

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
14:0.....g	0.015	0.002	10		1		0.020	0.013	
15:0.....g									
16:0.....g	0.087	0.009	10		1		0.117	0.074	
17:0.....g									
18:0.....g	0.019	0.003	14		1		0.025	0.016	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.185		0		1		0.248	0.157	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.041	0.004	10		1		0.055	0.035	
17:1.....g									
18:1 undifferentiated.....g	0.089	0.010	12		1		0.119	0.076	
20:1.....g	0.014	0.004	12		1		0.019	0.012	
22:1 undifferentiated.....g	0.038	0.001	4		1		0.051	0.032	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.536		0		1		0.718	0.456	
18:2 undifferentiated.....g	0.020	0.002	12		1		0.027	0.017	
18:3 undifferentiated.....g	0.014	0.005	10		1		0.019	0.012	
18:4.....g	0.015	0.002	14		1		0.020	0.013	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.043	0.007	10		1		0.058	0.037	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15137

Crustaceans, crab, alaska king, cooked, moist heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15138

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

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.66		2	A	1		63.46		
Energy.....kcal	95		0	NC	4		81		
Energy.....kj	396		0	NC	4		337		
Protein (N x 6.25).....g	7.62		2	A	1		6.48		
Total lipid (fat).....g	0.46		2	A	1		0.39		
Ash.....g	2.26		2	A	1		1.92		
Carbohydrate, by difference.....g	15.00		0	NC	4		12.75		
Fiber, total dietary.....g	0.5		2	A	1		0.4		
Sugars, total.....g	6.25		2	A	1		5.31		
Sucrose.....g	2.95		2	A	1		2.51		
Glucose (dextrose).....g	2.68		2	A	1		2.28		
Fructose.....g	0.62		2	A	1		0.52		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.00		2	A	1		0.00		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	7.60		2	A	1		6.46		
Minerals:									
Calcium, Ca.....mg	13	4.734	3		1		11		
Iron, Fe.....mg	0.39	0.052	3		1		0.33		
Magnesium, Mg.....mg	43		0		4		37		
Phosphorus, P.....mg	282		0		4		240		
Potassium, K.....mg	90	2.309	3		1		77		
Sodium, Na.....mg	841	158.776	3		1		715		
Zinc, Zn.....mg	0.33		0		4		0.28		
Copper, Cu.....mg	0.032		0		4		0.027		
Manganese, Mn.....mg	0.011		0		4		0.009		
Selenium, Se.....mcg	22.3		0	BFPN	4		19.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0		
Thiamin.....mg	0.030		2	A	1		0.025		
Riboflavin.....mg	0.080		2	A	1		0.068		
Niacin.....mg	0.620		2	A	1		0.527		
Pantothenic acid.....mg	0.000		2	A	1		0.000		
Vitamin B-6.....mg	0.130		2	A	1		0.110		
Folate, total.....mcg	0		2	A	1		0		
Folic acid.....mcg	0		2	A	1		0		
Folate, food.....mcg	0		0	AS	1		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Choline, total.....mg	13.0		0	AS	1		11.0		
Betaine.....mg	1.8		1	A	1		1.6		
Vitamin B-12.....mcg	0.57		2	A	1		0.49		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.17		2	A	1		0.14		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		2	A	1		0.00		
Tocopherol, gamma.....mg	0.10		2	A	1		0.08		
Tocopherol, delta.....mg	0.04		2	A	1		0.03		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		2	A	1		0.3		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.176		0	NC	4		0.150		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.002		2	A	1		0.002		
10:0.....g	0.002		2	A	1		0.002		
12:0.....g	0.014		2	A	1		0.012		
13:0.....g									
14:0.....g	0.015		2	A	1		0.013		
15:0.....g	0.001		2	A	1		0.001		
16:0.....g	0.087		2	A	1		0.074		
17:0.....g	0.001		2	A	1		0.001		
18:0.....g	0.038		2	A	1		0.032		
20:0.....g	0.002		2	A	1		0.001		
22:0.....g	0.001		2	A	1		0.001		
24:0.....g	0.014		2	A	1		0.012		
Fatty acids, total monounsaturated.....g	0.232		0	NC	4		0.197		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.007		0	AS	1		0.006		
16:1 c.....g	0.007		2	A	1		0.006		
16:1 t.....g	0.000		2	A	1		0.000		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	0.105		0	AS	1		0.090		
18:1 c.....g	0.099		2	A	1		0.084		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.007		2	A	1		0.006		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.002		2	A	1		0.002		
22:1 undifferentiated.....g	0.002		0	AS	1		0.002		
22:1 c.....g	0.002		2	A	1		0.002		
22:1 t.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.182		0	NC	4		0.154		
18:2 undifferentiated.....g	0.072		0	AS	1		0.061		
18:2 n-6 c,c.....g	0.072		2	A	1		0.061		
18:2 CLAs.....g	0.000		2	A	1		0.000		
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000		2	A	1		0.000		
18:3 undifferentiated.....g	0.007		0	AS	1		0.006		
18:3 n-3 c,c,c.....g	0.007		2	A	1		0.006		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		2	A	1		0.000		
20:3 n-6.....g	0.000		2	A	1		0.000		
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g	0.000		2	A	1		0.000		
22:5 n-3.....g	0.001		2	A	1		0.001		
22:6 n-3.....g	0.022		2	A	1		0.019		
Fatty acids, total trans.....g									
Cholesterol.....mg	20	1.386	3		1		17		
Phytosterols.....mg									

Amino Acids:

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
Tryptophan.....g	0.075		0	A	1		0.064		
Threonine.....g	0.285		0	A	1		0.242		
Isoleucine.....g	0.230		0	A	1		0.196		
Leucine.....g	0.607		0	A	1		0.516		
Lysine.....g	0.707		0	A	1		0.601		
Methionine.....g	0.261		0	A	1		0.222		
Cystine.....g	0.080		0	A	1		0.068		
Phenylalanine.....g	0.260		0	A	1		0.221		
Tyrosine.....g	0.219		0	A	1		0.186		
Valine.....g	0.286		0	A	1		0.243		
Arginine.....g	0.488		0	A	1		0.415		
Histidine.....g	0.156		0	A	1		0.132		
Alanine.....g	0.432		0	A	1		0.367		
Aspartic acid.....g	0.894		0	A	1		0.760		
Glutamic acid.....g	1.438		0	A	1		1.222		
Glycine.....g	0.276		0	A	1		0.235		
Proline.....g	0.328		0	A	1		0.279		
Serine.....g	0.457		0	A	1		0.389		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	9.00		0		4		15.48	7.65	
Vitamin A, RAE.....mcg_RAE	7		1		1		12	6	
Retinol.....mcg	7		1		1		12	6	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	24		1		1		41	20	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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:									

NDB No. 15136

Crustaceans, crab, alaska king, raw

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

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

Common Measures:

Measure 1 = 172g: 1 leg

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15141
Crustaceans, crab, blue, canned

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.16		0		1		102.82	21.59	95.20
Energy.....kcal	99		0	NC	4		133	28	123
Energy.....kj	413		0	NC	4		558	117	516
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	0.00		0	Z	7		0.00	0.00	0.00
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
Choline, total.....mg	33.6		0	AS	1		45.3	9.5	42.0
Betaine.....mg	12.6		1	A	1		17.0	3.6	15.7
Vitamin B-12.....mcg	0.46		1		1		0.62	0.13	0.58
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		3	1	3
Retinol.....mcg	2		0	NR	4		3	1	3
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	7		0	NC	4		9	2	8
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.84		1	A	1		2.48	0.52	2.30
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.04		1	A	1		0.05	0.01	0.05
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.1	0.0	0.1
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

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
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
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	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:

NDB No. 15141

Crustaceans, crab, blue, canned

Measure 1 = 135g: 1 cup

Measure 2 = 28.35g: 1 oz

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15140

Crustaceans, crab, blue, cooked, moist heat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source	Measure 1	Measure 2	Measure 3
				Code	Code			
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		0		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	0.00		0	Z	7	0.00	0.00	0.00
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
Choline, total.....mg	80.9		0	CAZN	4	95.5	109.2	22.9
Betaine.....mg								
Vitamin B-12.....mcg	7.30	0.085	6		1	8.61	9.86	2.07
Vitamin B-12, added.....mcg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	2		0	NC	4	2	3	1
Retinol.....mcg	2		0	NR	4	2	3	1
Carotene, beta.....mcg	0		0	Z	7	0	0	0
Carotene, alpha.....mcg	0		0	Z	7	0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7	0	0	0
Vitamin A, IU.....IU	7		0	NC	4	8	9	2
Lycopene.....mcg	0		0	Z	7	0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7	0	0	0
Vitamin E (alpha-tocopherol).....mg	1.84		1	A	1	2.17	2.48	0.52
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		1	A	1	0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		1	A	1	0.00	0.00	0.00
Tocopherol, delta.....mg	0.04		1	A	1	0.05	0.05	0.01
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg	0.1		0	T	4	0.1	0.1	0.0
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

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
12:0.....g	0.000		0				0.000	0.000	0.000
13:0.....g									
14:0.....g	0.018	0.004	10				0.021	0.024	0.005
15:0.....g									
16:0.....g	0.144	0.010	16				0.170	0.194	0.041
17:0.....g									
18:0.....g	0.061	0.006	16				0.072	0.082	0.017
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.280		0				0.330	0.378	0.079
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.089	0.007	16				0.105	0.120	0.025
17:1.....g									
18:1 undifferentiated.....g	0.151	0.009	16				0.178	0.204	0.043
20:1.....g	0.038	0.005	16				0.045	0.051	0.011
22:1 undifferentiated.....g	0.000		0				0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.680		0				0.802	0.918	0.193
18:2 undifferentiated.....g	0.028	0.002	16				0.033	0.038	0.008
18:3 undifferentiated.....g	0.021	0.004	10				0.025	0.028	0.006
18:4.....g	0.019	0.001	10				0.022	0.026	0.005
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.084	0.006	16				0.099	0.113	0.024
20:5 n-3.....g	0.243	0.011	16				0.287	0.328	0.069
22:5 n-3.....g	0.054	0.005	10				0.064	0.073	0.015
22:6 n-3.....g	0.231	0.017	16				0.273	0.312	0.065
Fatty acids, total trans.....g									
Cholesterol.....mg	100		0				118	135	28
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.281		0				0.332	0.379	0.080
Threonine.....g	0.818		0				0.965	1.104	0.232
Isoleucine.....g	0.979		0				1.155	1.322	0.278
Leucine.....g	1.603		0				1.892	2.164	0.454
Lysine.....g	1.758		0				2.074	2.373	0.498
Methionine.....g	0.569		0				0.671	0.768	0.161
Cystine.....g	0.226		0				0.267	0.305	0.064
Phenylalanine.....g	0.853		0				1.007	1.152	0.242
Tyrosine.....g	0.672		0				0.793	0.907	0.191
Valine.....g	0.950		0				1.121	1.283	0.269
Arginine.....g	1.765		0				2.083	2.383	0.500
Histidine.....g	0.410		0				0.484	0.554	0.116
Alanine.....g	1.144		0				1.350	1.544	0.324
Aspartic acid.....g	2.088		0				2.464	2.819	0.592
Glutamic acid.....g	3.445		0				4.065	4.651	0.977
Glycine.....g	1.218		0				1.437	1.644	0.345
Proline.....g	0.666		0				0.786	0.899	0.189
Serine.....g	0.795		0				0.938	1.073	0.225
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0				0.0	0.0	0.0
Caffeine.....mg	0		0	Z			0	0	0
Theobromine.....mg	0		0	Z			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:

NDB No. 15140

Crustaceans, crab, blue, cooked, moist heat

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

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

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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
14:0.....g	0.032		0		1		0.019		
15:0.....g									
16:0.....g	0.956		0		1		0.574		
17:0.....g									
18:0.....g	0.491		0		1		0.295		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.815		0		1		1.689		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.121		0		1		0.073		
17:1.....g									
18:1 undifferentiated.....g	2.655		0		1		1.593		
20:1.....g	0.035		0		1		0.021		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.273		0		1		1.364		
18:2 undifferentiated.....g	1.578		0		1		0.947		
18:3 undifferentiated.....g	0.087		0		1		0.052		
18:4.....g	0.018		0		1		0.011		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.088		0		1		0.053		
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15142

Crustaceans, crab, blue, crab cakes

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.141	0.006	3		1		0.120	0.030	
17:0.....g									
18:0.....g	0.081	0.016	3		1		0.069	0.017	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.192		0		1		0.163	0.040	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.059	0.006	3		1		0.050	0.012	
17:1.....g									
18:1 undifferentiated.....g	0.104	0.012	3		1		0.088	0.022	
20:1.....g	0.029	0.012	3		1		0.025	0.006	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.387		0		1		0.329	0.081	
18:2 undifferentiated.....g	0.012	0.002	3		1		0.010	0.003	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.055	0.023	3		1		0.047	0.012	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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

NDB No. 15139

Crustaceans, crab, blue, raw

Measure 2 = 21g: 1 crab

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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
14:0.....g	0.001		0		1		0.001	0.001	
15:0.....g									
16:0.....g	0.114		0		1		0.097	0.145	
17:0.....g									
18:0.....g	0.053		0		1		0.045	0.067	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.214		0		1		0.182	0.272	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.055		0		1		0.047	0.070	
17:1.....g									
18:1 undifferentiated.....g	0.119		0		1		0.101	0.151	
20:1.....g	0.014		0		1		0.012	0.018	
22:1 undifferentiated.....g	0.026		0		1		0.022	0.033	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.407		0		1		0.346	0.517	
18:2 undifferentiated.....g									
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15226

Crustaceans, crab, dungeness, cooked, moist heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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
14:0.....g	0.001		2		1		0.001	0.002	
15:0.....g									
16:0.....g	0.089		2		1		0.076	0.145	
17:0.....g									
18:0.....g	0.041		2		1		0.035	0.067	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.167		0		1		0.142	0.272	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.043		2		1		0.037	0.070	
17:1.....g									
18:1 undifferentiated.....g	0.093		2		1		0.079	0.152	
20:1.....g	0.011		2		1		0.009	0.018	
22:1 undifferentiated.....g	0.020		2		1		0.017	0.033	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.317		0		1		0.269	0.517	
18:2 undifferentiated.....g									
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2		1		0.000	0.000	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15143
Crustaceans, crab, dungeness, raw

Food Group: 15 Finfish and Shellfish Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15227

Crustaceans, crab, queen, 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
14:0.....g	0.005		0		1		0.004		
15:0.....g									
16:0.....g	0.152		0		1		0.129		
17:0.....g									
18:0.....g	0.026		0		1		0.022		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.328		0		1		0.279		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.064		0		1		0.054		
17:1.....g									
18:1 undifferentiated.....g	0.236		0		1		0.201		
20:1.....g	0.028		0		1		0.024		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.540		0		1		0.459		
18:2 undifferentiated.....g	0.008		0		1		0.007		
18:3 undifferentiated.....g	0.003		0		1		0.003		
18:4.....g	0.001		0		1		0.001		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.042		0		1		0.036		
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15227

Crustaceans, crab, queen, cooked, moist heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15144
Crustaceans, crab, queen, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.004		1		1		0.003		
15:0.....g									
16:0.....g	0.119		1		1		0.101		
17:0.....g									
18:0.....g	0.020		1		1		0.017		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.256		0		1		0.218		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		1		1		0.043		
17:1.....g									
18:1 undifferentiated.....g	0.184		1		1		0.156		
20:1.....g	0.022		1		1		0.019		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.422		0		1		0.359		
18:2 undifferentiated.....g	0.006		1		1		0.005		
18:3 undifferentiated.....g	0.002		1		1		0.002		
18:4.....g	0.001		1		1		0.001		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		1		1		0.028		
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15144
Crustaceans, crab, queen, raw

Food Group: 15 Finfish and Shellfish Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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
14:0.....g	0.006		4		1		0.005		
15:0.....g									
16:0.....g	0.137		4		1		0.116		
17:0.....g									
18:0.....g	0.050		4		1		0.043		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.251		0		1		0.213		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		4		1		0.031		
17:1.....g									
18:1 undifferentiated.....g	0.194		4		1		0.165		
20:1.....g	0.007		4		1		0.006		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.413		0		1		0.351		
18:2 undifferentiated.....g	0.156		4		1		0.133		
18:3 undifferentiated.....g	0.022		4		1		0.019		
18:4.....g	0.002		4		1		0.002		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.062		4		1		0.053		
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15243

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.002		10		1		0.002	0.001	
15:0.....g									
16:0.....g	0.103		10		1		0.088	0.028	
17:0.....g									
18:0.....g	0.044		10		1		0.037	0.012	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.178		0		1		0.151	0.048	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		10		1		0.026	0.008	
17:1.....g									
18:1 undifferentiated.....g	0.134		10		1		0.114	0.036	
20:1.....g	0.005		10		1		0.004	0.001	
22:1 undifferentiated.....g	0.002		10		1		0.002	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.313		0		1		0.266	0.085	
18:2 undifferentiated.....g	0.076		10		1		0.065	0.021	
18:3 undifferentiated.....g	0.025		10		1		0.021	0.007	
18:4.....g	0.005		10		1		0.004	0.001	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		10		1		0.043	0.014	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15242

Crustaceans, crayfish, mixed species, farmed, raw

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15146

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	79.37	0.542	4		1		67.46		
Energy.....kcal	82		0	NC	4		70		
Energy.....kj	343		0		4		292		
Protein (N x 6.25).....g	16.77	0.738	4		1		14.25		
Total lipid (fat).....g	1.20	0.041	4		1		1.02		
Ash.....g	1.20	0.091	4		1		1.02		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	60	11.344	4		1		51		
Iron, Fe.....mg	0.83	0.223	4		1		0.71		
Magnesium, Mg.....mg	33	1.274	4		1		28		
Phosphorus, P.....mg	270	28.039	4		1		230		
Potassium, K.....mg	296	41.316	4		1		252		
Sodium, Na.....mg	94	4.824	4		1		80		
Zinc, Zn.....mg	1.76	0.217	4		1		1.50		
Copper, Cu.....mg	0.685	0.080	4		1		0.582		
Manganese, Mn.....mg	0.522	0.283	4		1		0.444		
Selenium, Se.....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		
Choline, total.....mg	80.9		0	CAZN	4		68.8		
Betaine.....mg									
Vitamin B-12.....mcg	2.15	0.240	4		1		1.83		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	15		0	NC	4		13		
Retinol.....mcg	15		0	NR	4		13		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	50		0	NC	4		43		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	1.50		0	NR	4		1.28		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.1		
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		

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
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.005		4		1		0.004		
15:0.....g									
16:0.....g	0.111		4		1		0.094		
17:0.....g									
18:0.....g	0.049		4		1		0.042		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.244		0		1		0.207		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.027		4		1		0.023		
17:1.....g									
18:1 undifferentiated.....g	0.147		4		1		0.125		
20:1.....g	0.012		4		1		0.010		
22:1 undifferentiated.....g	0.050		4		1		0.043		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.367		0		1		0.312		
18:2 undifferentiated.....g	0.090		4		1		0.077		
18:3 undifferentiated.....g	0.028		4		1		0.024		
18:4.....g	0.001		4		1		0.001		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.056		4		1		0.048		
20:5 n-3.....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	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

NDB No. 15146

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

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15145

Crustaceans, crayfish, mixed species, wild, raw

Astacus, Orconectes, and Procambarus spp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	82.24	0.598	5		1		69.90	22.20	
Energy.....kcal	77		0	NC	4		65	21	
Energy.....kj	322		0		4		274	87	
Protein (N x 6.25).....g	15.97	0.808	5		1		13.57	4.31	
Total lipid (fat).....g	0.95	0.046	5		1		0.81	0.26	
Ash.....g	1.34	0.169	5		1		1.14	0.36	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	27	6.515	17		1		23	7	
Iron, Fe.....mg	0.84	0.405	5		1		0.71	0.23	
Magnesium, Mg.....mg	27	1.359	16		1		23	7	
Phosphorus, P.....mg	256	13.737	20		1		218	69	
Potassium, K.....mg	302	17.005	5		1		257	82	
Sodium, Na.....mg	58	3.407	11		1		49	16	
Zinc, Zn.....mg	1.30	0.038	20		1		1.11	0.35	
Copper, Cu.....mg	0.419	0.048	32		1		0.356	0.113	
Manganese, Mn.....mg	0.226	0.120	5		1		0.192	0.061	
Selenium, Se.....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	
Choline, total.....mg	80.9		0	CAZN	4		68.8	21.8	
Betaine.....mg									
Vitamin B-12.....mcg	2.00	0.396	5		1		1.70	0.54	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	16		0	NC	4		14	4	
Retinol.....mcg	16		0	NR	4		14	4	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	53		0	NC	4		45	14	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	2.85		0	NR	4		2.42	0.77	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.1	0.0	
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	

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
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.002		11		1		0.002	0.001	
15:0.....g									
16:0.....g	0.102		11		1		0.087	0.028	
17:0.....g									
18:0.....g	0.042		11		1		0.036	0.011	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.174		0		1		0.148	0.047	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.028		11		1		0.024	0.008	
17:1.....g									
18:1 undifferentiated.....g	0.113		11		1		0.096	0.031	
20:1.....g	0.010		11		1		0.009	0.003	
22:1 undifferentiated.....g	0.018		11		1		0.015	0.005	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.293		0		1		0.249	0.079	
18:2 undifferentiated.....g	0.052		11		1		0.044	0.014	
18:3 undifferentiated.....g	0.032		11		1		0.027	0.009	
18:4.....g	0.005		11		1		0.004	0.001	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.045		11		1		0.038	0.012	
20:5 n-3.....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	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:

NDB No. 15145

Crustaceans, crayfish, mixed species, wild, raw

Measure 1 = 85g: 3 oz

Measure 2 = 27g: 8 crayfish

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15148

Crustaceans, lobster, northern, cooked, moist heat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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		0		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	0.00		0	Z	7		0.00	0.00	
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	
Choline, total.....mg	80.9		0	CAZN	4		117.3	68.8	
Betaine.....mg									
Vitamin B-12.....mcg	3.11		2		1		4.51	2.64	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	26		0	NC	4		38	22	
Retinol.....mcg	26		0	NR	4		38	22	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	87		0	NC	4		126	74	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.00		0	NR	4		1.45	0.85	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.1	0.1	
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	

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
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	
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	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:

NDB No. 15148

Crustaceans, lobster, northern, cooked, moist heat

Measure 1 = 145g: 1 cup

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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		0		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	0.00		0	Z	7		0.00	0.00	
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	
Choline, total.....mg	80.9		0	CAZN	4		121.4	68.8	
Betaine.....mg									
Vitamin B-12.....mcg	0.93	0.031	22		1		1.39	0.79	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	21		0	NC	4		32	18	
Retinol.....mcg	21		0	NR	4		32	18	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	70		0	NC	4		105	60	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.47		0	NR	4		2.21	1.25	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.1	0.1	
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	

