mg	0.009		1		1		0.008		
Riboflavin	mg	0.910		1		1		0.774		
Niacin	mg	1.216		1		1		1.034		
Pantothenic acid	mg	0.500		0		4		0.425		
Vitamin B-6	mg	0.150		0		4		0.128		
Folate, total	mcg	16		0		4		14		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	16		0		4		14		
Folate, DFE	mcg_DFE	16		0	NC	4		14		
Vitamin B-12	mcg	3.00		1		1		2.55		
Vitamin A, IU	IU	375		0		4		319		
Vitamin A, RAE	mcg_RAE	113		0		4		96		
Retinol	mcg	113		0		4		96		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.118		0		1		0.100		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.012		1		1		0.010		
15:0	g									
16:0	g	0.061		1		1		0.052		
17:0	g									
18:0	g	0.044		1		1		0.037		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.081		0		1		0.069		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.012		1		1		0.010		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.031		1		1		0.026		
20:1 ... g	0.036		1		1		0.031		
22:1 undifferentiated ... g	0.001		1		1		0.001		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.134		0		1		0.114		
18:2 undifferentiated ... g	0.002		1		1		0.002		
18:3 undifferentiated ... g	0.001		1		1		0.001		
18:4 ... g	0.002		1		1		0.002		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.013		1		1		0.011		
20:5 n-3 ... g	0.039		1		1		0.033		
22:5 n-3 ... g	0.006		1		1		0.005		
22:6 n-3 ... g	0.066		1		1		0.056		
Fatty acids, total trans ... g									
Cholesterol ... mg	112		1		1		95		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.182		0		1		0.155		
Threonine ... g	0.699		0		1		0.594		
Isoleucine ... g	0.707		0		1		0.601		
Leucine ... g	1.143		0		1		0.972		
Lysine ... g	1.213		0		1		1.031		
Methionine ... g	0.366		0		1		0.311		
Cystine ... g	0.213		0		1		0.181		
Phenylalanine ... g	0.582		0		1		0.495		
Tyrosine ... g	0.520		0		1		0.442		
Valine ... g	0.709		0		1		0.603		
Arginine ... g	1.185		0		1		1.007		
Histidine ... g	0.312		0		1		0.265		
Alanine ... g	0.982		0		1		0.835		
Aspartic acid ... g	1.567		0		1		1.332		
Glutamic acid ... g	2.208		0		1		1.877		
Glycine ... g	1.016		0		1		0.864		
Proline ... g	0.662		0		1		0.563		
Serine ... g	0.727		0		1		0.618		
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.15		0		1		51.98		
Energy	kcal	172		0	NC	4		146		
Energy	kj	720				4		612		
Protein (N x 6.25)	g	23.80		0		1		20.23		
Total lipid (fat)	g	4.48		0		1		3.81		
Ash	g	3.18		0		1		2.70		
Carbohydrate, by difference	g	7.39		0	NC	4		6.28		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	33	1.905	18		1		28		
Iron, Fe	mg	6.72	0.233	18		1		5.71		
Magnesium, Mg	mg	37	1.268	18		1		31		
Phosphorus, P	mg	285	3.535	27		1		242		
Potassium, K	mg	268	10.371	18		1		228		
Sodium, Na	mg	369	18.253	18		1		314		
Zinc, Zn	mg	2.67	0.116	18		1		2.27		
Copper, Cu	mg	0.149	0.009	18		1		0.127		
Manganese, Mn	mg	6.800		0		4		5.780		
Selenium, Se	mcg	89.6		0	BFSN	4		76.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	13.6		0		4		11.6		
Thiamin	mg	0.300		0		4		0.255		
Riboflavin	mg	0.420		0		4		0.357		
Niacin	mg	3.000		0		4		2.550		
Pantothenic acid	mg	0.950		0		4		0.808		
Vitamin B-6	mg	0.100		0		4		0.085		
Folate, total	mcg	76		0		4		64		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	76		0		4		64		
Folate, DFE	mcg_DFE	76		0	NC	4		64		
Vitamin B-12	mcg	24.00		0		4		20.40		
Vitamin A, IU	IU	304		0		4		258		
Vitamin A, RAE	mcg_RAE	91		0		4		78		
Retinol	mcg	91		0		4		78		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.850		0		1		0.723		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.118		0		1		0.100		
15:0	g									
16:0	g	0.588		0		1		0.500		
17:0	g									
18:0	g	0.136		0		1		0.116		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.014		0		1		0.862		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.276		0		1		0.235		

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.410		0		1		0.349		
20:1 ... g	0.276		0		1		0.235		
22:1 undifferentiated ... g	0.052		0		1		0.044		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.212		0		1		1.030		
18:2 undifferentiated ... g	0.036		0		1		0.031		
18:3 undifferentiated ... g	0.040		0		1		0.034		
18:4 ... g	0.070		0		1		0.060		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.140		0		1		0.119		
20:5 n-3 ... g	0.276		0		1		0.235		
22:5 n-3 ... g	0.044		0		1		0.037		
22:6 n-3 ... g	0.506		0		1		0.430		
Fatty acids, total trans ... g									
Cholesterol ... mg	56		0		1		48		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.267		0		1		0.227		
Threonine ... g	1.025		0		1		0.871		
Isoleucine ... g	1.036		0		1		0.881		
Leucine ... g	1.676		0		1		1.425		
Lysine ... g	1.779		0		1		1.512		
Methionine ... g	0.537		0		1		0.456		
Cystine ... g	0.312		0		1		0.265		
Phenylalanine ... g	0.853		0		1		0.725		
Tyrosine ... g	0.762		0		1		0.648		
Valine ... g	1.040		0		1		0.884		
Arginine ... g	1.737		0		1		1.476		
Histidine ... g	0.457		0		1		0.388		
Alanine ... g	1.440		0		1		1.224		
Aspartic acid ... g	2.297		0		1		1.952		
Glutamic acid ... g	3.238		0		1		2.752		
Glycine ... g	1.489		0		1		1.266		
Proline ... g	0.971		0		1		0.825		
Serine ... g	1.067		0		1		0.907		
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15164
Mollusks, mussel, blue, raw
Mytilus edulis L.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.58	0.618	16		1		120.87	22.84	16.12
Energy	kcal	86		0	NC	4		129	24	17
Energy	kj	360				4		540	102	72
Protein (N x 6.25)	g	11.90	0.072	12		1		17.85	3.37	2.38
Total lipid (fat)	g	2.24	0.131	23		1		3.36	0.64	0.45
Ash	g	1.59	0.061	19		1		2.39	0.45	0.32
Carbohydrate, by difference	g	3.69		0	NC	4		5.54	1.05	0.74
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26	2.303	6		1		39	7	5
Iron, Fe	mg	3.95	0.153	6		1		5.93	1.12	0.79
Magnesium, Mg	mg	34	0.768	6		1		51	10	7
Phosphorus, P	mg	197	1.253	9		1		296	56	39
Potassium, K	mg	320	6.908	6		1		480	91	64
Sodium, Na	mg	286	2.303	6		1		429	81	57
Zinc, Zn	mg	1.60	0.031	6		1		2.40	0.45	0.32
Copper, Cu	mg	0.094	0.006	6		1		0.141	0.027	0.019
Manganese, Mn	mg	3.400		0		4		5.100	0.964	0.680
Selenium, Se	mcg	44.8		0	CAZN	4		67.2	12.7	9.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.0		0		4		12.0	2.3	1.6
Thiamin	mg	0.160		0		4		0.240	0.045	0.032
Riboflavin	mg	0.210		0		4		0.315	0.060	0.042
Niacin	mg	1.600		0		4		2.400	0.454	0.320
Pantothenic acid	mg	0.500		0		4		0.750	0.142	0.100
Vitamin B-6	mg	0.050		0		4		0.075	0.014	0.010
Folate, total	mcg	42		0		4		63	12	8
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	42		0		4		63	12	8
Folate, DFE	mcg_DFE	42		0	NC	4		63	12	8
Vitamin B-12	mcg	12.00		0		4		18.00	3.40	2.40
Vitamin A, IU	IU	160		0		4		240	45	32
Vitamin A, RAE	mcg_RAE	48		0		4		72	14	10
Retinol	mcg	48		0		4		72	14	10
Vitamin E	mg_ATE	0.740		0		1		1.110	0.210	0.148
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.425		0		1		0.638	0.120	0.085
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.059		1		1		0.089	0.017	0.012
15:0	g									
16:0	g	0.294		1		1		0.441	0.083	0.059
17:0	g									
18:0	g	0.068		1		1		0.102	0.019	0.014
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.507		0		1		0.761	0.144	0.101
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.138		1		1		0.207	0.039	0.028

NDB No. 15164
Mollusks, mussel, blue, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.205		1		1		0.308	0.058	0.041
20:1 ... g	0.138		1		1		0.207	0.039	0.028
22:1 undifferentiated ... g	0.026		1		1		0.039	0.007	0.005
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.606		0		1		0.909	0.172	0.121
18:2 undifferentiated ... g	0.018		1		1		0.027	0.005	0.004
18:3 undifferentiated ... g	0.020		1		1		0.030	0.006	0.004
18:4 ... g	0.035		1		1		0.053	0.010	0.007
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.070		1		1		0.105	0.020	0.014
20:5 n-3 ... g	0.188		1		1		0.282	0.053	0.038
22:5 n-3 ... g	0.022		1		1		0.033	0.006	0.004
22:6 n-3 ... g	0.253		1		1		0.380	0.072	0.051
Fatty acids, total trans ... g									
Cholesterol ... mg	28	2.914	6		1		42	8	6
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.133		0		1		0.200	0.038	0.027
Threonine ... g	0.512		0		1		0.768	0.145	0.102
Isoleucine ... g	0.518		0		1		0.777	0.147	0.104
Leucine ... g	0.838		0		1		1.257	0.238	0.168
Lysine ... g	0.889		0		1		1.334	0.252	0.178
Methionine ... g	0.268		0		1		0.402	0.076	0.054
Cystine ... g	0.156		0		1		0.234	0.044	0.031
Phenylalanine ... g	0.426		0		1		0.639	0.121	0.085
Tyrosine ... g	0.381		0		1		0.572	0.108	0.076
Valine ... g	0.520		0		1		0.780	0.147	0.104
Arginine ... g	0.868		0		1		1.302	0.246	0.174
Histidine ... g	0.228		0		1		0.342	0.065	0.046
Alanine ... g	0.720		0		1		1.080	0.204	0.144
Aspartic acid ... g	1.148		0		1		1.722	0.325	0.230
Glutamic acid ... g	1.618		0		1		2.427	0.459	0.324
Glycine ... g	0.744		0		1		1.116	0.211	0.149
Proline ... g	0.486		0		1		0.729	0.138	0.097
Serine ... g	0.533		0		1		0.800	0.151	0.107
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 150g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 20g: 1 large

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15230
Mollusks, octopus, common, cooked, moist heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.50		0		1		51.43		
Energy	kcal	164		0	NC	4		139		
Energy	kj	686				4		583		
Protein (N x 6.25)	g	29.82		0		1		25.35		
Total lipid (fat)	g	2.08		0		1		1.77		
Ash	g	3.20		0		1		2.72		
Carbohydrate, by difference	g	4.40		0	NC	4		3.74		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	106		0		1		90		
Iron, Fe	mg	9.54		0		1		8.11		
Magnesium, Mg	mg	60		0		1		51		
Phosphorus, P	mg	279		0		1		237		
Potassium, K	mg	630		0		1		536		
Sodium, Na	mg	460		0		1		391		
Zinc, Zn	mg	3.36		0		1		2.86		
Copper, Cu	mg	0.739		0		1		0.628		
Manganese, Mn	mg	0.047		0		1		0.040		
Selenium, Se	mcg	89.6		0	BFSN	4		76.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.0		0		1		6.8		
Thiamin	mg	0.057		0		1		0.048		
Riboflavin	mg	0.076		0		1		0.065		
Niacin	mg	3.780		0		1		3.213		
Pantothenic acid	mg	0.900		0		1		0.765		
Vitamin B-6	mg	0.648		0		1		0.551		
Folate, total	mcg	24		0		1		20		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	24		0		1		20		
Folate, DFE	mcg_DFE	24		0	NC	4		20		
Vitamin B-12	mcg	36.00		0		1		30.60		
Vitamin A, IU	IU	270		0		1		230		
Vitamin A, RAE	mcg_RAE	81		0		1		69		
Retinol	mcg	81		0		1		69		
Vitamin E	mg_ATE	1.200		0		4		1.020		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.453		0		1		0.385		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.050		0		1		0.043		
15:0	g									
16:0	g	0.296		0		1		0.252		
17:0	g									
18:0	g	0.100		0		1		0.085		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.324		0		1		0.275		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.132		0		1		0.112		

NDB No. 15230
Mollusks, octopus, common, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.124		0		1		0.105		
20:1 ... g	0.048		0		1		0.041		
22:1 undifferentiated ... g	0.020		0		1		0.017		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.477		0		1		0.405		
18:2 undifferentiated ... g	0.018		0		1		0.015		
18:3 undifferentiated ... g	0.000		0		1		0.000		
18:4 ... g	0.056		0		1		0.048		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.078		0		1		0.066		
20:5 n-3 ... g	0.152		0		1		0.129		
22:5 n-3 ... g	0.012		0		1		0.010		
22:6 n-3 ... g	0.162		0		1		0.138		
Fatty acids, total trans ... g									
Cholesterol ... mg	96		0		1		82		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.334		0		1		0.284		
Threonine ... g	1.283		0		1		1.091		
Isoleucine ... g	1.298		0		1		1.103		
Leucine ... g	2.099		0		1		1.784		
Lysine ... g	2.228		0		1		1.894		
Methionine ... g	0.673		0		1		0.572		
Cystine ... g	0.391		0		1		0.332		
Phenylalanine ... g	1.069		0		1		0.909		
Tyrosine ... g	0.954		0		1		0.811		
Valine ... g	1.303		0		1		1.108		
Arginine ... g	2.176		0		1		1.850		
Histidine ... g	0.573		0		1		0.487		
Alanine ... g	1.804		0		1		1.533		
Aspartic acid ... g	2.877		0		1		2.445		
Glutamic acid ... g	4.056		0		1		3.448		
Glycine ... g	1.866		0		1		1.586		
Proline ... g	1.217		0		1		1.034		
Serine ... g	1.336		0		1		1.136		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15166
Mollusks, octopus, common, raw
Octopus vulgaris Lamarck

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.25	0.625	19		1		68.21		
Energy	kcal	82		0	NC	4		70		
Energy	kj	343				4		292		
Protein (N x 6.25)	g	14.91	0.699	18		1		12.67		
Total lipid (fat)	g	1.04	0.066	17		1		0.88		
Ash	g	1.60	0.086	14		1		1.36		
Carbohydrate, by difference	g	2.20		0	NC	4		1.87		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	53	11.706	13		1		45		
Iron, Fe	mg	5.30		1		1		4.51		
Magnesium, Mg	mg	30		0		4		26		
Phosphorus, P	mg	186	16.071	15		1		158		
Potassium, K	mg	350		0		4		298		
Sodium, Na	mg	230		0		4		196		
Zinc, Zn	mg	1.68	0.280	11		1		1.43		
Copper, Cu	mg	0.435	0.077	14		1		0.370		
Manganese, Mn	mg	0.025		1		1		0.021		
Selenium, Se	mcg	44.8		0	CAZN	4		38.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.0		0		4		4.3		
Thiamin	mg	0.030		1		1		0.026		
Riboflavin	mg	0.040		1		1		0.034		
Niacin	mg	2.100		1		1		1.785		
Pantothenic acid	mg	0.500		0		4		0.425		
Vitamin B-6	mg	0.360		0		4		0.306		
Folate, total	mcg	16		0		4		14		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	16		0		4		14		
Folate, DFE	mcg_DFE	16		0	NC	4		14		
Vitamin B-12	mcg	20.00		0		4		17.00		
Vitamin A, IU	IU	150		0		4		128		
Vitamin A, RAE	mcg_RAE	45		0		4		38		
Retinol	mcg	45		0		4		38		
Vitamin E	mg_ATE	1.200		0		4		1.020		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.227		0		1		0.193		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.025		2		1		0.021		
15:0	g									
16:0	g	0.148		2		1		0.126		
17:0	g									
18:0	g	0.050		2		1		0.043		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.162		0		1		0.138		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.066		2		1		0.056		

NDB No. 15166
Mollusks, octopus, common, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.062		2		1		0.053		
20:1 ... g	0.024		1		1		0.020		
22:1 undifferentiated ... g	0.010		1		1		0.009		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.239		0		1		0.203		
18:2 undifferentiated ... g	0.009		2		1		0.008		
18:3 undifferentiated ... g	0.000		0		1		0.000		
18:4 ... g	0.028		1		1		0.024		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.039		1		1		0.033		
20:5 n-3 ... g	0.076		2		1		0.065		
22:5 n-3 ... g	0.006		2		1		0.005		
22:6 n-3 ... g	0.081		2		1		0.069		
Fatty acids, total trans ... g									
Cholesterol ... mg	48		1		1		41		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.167		0		1		0.142		
Threonine ... g	0.642		0		1		0.546		
Isoleucine ... g	0.649		0		1		0.552		
Leucine ... g	1.049		0		1		0.892		
Lysine ... g	1.114		0		1		0.947		
Methionine ... g	0.336		0		1		0.286		
Cystine ... g	0.196		0		1		0.167		
Phenylalanine ... g	0.534		0		1		0.454		
Tyrosine ... g	0.477		0		1		0.405		
Valine ... g	0.651		0		1		0.553		
Arginine ... g	1.088		0		1		0.925		
Histidine ... g	0.286		0		1		0.243		
Alanine ... g	0.902		0		1		0.767		
Aspartic acid ... g	1.438		0		1		1.222		
Glutamic acid ... g	2.027		0		1		1.723		
Glycine ... g	0.933		0		1		0.793		
Proline ... g	0.608		0		1		0.517		
Serine ... g	0.668		0		1		0.568		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15231
Mollusks, oyster, Pacific, cooked, moist heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.12		0		1		16.03	54.50	
Energy	kcal	163		0	NC	4		41	139	
Energy	kj	682				4		170	580	
Protein (N x 6.25)	g	18.90		0		1		4.73	16.07	
Total lipid (fat)	g	4.60		0		1		1.15	3.91	
Ash	g	2.46		0		1		0.62	2.09	
Carbohydrate, by difference	g	9.90		0	NC	4		2.48	8.42	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0		1		4	14	
Iron, Fe	mg	9.20		0		1		2.30	7.82	
Magnesium, Mg	mg	44		0		1		11	37	
Phosphorus, P	mg	243		0		1		61	207	
Potassium, K	mg	302		0		1		76	257	
Sodium, Na	mg	212		0		1		53	180	
Zinc, Zn	mg	33.24		0		1		8.31	28.25	
Copper, Cu	mg	2.679		0		1		0.670	2.277	
Manganese, Mn	mg	1.222		0		1		0.306	1.039	
Selenium, Se	mcg	154.0		0	BFSN	4		38.5	130.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	12.8		0		1		3.2	10.9	
Thiamin	mg	0.127		0		1		0.032	0.108	
Riboflavin	mg	0.443		0		1		0.111	0.377	
Niacin	mg	3.618		0		1		0.905	3.075	
Pantothenic acid	mg	0.900		0		1		0.225	0.765	
Vitamin B-6	mg	0.090		0		1		0.023	0.077	
Folate, total	mcg	15		0		1		4	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	15		0		1		4	13	
Folate, DFE	mcg_DFE	15		0	NC	4		4	13	
Vitamin B-12	mcg	28.80		0		1		7.20	24.48	
Vitamin A, IU	IU	486		0		1		122	413	
Vitamin A, RAE	mcg_RAE	146		0		1		36	124	
Retinol	mcg	146		0		1		36	124	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.020		0		1		0.255	0.867	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.164		0		1		0.041	0.139	
15:0	g									
16:0	g	0.714		0		1		0.179	0.607	
17:0	g									
18:0	g	0.142		0		1		0.036	0.121	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.716		0		1		0.179	0.609	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.228		0		1		0.057	0.194	

NDB No. 15231
Mollusks, oyster, Pacific, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.382		0		1		0.096	0.325	
20:1 ... g									
22:1 undifferentiated ... g	0.106		0		1		0.027	0.090	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.788		0		1		0.447	1.520	
18:2 undifferentiated ... g	0.064		0		1		0.016	0.054	
18:3 undifferentiated ... g	0.064		0		1		0.016	0.054	
18:4 ... g	0.168		0		1		0.042	0.143	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.076		0		1		0.019	0.065	
20:5 n-3 ... g	0.876		0		1		0.219	0.745	
22:5 n-3 ... g	0.040		0		1		0.010	0.034	
22:6 n-3 ... g	0.500		0		1		0.125	0.425	
Fatty acids, total trans ... g									
Cholesterol ... mg	100		0		1		25	85	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.212		0		1		0.053	0.180	
Threonine ... g	0.813		0		1		0.203	0.691	
Isoleucine ... g	0.823		0		1		0.206	0.700	
Leucine ... g	1.331		0		1		0.333	1.131	
Lysine ... g	1.412		0		1		0.353	1.200	
Methionine ... g	0.426		0		1		0.107	0.362	
Cystine ... g	0.248		0		1		0.062	0.211	
Phenylalanine ... g	0.677		0		1		0.169	0.575	
Tyrosine ... g	0.605		0		1		0.151	0.514	
Valine ... g	0.826		0		1		0.207	0.702	
Arginine ... g	1.379		0		1		0.345	1.172	
Histidine ... g	0.363		0		1		0.091	0.309	
Alanine ... g	1.143		0		1		0.286	0.972	
Aspartic acid ... g	1.823		0		1		0.456	1.550	
Glutamic acid ... g	2.570		0		1		0.643	2.185	
Glycine ... g	1.182		0		1		0.296	1.005	
Proline ... g	0.771		0		1		0.193	0.655	
Serine ... g	0.847		0		1		0.212	0.720	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 25g: 1 medium