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

NDB No. 15147

Crustaceans, lobster, northern, raw

Measure 1 = 150g: 1 lobster

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15152

Crustaceans, shrimp, mixed species, canned

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Proximates:									
Water.....g	75.85		1	A	1		97.09	21.50	97.09
Energy.....kcal	100		0	NC	4		127	28	127
Energy.....kj	416		0	NC	4		533	118	533
Protein (N x 6.25).....g	20.42		1	A	1		26.14	5.79	26.14
Total lipid (fat).....g	1.36		1	A	1		1.74	0.39	1.74
Ash.....g	2.54		1	A	1		3.24	0.72	3.24
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	145		1	A	1		186	41	186
Iron, Fe.....mg	2.13		1	A	1		2.73	0.60	2.73
Magnesium, Mg.....mg	33		1	A	1		42	9	42
Phosphorus, P.....mg	195		1	A	1		250	55	250
Potassium, K.....mg	80		1	A	1		102	23	102
Sodium, Na.....mg	777		1	A	1		995	220	995
Zinc, Zn.....mg	1.96		1	A	1		2.51	0.56	2.51
Copper, Cu.....mg	0.262		1	A	1		0.335	0.074	0.335
Manganese, Mn.....mg	0.396		1	A	1		0.507	0.112	0.507
Selenium, Se.....mcg	47.5		1	A	1		60.8	13.5	60.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.1		1	A	1		5.2	1.2	5.2
Thiamin.....mg	0.007		1	A	1		0.009	0.002	0.009
Riboflavin.....mg	0.015		1	A	1		0.019	0.004	0.019
Niacin.....mg	0.558		1	A	1		0.714	0.158	0.714
Pantothenic acid.....mg	0.141		1	A	1		0.180	0.040	0.180
Vitamin B-6.....mg	0.010		1	A	1		0.013	0.003	0.013
Folate, total.....mcg	9		1	A	1		11	3	11
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	9		1	A	1		11	3	11
Folate, DFE.....mcg_DFE	9		0	NC	4		11	3	11
Choline, total.....mg	80.9		0	AS	1		103.5	22.9	103.5
Betaine.....mg									
Vitamin B-12.....mcg	0.74		1	A	1		0.95	0.21	0.95
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.10	0.120	7	A	1		1.41	0.31	1.41
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.10	0.037	7	A	1		0.13	0.03	0.13
Tocopherol, delta.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.188		0	NC	4		0.241	0.053	0.241
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.001		1	A	1		0.001	0.000	0.001

Crustaceans, shrimp, mixed species, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.001		1	A	1		0.001	0.000	0.001
13:0.....g									
14:0.....g	0.003		1	A	1		0.004	0.001	0.004
15:0.....g	0.006		1	A	1		0.008	0.002	0.008
16:0.....g	0.083		1	A	1		0.106	0.024	0.106
17:0.....g	0.015		1	A	1		0.019	0.004	0.019
18:0.....g	0.070		1	A	1		0.090	0.020	0.090
20:0.....g	0.005		1	A	1		0.006	0.001	0.006
22:0.....g	0.005		1	A	1		0.006	0.001	0.006
24:0.....g									
Fatty acids, total monounsaturated.....g	0.108		0	NC	4		0.138	0.031	0.138
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.020		1	A	1		0.025	0.006	0.025
17:1.....g	0.007		1	A	1		0.009	0.002	0.009
18:1 undifferentiated.....g	0.069		1	A	1		0.088	0.020	0.088
20:1.....g	0.006		1	A	1		0.008	0.002	0.008
22:1 undifferentiated.....g	0.006		0		1		0.008	0.002	0.008
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.684		0	NC	4		0.875	0.194	0.875
18:2 undifferentiated.....g	0.015		1	A	1		0.019	0.004	0.019
18:3 undifferentiated.....g	0.008		0	A	1		0.010	0.002	0.010
18:3 n-3 c,c,c.....g	0.004		1	A	1		0.005	0.001	0.005
18:3 n-6 c,c,c.....g	0.004		1	A	1		0.005	0.001	0.005
18:3i.....g									
18:4.....g	0.007		0		1		0.009	0.002	0.009
20:2 n-6 c,c.....g	0.005		1	A	1		0.006	0.001	0.006
20:3 undifferentiated.....g	0.001		1	A	1		0.001	0.000	0.001
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.043		1	A	1		0.055	0.012	0.055
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.293		0		1		0.375	0.083	0.375
21:5.....g									
22:4.....g									
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	252		1	A	1		323	71	323
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.186		0	A	1		0.238	0.053	0.238
Threonine.....g	0.824		0	A	1		1.055	0.234	1.055
Isoleucine.....g	0.974		0	A	1		1.247	0.276	1.247
Leucine.....g	1.681		0	A	1		2.152	0.477	2.152
Lysine.....g	1.813		0	A	1		2.321	0.514	2.321
Methionine.....g	0.557		0	A	1		0.713	0.158	0.713
Cystine.....g	0.242		0	A	1		0.310	0.069	0.310
Phenylalanine.....g	0.946		0	A	1		1.211	0.268	1.211
Tyrosine.....g	0.810		0	A	1		1.037	0.230	1.037
Valine.....g	0.935		0	A	1		1.197	0.265	1.197
Arginine.....g	1.631		0	A	1		2.088	0.462	2.088
Histidine.....g	0.485		0	A	1		0.621	0.137	0.621
Alanine.....g	1.135		0	A	1		1.453	0.322	1.453
Aspartic acid.....g	2.217		0	A	1		2.838	0.629	2.838
Glutamic acid.....g	3.429		0	A	1		4.389	0.972	4.389
Glycine.....g	1.066		0	A	1		1.364	0.302	1.364
Proline.....g	0.671		0	A	1		0.859	0.190	0.859
Serine.....g	0.866		0	A	1		1.108	0.245	1.108
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0

NDB No. 15152

Crustaceans, shrimp, mixed species, canned

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

Carbohydrate4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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
14:0.....g	0.035		11		1		0.030	0.011	
15:0.....g									
16:0.....g	1.463		11		1		1.244	0.439	
17:0.....g									
18:0.....g	0.541		11		1		0.460	0.162	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.812		0		1		3.240	1.144	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.076		11		1		0.065	0.023	
17:1.....g									
18:1 undifferentiated.....g	3.753		11		1		3.190	1.126	
20:1.....g	0.105		11		1		0.089	0.032	
22:1 undifferentiated.....g	0.022		11		1		0.019	0.007	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.085		0		1		4.322	1.526	
18:2 undifferentiated.....g	4.511		11		1		3.834	1.353	
18:3 undifferentiated.....g	0.267		11		1		0.227	0.080	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.059		11		1		0.050	0.018	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15150

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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		0		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	0.00		0	Z	7		0.00	0.00	
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	
Choline, total.....mg	80.9		0	CAZN	4		68.8	17.8	
Betaine.....mg									
Vitamin B-12.....mcg	1.49		0		1		1.26	0.33	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	68		0	NC	4		57	15	
Retinol.....mcg	68		0	BFYN	4		57	15	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	225		0	NC	4		191	50	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.38		0	BFYN	4		1.17	0.30	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFYN	4		0.0	0.0	
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	

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
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	
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:

NDB No. 15151

Crustaceans, shrimp, mixed species, cooked, moist heat

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 National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15153

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.91	0.225	3		1		63.67		
Energy.....kcal	101		0	NC	4		86		
Energy.....kj	423				4		359		
Protein (N x 6.25).....g	12.39	0.456	3		1		10.53		
Total lipid (fat).....g	1.47	0.191	3		1		1.25		
Ash.....g	2.11	0.058	3		1		1.79		
Carbohydrate, by difference.....g	9.13		0	NC	4		7.76		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19	5.485	3		1		16		
Iron, Fe.....mg	0.60	0.191	3		1		0.51		
Magnesium, Mg.....mg	43		0		4		37		
Phosphorus, P.....mg	282		0		4		240		
Potassium, K.....mg	89	1.155	3		1		76		
Sodium, Na.....mg	705	24.827	3		1		599		
Zinc, Zn.....mg	0.33		0		4		0.28		
Copper, Cu.....mg	0.032		0		4		0.027		
Manganese, Mn.....mg	0.011		0		4		0.009		
Selenium, Se.....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		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.60		0		4		1.36		
Vitamin A, RAE.....mcg_RAE	20		0		4		17		
Retinol.....mcg	20		0		4		17		
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	66		0		4		56		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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:									

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
Tryptophan.....g	0.075		0		1		0.064		
Threonine.....g	0.599		0		1		0.509		
Isoleucine.....g	0.579		0		1		0.492		
Leucine.....g	0.981		0		1		0.834		
Lysine.....g	1.132		0		1		0.962		
Methionine.....g	0.420		0		1		0.357		
Cystine.....g	0.133		0		1		0.113		
Phenylalanine.....g	0.486		0		1		0.413		
Tyrosine.....g	0.499		0		1		0.424		
Valine.....g	0.628		0		1		0.534		
Arginine.....g	0.823		0		1		0.700		
Histidine.....g	0.285		0		1		0.242		
Alanine.....g	0.727		0		1		0.618		
Aspartic acid.....g	1.239		0		1		1.053		
Glutamic acid.....g	1.956		0		1		1.663		
Glycine.....g	0.480		0		1		0.408		
Proline.....g	0.462		0		1		0.393		
Serine.....g	0.541		0		1		0.460		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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		0		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	0.00		0	Z	7		0.00	0.00	0.00
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
Choline, total.....mg	80.9		0	CAZN	4		4.9	4.0	68.8
Betaine.....mg									
Vitamin B-12.....mcg	1.16		19		1		0.07	0.06	0.99
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	54		0	NC	4		3	3	46
Retinol.....mcg	54		0	NR	4		3	3	46
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	180		0	NC	4		11	9	153
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.10	0.111	7	A	1		0.07	0.06	0.94
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.10	0.032	7	A	1		0.01	0.00	0.08
Tocopherol, delta.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Vitamin D.....IU	152		0	T	4		9	8	129
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	0.0
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

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
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
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:

NDB No. 15149

Crustaceans, shrimp, mixed species, raw

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 National Nutrient Database for Standard Reference, Release 21 (2008)

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
14:0.....g	0.008		0		1		0.013	0.007	
15:0.....g									
16:0.....g	0.192		0		1		0.313	0.163	
17:0.....g									
18:0.....g	0.103		0		1		0.168	0.088	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.353		0		1		0.575	0.300	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		0		1		0.082	0.043	
17:1.....g									
18:1 undifferentiated.....g	0.268		0		1		0.437	0.228	
20:1.....g	0.035		0		1		0.057	0.030	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.756		0		1		1.232	0.643	
18:2 undifferentiated.....g	0.017		0		1		0.028	0.014	
18:3 undifferentiated.....g	0.010		0		1		0.016	0.009	
18:4.....g	0.006		0		1		0.010	0.005	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.198		0		1		0.323	0.168	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15228

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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
14:0.....g	0.006		1		1		0.013	0.005	
15:0.....g									
16:0.....g	0.149		1		1		0.311	0.127	
17:0.....g									
18:0.....g	0.080		1		1		0.167	0.068	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.275		0		1		0.575	0.234	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		1		1		0.082	0.033	
17:1.....g									
18:1 undifferentiated.....g	0.208		1		1		0.435	0.177	
20:1.....g	0.027		1		1		0.056	0.023	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.590		0		1		1.233	0.502	
18:2 undifferentiated.....g	0.013		1		1		0.027	0.011	
18:3 undifferentiated.....g	0.008		1		1		0.017	0.007	
18:4.....g	0.005		1		1		0.010	0.004	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.154		1		1		0.322	0.131	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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

NDB No. 15154

Crustaceans, spiny lobster, mixed species, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15002