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15171
Mollusks, oyster, Pacific, raw
Crassostrea gigas (Thunberg)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.06	0.674	27		1		41.03	69.75	
Energy	kcal	81		0	NC	4		41	69	
Energy	kj	339				4		169	288	
Protein (N x 6.25)	g	9.45	0.360	14		1		4.73	8.03	
Total lipid (fat)	g	2.30	0.209	13		1		1.15	1.96	
Ash	g	1.23	0.081	7		1		0.62	1.05	
Carbohydrate, by difference	g	4.95		0	NC	4		2.48	4.21	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		2		1		4	7	
Iron, Fe	mg	5.11	0.546	23		1		2.56	4.34	
Magnesium, Mg	mg	22		2		1		11	19	
Phosphorus, P	mg	162		2		1		81	138	
Potassium, K	mg	168		2		1		84	143	
Sodium, Na	mg	106		2		1		53	90	
Zinc, Zn	mg	16.62	1.432	102		1		8.31	14.13	
Copper, Cu	mg	1.576	0.075	112		1		0.788	1.340	
Manganese, Mn	mg	0.643		2		1		0.322	0.547	
Selenium, Se	mcg	77.0		0	BFSN	4		38.5	65.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.0		0		4		4.0	6.8	
Thiamin	mg	0.067	0.007	3		1		0.034	0.057	
Riboflavin	mg	0.233	0.018	3		1		0.117	0.198	
Niacin	mg	2.010	0.110	3		1		1.005	1.709	
Pantothenic acid	mg	0.500		0		4		0.250	0.425	
Vitamin B-6	mg	0.050		0		4		0.025	0.043	
Folate, total	mcg	10		0		4		5	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		4		5	9	
Folate, DFE	mcg_DFE	10		0	NC	4		5	9	
Vitamin B-12	mcg	16.00		0		4		8.00	13.60	
Vitamin A, IU	IU	270		0		4		135	230	
Vitamin A, RAE	mcg_RAE	81		0		4		41	69	
Retinol	mcg	81		0		4		41	69	
Vitamin E	mg_ATE	0.850		0	BFZN	4		0.425	0.723	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.510		0		1		0.255	0.434	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.082		2		1		0.041	0.070	
15:0	g									
16:0	g	0.357		2		1		0.179	0.303	
17:0	g									
18:0	g	0.071		2		1		0.036	0.060	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.358		0		1		0.179	0.304	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.114		2		1		0.057	0.097	

NDB No. 15171
Mollusks, oyster, Pacific, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.191		2		1		0.096	0.162	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.053		1		1		0.027	0.045	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.894		0		1		0.447	0.760	
18:2 undifferentiated ... g	0.032		2		1		0.016	0.027	
18:3 undifferentiated ... g	0.032		1		1		0.016	0.027	
18:4 ... g	0.084		2		1		0.042	0.071	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.038		1		1		0.019	0.032	
20:5 n-3 ... g	0.438		2		1		0.219	0.372	
22:5 n-3 ... g	0.020		1		1		0.010	0.017	
22:6 n-3 ... g	0.250		2		1		0.125	0.213	
Fatty acids, total trans ... g									
Cholesterol ... mg	50		0		4		25	43	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.106		0		1		0.053	0.090	
Threonine ... g	0.407		0		1		0.204	0.346	
Isoleucine ... g	0.411		0		1		0.206	0.349	
Leucine ... g	0.665		0		1		0.333	0.565	
Lysine ... g	0.706		0		1		0.353	0.600	
Methionine ... g	0.213		0		1		0.107	0.181	
Cystine ... g	0.124		0		1		0.062	0.105	
Phenylalanine ... g	0.339		0		1		0.170	0.288	
Tyrosine ... g	0.302		0		1		0.151	0.257	
Valine ... g	0.413		0		1		0.207	0.351	
Arginine ... g	0.689		0		1		0.345	0.586	
Histidine ... g	0.181		0		1		0.091	0.154	
Alanine ... g	0.572		0		1		0.286	0.486	
Aspartic acid ... g	0.912		0		1		0.456	0.775	
Glutamic acid ... g	1.285		0		1		0.643	1.092	
Glycine ... g	0.591		0		1		0.296	0.502	
Proline ... g	0.386		0		1		0.193	0.328	
Serine ... g	0.423		0		1		0.212	0.360	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 50g: 1 medium

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15170
Mollusks, oyster, eastern, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.14		0		1		137.93	211.15	19.58
Energy	kcal	69		0	NC	4		112	171	16
Energy	kj	289				4		468	716	66
Protein (N x 6.25)	g	7.06		0		1		11.44	17.51	1.62
Total lipid (fat)	g	2.47		0		1		4.00	6.13	0.57
Ash	g	1.42		0		1		2.30	3.52	0.33
Carbohydrate, by difference	g	3.91		0	NC	4		6.33	9.70	0.90
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	45		0		1		73	112	10
Iron, Fe	mg	6.70		0		1		10.85	16.62	1.54
Magnesium, Mg	mg	54		0		1		87	134	12
Phosphorus, P	mg	139		0		1		225	345	32
Potassium, K	mg	229		0		1		371	568	53
Sodium, Na	mg	112		0		1		181	278	26
Zinc, Zn	mg	90.95		0		1		147.34	225.56	20.92
Copper, Cu	mg	4.461		0		1		7.227	11.063	1.026
Manganese, Mn	mg	0.450		0		4		0.729	1.116	0.104
Selenium, Se	mcg	35.8		0	BFSN	4		58.0	88.8	8.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.0		0		4		8.1	12.4	1.2
Thiamin	mg	0.150		0		4		0.243	0.372	0.035
Riboflavin	mg	0.166		0		1		0.269	0.412	0.038
Niacin	mg	1.244		0		1		2.015	3.085	0.286
Pantothenic acid	mg	0.180		0		4		0.292	0.446	0.041
Vitamin B-6	mg	0.095		0		1		0.154	0.236	0.022
Folate, total	mcg	9		0		1		14	22	2
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	9		0		1		14	22	2
Folate, DFE	mcg_DFE	9		0	NC	4		14	22	2
Vitamin B-12	mcg	19.13		0		1		31.00	47.45	4.40
Vitamin A, IU	IU	300		0		4		486	744	69
Vitamin A, RAE	mcg_RAE	90		0		4		146	223	21
Retinol	mcg	90		0		4		146	223	21
Vitamin E	mg_ATE	0.850		0		4		1.377	2.108	0.196
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.631		0		1		1.022	1.565	0.145
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.109		0		1		0.177	0.270	0.025
15:0	g									
16:0	g	0.435		0		1		0.705	1.079	0.100
17:0	g									
18:0	g	0.060		0		1		0.097	0.149	0.014
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.250		0		1		0.405	0.620	0.058
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.074		0		1		0.120	0.184	0.017

NDB No. 15170
Mollusks, oyster, eastern, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.097		0		1		0.157	0.241	0.022
20:1 ... g	0.060		0		1		0.097	0.149	0.014
22:1 undifferentiated ... g	0.009		0		1		0.015	0.022	0.002
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.739		0		1		1.197	1.833	0.170
18:2 undifferentiated ... g	0.049		0		1		0.079	0.122	0.011
18:3 undifferentiated ... g	0.037		0		1		0.060	0.092	0.009
18:4 ... g	0.096		0		1		0.156	0.238	0.022
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.068		0		1		0.110	0.169	0.016
20:5 n-3 ... g	0.211		0		1		0.342	0.523	0.049
22:5 n-3 ... g	0.050		0		1		0.081	0.124	0.012
22:6 n-3 ... g	0.228		0		1		0.369	0.565	0.052
Fatty acids, total trans ... g									
Cholesterol ... mg	55		0		1		89	136	13
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.079		0		1		0.128	0.196	0.018
Threonine ... g	0.304		0		1		0.492	0.754	0.070
Isoleucine ... g	0.307		0		1		0.497	0.761	0.071
Leucine ... g	0.497		0		1		0.805	1.233	0.114
Lysine ... g	0.528		0		1		0.855	1.309	0.121
Methionine ... g	0.159		0		1		0.258	0.394	0.037
Cystine ... g	0.093		0		1		0.151	0.231	0.021
Phenylalanine ... g	0.253		0		1		0.410	0.627	0.058
Tyrosine ... g	0.226		0		1		0.366	0.560	0.052
Valine ... g	0.308		0		1		0.499	0.764	0.071
Arginine ... g	0.515		0		1		0.834	1.277	0.118
Histidine ... g	0.136		0		1		0.220	0.337	0.031
Alanine ... g	0.427		0		1		0.692	1.059	0.098
Aspartic acid ... g	0.681		0		1		1.103	1.689	0.157
Glutamic acid ... g	0.961		0		1		1.557	2.383	0.221
Glycine ... g	0.442		0		1		0.716	1.096	0.102
Proline ... g	0.288		0		1		0.467	0.714	0.066
Serine ... g	0.316		0		1		0.512	0.784	0.073
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 162g: 1 cup, drained

Measure 2 = 248g: 1 cup, undrained

Measure 3 = 23g: 1 oz, drained

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15168
Mollusks, oyster, eastern, cooked, breaded and fried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.72		0		1		55.01	56.95	
Energy	kcal	197		0	NC	4		167	173	
Energy	kj	824				4		701	725	
Protein (N x 6.18)	g	8.77		0		1		7.45	7.72	
Total lipid (fat)	g	12.58		0		1		10.69	11.07	
Ash	g	1.72		0		1		1.46	1.51	
Carbohydrate, by difference	g	11.62		0	NC	4		9.88	10.23	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	62		0		1		53	55	
Iron, Fe	mg	6.95		0		1		5.91	6.12	
Magnesium, Mg	mg	58		0		1		49	51	
Phosphorus, P	mg	159		0		1		135	140	
Potassium, K	mg	244		0		1		207	215	
Sodium, Na	mg	417		0		1		354	367	
Zinc, Zn	mg	87.13		0		1		74.06	76.67	
Copper, Cu	mg	4.294		0		1		3.650	3.779	
Manganese, Mn	mg	0.490		0		4		0.417	0.431	
Selenium, Se	mcg	66.5		0	RA	4		56.5	58.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.8		0		4		3.2	3.3	
Thiamin	mg	0.150		0		4		0.128	0.132	
Riboflavin	mg	0.202		0		1		0.172	0.178	
Niacin	mg	1.650		0		1		1.403	1.452	
Pantothenic acid	mg	0.270		0		4		0.230	0.238	
Vitamin B-6	mg	0.064		0		1		0.054	0.056	
Folate, total	mcg	31		0	RA	4		26	27	
Folic acid	mcg	17		0	NC	4		15	15	
Folate, food	mcg	14		0		1		12	12	
Folate, DFE	mcg_DFE	43		0	NC	4		37	38	
Vitamin B-12	mcg	15.63		0		1		13.28	13.75	
Vitamin A, IU	IU	302		0		4		257	266	
Vitamin A, RAE	mcg_RAE	91		0		4		77	80	
Retinol	mcg	91		0		4		77	80	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.197		0		1		2.717	2.813	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.150		0		1		0.128	0.132	
15:0	g									
16:0	g	1.910		0		1		1.624	1.681	
17:0	g									
18:0	g	1.110		0		1		0.944	0.977	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.702		0		1		3.997	4.138	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.092		0		1		0.078	0.081	

NDB No. 15168
Mollusks, oyster, eastern, cooked, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	4.440		0		1		3.774	3.907	
20:1 ... g	0.057		0		1		0.048	0.050	
22:1 undifferentiated ... g	0.009		0		1		0.008	0.008	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.313		0		1		2.816	2.915	
18:2 undifferentiated ... g	2.440		0		1		2.074	2.147	
18:3 undifferentiated ... g	0.156		0		1		0.133	0.137	
18:4 ... g	0.092		0		1		0.078	0.081	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.070		0		1		0.060	0.062	
20:5 n-3 ... g	0.202		0		1		0.172	0.178	
22:5 n-3 ... g	0.048		0		1		0.041	0.042	
22:6 n-3 ... g	0.218		0		1		0.185	0.192	
Fatty acids, total trans ... g									
Cholesterol ... mg	81		0		1		69	71	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.105		0		1		0.089	0.092	
Threonine ... g	0.365		0		1		0.310	0.321	
Isoleucine ... g	0.396		0		1		0.337	0.348	
Leucine ... g	0.638		0		1		0.542	0.561	
Lysine ... g	0.582		0		1		0.495	0.512	
Methionine ... g	0.199		0		1		0.169	0.175	
Cystine ... g	0.131		0		1		0.111	0.115	
Phenylalanine ... g	0.352		0		1		0.299	0.310	
Tyrosine ... g	0.290		0		1		0.247	0.255	
Valine ... g	0.409		0		1		0.348	0.360	
Arginine ... g	0.585		0		1		0.497	0.515	
Histidine ... g	0.175		0		1		0.149	0.154	
Alanine ... g	0.491		0		1		0.417	0.432	
Aspartic acid ... g	0.782		0		1		0.665	0.688	
Glutamic acid ... g	1.495		0		1		1.271	1.316	
Glycine ... g	0.493		0		1		0.419	0.434	
Proline ... g	0.470		0		1		0.400	0.414	
Serine ... g	0.429		0		1		0.365	0.378	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 88g: 6 medium

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 4.12

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15246
Mollusks, oyster, eastern, farmed, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.95	1.580	4		1		69.66	48.35	
Energy	kcal	79		0	NC	4		67	47	
Energy	kj	331				4		281	195	
Protein (N x 6.25)	g	7.00	0.258	4		1		5.95	4.13	
Total lipid (fat)	g	2.12	0.364	4		1		1.80	1.25	
Ash	g	1.65	0.087	4		1		1.40	0.97	
Carbohydrate, by difference	g	7.28		0	NC	4		6.19	4.30	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	56		0		4		48	33	
Iron, Fe	mg	7.77	2.621	4		1		6.60	4.58	
Magnesium, Mg	mg	33	2.131	4		1		28	19	
Phosphorus, P	mg	115	16.044	4		1		98	68	
Potassium, K	mg	152	20.318	4		1		129	90	
Sodium, Na	mg	163	8.607	4		1		139	96	
Zinc, Zn	mg	45.15	5.353	4		1		38.38	26.64	
Copper, Cu	mg	1.434	0.384	4		1		1.219	0.846	
Manganese, Mn	mg	0.425	0.118	4		1		0.361	0.251	
Selenium, Se	mcg	77.5		0	BFSN	4		65.9	45.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.0	0.999	4		1		5.1	3.5	
Thiamin	mg	0.130	0.015	4		1		0.111	0.077	
Riboflavin	mg	0.055	0.022	4		1		0.047	0.032	
Niacin	mg	1.792	0.326	4		1		1.523	1.057	
Pantothenic acid	mg	0.195	0.038	4		1		0.166	0.115	
Vitamin B-6	mg	0.076	0.009	4		1		0.065	0.045	
Folate, total	mcg	24	3.838	4		1		20	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	24	3.838	4		1		20	14	
Folate, DFE	mcg_DFE	24		0	NC	4		20	14	
Vitamin B-12	mcg	24.30	1.079	4		1		20.66	14.34	
Vitamin A, IU	IU	63	31.458	4		1		54	37	
Vitamin A, RAE	mcg_RAE	19	9.447	4		1		16	11	
Retinol	mcg	19	9.447	4		1		16	11	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.683		0		1		0.581	0.403	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.053		4		1		0.045	0.031	
15:0	g									
16:0	g	0.489		4		1		0.416	0.289	
17:0	g									
18:0	g	0.070		4		1		0.060	0.041	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.230		0		1		0.196	0.136	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.059		4		1		0.050	0.035	

NDB No. 15246
Mollusks, oyster, eastern, farmed, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.111		4		1		0.094	0.065	
20:1 ... g	0.049		4		1		0.042	0.029	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.713		0		1		0.606	0.421	
18:2 undifferentiated ... g	0.043		4		1		0.037	0.025	
18:3 undifferentiated ... g	0.063		4		1		0.054	0.037	
18:4 ... g	0.118		4		1		0.100	0.070	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.044		4		1		0.037	0.026	
20:5 n-3 ... g	0.229		4		1		0.195	0.135	
22:5 n-3 ... g									
22:6 n-3 ... g	0.211		4		1		0.179	0.124	
Fatty acids, total trans ... g									
Cholesterol ... mg	38	3.202	4		1		32	22	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.078		0		1		0.066	0.046	
Threonine ... g	0.301		0		1		0.256	0.178	
Isoleucine ... g	0.305		0		1		0.259	0.180	
Leucine ... g	0.493		0		1		0.419	0.291	
Lysine ... g	0.523		0		1		0.445	0.309	
Methionine ... g	0.158		0		1		0.134	0.093	
Cystine ... g	0.092		0		1		0.078	0.054	
Phenylalanine ... g	0.251		0		1		0.213	0.148	
Tyrosine ... g	0.224		0		1		0.190	0.132	
Valine ... g	0.306		0		1		0.260	0.181	
Arginine ... g	0.511		0		1		0.434	0.301	
Histidine ... g	0.134		0		1		0.114	0.079	
Alanine ... g	0.423		0		1		0.360	0.250	
Aspartic acid ... g	0.675		0		1		0.574	0.398	
Glutamic acid ... g	0.952		0		1		0.809	0.562	
Glycine ... g	0.438		0		1		0.372	0.258	
Proline ... g	0.286		0		1		0.243	0.169	
Serine ... g	0.314		0		1		0.267	0.185	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 59g: 6 medium

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15245
Mollusks, oyster, eastern, farmed, raw
Crassostrea virginica (Gmelin)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.20	1.521	4		1		73.27	72.41	
Energy	kcal	59		0	NC	4		50	50	
Energy	kj	247				4		210	207	
Protein (N x 6.25)	g	5.22	0.345	4		1		4.44	4.38	
Total lipid (fat)	g	1.55	0.250	4		1		1.32	1.30	
Ash	g	1.50	0.108	4		1		1.28	1.26	
Carbohydrate, by difference	g	5.53		0	NC	4		4.70	4.65	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	44		0	BFZN	4		37	37	
Iron, Fe	mg	5.78	1.340	4		1		4.91	4.86	
Magnesium, Mg	mg	33	2.352	4		1		28	28	
Phosphorus, P	mg	93	10.351	4		1		79	78	
Potassium, K	mg	124	15.201	4		1		105	104	
Sodium, Na	mg	178	8.319	4		1		151	150	
Zinc, Zn	mg	37.92	3.558	4		1		32.23	31.85	
Copper, Cu	mg	0.738	0.362	4		1		0.627	0.620	
Manganese, Mn	mg	0.394	0.113	4		1		0.335	0.331	
Selenium, Se	mcg	63.7		6	A	1		54.1	53.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.7	0.556	4		1		4.0	3.9	
Thiamin	mg	0.105	0.013	4		1		0.089	0.088	
Riboflavin	mg	0.065	0.021	4		1		0.055	0.055	
Niacin	mg	1.267	0.185	4		1		1.077	1.064	
Pantothenic acid	mg	0.157	0.047	4		1		0.133	0.132	
Vitamin B-6	mg	0.060	0.008	4		1		0.051	0.050	
Folate, total	mcg	18	4.031	4		1		15	15	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	18	4.031	4		1		15	15	
Folate, DFE	mcg_DFE	18		0	NC	4		15	15	
Vitamin B-12	mcg	16.20	1.143	4		1		13.77	13.61	
Vitamin A, IU	IU	25	14.434	4		1		21	21	
Vitamin A, RAE	mcg_RAE	8	4.335	4		1		6	6	
Retinol	mcg	8	4.335	4		1		6	6	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.443		0		1		0.377	0.372	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.035		4		1		0.030	0.029	
15:0	g									
16:0	g	0.314		4		1		0.267	0.264	
17:0	g									
18:0	g	0.045		4		1		0.038	0.038	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.152		0		1		0.129	0.128	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.038		4		1		0.032	0.032	

NDB No. 15245
Mollusks, oyster, eastern, farmed, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.074		4		1		0.063	0.062	
20:1 ... g	0.033		4		1		0.028	0.028	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.591		0		1		0.502	0.496	
18:2 undifferentiated ... g	0.028		4		1		0.024	0.024	
18:3 undifferentiated ... g	0.044		4		1		0.037	0.037	
18:4 ... g	0.092		4		1		0.078	0.077	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.033		4		1		0.028	0.028	
20:5 n-3 ... g	0.188		4		1		0.160	0.158	
22:5 n-3 ... g									
22:6 n-3 ... g	0.203		4		1		0.173	0.171	
Fatty acids, total trans ... g									
Cholesterol ... mg	25	1.273	4		1		21	21	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.059		0		1		0.050	0.050	
Threonine ... g	0.225		0		1		0.191	0.189	
Isoleucine ... g	0.227		0		1		0.193	0.191	
Leucine ... g	0.368		0		1		0.313	0.309	
Lysine ... g	0.390		0		1		0.332	0.328	
Methionine ... g	0.118		0		1		0.100	0.099	
Cystine ... g	0.069		0		1		0.059	0.058	
Phenylalanine ... g	0.187		0		1		0.159	0.157	
Tyrosine ... g	0.167		0		1		0.142	0.140	
Valine ... g	0.228		0		1		0.194	0.192	
Arginine ... g	0.381		0		1		0.324	0.320	
Histidine ... g	0.100		0		1		0.085	0.084	
Alanine ... g	0.316		0		1		0.269	0.265	
Aspartic acid ... g	0.504		0		1		0.428	0.423	
Glutamic acid ... g	0.711		0		1		0.604	0.597	
Glycine ... g	0.327		0		1		0.278	0.275	
Proline ... g	0.213		0		1		0.181	0.179	
Serine ... g	0.234		0		1		0.199	0.197	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 84g: 6 medium