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.30		0		1		14.26	2.01	22.64
Energy.....kcal	210		0	NC	4		60	8	95
Energy.....kj	879		0		4		249	35	395
Protein (N x 6.25).....g	28.89		0		1		8.19	1.16	13.00
Total lipid (fat).....g	9.71		0		1		2.75	0.39	4.37
Ash.....g	11.10		0		4		3.15	0.44	5.00
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	232		0		1		66	9	104
Iron, Fe.....mg	4.63		0		1		1.31	0.19	2.08
Magnesium, Mg.....mg	69		0		1		20	3	31
Phosphorus, P.....mg	252		0		1		71	10	113
Potassium, K.....mg	544		0		1		154	22	245
Sodium, Na.....mg	3668		0		1		1040	147	1651
Zinc, Zn.....mg	2.44		0		1		0.69	0.10	1.10
Copper, Cu.....mg	0.339		0		1		0.096	0.014	0.153
Manganese, Mn.....mg	0.100		0		4		0.028	0.004	0.045
Selenium, Se.....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
Choline, total.....mg	85.0		0	CAZN	4		24.1	3.4	38.3
Betaine.....mg									
Vitamin B-12.....mcg	0.88		0		1		0.25	0.04	0.40
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	12		0	NC	4		3	0	5
Retinol.....mcg	12		0	RA	4		3	0	5
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	40		0	NC	4		11	2	18
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	3.33		0	RA	4		0.94	0.13	1.50
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.02		0	RA	4		0.01	0.00	0.01
Tocopherol, gamma.....mg	0.17		0	RA	4		0.05	0.01	0.07
Tocopherol, delta.....mg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	12.1		0	RA	4		3.4	0.5	5.5
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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.020		0		1		0.006	0.001	0.009
13:0.....g									
14:0.....g	0.428		0		1		0.121	0.017	0.193
15:0.....g									
16:0.....g	1.326		0		1		0.376	0.053	0.597
17:0.....g									
18:0.....g	0.420		0		1		0.119	0.017	0.189
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.770		0		1		1.069	0.151	1.697
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.590		0		1		0.167	0.024	0.266
17:1.....g									
18:1 undifferentiated.....g	2.942		0		1		0.834	0.118	1.324
20:1.....g	0.009		0		1		0.003	0.000	0.004
22:1 undifferentiated.....g	0.163		0		1		0.046	0.007	0.073
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.562		0		1		0.726	0.102	1.153
18:2 undifferentiated.....g	0.362		0		1		0.103	0.014	0.163
18:3 undifferentiated.....g	0.017		0		1		0.005	0.001	0.008
18:4.....g	0.078		0		1		0.022	0.003	0.035
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		0		1		0.003	0.000	0.005
20:5 n-3.....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	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:

NDB No. 15002

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

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 4.0g: 1 anchovy

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

Calories Factors: Protein 4.27

Fat 8.92

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.37		1		1		62.36		
Energy.....kcal	131		0		4		111		
Energy.....kj	548				4		466		
Protein (N x 6.25).....g	20.35		1		1		17.30		
Total lipid (fat).....g	4.84	0.318	26		1		4.11		
Ash.....g	1.44		1		1		1.22		
Carbohydrate, by difference.....g	0.00		0		7		0.00		
Fiber, total dietary.....g	0.0		0		7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	147		2		1		125		
Iron, Fe.....mg	3.25	0.600	4		1		2.76		
Magnesium, Mg.....mg	41		2		1		35		
Phosphorus, P.....mg	174	26.408	3		1		148		
Potassium, K.....mg	383		2		1		326		
Sodium, Na.....mg	104		2		1		88		
Zinc, Zn.....mg	1.72	0.126	4		1		1.46		
Copper, Cu.....mg	0.211	0.086	10		1		0.179		
Manganese, Mn.....mg	0.070		0		4		0.060		
Selenium, Se.....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		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.62		1		1		0.53		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	15		0	NC	4		13		
Retinol.....mcg	15		0	NC	4		13		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	50		0	NC	4		43		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.57		0		4		0.49		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.1		
Lipids:									
Fatty acids, total saturated.....g	1.282		0		1		1.090		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		

NDB No. 15001
Fish, anchovy, european, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.014		1		1		0.012		
13:0.....g									
14:0.....g	0.302		0		1		0.257		
15:0.....g									
16:0.....g	0.715		1		1		0.608		
17:0.....g									
18:0.....g	0.252		1		1		0.214		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.182		0		1		1.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		1		1		0.340		
17:1.....g									
18:1 undifferentiated.....g	0.624		1		1		0.530		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.115		1		1		0.098		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.637		0		1		1.391		
18:2 undifferentiated.....g	0.097		1		1		0.082		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.055		1		1		0.047		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.007		1		1		0.006		
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

NDB No. 15001

Fish, anchovy, european, raw

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15003

Fish, bass, fresh water, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.087		9		1		0.069	0.074	
15:0.....g									
16:0.....g	0.593		9		1		0.468	0.504	
17:0.....g									
18:0.....g	0.100		9		1		0.079	0.085	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.431		0		1		1.130	1.216	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.382		9		1		0.302	0.325	
17:1.....g									
18:1 undifferentiated.....g	0.991		9		1		0.783	0.842	
20:1.....g	0.057		2		1		0.045	0.048	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.062		0		1		0.839	0.903	
18:2 undifferentiated.....g	0.087		9		1		0.069	0.074	
18:3 undifferentiated.....g	0.111		9		1		0.088	0.094	
18:4.....g	0.039		6		1		0.031	0.033	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.144		9		1		0.114	0.122	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									

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Common Measures:

Measure 1 = 79g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 15003

Fish, bass, fresh water, mixed species, raw

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15187

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.112		0		1		0.069	0.095	
15:0.....g									
16:0.....g	0.761		0		1		0.472	0.647	
17:0.....g									
18:0.....g	0.128		0		1		0.079	0.109	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.835		0		1		1.138	1.560	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.490		0		1		0.304	0.417	
17:1.....g									
18:1 undifferentiated.....g	1.272		0		1		0.789	1.081	
20:1.....g	0.073		0		1		0.045	0.062	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.360		0		1		0.843	1.156	
18:2 undifferentiated.....g	0.112		0		1		0.069	0.095	
18:3 undifferentiated.....g	0.142		0		1		0.088	0.121	
18:4.....g	0.050		0		1		0.031	0.043	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.185		0		1		0.115	0.157	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									

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Common Measures:

Measure 1 = 62g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 15187

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15188

Fish, bass, striped, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.054		0		1		0.067	0.046	
15:0.....g									
16:0.....g	0.486		0		1		0.603	0.413	
17:0.....g									
18:0.....g	0.110		0		1		0.136	0.094	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.846		0		1		1.049	0.719	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.194		0		1		0.241	0.165	
17:1.....g									
18:1 undifferentiated.....g	0.574		0		1		0.712	0.488	
20:1.....g	0.073		0		1		0.091	0.062	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.005		0		1		1.246	0.854	
18:2 undifferentiated.....g	0.019		0		1		0.024	0.016	
18:3 undifferentiated.....g	0.019		0		1		0.024	0.016	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									

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Common Measures:

Measure 1 = 124g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 15188

Fish, bass, striped, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15004
Fish, bass, striped, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.042		2		1		0.067	0.036	
15:0.....g									
16:0.....g	0.379		2		1		0.603	0.322	
17:0.....g									
18:0.....g	0.086		2		1		0.137	0.073	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.660		0		1		1.049	0.561	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.151		2		1		0.240	0.128	
17:1.....g									
18:1 undifferentiated.....g	0.448		2		1		0.712	0.381	
20:1.....g	0.057		2		1		0.091	0.048	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.784		0		1		1.247	0.666	
18:2 undifferentiated.....g	0.015		2		1		0.024	0.013	
18:3 undifferentiated.....g	0.015		1		1		0.024	0.013	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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

NDB No. 15004

Fish, bass, striped, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15189

Fish, bluefish, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.229		0		1		0.268	0.195	
15:0.....g									
16:0.....g	0.738		0		1		0.863	0.627	
17:0.....g									
18:0.....g	0.205		0		1		0.240	0.174	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.297		0		1		2.687	1.952	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.355		0		1		0.415	0.302	
17:1.....g									
18:1 undifferentiated.....g	0.876		0		1		1.025	0.745	
20:1.....g	0.436		0		1		0.510	0.371	
22:1 undifferentiated.....g	0.630		0		1		0.737	0.536	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.358		0		1		1.589	1.154	
18:2 undifferentiated.....g	0.077		0		1		0.090	0.065	
18:3 undifferentiated.....g									
18:4.....g	0.214		0		1		0.250	0.182	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

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

Food Group: 15 Finfish and Shellfish Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15005
Fish, bluefish, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.179		2		1		0.269	0.152	
15:0.....g									
16:0.....g	0.576		2		1		0.864	0.490	
17:0.....g									
18:0.....g	0.160		2		1		0.240	0.136	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.793		0		1		2.690	1.524	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.277		2		1		0.416	0.235	
17:1.....g									
18:1 undifferentiated.....g	0.684		2		1		1.026	0.581	
20:1.....g	0.340		2		1		0.510	0.289	
22:1 undifferentiated.....g	0.492		2		1		0.738	0.418	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.060		0		1		1.590	0.901	
18:2 undifferentiated.....g	0.060		2		1		0.090	0.051	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.167		2		1		0.251	0.142	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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

NDB No. 15005
Fish, bluefish, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15190

Fish, burbot, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.008		0		1		0.007	0.007	
15:0.....g									
16:0.....g	0.154		0		1		0.139	0.131	
17:0.....g									
18:0.....g	0.047		0		1		0.042	0.040	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.170		0		1		0.153	0.145	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033		0		1		0.030	0.028	
17:1.....g									
18:1 undifferentiated.....g	0.126		0		1		0.113	0.107	
20:1.....g	0.008		0		1		0.007	0.007	
22:1 undifferentiated.....g	0.004		0		1		0.004	0.003	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.381		0		1		0.343	0.324	
18:2 undifferentiated.....g	0.012		0		1		0.011	0.010	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.123		0		1		0.111	0.105	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									

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Common Measures:

Measure 1 = 90g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 15190

Fish, burbot, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15006
Fish, burbot, raw

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

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

Common Measures:

Measure 1 = 116g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 15006
Fish, burbot, raw

Food Group: 15 Finfish and Shellfish Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15191

Fish, butterfish, cooked, dry heat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.83		0		1		0.46	1.56	
Vitamin A, RAE.....mcg_RAE	33		0		1		8	28	
Retinol.....mcg	33		0		1		8	28	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	109		0		1		27	93	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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:									

NDB No. 15191

Fish, butterfish, cooked, dry heat

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

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

Common Measures:

Measure 1 = 25g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate3.87

Food Group: 15 Finfish and Shellfish Products
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15007

Fish, butterfish, raw

Peprilus triacanthus (Peck)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
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	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.90		0		4		0.61	1.62	
Vitamin A, RAE.....mcg_RAE	30		0		4		10	26	
Retinol.....mcg	30		0		4		10	26	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	100		0		4		32	85	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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:									

NDB No. 15007
Fish, butterfish, raw

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

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

Common Measures:

Measure 1 = 32g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.146		0		1		0.248	0.124	
15:0.....g									
16:0.....g	0.842		0		1		1.431	0.716	
17:0.....g									
18:0.....g	0.237		0		1		0.403	0.201	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.985		0		1		5.075	2.537	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.840		0		1		1.428	0.714	
17:1.....g									
18:1 undifferentiated.....g	1.474		0		1		2.506	1.253	
20:1.....g	0.091		0		1		0.155	0.077	
22:1 undifferentiated.....g	0.515		0		1		0.876	0.438	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.835		0		1		3.120	1.560	
18:2 undifferentiated.....g	0.663		0		1		1.127	0.564	
18:3 undifferentiated.....g	0.346		0		1		0.588	0.294	
18:4.....g	0.074		0		1		0.126	0.063	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.195		0		1		0.332	0.166	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

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

Food Group: 15 Finfish and Shellfish Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.31	0.362	65		1		166.36	64.86	
Energy.....kcal	127		0	NC	4		277	108	
Energy.....kj	531		0		4		1158	452	
Protein (N x 6.25).....g	17.83	0.113	63		1		38.87	15.16	
Total lipid (fat).....g	5.60	0.207	163		1		12.21	4.76	
Ash.....g	1.46	0.128	64		1		3.18	1.24	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	41	6.828	11		1		89	35	
Iron, Fe.....mg	1.24	0.200	7		1		2.70	1.05	
Magnesium, Mg.....mg	29	2.434	7		1		63	25	
Phosphorus, P.....mg	415	125.413	7		1		905	353	
Potassium, K.....mg	333	35.915	14		1		726	283	
Sodium, Na.....mg	49	1.308	5		1		107	42	
Zinc, Zn.....mg	1.48	0.245	44		1		3.23	1.26	
Copper, Cu.....mg	0.057	0.009	32		1		0.124	0.048	
Manganese, Mn.....mg	0.042		0		4		0.092	0.036	
Selenium, Se.....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	
Choline, total.....mg	65.0		0	CAZN	4		141.7	55.3	
Betaine.....mg									
Vitamin B-12.....mcg	1.53		1		1		3.34	1.30	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	9		0	NC	4		20	8	
Retinol.....mcg	9		0	NR	4		20	8	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	30		0	NC	4		65	26	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.63		0	NR	4		1.37	0.54	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.2	0.1	
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	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.114	0.016	13		1		0.249	0.097	
15:0.....g									
16:0.....g	0.657	0.032	13		1		1.432	0.558	
17:0.....g									
18:0.....g	0.185	0.007	13		1		0.403	0.157	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.328		0		1		5.075	1.979	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.655	0.060	13		1		1.428	0.557	
17:1.....g									
18:1 undifferentiated.....g	1.150	0.105	13		1		2.507	0.978	
20:1.....g	0.071	0.017	11		1		0.155	0.060	
22:1 undifferentiated.....g	0.402		1		1		0.876	0.342	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.431		0		1		3.120	1.216	
18:2 undifferentiated.....g	0.517	0.104	13		1		1.127	0.439	
18:3 undifferentiated.....g	0.270	0.042	13		1		0.589	0.230	
18:4.....g	0.058	0.007	9		1		0.126	0.049	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.152	0.015	12		1		0.331	0.129	
20:5 n-3.....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	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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Common Measures:

NDB No. 15008

Fish, carp, raw

Measure 1 = 218g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15011

Fish, catfish, channel, cooked, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.091		0		1		0.079	0.077	
15:0.....g									
16:0.....g	2.008		0		1		1.747	1.707	
17:0.....g									
18:0.....g	1.169		0		1		1.017	0.994	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.611		0		1		4.882	4.769	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.171		0		1		0.149	0.145	
17:1.....g									
18:1 undifferentiated.....g	5.347		0		1		4.652	4.545	
20:1.....g	0.049		0		1		0.043	0.042	
22:1 undifferentiated.....g	0.002		0		1		0.002	0.002	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.325		0		1		2.893	2.826	
18:2 undifferentiated.....g	2.616		0		1		2.276	2.224	
18:3 undifferentiated.....g	0.178		0		1		0.155	0.151	
18:4.....g	0.030		0		1		0.026	0.026	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.098		0		1		0.085	0.083	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15011

Fish, catfish, channel, cooked, breaded and fried

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15235

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

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

NDB No. 15235

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15234

Fish, catfish, channel, farmed, raw

Ictalurus punctatus (Rafinesque)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	75.38	0.786	11		1		119.85	64.07	
Energy.....kcal	135		0	NC	4		215	115	
Energy.....kj	565		0		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	0.00		0	Z	7		0.00	0.00	
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	
Choline, total.....mg	65.0		0	CAZN	4		103.4	55.3	
Betaine.....mg									
Vitamin B-12.....mcg	2.47	0.133	3		1		3.93	2.10	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	15		0	NC	4		24	13	
Retinol.....mcg	15		0	NR	4		24	13	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	50		0	NC	4		80	43	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.20		0	NR	4		1.91	1.02	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.2	0.1	
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	

NDB No. 15234

Fish, catfish, channel, farmed, raw

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

NDB No. 15234

Fish, catfish, channel, farmed, raw

Measure 1 = 159g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15233

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.082		4		1		0.117	0.070	
15:0.....g									
16:0.....g	0.483		4		1		0.691	0.411	
17:0.....g									
18:0.....g	0.116		4		1		0.166	0.099	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.099		0		1		1.572	0.934	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.252		4		1		0.360	0.214	
17:1.....g									
18:1 undifferentiated.....g	0.772		4		1		1.104	0.656	
20:1.....g	0.029		4		1		0.041	0.025	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.636		0		1		0.909	0.541	
18:2 undifferentiated.....g	0.142		4		1		0.203	0.121	
18:3 undifferentiated.....g	0.096		4		1		0.137	0.082	
18:4.....g	0.012		4		1		0.017	0.010	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.087		4		1		0.124	0.074	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15233

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.064		10		1		0.102	0.054	
15:0.....g									
16:0.....g	0.442		10		1		0.703	0.376	
17:0.....g									
18:0.....g	0.150		10		1		0.239	0.128	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.844		0		1		1.342	0.717	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.176		10		1		0.280	0.150	
17:1.....g									
18:1 undifferentiated.....g	0.594		10		1		0.944	0.505	
20:1.....g	0.021		10		1		0.033	0.018	
22:1 undifferentiated.....g	0.008		10		1		0.013	0.007	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.865		0		1		1.375	0.735	
18:2 undifferentiated.....g	0.101		10		1		0.161	0.086	
18:3 undifferentiated.....g	0.071		10		1		0.113	0.060	
18:4.....g	0.013		10		1		0.021	0.011	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.149		10		1		0.237	0.127	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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

NDB No. 15010

Fish, catfish, channel, wild, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15012

Fish, caviar, black and red, granular

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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		0		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	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	275		0		4		44	78	
Iron, Fe.....mg	11.88		0		4		1.90	3.37	
Magnesium, Mg.....mg	300		0		4		48	85	
Phosphorus, P.....mg	356		0		4		57	101	
Potassium, K.....mg	181		0		4		29	51	
Sodium, Na.....mg	1500		0		1		240	425	
Zinc, Zn.....mg	0.95		0		4		0.15	0.27	
Copper, Cu.....mg	0.110		0		4		0.018	0.031	
Manganese, Mn.....mg	0.050		0		4		0.008	0.014	
Selenium, Se.....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	
Choline, total.....mg	490.9		0	BFPN	4		78.6	139.2	
Betaine.....mg									
Vitamin B-12.....mcg	20.00		0		4		3.20	5.67	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	271		0	NC	4		43	77	
Retinol.....mcg	271		0	BFPN	4		43	77	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	905		0	NC	4		145	256	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	648		0	BFPN	4		104	184	
Vitamin E (alpha-tocopherol).....mg	1.89		0	BFPN	4		0.30	0.54	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	232		0	T	4		37	66	
Vitamin K (phylloquinone).....mcg	0.6		0	BFPN	4		0.1	0.2	
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	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.212		0		4		0.034	0.060	
15:0.....g									
16:0.....g	3.555		0		4		0.569	1.008	
17:0.....g									
18:0.....g	0.293		0		4		0.047	0.083	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.631		0		4		0.741	1.313	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.043		0		4		0.167	0.296	
17:1.....g									
18:1 undifferentiated.....g	3.165		0		4		0.506	0.897	
20:1.....g	0.309		0		4		0.049	0.088	
22:1 undifferentiated.....g	0.114		0		4		0.018	0.032	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.405		0		4		1.185	2.099	
18:2 undifferentiated.....g	0.081		0		4		0.013	0.023	
18:3 undifferentiated.....g	0.017		0		4		0.003	0.005	
18:4.....g	0.033		0		4		0.005	0.009	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.505		0		4		0.081	0.143	
20:5 n-3.....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:

NDB No. 15012

Fish, caviar, black and red, granular

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

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.088		1		1		0.070	0.075	
15:0.....g									
16:0.....g	0.285		1		1		0.225	0.242	
17:0.....g									
18:0.....g	0.048		1		1		0.038	0.041	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.469		0		1		0.371	0.399	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.114		1		1		0.090	0.097	
17:1.....g									
18:1 undifferentiated.....g	0.291		1		1		0.230	0.247	
20:1.....g	0.019		1		1		0.015	0.016	
22:1 undifferentiated.....g	0.045		1		1		0.036	0.038	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.613		0		1		0.484	0.521	
18:2 undifferentiated.....g	0.069		1		1		0.055	0.059	
18:3 undifferentiated.....g	0.055		1		1		0.043	0.047	
18:4.....g	0.029		1		1		0.023	0.025	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.055		1		1		0.043	0.047	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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

NDB No. 15013

Fish, cisco, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15014
 Fish, cisco, smoked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.80		2		1		19.79	59.33	
Energy.....kcal	177		0	NC	4		50	150	
Energy.....kj	741		0		4		210	629	
Protein (N x 6.25).....g	16.36		2		1		4.64	13.91	
Total lipid (fat).....g	11.90		2		1		3.37	10.12	
Ash.....g	2.00		2		1		0.57	1.70	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	26		2		1		7	22	
Iron, Fe.....mg	0.49		2		1		0.14	0.42	
Magnesium, Mg.....mg	17		2		1		5	14	
Phosphorus, P.....mg	150		2		1		43	128	
Potassium, K.....mg	293		2		1		83	249	
Sodium, Na.....mg	481		2		1		136	409	
Zinc, Zn.....mg	0.30		2		1		0.09	0.26	
Copper, Cu.....mg	0.215		2		1		0.061	0.183	
Manganese, Mn.....mg	0.021		2		1		0.006	0.018	
Selenium, Se.....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	
Choline, total.....mg	95.0		0	CAZN	4		26.9	80.8	
Betaine.....mg									
Vitamin B-12.....mcg	4.26		2		1		1.21	3.62	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	283		0	NC	4		80	241	
Retinol.....mcg	283		0	NR	4		80	241	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	943		0	NC	4		267	802	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.20		0	NR	4		0.06	0.17	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.0	0.1	
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	

NDB No. 15014
Fish, cisco, smoked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.654		2		1		0.185	0.556	
15:0.....g									
16:0.....g	0.888		2		1		0.252	0.755	
17:0.....g									
18:0.....g	0.199		2		1		0.056	0.169	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.484		0		1		1.555	4.661	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.665		2		1		0.756	2.265	
17:1.....g									
18:1 undifferentiated.....g	2.450		2		1		0.695	2.083	
20:1.....g	0.369		2		1		0.105	0.314	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.274		0		1		0.645	1.933	
18:2 undifferentiated.....g	0.422		2		1		0.120	0.359	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.227		2		1		0.064	0.193	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.106		2		1		0.030	0.090	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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:

NDB No. 15014

Fish, cisco, smoked

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15017

Fish, cod, Atlantic, canned, solids and liquid

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	75.61		0		1		235.90	64.27	
Energy.....kcal	105		0	NC	4		328	89	
Energy.....kj	439		0		4		1371	373	
Protein (N x 6.25).....g	22.76		0		1		71.01	19.35	
Total lipid (fat).....g	0.86		0		1		2.68	0.73	
Ash.....g	1.49		0		1		4.65	1.27	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0		1		66	18	
Iron, Fe.....mg	0.49		0		1		1.53	0.42	
Magnesium, Mg.....mg	41		0		1		128	35	
Phosphorus, P.....mg	260		0		1		811	221	
Potassium, K.....mg	528		0		1		1647	449	
Sodium, Na.....mg	218		0		1		680	185	
Zinc, Zn.....mg	0.58		0		1		1.81	0.49	
Copper, Cu.....mg	0.037		0		1		0.115	0.031	
Manganese, Mn.....mg	0.020		0		4		0.062	0.017	
Selenium, Se.....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	
Choline, total.....mg	85.0		0	CAZN	4		265.2	72.3	
Betaine.....mg									
Vitamin B-12.....mcg	1.05		0		1		3.26	0.89	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	14		0	NC	4		44	12	
Retinol.....mcg	14		0	NR	4		44	12	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	47		0	NC	4		146	40	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.82		0	BFSN	4		2.57	0.70	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	84		0	T	4		262	71	
Vitamin K (phylloquinone).....mcg	0.1		0	BFSN	4		0.4	0.1	
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	

NDB No. 15017

Fish, cod, Atlantic, canned, solids and liquid

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.012		0		1		0.037	0.010	
15:0.....g									
16:0.....g	0.116		0		1		0.362	0.099	
17:0.....g									
18:0.....g	0.038		0		1		0.119	0.032	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.124		0		1		0.387	0.105	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.062	0.017	
17:1.....g									
18:1 undifferentiated.....g	0.078		0		1		0.243	0.066	
20:1.....g	0.019		0		1		0.059	0.016	
22:1 undifferentiated.....g	0.004		0		1		0.012	0.003	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.291		0		1		0.908	0.247	
18:2 undifferentiated.....g	0.006		0		1		0.019	0.005	
18:3 undifferentiated.....g	0.001		0		1		0.003	0.001	
18:4.....g	0.001		0		1		0.003	0.001	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.028		0		1		0.087	0.024	
20:5 n-3.....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:

NDB No. 15017

Fish, cod, Atlantic, canned, solids and liquid

Measure 1 = 312g: 1 can

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	75.92		0		1		136.66	64.53	
Energy.....kcal	105		0	NC	4		189	89	
Energy.....kj	440		0	NC	4		793	374	
Protein (N x 6.25).....g	22.83		0		1		41.09	19.41	
Total lipid (fat).....g	0.86		0		1		1.55	0.73	
Ash.....g	1.49		0		1		2.68	1.27	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14		2		1		25	12	
Iron, Fe.....mg	0.49		0		1		0.88	0.42	
Magnesium, Mg.....mg	42		2		1		76	36	
Phosphorus, P.....mg	138		2		1		248	117	
Potassium, K.....mg	244		2		1		439	207	
Sodium, Na.....mg	78		2		1		140	66	
Zinc, Zn.....mg	0.58		0		1		1.04	0.49	
Copper, Cu.....mg	0.036		0		1		0.065	0.031	
Manganese, Mn.....mg	0.020		0		4		0.036	0.017	
Selenium, Se.....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	
Choline, total.....mg	83.7		0	AS	1		150.6	71.1	
Betaine.....mg	9.7		1	A	1		17.4	8.2	
Vitamin B-12.....mcg	1.05		0		1		1.89	0.89	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	14		0	NC	4		25	12	
Retinol.....mcg	14		0	NR	4		25	12	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	47		0	NC	4		84	40	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.81		0	BFSN	4		1.47	0.69	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFSN	4		0.2	0.1	
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	

NDB No. 15016

Fish, cod, Atlantic, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0			1	0.000	0.000	
13:0.....g									
14:0.....g	0.012		0			1	0.022	0.010	
15:0.....g									
16:0.....g	0.117		0			1	0.211	0.099	
17:0.....g									
18:0.....g	0.038		0			1	0.068	0.032	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.124		0			1	0.223	0.105	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0			1	0.038	0.018	
17:1.....g									
18:1 undifferentiated.....g	0.078		0			1	0.140	0.066	
20:1.....g	0.019		0			1	0.034	0.016	
22:1 undifferentiated.....g	0.004		0			1	0.007	0.003	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.292		0			1	0.526	0.248	
18:2 undifferentiated.....g	0.006		0			1	0.011	0.005	
18:3 undifferentiated.....g	0.001		0			1	0.002	0.001	
18:4.....g	0.001		0			1	0.002	0.001	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.028		0			1	0.050	0.024	
20:5 n-3.....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	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:

NDB No. 15016

Fish, cod, Atlantic, cooked, dry heat

Measure 1 = 180g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Proximates:									
Water.....g	16.14		0		1		4.58	12.91	13.72
Energy.....kcal	290		0	NC	4		82	232	246
Energy.....kj	1212		0	NC	4		344	969	1030
Protein (N x 6.25).....g	62.82		0		1		17.81	50.26	53.40
Total lipid (fat).....g	2.37		0		1		0.67	1.90	2.01
Ash.....g	18.67		0		4		5.29	14.94	15.87
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	160		1		1		45	128	136
Iron, Fe.....mg	2.50		1		1		0.71	2.00	2.13
Magnesium, Mg.....mg	133		0		1		38	106	113
Phosphorus, P.....mg	950		1		1		269	760	808
Potassium, K.....mg	1458		0		1		413	1166	1239
Sodium, Na.....mg	7027		0		1		1992	5622	5973
Zinc, Zn.....mg	1.59		0		1		0.45	1.27	1.35
Copper, Cu.....mg	0.176		0		1		0.050	0.141	0.150
Manganese, Mn.....mg	0.050		0		4		0.014	0.040	0.043
Selenium, Se.....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
Choline, total.....mg	291.3		0	BFSN	4		82.6	233.1	247.6
Betaine.....mg									
Vitamin B-12.....mcg	10.00		1		1		2.84	8.00	8.50
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	42		0	NC	4		12	34	36
Retinol.....mcg	42		0	NR	4		12	34	36
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	140		0	NC	4		40	112	119
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	2.84		0	BFSN	4		0.80	2.27	2.41
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	BFSN	4		0.1	0.4	0.4
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

NDB No. 15018

Fish, cod, Atlantic, dried and salted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.032		0		1		0.009	0.026	0.027
15:0.....g									
16:0.....g	0.321		0		1		0.091	0.257	0.273
17:0.....g									
18:0.....g	0.106		0		1		0.030	0.085	0.090
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.342		0		1		0.097	0.274	0.291
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.056		0		1		0.016	0.045	0.048
17:1.....g									
18:1 undifferentiated.....g	0.215		0		1		0.061	0.172	0.183
20:1.....g	0.053		0		1		0.015	0.042	0.045
22:1 undifferentiated.....g	0.011		0		1		0.003	0.009	0.009
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.804		0		1		0.228	0.643	0.683
18:2 undifferentiated.....g	0.018		0		1		0.005	0.014	0.015
18:3 undifferentiated.....g	0.004		0		1		0.001	0.003	0.003
18:4.....g	0.004		0		1		0.001	0.003	0.003
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.078		0		1		0.022	0.062	0.066
20:5 n-3.....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	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:

NDB No. 15018

Fish, cod, Atlantic, dried and salted

Measure 1 = 28.35g: 1 oz

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

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.22	0.040	537		1		187.62	69.04	
Energy.....kcal	82		0	NC	4		190	70	
Energy.....kj	343		0	NC	4		793	292	
Protein (N x 6.25).....g	17.81	0.040	605		1		41.14	15.14	
Total lipid (fat).....g	0.67	0.007	293		1		1.55	0.57	
Ash.....g	1.16	0.013	165		1		2.68	0.99	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	16	1.489	101		1		37	14	
Iron, Fe.....mg	0.38	0.031	26		1		0.88	0.32	
Magnesium, Mg.....mg	32	1.273	30		1		74	27	
Phosphorus, P.....mg	203	3.657	75		1		469	173	
Potassium, K.....mg	413	11.091	49		1		954	351	
Sodium, Na.....mg	54	3.370	44		1		125	46	
Zinc, Zn.....mg	0.45	0.012	188		1		1.04	0.38	
Copper, Cu.....mg	0.028	0.001	136		1		0.065	0.024	
Manganese, Mn.....mg	0.015		0		1		0.035	0.013	
Selenium, Se.....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	
Choline, total.....mg	65.2		0	BFSN	4		150.7	55.5	
Betaine.....mg									
Vitamin B-12.....mcg	0.91	0.051	55		1		2.10	0.77	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	12		0	NC	4		28	10	
Retinol.....mcg	12		0	NR	4		28	10	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	40		0	NC	4		92	34	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.64		2		4		1.47	0.54	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		2		4		0.00	0.00	
Tocopherol, gamma.....mg	0.00		2		4		0.00	0.00	
Tocopherol, delta.....mg	0.00		2		4		0.00	0.00	
Vitamin D.....IU	44		0	T	4		102	37	
Vitamin K (phylloquinone).....mcg	0.1		1		1		0.2	0.1	
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	

NDB No. 15015
Fish, cod, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.009		25		1		0.021	0.008	
15:0.....g									
16:0.....g	0.091		26		1		0.210	0.077	
17:0.....g									
18:0.....g	0.030		26		1		0.069	0.026	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.094		0		1		0.217	0.080	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		26		1		0.037	0.014	
17:1.....g									
18:1 undifferentiated.....g	0.061		26		1		0.141	0.052	
20:1.....g	0.015		23		1		0.035	0.013	
22:1 undifferentiated.....g	0.003		19		1		0.007	0.003	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.231		0		1		0.534	0.196	
18:2 undifferentiated.....g	0.005		25		1		0.012	0.004	
18:3 undifferentiated.....g	0.001		19		1		0.002	0.001	
18:4.....g	0.001		22		1		0.002	0.001	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.022		23		1		0.051	0.019	
20:5 n-3.....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:

NDB No. 15015

Fish, cod, Atlantic, raw

Measure 1 = 231g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15192

Fish, cod, Pacific, cooked, dry heat

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

NDB No. 15192

Fish, cod, Pacific, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.28	0.058	237		1		94.28	69.09	
Energy.....kcal	82		0	NC	4		95	70	
Energy.....kj	343		0		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	0.00		0	Z	7		0.00	0.00	
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	
Choline, total.....mg	65.0		0	CAZN	4		75.4	55.3	
Betaine.....mg									
Vitamin B-12.....mcg	0.90		0		4		1.04	0.77	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	8		0	NC	4		9	7	
Retinol.....mcg	8		0	NR	4		9	7	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	27		0	NC	4		31	23	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.64		0	BFZN	4		0.74	0.54	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFZN	4		0.1	0.1	
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	

NDB No. 15019
Fish, cod, Pacific, raw

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

NDB No. 15019

Fish, cod, Pacific, raw

Measure 1 = 116g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15021

Fish, croaker, Atlantic, cooked, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.088		0		1		0.077	0.075	
15:0.....g									
16:0.....g	2.194		0		1		1.909	1.865	
17:0.....g									
18:0.....g	1.193		0		1		1.038	1.014	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.320		0		1		4.628	4.522	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.444		0		1		0.386	0.377	
17:1.....g									
18:1 undifferentiated.....g	4.789		0		1		4.166	4.071	
20:1.....g	0.079		0		1		0.069	0.067	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.917		0		1		2.538	2.479	
18:2 undifferentiated.....g	2.376		0		1		2.067	2.020	
18:3 undifferentiated.....g	0.157		0		1		0.137	0.133	
18:4.....g	0.010		0		1		0.009	0.009	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.089		0		1		0.077	0.076	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15021