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15244
Mollusks, oyster, eastern, wild, cooked, dry heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.30		2		1		70.81	49.15	
Energy	kcal	72		0	NC	4		61	42	
Energy	kj	301				4		256	178	
Protein (N x 6.25)	g	8.25		2		1		7.01	4.87	
Total lipid (fat)	g	1.90		2		1		1.62	1.12	
Ash	g	1.75		2		1		1.49	1.03	
Carbohydrate, by difference	g	4.80		0	NC	4		4.08	2.83	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	45		0	BFZN	4		38	27	
Iron, Fe	mg	4.33		2		1		3.68	2.55	
Magnesium, Mg	mg	46		2		1		39	27	
Phosphorus, P	mg	136		2		1		116	80	
Potassium, K	mg	168		2		1		143	99	
Sodium, Na	mg	244		2		1		207	144	
Zinc, Zn	mg	73.60		2		1		62.56	43.42	
Copper, Cu	mg	3.455		2		1		2.937	2.038	
Manganese, Mn	mg	0.288		2		1		0.245	0.170	
Selenium, Se	mcg	71.7		0	BFSN	4		60.9	42.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.1		2		1		3.5	2.4	
Thiamin	mg	0.085		2		1		0.072	0.050	
Riboflavin	mg	0.080		2		1		0.068	0.047	
Niacin	mg	1.675		2		1		1.424	0.988	
Pantothenic acid	mg	0.225		2		1		0.191	0.133	
Vitamin B-6	mg	0.096		2		1		0.082	0.057	
Folate, total	mcg	18		2		1		15	11	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	18		2		1		15	11	
Folate, DFE	mcg_DFE	18		0	NC	4		15	11	
Vitamin B-12	mcg	27.80		2		1		23.63	16.40	
Vitamin A, IU	IU	0		2		1		0	0	
Vitamin A, RAE	mcg_RAE	0		2		1		0	0	
Retinol	mcg	0		2		1		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.550		0		1		0.468	0.325	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.047		2		1		0.040	0.028	
15:0	g									
16:0	g	0.394		2		1		0.335	0.232	
17:0	g									
18:0	g	0.049		2		1		0.042	0.029	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.230		0		1		0.196	0.136	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.061		2		1		0.052	0.036	

NDB No. 15244
Mollusks, oyster, eastern, wild, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.089		2		1		0.076	0.053	
20:1 ... g	0.063		2		1		0.054	0.037	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.809		0		1		0.688	0.477	
18:2 undifferentiated ... g	0.032		2		1		0.027	0.019	
18:3 undifferentiated ... g	0.050		2		1		0.043	0.030	
18:4 ... g	0.087		2		1		0.074	0.051	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.053		2		1		0.045	0.031	
20:5 n-3 ... g	0.260		2		1		0.221	0.153	
22:5 n-3 ... g									
22:6 n-3 ... g	0.291		2		1		0.247	0.172	
Fatty acids, total trans ... g									
Cholesterol ... mg	49		2		1		42	29	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.092		0		1		0.078	0.054	
Threonine ... g	0.355		0		1		0.302	0.209	
Isoleucine ... g	0.359		0		1		0.305	0.212	
Leucine ... g	0.581		0		1		0.494	0.343	
Lysine ... g	0.616		0		1		0.524	0.363	
Methionine ... g	0.186		0		1		0.158	0.110	
Cystine ... g	0.108		0		1		0.092	0.064	
Phenylalanine ... g	0.296		0		1		0.252	0.175	
Tyrosine ... g	0.264		0		1		0.224	0.156	
Valine ... g	0.360		0		1		0.306	0.212	
Arginine ... g	0.602		0		1		0.512	0.355	
Histidine ... g	0.158		0		1		0.134	0.093	
Alanine ... g	0.499		0		1		0.424	0.294	
Aspartic acid ... g	0.796		0		1		0.677	0.470	
Glutamic acid ... g	1.122		0		1		0.954	0.662	
Glycine ... g	0.516		0		1		0.439	0.304	
Proline ... g	0.337		0		1		0.286	0.199	
Serine ... g	0.370		0		1		0.315	0.218	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 59g: 6 medium

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15169
Mollusks, oyster, eastern, wild, cooked, moist heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.32		0		1		59.77	29.53	
Energy	kcal	137		0	NC	4		116	58	
Energy	kj	573				4		487	241	
Protein (N x 6.25)	g	14.10		0		1		11.99	5.92	
Total lipid (fat)	g	4.91		0		1		4.17	2.06	
Ash	g	2.84		0		1		2.41	1.19	
Carbohydrate, by difference	g	7.82		0	NC	4		6.65	3.28	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	90		0		1		77	38	
Iron, Fe	mg	11.99		0		1		10.19	5.04	
Magnesium, Mg	mg	95		0		1		81	40	
Phosphorus, P	mg	203		0		1		173	85	
Potassium, K	mg	281		0		1		239	118	
Sodium, Na	mg	422		0		1		359	177	
Zinc, Zn	mg	181.61		0		1		154.37	76.28	
Copper, Cu	mg	7.569		0		1		6.434	3.179	
Manganese, Mn	mg	0.697		0		1		0.592	0.293	
Selenium, Se	mcg	71.6	10.425	4	A	1		60.9	30.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.0		0		1		5.1	2.5	
Thiamin	mg	0.190		0		1		0.162	0.080	
Riboflavin	mg	0.181		0		1		0.154	0.076	
Niacin	mg	2.484		0		1		2.111	1.043	
Pantothenic acid	mg	0.351		0		1		0.298	0.147	
Vitamin B-6	mg	0.118		0		1		0.100	0.050	
Folate, total	mcg	14		0		1		12	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	14		0		1		12	6	
Folate, DFE	mcg_DFE	14		0	NC	4		12	6	
Vitamin B-12	mcg	35.02		0		1		29.77	14.71	
Vitamin A, IU	IU	180		0		1		153	76	
Vitamin A, RAE	mcg_RAE	54		0		1		46	23	
Retinol	mcg	54		0		1		46	23	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.544		0		1		1.312	0.648	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.249		0		1		0.212	0.105	
15:0	g									
16:0	g	1.070		0		1		0.910	0.449	
17:0	g									
18:0	g	0.146		0		1		0.124	0.061	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.628		0		1		0.534	0.264	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.181		0		1		0.154	0.076	

NDB No. 15169
Mollusks, oyster, eastern, wild, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.244		0		1		0.207	0.102	
20:1 ... g	0.150		0		1		0.128	0.063	
22:1 undifferentiated ... g	0.022		0		1		0.019	0.009	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.936		0		1		1.646	0.813	
18:2 undifferentiated ... g	0.117		0		1		0.099	0.049	
18:3 undifferentiated ... g	0.100		0		1		0.085	0.042	
18:4 ... g	0.233		0		1		0.198	0.098	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.160		0		1		0.136	0.067	
20:5 n-3 ... g	0.536		0		1		0.456	0.225	
22:5 n-3 ... g	0.125		0		1		0.106	0.053	
22:6 n-3 ... g	0.584		0		1		0.496	0.245	
Fatty acids, total trans ... g									
Cholesterol ... mg	105		0		1		89	44	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.158		0		1		0.134	0.066	
Threonine ... g	0.607		0		1		0.516	0.255	
Isoleucine ... g	0.614		0		1		0.522	0.258	
Leucine ... g	0.993		0		1		0.844	0.417	
Lysine ... g	1.053		0		1		0.895	0.442	
Methionine ... g	0.318		0		1		0.270	0.134	
Cystine ... g	0.185		0		1		0.157	0.078	
Phenylalanine ... g	0.505		0		1		0.429	0.212	
Tyrosine ... g	0.451		0		1		0.383	0.189	
Valine ... g	0.616		0		1		0.524	0.259	
Arginine ... g	1.029		0		1		0.875	0.432	
Histidine ... g	0.271		0		1		0.230	0.114	
Alanine ... g	0.853		0		1		0.725	0.358	
Aspartic acid ... g	1.360		0		1		1.156	0.571	
Glutamic acid ... g	1.917		0		1		1.629	0.805	
Glycine ... g	0.882		0		1		0.750	0.370	
Proline ... g	0.575		0		1		0.489	0.242	
Serine ... g	0.632		0		1		0.537	0.265	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 42g: 6 medium

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15167

Mollusks, oyster, eastern, wild, raw

Crassostrea virginica (Gmelin)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.16	0.197	254		1		211.20	71.53	
Energy	kcal	68		0	NC	4		169	57	
Energy	kj	285				4		706	239	
Protein (N x 6.25)	g	7.05	0.097	212		1		17.48	5.92	
Total lipid (fat)	g	2.46	0.099	195		1		6.10	2.07	
Ash	g	1.42	0.050	160		1		3.52	1.19	
Carbohydrate, by difference	g	3.91		0	NC	4		9.70	3.28	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	45	2.757	37		1		112	38	
Iron, Fe	mg	6.66	0.407	102		1		16.52	5.59	
Magnesium, Mg	mg	47	3.697	3		1		117	39	
Phosphorus, P	mg	135	5.372	29		1		335	113	
Potassium, K	mg	156	36.748	3		1		387	131	
Sodium, Na	mg	211	58.810	3		1		523	177	
Zinc, Zn	mg	90.81	3.557	586		1		225.21	76.28	
Copper, Cu	mg	4.452	0.328	490		1		11.041	3.740	
Manganese, Mn	mg	0.367	0.080	3		1		0.910	0.308	
Selenium, Se	mcg	63.7	8.557	6	A	1		158.0	53.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.7	0.636	3		1		9.2	3.1	
Thiamin	mg	0.100	0.025	3		1		0.248	0.084	
Riboflavin	mg	0.095	0.042	3		1		0.236	0.080	
Niacin	mg	1.380	0.135	3		1		3.422	1.159	
Pantothenic acid	mg	0.185	0.003	3		1		0.459	0.155	
Vitamin B-6	mg	0.062	0.006	3		1		0.154	0.052	
Folate, total	mcg	10	1.103	5		1		25	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10	1.103	5		1		25	8	
Folate, DFE	mcg_DFE	10		0	NC	4		25	8	
Vitamin B-12	mcg	19.46	1.121	14		1		48.26	16.35	
Vitamin A, IU	IU	100	100.000	3		1		248	84	
Vitamin A, RAE	mcg_RAE	30	30.030	3		1		74	25	
Retinol	mcg	30	30.030	3		1		74	25	
Vitamin E	mg_ATE	0.850		0		1		2.108	0.714	
Vitamin D	IU	320.000		0	T	4		793.600	268.800	
Lipids:										
Fatty acids, total saturated	g	0.772		0		1		1.915	0.648	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.125		14		1		0.310	0.105	
15:0	g									
16:0	g	0.535		14		1		1.327	0.449	
17:0	g									
18:0	g	0.073		14		1		0.181	0.061	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.314		0		1		0.779	0.264	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.090		14		1		0.223	0.076	

NDB No. 15167
Mollusks, oyster, eastern, wild, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.122		14		1		0.303	0.102	
20:1 ... g	0.075		14		1		0.186	0.063	
22:1 undifferentiated ... g	0.011		14		1		0.027	0.009	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.968		0		1		2.401	0.813	
18:2 undifferentiated ... g	0.058		14		1		0.144	0.049	
18:3 undifferentiated ... g	0.050		14		1		0.124	0.042	
18:4 ... g	0.117		14		1		0.290	0.098	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.080		14		1		0.198	0.067	
20:5 n-3 ... g	0.268		14		1		0.665	0.225	
22:5 n-3 ... g	0.062	0.000	14		1		0.154	0.052	
22:6 n-3 ... g	0.292		14		1		0.724	0.245	
Fatty acids, total trans ... g									
Cholesterol ... mg	53	7.258	19		1		131	45	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.079		0		1		0.196	0.066	
Threonine ... g	0.303		0		1		0.751	0.255	
Isoleucine ... g	0.307		0		1		0.761	0.258	
Leucine ... g	0.496		0		1		1.230	0.417	
Lysine ... g	0.527		0		1		1.307	0.443	
Methionine ... g	0.159		0		1		0.394	0.134	
Cystine ... g	0.092		0		1		0.228	0.077	
Phenylalanine ... g	0.253		0		1		0.627	0.213	
Tyrosine ... g	0.226		0		1		0.560	0.190	
Valine ... g	0.308		0		1		0.764	0.259	
Arginine ... g	0.514		0		1		1.275	0.432	
Histidine ... g	0.135		0		1		0.335	0.113	
Alanine ... g	0.426		0		1		1.056	0.358	
Aspartic acid ... g	0.680		0		1		1.686	0.571	
Glutamic acid ... g	0.959		0		1		2.378	0.806	
Glycine ... g	0.441		0		1		1.094	0.370	
Proline ... g	0.288		0		1		0.714	0.242	
Serine ... g	0.316		0		1		0.784	0.265	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	z	7		0	0	
Theobromine ... mg	0		0	z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 cup

Measure 2 = 84g: 6 medium

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15173
Mollusks, scallop, mixed species, cooked, breaded and fried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.44		0		1		18.12		
Energy	kcal	215		0	NC	4		67		
Energy	kj	900				4		279		
Protein (N x 6.21)	g	18.07		0		1		5.60		
Total lipid (fat)	g	10.94		0		1		3.39		
Ash	g	1.83		0		1		0.57		
Carbohydrate, by difference	g	10.13		0	NC	4		3.14		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	42		0		1		13		
Iron, Fe	mg	0.82		0		1		0.25		
Magnesium, Mg	mg	59		0		1		18		
Phosphorus, P	mg	236		0		1		73		
Potassium, K	mg	333		0		1		103		
Sodium, Na	mg	464		0		1		144		
Zinc, Zn	mg	1.06		0		1		0.33		
Copper, Cu	mg	0.078		0		1		0.024		
Manganese, Mn	mg	0.140		0		4		0.043		
Selenium, Se	mcg	26.9		0	RA	4		8.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3		0		4		0.7		
Thiamin	mg	0.042		0		1		0.013		
Riboflavin	mg	0.110		0		1		0.034		
Niacin	mg	1.505		0		1		0.467		
Pantothenic acid	mg	0.200		0		4		0.062		
Vitamin B-6	mg	0.140		0		4		0.043		
Folate, total	mcg	37		0	RA	4		11		
Folic acid	mcg	19		0	NC	4		6		
Folate, food	mcg	18		0		4		6		
Folate, DFE	mcg_DFE	50		0	NC	4		16		
Vitamin B-12	mcg	1.32		0		1		0.41		
Vitamin A, IU	IU	75		0		4		23		
Vitamin A, RAE	mcg_RAE	23		0		4		7		
Retinol	mcg	23		0		4		7		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.669		0		1		0.827		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.056		0		1		0.017		
15:0	g									
16:0	g	1.546		0		1		0.479		
17:0	g									
18:0	g	1.063		0		1		0.330		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.498		0		1		1.394		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.031		0		1		0.010		

NDB No. 15173
Mollusks, scallop, mixed species, cooked, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	4.456		0		1		1.381		
20:1 ... g	0.006		0		1		0.002		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.856		0		1		0.885		
18:2 undifferentiated ... g	2.443		0		1		0.757		
18:3 undifferentiated ... g	0.156		0		1		0.048		
18:4 ... g	0.011		0		1		0.003		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.027		0		1		0.008		
20:5 n-3 ... g	0.086		0		1		0.027		
22:5 n-3 ... g	0.016		0		1		0.005		
22:6 n-3 ... g	0.103		0		1		0.032		
Fatty acids, total trans ... g									
Cholesterol ... mg	61		0		1		19		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.210		0		1		0.065		
Threonine ... g	0.768		0		1		0.238		
Isoleucine ... g	0.800		0		1		0.248		
Leucine ... g	1.295		0		1		0.401		
Lysine ... g	1.280		0		1		0.397		
Methionine ... g	0.407		0		1		0.126		
Cystine ... g	0.250		0		1		0.078		
Phenylalanine ... g	0.687		0		1		0.213		
Tyrosine ... g	0.588		0		1		0.182		
Valine ... g	0.818		0		1		0.254		
Arginine ... g	1.266		0		1		0.392		
Histidine ... g	0.355		0		1		0.110		
Alanine ... g	1.059		0		1		0.328		
Aspartic acid ... g	1.679		0		1		0.520		
Glutamic acid ... g	2.765		0		1		0.857		
Glycine ... g	1.074		0		1		0.333		
Proline ... g	0.850		0		1		0.264		
Serine ... g	0.847		0		1		0.263		
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 2 large

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 4.12

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15174
Mollusks, scallop, mixed species, imitation, made from surimi

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.82	1.184	3		1		62.75		
Energy	kcal	99		0	NC	4		84		
Energy	kj	414				4		352		
Protein (N x 6.25)	g	12.77	0.629	3		1		10.85		
Total lipid (fat)	g	0.41	0.064	3		1		0.35		
Ash	g	2.37	0.173	3		1		2.01		
Carbohydrate, by difference	g	10.62		0	NC	4		9.03		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8	0.635	3		1		7		
Iron, Fe	mg	0.31	0.040	3		1		0.26		
Magnesium, Mg	mg	43		0		4		37		
Phosphorus, P	mg	282		0		4		240		
Potassium, K	mg	103	10.393	3		1		88		
Sodium, Na	mg	795	23.627	3		1		676		
Zinc, Zn	mg	0.33		0		4		0.28		
Copper, Cu	mg	0.032		0		4		0.027		
Manganese, Mn	mg	0.011		0		4		0.009		
Selenium, Se	mcg	23.6		0	BFPN	4		20.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.010		2		1		0.009		
Riboflavin	mg	0.016	0.002	3		1		0.014		
Niacin	mg	0.310	0.035	3		1		0.264		
Pantothenic acid	mg	0.070		0		4		0.060		
Vitamin B-6	mg	0.030		0		4		0.026		
Folate, total	mcg	2		0		4		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	2		0		4		1		
Folate, DFE	mcg_DFE	2		0	NC	4		1		
Vitamin B-12	mcg	1.60		0		4		1.36		
Vitamin A, IU	IU	66		0		4		56		
Vitamin A, RAE	mcg_RAE	20		0		4		17		
Retinol	mcg	20		0		4		17		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.080		0		4		0.068		
Fatty acids, total monounsaturated	g	0.060		0		4		0.051		
Fatty acids, total polyunsaturated	g	0.210		0		4		0.179		
Fatty acids, total trans	g									
Cholesterol	mg	22	12.400	3		1		19		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.078		0		1		0.066		
Threonine	g	0.617		0		1		0.524		
Isoleucine	g	0.597		0		1		0.507		
Leucine	g	1.011		0		1		0.859		
Lysine	g	1.167		0		1		0.992		
Methionine	g	0.433		0		1		0.368		
Cystine	g	0.137		0		1		0.116		
Phenylalanine	g	0.501		0		1		0.426		
Tyrosine	g	0.515		0		1		0.438		
Valine	g	0.648		0		1		0.551		
Arginine	g	0.848		0		1		0.721		

NDB No. 15174
Mollusks, scallop, mixed species, imitation, made from surimi

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Histidine.....g	0.294		0		1		0.250		
Alanine.....g	0.750		0		1		0.638		
Aspartic acid.....g	1.277		0		1		1.085		
Glutamic acid.....g	2.016		0		1		1.714		
Glycine.....g	0.494		0		1		0.420		
Proline.....g	0.476		0		1		0.405		
Serine.....g	0.558		0		1		0.474		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15172
Mollusks, scallop, mixed species, raw
Pectinidae

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.57	0.172	137		1		23.57	66.78	
Energy	kcal	88		0	NC	4		26	75	
Energy	kj	368				4		110	313	
Protein (N x 6.25)	g	16.78	0.153	132		1		5.03	14.26	
Total lipid (fat)	g	0.76	0.025	114		1		0.23	0.65	
Ash	g	1.53		132		1		0.46	1.30	
Carbohydrate, by difference	g	2.36		0	NC	4		0.71	2.01	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	24	1.355	55		1		7	20	
Iron, Fe	mg	0.29	0.058	3		1		0.09	0.25	
Magnesium, Mg	mg	56		1		1		17	48	
Phosphorus, P	mg	219	7.590	58		1		66	186	
Potassium, K	mg	322		6		1		97	274	
Sodium, Na	mg	161	21.372	4		1		48	137	
Zinc, Zn	mg	0.95	0.041	103		1		0.29	0.81	
Copper, Cu	mg	0.053	0.006	77		1		0.016	0.045	
Manganese, Mn	mg	0.090		1		1		0.027	0.077	
Selenium, Se	mcg	22.2	2.007	7	A	1		6.7	18.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.0		0		4		0.9	2.6	
Thiamin	mg	0.012	0.001	3		1		0.004	0.010	
Riboflavin	mg	0.065		1		1		0.020	0.055	
Niacin	mg	1.150		1		1		0.345	0.978	
Pantothenic acid	mg	0.143		1		1		0.043	0.122	
Vitamin B-6	mg	0.150		0		4		0.045	0.128	
Folate, total	mcg	16		0		4		5	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	16		0		4		5	14	
Folate, DFE	mcg_DFE	16		0	NC	4		5	14	
Vitamin B-12	mcg	1.53	0.084	19		1		0.46	1.30	
Vitamin A, IU	IU	50		0		4		15	43	
Vitamin A, RAE	mcg_RAE	15		0		4		5	13	
Retinol	mcg	15		0		4		5	13	
Vitamin E	mg_ATE	1.000		0		4		0.300	0.850	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.079		0		1		0.024	0.067	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.011		16		1		0.003	0.009	
15:0	g									
16:0	g	0.054		16		1		0.016	0.046	
17:0	g									
18:0	g	0.011		16		1		0.003	0.009	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.037		0		1		0.011	0.031	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.011		16		1		0.003	0.009	

NDB No. 15172
Mollusks, scallop, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.017		16		1		0.005	0.014	
20:1 ... g	0.006		16		1		0.002	0.005	
22:1 undifferentiated ... g	0.000		7		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.261		0		1		0.078	0.222	
18:2 undifferentiated ... g	0.004		16		1		0.001	0.003	
18:3 undifferentiated ... g	0.000		16		1		0.000	0.000	
18:4 ... g	0.012		16		1		0.004	0.010	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.023		16		1		0.007	0.020	
20:5 n-3 ... g	0.090		16		1		0.027	0.077	
22:5 n-3 ... g	0.017		16		1		0.005	0.014	
22:6 n-3 ... g	0.108		16		1		0.032	0.092	
Fatty acids, total trans ... g									
Cholesterol ... mg	33	1.768	32		1		10	28	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.188		0		1		0.056	0.160	
Threonine ... g	0.722		0		1		0.217	0.614	
Isoleucine ... g	0.730		0		1		0.219	0.621	
Leucine ... g	1.181		0		1		0.354	1.004	
Lysine ... g	1.254		0		1		0.376	1.066	
Methionine ... g	0.379		0		1		0.114	0.322	
Cystine ... g	0.220		0		1		0.066	0.187	
Phenylalanine ... g	0.601		0		1		0.180	0.511	
Tyrosine ... g	0.537		0		1		0.161	0.456	
Valine ... g	0.733		0		1		0.220	0.623	
Arginine ... g	1.224		0		1		0.367	1.040	
Histidine ... g	0.322		0		1		0.097	0.274	
Alanine ... g	1.015		0		1		0.305	0.863	
Aspartic acid ... g	1.619		0		1		0.486	1.376	
Glutamic acid ... g	2.282		0		1		0.685	1.940	
Glycine ... g	1.050		0		1		0.315	0.893	
Proline ... g	0.685		0		1		0.206	0.582	
Serine ... g	0.752		0		1		0.226	0.639	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 unit 2 large or 5 small

Measure 2 = 85g: 3 oz

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15176
Mollusks, squid, mixed species, cooked, fried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.54		0		1		54.86		
Energy	kcal	175		0	NC	4		149		
Energy	kj	732				4		622		
Protein (N x 6.25)	g	17.94		0		1		15.25		
Total lipid (fat)	g	7.48		0		1		6.36		
Ash	g	1.59		0		1		1.35		
Carbohydrate, by difference	g	7.79		0	NC	4		6.62		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	39		0		1		33		
Iron, Fe	mg	1.01		0		1		0.86		
Magnesium, Mg	mg	38		0		1		32		
Phosphorus, P	mg	251		0		1		213		
Potassium, K	mg	279		0		1		237		
Sodium, Na	mg	306		0		1		260		
Zinc, Zn	mg	1.74		0		1		1.48		
Copper, Cu	mg	2.114		0		1		1.797		
Manganese, Mn	mg	0.070		0		4		0.060		
Selenium, Se	mcg	51.8		0	RA	4		44.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.2		0		1		3.6		
Thiamin	mg	0.056		0		1		0.048		
Riboflavin	mg	0.458		0		1		0.389		
Niacin	mg	2.602		0		1		2.212		
Pantothenic acid	mg	0.510		0		4		0.434		
Vitamin B-6	mg	0.058		0		1		0.049		
Folate, total	mcg	14		0	RA	4		12		
Folic acid	mcg	9		0	NC	4		7		
Folate, food	mcg	5		0		4		5		
Folate, DFE	mcg_DFE	20		0	NC	4		17		
Vitamin B-12	mcg	1.23		0		1		1.04		
Vitamin A, IU	IU	35		0		4		30		
Vitamin A, RAE	mcg_RAE	11		0		4		9		
Retinol	mcg	11		0		4		9		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.878		0		1		1.596		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.064		0		1		0.054		
15:0	g									
16:0	g	1.131		0		1		0.961		
17:0	g									
18:0	g	0.689		0		1		0.586		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.749		0		1		2.337		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.009		0		1		0.008		

NDB No. 15176
Mollusks, squid, mixed species, cooked, fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	2.675		0		1		2.274		
20:1 g	0.049		0		1		0.042		
22:1 undifferentiated g	0.008		0		1		0.007		
24:1 c g									
Fatty acids, total polyunsaturated g	2.136		0		1		1.816		
18:2 undifferentiated g	1.468		0		1		1.248		
18:3 undifferentiated g	0.100		0		1		0.085		
18:4 g	0.007		0		1		0.006		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.010		0		1		0.009		
20:5 n-3 g	0.162		0		1		0.138		
22:5 n-3 g	0.004		0		1		0.003		
22:6 n-3 g	0.380		0		1		0.323		
Fatty acids, total trans g									
Cholesterol mg	260		0		1		221		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.202		0		1		0.172		
Threonine g	0.763		0		1		0.649		
Isoleucine g	0.780		0		1		0.663		
Leucine g	1.267		0		1		1.077		
Lysine g	1.310		0		1		1.114		
Methionine g	0.403		0		1		0.343		
Cystine g	0.242		0		1		0.206		
Phenylalanine g	0.656		0		1		0.558		
Tyrosine g	0.576		0		1		0.490		
Valine g	0.786		0		1		0.668		
Arginine g	1.290		0		1		1.097		
Histidine g	0.348		0		1		0.296		
Alanine g	1.068		0		1		0.908		
Aspartic acid g	1.699		0		1		1.444		
Glutamic acid g	2.588		0		1		2.200		
Glycine g	1.108		0		1		0.942		
Proline g	0.783		0		1		0.666		
Serine g	0.812		0		1		0.690		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: **Protein** 4.27 **Fat** 8.84 **Carbohydrate** 4.12

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15175

Mollusks, squid, mixed species, raw

Loligoidae and Ommastrephidae

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.55	0.601	8		1		22.27	66.77	
Energy	kcal	92		0	NC	4		26	78	
Energy	kj	385				4		109	327	
Protein (N x 6.25)	g	15.58	0.857	11		1		4.42	13.24	
Total lipid (fat)	g	1.38	0.256	12		1		0.39	1.17	
Ash	g	1.41	0.242	7		1		0.40	1.20	
Carbohydrate, by difference	g	3.08		0	NC	4		0.87	2.62	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	32		2		1		9	27	
Iron, Fe	mg	0.68		2		1		0.19	0.58	
Magnesium, Mg	mg	33		1		1		9	28	
Phosphorus, P	mg	221		2		1		63	188	
Potassium, K	mg	246		2		1		70	209	
Sodium, Na	mg	44		1		1		12	37	
Zinc, Zn	mg	1.53	0.066	157		1		0.43	1.30	
Copper, Cu	mg	1.891	0.119	133		1		0.536	1.607	
Manganese, Mn	mg	0.035		0		1		0.010	0.030	
Selenium, Se	mcg	44.8		0	CAZN	4		12.7	38.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.7		1		1		1.3	4.0	
Thiamin	mg	0.020		3		1		0.006	0.017	
Riboflavin	mg	0.412		3		1		0.117	0.350	
Niacin	mg	2.175		3		1		0.617	1.849	
Pantothenic acid	mg	0.500		0		4		0.142	0.425	
Vitamin B-6	mg	0.056		1		1		0.016	0.048	
Folate, total	mcg	5		0		4		1	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		4		1	4	
Folate, DFE	mcg_DFE	5		0	NC	4		1	4	
Vitamin B-12	mcg	1.30		6		1		0.37	1.10	
Vitamin A, IU	IU	33		0		4		9	28	
Vitamin A, RAE	mcg_RAE	10		0		4		3	8	
Retinol	mcg	10		0		4		3	8	
Vitamin E	mg_ATE	1.200		0		1		0.340	1.020	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.358		0		1		0.101	0.304	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.036		2		1		0.010	0.031	
15:0	g									
16:0	g	0.263		3		1		0.075	0.224	
17:0	g									
18:0	g	0.058		3		1		0.016	0.049	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.107		0		1		0.030	0.091	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.008		3		1		0.002	0.007	

NDB No. 15175
Mollusks, squid, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.046		3		1		0.013	0.039	
20:1 ... g	0.044		3		1		0.012	0.037	
22:1 undifferentiated ... g	0.007		2		1		0.002	0.006	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.524		0		1		0.149	0.445	
18:2 undifferentiated ... g	0.002		3		1		0.001	0.002	
18:3 undifferentiated ... g	0.004		3		1		0.001	0.003	
18:4 ... g	0.006		2		1		0.002	0.005	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.009		3		1		0.003	0.008	
20:5 n-3 ... g	0.146		3		1		0.041	0.124	
22:5 n-3 ... g	0.004		3		1		0.001	0.003	
22:6 n-3 ... g	0.342		3		1		0.097	0.291	
Fatty acids, total trans ... g									
Cholesterol ... mg	233	16.597	7		1		66	198	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.174		0		1		0.049	0.148	
Threonine ... g	0.670		0		1		0.190	0.570	
Isoleucine ... g	0.678		0		1		0.192	0.576	
Leucine ... g	1.096		0		1		0.311	0.932	
Lysine ... g	1.164		0		1		0.330	0.989	
Methionine ... g	0.351		0		1		0.100	0.298	
Cystine ... g	0.204		0		1		0.058	0.173	
Phenylalanine ... g	0.558		0		1		0.158	0.474	
Tyrosine ... g	0.498		0		1		0.141	0.423	
Valine ... g	0.680		0		1		0.193	0.578	
Arginine ... g	1.136		0		1		0.322	0.966	
Histidine ... g	0.299		0		1		0.085	0.254	
Alanine ... g	0.942		0		1		0.267	0.801	
Aspartic acid ... g	1.503		0		1		0.426	1.278	
Glutamic acid ... g	2.118		0		1		0.600	1.800	
Glycine ... g	0.974		0		1		0.276	0.828	
Proline ... g	0.635		0		1		0.180	0.540	
Serine ... g	0.698		0		1		0.198	0.593	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 85g: 3 oz

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15178
Mollusks, whelk, unspecified, cooked, moist heat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	32.00		0		1		27.20		
Energy	kcal	275		0	NC	4		234		
Energy	kj	1151				4		978		
Protein (N x 6.25)	g	47.68		0		1		40.53		
Total lipid (fat)	g	0.80		0		1		0.68		
Ash	g	4.00		0		1		3.40		
Carbohydrate, by difference	g	15.52		0	NC	4		13.19		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	113		0		1		96		
Iron, Fe	mg	10.06		0		1		8.55		
Magnesium, Mg	mg	172		0		1		146		
Phosphorus, P	mg	282		0		1		240		
Potassium, K	mg	694		0		1		590		
Sodium, Na	mg	412		0		1		350		
Zinc, Zn	mg	3.26		0		1		2.77		
Copper, Cu	mg	2.060		0		1		1.751		
Manganese, Mn	mg	0.890		0		4		0.757		
Selenium, Se	mcg	89.6		0	BFSN	4		76.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.8		0		4		5.8		
Thiamin	mg	0.049		0		1		0.042		
Riboflavin	mg	0.214		0		1		0.182		
Niacin	mg	1.995		0		1		1.696		
Pantothenic acid	mg	0.400		0		4		0.340		
Vitamin B-6	mg	0.650		0		1		0.553		
Folate, total	mcg	11		0		1		10		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	11		0		1		10		
Folate, DFE	mcg_DFE	11		0	NC	4		10		
Vitamin B-12	mcg	18.14		0		1		15.42		
Vitamin A, IU	IU	162		0		1		138		
Vitamin A, RAE	mcg_RAE	49		0		1		41		
Retinol	mcg	49		0		1		41		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.062		0		1		0.053		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.004		0		1		0.003		
15:0	g									
16:0	g	0.040		0		1		0.034		
17:0	g									
18:0	g	0.018		0		1		0.015		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.056		0		1		0.048		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.009		

NDB No. 15178
Mollusks, whelk, unspecified, cooked, moist heat

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1	g									
18:1 undifferentiated	g	0.012		0		1		0.010		
20:1	g	0.016		0		1		0.014		
22:1 undifferentiated	g	0.018		0		1		0.015		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.046		0		1		0.039		
18:2 undifferentiated	g	0.008		0		1		0.007		
18:3 undifferentiated	g									
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.018		0		1		0.015		
20:5 n-3	g	0.008		0		1		0.007		
22:5 n-3	g									
22:6 n-3	g	0.012		0		1		0.010		
Fatty acids, total trans	g									
Cholesterol	mg	130		0		1		111		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.618		0		1		0.525		
Threonine	g	2.136		0		1		1.816		
Isoleucine	g	1.655		0		1		1.407		
Leucine	g	3.807		0		1		3.236		
Lysine	g	2.930		0		1		2.491		
Methionine	g	1.205		0		1		1.024		
Cystine	g	0.374		0		1		0.318		
Phenylalanine	g	1.648		0		1		1.401		
Tyrosine	g	1.518		0		1		1.290		
Valine	g	2.075		0		1		1.764		
Arginine	g	4.936		0		1		4.196		
Histidine	g	0.977		0		1		0.830		
Alanine	g	3.113		0		1		2.646		
Aspartic acid	g	5.127		0		1		4.358		
Glutamic acid	g	7.339		0		1		6.238		
Glycine	g	2.991		0		1		2.542		
Proline	g	2.365		0		1		2.010		
Serine	g	2.220		0		1		1.887		
Hydroxyproline	g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15177
Mollusks, whelk, unspecified, raw
Buccinidae

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.00		2		1		56.10		
Energy	kcal	137		0	NC	4		116		
Energy	kj	573				4		487		
Protein (N x 6.25)	g	23.84		2		1		20.26		
Total lipid (fat)	g	0.40		2		1		0.34		
Ash	g	2.00		2		1		1.70		
Carbohydrate, by difference	g	7.76		0	NC	4		6.60		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	57		2		1		48		
Iron, Fe	mg	5.03		2		1		4.28		
Magnesium, Mg	mg	86		2		1		73		
Phosphorus, P	mg	141		2		1		120		
Potassium, K	mg	347		2		1		295		
Sodium, Na	mg	206		2		1		175		
Zinc, Zn	mg	1.63		2		1		1.39		
Copper, Cu	mg	1.030		2		1		0.876		
Manganese, Mn	mg	0.447		2		1		0.380		
Selenium, Se	mcg	44.8		0	CAZN	4		38.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.0		0		4		3.4		
Thiamin	mg	0.026		2		1		0.022		
Riboflavin	mg	0.107		2		1		0.091		
Niacin	mg	1.050		2		1		0.893		
Pantothenic acid	mg	0.208		2		1		0.177		
Vitamin B-6	mg	0.342		2		1		0.291		
Folate, total	mcg	6		2		1		5		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	6		2		1		5		
Folate, DFE	mcg_DFE	6		0	NC	4		5		
Vitamin B-12	mcg	9.07		2		1		7.71		
Vitamin A, IU	IU	85		2		1		72		
Vitamin A, RAE	mcg_RAE	26		2		1		22		
Retinol	mcg	26		2		1		22		
Vitamin E	mg_ATE	0.132		0		4		0.112		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.031		0		1		0.026		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.002		2		1		0.002		
15:0	g									
16:0	g	0.020		2		1		0.017		
17:0	g									
18:0	g	0.009		2		1		0.008		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.028		0		1		0.024		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.005		2		1		0.004		

NDB No. 15177
Mollusks, whelk, unspecified, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.006		2		1		0.005		
20:1 ... g	0.008		2		1		0.007		
22:1 undifferentiated ... g	0.009		2		1		0.008		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.023		0		1		0.020		
18:2 undifferentiated ... g	0.004		2		1		0.003		
18:3 undifferentiated ... g	0.000		0		1		0.000		
18:4 ... g	0.000		0		1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.009		2		1		0.008		
20:5 n-3 ... g	0.004		2		1		0.003		
22:5 n-3 ... g	0.000		2		1		0.000		
22:6 n-3 ... g	0.006		2		1		0.005		
Fatty acids, total trans ... g									
Cholesterol ... mg	65		2		1		55		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.309		2		1		0.263		
Threonine ... g	1.068		2		1		0.908		
Isoleucine ... g	0.828		2		1		0.704		
Leucine ... g	1.903		2		1		1.618		
Lysine ... g	1.465		2		1		1.245		
Methionine ... g	0.603		2		1		0.513		
Cystine ... g	0.187		2		1		0.159		
Phenylalanine ... g	0.824		2		1		0.700		
Tyrosine ... g	0.759		2		1		0.645		
Valine ... g	1.037		2		1		0.881		
Arginine ... g	2.468		2		1		2.098		
Histidine ... g	0.488		1		1		0.415		
Alanine ... g	1.556		2		1		1.323		
Aspartic acid ... g	2.563		2		1		2.179		
Glutamic acid ... g	3.669		2		1		3.119		
Glycine ... g	1.495		2		1		1.271		
Proline ... g	1.182		2		1		1.005		
Serine ... g	1.110		2		1		0.944		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 4.11

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15251
USDA Commodity, salmon nuggets, breaded, frozen, heated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.38		1	A	1				
Energy	kcal	212		0	NC	4				
Energy	kj	887				4				
Protein (N x 6.25)	g	12.69		1	A	1				
Total lipid (fat)	g	11.72		1	A	1				
Ash	g	1.25		1	A	1				
Carbohydrate, by difference	g	13.96		0	NC	4				
Fiber, total dietary	g	0.0		1	A	1				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1	A	1				
Iron, Fe	mg	1.24		1	A	1				
Magnesium, Mg	mg	20		1	A	1				
Phosphorus, P	mg	176		1	A	1				
Potassium, K	mg	165		1	A	1				
Sodium, Na	mg	173		1	A	1				
Zinc, Zn	mg	0.52		1	A	1				
Copper, Cu	mg	0.077		0	FLA	4				
Manganese, Mn	mg	0.118		0	FLA	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.207		1	A	1				
Riboflavin	mg	0.156		1	A	1				
Niacin	mg	4.527		1	A	1				
Pantothenic acid	mg	0.523		1	A	1				
Vitamin B-6	mg	0.222		1	A	1				
Folate, total	mcg	9		0	RA	4				
Folic acid	mcg	3		0	NC	4				
Folate, food	mcg	6		0		4				
Folate, DFE	mcg_DFE	11		0	NC	4				
Vitamin B-12	mcg	2.07		1	A	1				
Vitamin A, IU	IU	43		1	A	1				
Vitamin A, RAE	mcg_RAE	7		0	NC	4				
Retinol	mcg	6		0	NC	4				
Vitamin E	mg_ATE	0.667		1	A	1				
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.570		1	A	1				
4:0	g	0.000		1	A	1				
6:0	g	0.000		1	A	1				
8:0	g	0.009		1	A	1				
10:0	g	0.000		1	A	1				
12:0	g	0.000		1	A	1				
13:0	g									
14:0	g	0.066		1	A	1				
15:0	g									
16:0	g	0.964		1	A	1				
17:0	g									
18:0	g	0.357		1	A	1				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.625		1	A	1				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.074		1	A	1				

NDB No. 15251
USDA Commodity, salmon nuggets, breaded, frozen, heated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	4.318		1	A	1				
20:1 ... g	0.209		1	A	1				
22:1 undifferentiated ... g	0.012		1	A	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.028		1	A	1				
18:2 undifferentiated ... g	2.372		1	A	1				
18:3 undifferentiated ... g	0.129		1	A	1				
18:4 ... g	0.000		1	A	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.014		1	A	1				
20:5 n-3 ... g	0.055		1	A	1				
22:5 n-3 ... g	0.000		1	A	1				
22:6 n-3 ... g	0.441		1	A	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	26		1	A	1				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 15252
USDA Commodity, salmon nuggets, cooked as purchased, unheated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.57		1	A	1				
Energy	kcal	189		0	NC	4				
Energy	kj	791				4				
Protein (N x 6.25)	g	11.97		1	A	1				
Total lipid (fat)	g	10.43		1	A	1				
Ash	g	1.19		1	A	1				
Carbohydrate, by difference	g	11.85		0	NC	4				
Fiber, total dietary	g	0.0		1	A	1				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		1	A	1				
Iron, Fe	mg	1.46		1	A	1				
Magnesium, Mg	mg	20		1	A	1				
Phosphorus, P	mg	173		1	A	1				
Potassium, K	mg	161		1	A	1				
Sodium, Na	mg	167		1	A	1				
Zinc, Zn	mg	0.46		1	A	1				
Copper, Cu	mg	0.069		0	BFSN	4				
Manganese, Mn	mg	0.106		0	BFSN	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.195		0	FLA	4				
Riboflavin	mg	0.140		0	FLA	4				
Niacin	mg	5.948		1	A	1				
Pantothenic acid	mg	0.520		0	FLA	4				
Vitamin B-6	mg	0.220		0	FLA	4				
Folate, total	mcg	9		0	RA	4				
Folic acid	mcg	3		0	NC	4				
Folate, food	mcg	6		0		4				
Folate, DFE	mcg_DFE	11		0	NC	4				
Vitamin B-12	mcg	2.18		0	FLA	4				
Vitamin A, IU	IU	42		1	A	1				
Vitamin A, RAE	mcg_RAE	7		0	NC	4				
Retinol	mcg	6		0	NC	4				
Vitamin E	mg_ATE	0.549		0	BFFN	4				
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.497		1	A	1				
4:0	g	0.000		1	A	1				
6:0	g	0.000		1	A	1				
8:0	g	0.011		1	A	1				
10:0	g	0.000		1	A	1				
12:0	g	0.002		1	A	1				
13:0	g									
14:0	g	0.060		1	A	1				
15:0	g									
16:0	g	0.921		1	A	1				
17:0	g									
18:0	g	0.339		1	A	1				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.330		1	A	1				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.068		1	A	1				

NDB No. 15252
USDA Commodity, salmon nuggets, cooked as purchased, unheated

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	4.044		1	A	1				
20:1 ... g	0.191		1	A	1				
22:1 undifferentiated ... g	0.012		1	A	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.863		1	A	1				
18:2 undifferentiated ... g	2.237		1	A	1				
18:3 undifferentiated ... g	0.122		1	A	1				
18:4 ... g	0.000		1	A	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.012		1	A	1				
20:5 n-3 ... g	0.050		1	A	1				
22:5 n-3 ... g	0.000		1	A	1				
22:6 n-3 ... g	0.413		1	A	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	27		1	A	1				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 15 Finfish and Shellfish Products

USDA Nutrient Database for Standard Reference, Release 15 (2002)