Fish, croaker, Atlantic, cooked, breaded and fried

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv	Source	Measure 1	Measure 2	Measure 3
				Code	Code			
Proximates:								
Water.....g	78.03	0.594	7		1	61.64	66.33	
Energy.....kcal	104		0	NC	4	82	88	
Energy.....kj	435		0		4	344	370	
Protein (N x 6.25).....g	17.78	0.301	7		1	14.05	15.11	
Total lipid (fat).....g	3.17	0.529	8		1	2.50	2.69	
Ash.....g	1.11	0.113	7		1	0.88	0.94	
Carbohydrate, by difference.....g	0.00		0	Z	7	0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7	0.0	0.0	
Sugars, total.....g	0.00		0	Z	7	0.00	0.00	
Starch.....g								
Minerals:								
Calcium, Ca.....mg	15		1		1	12	13	
Iron, Fe.....mg	0.37		1		1	0.29	0.31	
Magnesium, Mg.....mg	40		1		1	32	34	
Phosphorus, P.....mg	210		1		1	166	179	
Potassium, K.....mg	345		1		1	273	293	
Sodium, Na.....mg	56		1		1	44	48	
Zinc, Zn.....mg	0.42	0.009	91		1	0.33	0.36	
Copper, Cu.....mg	0.042	0.002	92		1	0.033	0.036	
Manganese, Mn.....mg	0.025		1		1	0.020	0.021	
Selenium, Se.....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	
Choline, total.....mg	65.0		0	CAZN	4	51.4	55.3	
Betaine.....mg								
Vitamin B-12.....mcg	2.50		0		4	1.98	2.13	
Vitamin B-12, added.....mcg	0.00		0	Z	7	0.00	0.00	
Vitamin A, RAE.....mcg_RAE	18		0	NC	4	14	15	
Retinol.....mcg	18		0	NR	4	14	15	
Carotene, beta.....mcg	0		0	Z	7	0	0	
Carotene, alpha.....mcg	0		0	Z	7	0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7	0	0	
Vitamin A, IU.....IU	60		0	NC	4	47	51	
Lycopene.....mcg	0		0	Z	7	0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7	0	0	
Vitamin E (alpha-tocopherol).....mg	1.00		0	NR	4	0.79	0.85	
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg	0.1		0	T	4	0.1	0.1	
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	

NDB No. 15020
Fish, croaker, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.049		1		1		0.039	0.042	
15:0.....g									
16:0.....g	0.836		1		1		0.660	0.711	
17:0.....g									
18:0.....g	0.203		1		1		0.160	0.173	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.149		0		1		0.908	0.977	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.464		1		1		0.367	0.394	
17:1.....g									
18:1 undifferentiated.....g	0.593		1		1		0.468	0.504	
20:1.....g	0.086		1		1		0.068	0.073	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.464		0		1		0.367	0.394	
18:2 undifferentiated.....g	0.046		1		1		0.036	0.039	
18:3 undifferentiated.....g	0.009		1		1		0.007	0.008	
18:4.....g	0.011		1		1		0.009	0.009	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.092		1		1		0.073	0.078	
20:5 n-3.....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	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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Common Measures:

NDB No. 15020

Fish, croaker, Atlantic, raw

Measure 1 = 79g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.20		0		1		1.14	1.02	
Vitamin A, RAE.....mcg_RAE	21		0		1		20	18	
Retinol.....mcg	21		0		1		20	18	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	69		0		1		66	59	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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:									

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

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

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Common Measures:

Measure 1 = 95g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.35	0.662	25		1		93.15	64.90	
Energy.....kcal	87		0	NC	4		106	74	
Energy.....kj	364				4		444	309	
Protein (N x 6.25).....g	18.99	0.383	12		1		23.17	16.14	
Total lipid (fat).....g	0.69	0.106	4		1		0.84	0.59	
Ash.....g	1.25	0.133	6		1		1.53	1.06	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10	5.029	23		1		12	9	
Iron, Fe.....mg	0.83		0		4		1.01	0.71	
Magnesium, Mg.....mg	31	2.018	19		1		38	26	
Phosphorus, P.....mg	204	17.349	6		1		249	173	
Potassium, K.....mg	392	14.022	22		1		478	333	
Sodium, Na.....mg	31	5.357	20		1		38	26	
Zinc, Zn.....mg	0.38	0.010	76		1		0.46	0.32	
Copper, Cu.....mg	0.018	0.001	74		1		0.022	0.015	
Manganese, Mn.....mg	0.015		0		1		0.018	0.013	
Selenium, Se.....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	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.04	0.125	7		1		1.27	0.89	
Vitamin A, RAE.....mcg_RAE	18		0		4		22	15	
Retinol.....mcg	18		0		4		22	15	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	60		0		4		73	51	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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:									

NDB No. 15022

Fish, cusk, raw

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

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Common Measures:

Measure 1 = 122g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15194

Fish, dolphinfish, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.018		0		1		0.029	0.015	
15:0.....g									
16:0.....g	0.154		0		1		0.245	0.131	
17:0.....g									
18:0.....g	0.059		0		1		0.094	0.050	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.155		0		1		0.246	0.132	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.029		0		1		0.046	0.025	
17:1.....g									
18:1 undifferentiated.....g	0.110		0		1		0.175	0.094	
20:1.....g	0.004		0		1		0.006	0.003	
22:1 undifferentiated.....g	0.012		0		1		0.019	0.010	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.211		0		1		0.335	0.179	
18:2 undifferentiated.....g	0.046		0		1		0.073	0.039	
18:3 undifferentiated.....g	0.006		0		1		0.010	0.005	
18:4.....g	0.006		0		1		0.010	0.005	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0		1		0.005	0.003	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15194

Fish, dolphinfish, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15023
Fish, dolphinfish, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.014	0.007	3		1		0.029	0.012	
15:0.....g									
16:0.....g	0.120	0.022	3		1		0.245	0.102	
17:0.....g									
18:0.....g	0.046	0.006	3		1		0.094	0.039	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.121		0		1		0.247	0.103	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023	0.015	3		1		0.047	0.020	
17:1.....g									
18:1 undifferentiated.....g	0.086	0.013	3		1		0.175	0.073	
20:1.....g	0.003		2		1		0.006	0.003	
22:1 undifferentiated.....g	0.009		2		1		0.018	0.008	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.165		0		1		0.337	0.140	
18:2 undifferentiated.....g	0.036	0.018	3		1		0.073	0.031	
18:3 undifferentiated.....g	0.005		1		1		0.010	0.004	
18:4.....g	0.005		1		1		0.010	0.004	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		1		1		0.004	0.002	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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

NDB No. 15023

Fish, dolphinfish, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15195

Fish, drum, freshwater, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.135		0		1		0.208	0.115	
15:0.....g									
16:0.....g	1.118		0		1		1.722	0.950	
17:0.....g									
18:0.....g	0.182		0		1		0.280	0.155	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.807		0		1		4.323	2.386	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.014		0		1		1.562	0.862	
17:1.....g									
18:1 undifferentiated.....g	1.537		0		1		2.367	1.306	
20:1.....g	0.104		0		1		0.160	0.088	
22:1 undifferentiated.....g	0.153		0		1		0.236	0.130	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.479		0		1		2.278	1.257	
18:2 undifferentiated.....g	0.199		0		1		0.306	0.169	
18:3 undifferentiated.....g	0.146		0		1		0.225	0.124	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.287		0		1		0.442	0.244	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15195

Fish, drum, freshwater, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15024
Fish, drum, freshwater, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.105	0.008	7		1		0.208	0.089	
15:0.....g									
16:0.....g	0.872	0.042	7		1		1.727	0.741	
17:0.....g									
18:0.....g	0.142	0.013	7		1		0.281	0.121	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.190		0		1		4.336	1.862	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.791	0.062	7		1		1.566	0.672	
17:1.....g									
18:1 undifferentiated.....g	1.199	0.101	7		1		2.374	1.019	
20:1.....g	0.081	0.028	7		1		0.160	0.069	
22:1 undifferentiated.....g	0.119		1		1		0.236	0.101	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.154		0		1		2.285	0.981	
18:2 undifferentiated.....g	0.155	0.022	7		1		0.307	0.132	
18:3 undifferentiated.....g	0.114	0.041	6		1		0.226	0.097	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.224	0.059	6		1		0.444	0.190	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									

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Common Measures:

Measure 1 = 198g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 15024
Fish, drum, freshwater, raw

Food Group: 15 Finfish and Shellfish Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15026

Fish, eel, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.740		0		1		0.210	0.163	0.126
15:0.....g									
16:0.....g	2.032		0		1		0.576	0.447	0.345
17:0.....g									
18:0.....g	0.245		0		1		0.069	0.054	0.042
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.218		0		1		2.613	2.028	1.567
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.609		0		1		0.456	0.354	0.274
17:1.....g									
18:1 undifferentiated.....g	3.554		0		1		1.008	0.782	0.604
20:1.....g	3.846		0		1		1.090	0.846	0.654
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.214		0		1		0.344	0.267	0.206
18:2 undifferentiated.....g	0.251		0		1		0.071	0.055	0.043
18:3 undifferentiated.....g	0.554		0		1		0.157	0.122	0.094
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.122		0		1		0.035	0.027	0.021
20:5 n-3.....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									

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Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

NDB No. 15026

Fish, eel, mixed species, cooked, dry heat

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

Measure 3 = 17g: 1 cubic inch, boneless

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	68.26		12		1		139.25	58.02	
Energy.....kcal	184		0	NC	4		375	156	
Energy.....kj	770		0		4		1571	654	
Protein (N x 6.25).....g	18.44		12		1		37.62	15.67	
Total lipid (fat).....g	11.66	0.885	14		1		23.79	9.91	
Ash.....g	1.41		11		1		2.88	1.20	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20		1		1		41	17	
Iron, Fe.....mg	0.50		1		1		1.02	0.43	
Magnesium, Mg.....mg	20		0		4		41	17	
Phosphorus, P.....mg	216		2		1		441	184	
Potassium, K.....mg	272		5		1		555	231	
Sodium, Na.....mg	51		4		1		104	43	
Zinc, Zn.....mg	1.62	0.076	40		1		3.30	1.38	
Copper, Cu.....mg	0.023	0.002	30		1		0.047	0.020	
Manganese, Mn.....mg	0.035		0		1		0.071	0.030	
Selenium, Se.....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	
Choline, total.....mg	65.0		0	CAZN	4		132.6	55.3	
Betaine.....mg									
Vitamin B-12.....mcg	3.00		1		1		6.12	2.55	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1043		0	NC	4		2128	887	
Retinol.....mcg	1043		0	NR	4		2128	887	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	3477		0	NC	4		7092	2955	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	4.00		0	NR	4		8.16	3.40	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	T	4		0.0	0.0	
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	

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.580		2		1		1.183	0.493	
15:0.....g									
16:0.....g	1.585		2		1		3.233	1.347	
17:0.....g									
18:0.....g	0.191		2		1		0.390	0.162	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.190		0		1		14.668	6.112	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.255		2		1		2.560	1.067	
17:1.....g									
18:1 undifferentiated.....g	2.772		2		1		5.655	2.356	
20:1.....g	3.000		1		1		6.120	2.550	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.947		0		1		1.932	0.805	
18:2 undifferentiated.....g	0.196		2		1		0.400	0.167	
18:3 undifferentiated.....g	0.432		1		1		0.881	0.367	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.095		2		1		0.194	0.081	
20:5 n-3.....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	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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Common Measures:

NDB No. 15025

Fish, eel, mixed species, raw

Measure 1 = 204g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15027

Fish, fish portions and sticks, frozen, preheated

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	53.08	0.318	3	A	1		30.25	14.86	
Energy.....kcal	249		0	NC	4		142	70	
Energy.....kj	1041		0	NC	4		594	292	
Protein (N x 6.1).....g	11.04	0.107	3	A	1		6.29	3.09	
Total lipid (fat).....g	13.25	0.228	3	A	1		7.55	3.71	
Ash.....g	1.46	0.049	3	A	1		0.83	0.41	
Carbohydrate, by difference.....g	21.18		0	NC	4		12.07	5.93	
Fiber, total dietary.....g	1.4	0.099	3	A	1		0.8	0.4	
Sugars, total.....g	2.50	0.298	3	A	1		1.42	0.70	
Sucrose.....g	0.59	0.193	3	A	1		0.34	0.17	
Glucose (dextrose).....g	0.27	0.131	3	A	1		0.16	0.08	
Fructose.....g	0.27	0.015	3	A	1		0.15	0.08	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	1.23	0.090	3	A	1		0.70	0.34	
Galactose.....g	0.13	0.028	3	A	1		0.07	0.04	
Starch.....g	18.90	0.351	3	A	1		10.77	5.29	
Minerals:									
Calcium, Ca.....mg	26	3.159	15	A	1		15	7	
Iron, Fe.....mg	1.01	0.099	15	A	1		0.58	0.28	
Magnesium, Mg.....mg	28	1.122	15	A	1		16	8	
Phosphorus, P.....mg	182	4.033	15	A	1		104	51	
Potassium, K.....mg	216	5.783	15	A	1		123	61	
Sodium, Na.....mg	421	12.268	15	A	1		240	118	
Zinc, Zn.....mg	0.48	0.015	15	A	1		0.27	0.13	
Copper, Cu.....mg	0.062	0.004	15	A	1		0.035	0.017	
Manganese, Mn.....mg	0.212	0.015	15	A	1		0.121	0.059	
Selenium, Se.....mcg	16.5	0.792	15	A	1		9.4	4.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.150	0.078	3	A	1		0.085	0.042	
Riboflavin.....mg	0.117	0.026	3	A	1		0.066	0.033	
Niacin.....mg	1.600	0.600	3	A	1		0.912	0.448	
Pantothenic acid.....mg	0.423	0.124	3	A	1		0.241	0.119	
Vitamin B-6.....mg	0.053	0.013	3	A	1		0.030	0.015	
Folate, total.....mcg	32	9.351	3	A	1		18	9	
Folic acid.....mcg	24	9.684	3	A	1		13	7	
Folate, food.....mcg	9		0	AS	1		5	2	
Folate, DFE.....mcg_DFE	49		0	NC	4		28	14	
Choline, total.....mg	35.7	2.035	5	AS	1		20.3	10.0	
Betaine.....mg	44.7	7.982	5	A	1		25.5	12.5	
Vitamin B-12.....mcg	1.30	0.058	3	A	1		0.74	0.36	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	31		0	RA	4		18	9	
Retinol.....mcg	31		0	RA	4		18	9	
Carotene, beta.....mcg	2		0	RA	4		1	0	
Carotene, alpha.....mcg	0		0	RA	4		0	0	
Cryptoxanthin, beta.....mcg	1		0	RA	4		1	0	
Vitamin A, IU.....IU	108		0	RA	4		62	30	
Lycopene.....mcg	0		0	RA	4		0	0	
Lutein + zeaxanthin.....mcg	43		0	RA	4		24	12	
Vitamin E (alpha-tocopherol).....mg	1.15	0.308	3	A	1		0.66	0.32	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.05	0.013	3	A	1		0.03	0.01	
Tocopherol, gamma.....mg	4.27	0.469	3	A	1		2.43	1.20	
Tocopherol, delta.....mg	1.33	0.540	3	A	1		0.76	0.37	
Vitamin D.....IU	7		0	RA	4		4	2	
Vitamin K (phylloquinone).....mcg	10.7	2.269	3	A	1		6.1	3.0	

Fish, fish portions and sticks, frozen, preheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	2.758		0	NC	4		1.572	0.772	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	
14:0.....g	0.031		2	A	1		0.018	0.009	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	1.876	0.204	3	A	1		1.069	0.525	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.769	0.078	3	A	1		0.438	0.215	
20:0.....g	0.059	0.008	3	A	1		0.034	0.017	
22:0.....g	0.034	0.017	3	A	1		0.019	0.009	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	4.210		0	NC	4		2.400	1.179	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.025	0.000	3	A	1		0.014	0.007	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	4.151		0	AS	1		2.366	1.162	
18:1 c.....g	3.296	0.719	3	A	1		1.879	0.923	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.855	0.430	3	A	1		0.487	0.239	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.034	0.005	3	A	1		0.019	0.010	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	5.701		0	NC	4		3.249	1.596	
18:2 undifferentiated.....g	4.986	0.709	3	A	1		2.842	1.396	
18:3 undifferentiated.....g	0.313		0	AS	1		0.178	0.088	
18:3 n-3 c,c,c.....g	0.313	0.031	3	A	1		0.178	0.088	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.150	0.076	3	A	1		0.086	0.042	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.006		0	RA	4		0.004	0.002	
22:6 n-3.....g	0.252	0.064	3	A	1		0.144	0.070	
Fatty acids, total trans.....g	0.855		0	NC	4		0.487	0.239	
Fatty acids, total trans-monoenoic.....g	0.855		0	NC	4		0.487	0.239	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	32	0.709	3	A	1		18	9	
Phytosterols.....mg	3		0	RA	4		1	1	
Amino Acids:									
Tryptophan.....g	0.169		0	RA	4		0.096	0.047	
Threonine.....g	0.587		0	RA	4		0.334	0.164	
Isoleucine.....g	0.648		0	RA	4		0.370	0.182	
Leucine.....g	1.143		0	RA	4		0.652	0.320	
Lysine.....g	1.070		0	RA	4		0.610	0.300	
Methionine.....g	0.377		0	RA	4		0.215	0.106	
Cystine.....g	0.198		0	RA	4		0.113	0.055	
Phenylalanine.....g	0.612		0	RA	4		0.349	0.171	
Tyrosine.....g	0.477		0	RA	4		0.272	0.133	

NDB No. 15027

Fish, fish portions and sticks, frozen, preheated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine.....g	0.723		0	RA	4		0.412	0.202	
Arginine.....g	0.784		0	RA	4		0.447	0.220	
Histidine.....g	0.396		0	RA	4		0.226	0.111	
Alanine.....g	0.770		0	RA	4		0.439	0.215	
Aspartic acid.....g	1.290		0	RA	4		0.735	0.361	
Glutamic acid.....g	2.867		0	RA	4		1.634	0.803	
Glycine.....g	0.644		0	RA	4		0.367	0.180	
Proline.....g	0.816		0	RA	4		0.465	0.228	
Serine.....g	0.630		0	RA	4		0.359	0.176	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	

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

Common Measures:

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

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

Calories Factors: Protein 4.2

Fat 8.94

Carbohydrate 3.97

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15029

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.16		0		1		92.91	62.19	
Energy.....kcal	117		0	NC	4		149	99	
Energy.....kj	490		0		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	0.00		0	Z	7		0.00	0.00	
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	
Choline, total.....mg	81.0		0	CAZN	4		102.9	68.9	
Betaine.....mg									
Vitamin B-12.....mcg	2.51	0.372	11		1		3.19	2.13	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	13		0	NC	4		16	11	
Retinol.....mcg	13		0	BFSN	4		16	11	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	43		0	NC	4		54	36	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.66		0	BFSN	4		0.84	0.56	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFSN	4		0.2	0.1	
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	

NDB No. 15029

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.276		0			4	0.351	0.235	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.067	7.200	11			1	0.085	0.057	
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	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:

NDB No. 15029

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

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 National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15028

Fish, flatfish (flounder and sole species), raw

Bothidae and Pleuronectidae

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	79.06	0.438	623		1		22.41	128.87	67.20
Energy.....kcal	91		0	NC	4		26	148	77
Energy.....kj	381		0		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	0.00		0	Z	7		0.00	0.00	0.00
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
Choline, total.....mg	65.0		0	CAZN	4		18.4	106.0	55.3
Betaine.....mg									
Vitamin B-12.....mcg	1.52		13		1		0.43	2.48	1.29
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	10		0	NC	4		3	16	9
Retinol.....mcg	10		0	NR	4		3	16	9
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	33		0	NC	4		9	54	28
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.51	0.037	7	A	1		0.15	0.84	0.44
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Vitamin D.....IU	60		0	T	4		17	98	51
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.0	0.2	0.1
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

Fish, flatfish (flounder and sole species), raw

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

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Common Measures:

NDB No. 15028

Fish, flatfish (flounder and sole species), raw

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 National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15030

Fish, gefiltefish, commercial, sweet recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.056		2		1		0.024		
15:0.....g									
16:0.....g	0.300		2		1		0.126		
17:0.....g									
18:0.....g	0.056		2		1		0.024		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.824		0		1		0.346		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.257		2		1		0.108		
17:1.....g									
18:1 undifferentiated.....g	0.407		2		1		0.171		
20:1.....g	0.109		2		1		0.046		
22:1 undifferentiated.....g	0.051		2		1		0.021		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.285		0		1		0.120		
18:2 undifferentiated.....g	0.116		2		1		0.049		
18:3 undifferentiated.....g									
18:4.....g	0.022		2		1		0.009		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									

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Common Measures:

Measure 1 = 42g: 1 piece

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate4

NDB No. 15030

Fish, gefiltefish, commercial, sweet recipe

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15032

Fish, grouper, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.025		2		1		0.051	0.021	
15:0.....g									
16:0.....g	0.140		2		1		0.283	0.119	
17:0.....g									
18:0.....g	0.059		2		1		0.119	0.050	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.268		0		1		0.541	0.228	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		2		1		0.053	0.022	
17:1.....g									
18:1 undifferentiated.....g	0.086		2		1		0.174	0.073	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.403		0		1		0.814	0.343	
18:2 undifferentiated.....g	0.018		2		1		0.036	0.015	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.057		2		1		0.115	0.048	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									

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Common Measures:

Measure 1 = 202g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 15032

Fish, grouper, mixed species, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15031

Fish, grouper, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.012		2		1		0.031	0.010	
15:0.....g									
16:0.....g	0.169		2		1		0.438	0.144	
17:0.....g									
18:0.....g	0.049		2		1		0.127	0.042	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.202		0		1		0.523	0.172	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.027		2		1		0.070	0.023	
17:1.....g									
18:1 undifferentiated.....g	0.145		2		1		0.376	0.123	
20:1.....g	0.029		1		1		0.075	0.025	
22:1 undifferentiated.....g	0.007		1		1		0.018	0.006	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.321		0		1		0.831	0.273	
18:2 undifferentiated.....g	0.012		2		1		0.031	0.010	
18:3 undifferentiated.....g	0.010		1		1		0.026	0.009	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		2		1		0.085	0.028	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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Common Measures:

Measure 1 = 259g: 1 fillet

NDB No. 15031

Fish, grouper, mixed species, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15034

Fish, haddock, cooked, dry heat

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

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Common Measures:

Measure 1 = 150g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

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

Food Group: 15 Finfish and Shellfish Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15033

Fish, haddock, raw

Melanogrammus aeglefinus (L.)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	79.92	0.125	104		1		154.25	67.93	
Energy.....kcal	87		0	NC	4		168	74	
Energy.....kj	364		0		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	0.00		0	Z	7		0.00	0.00	
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	
Choline, total.....mg	65.0		0	CAZN	4		125.5	55.3	
Betaine.....mg									
Vitamin B-12.....mcg	1.20	0.072	50		1		2.32	1.02	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	17		0	NC	4		33	14	
Retinol.....mcg	17		0	NR	4		33	14	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	57		0	NC	4		109	48	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.39		0	NR	4		0.75	0.33	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.2	0.1	
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	

NDB No. 15033
Fish, haddock, raw

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

NDB No. 15033

Fish, haddock, raw

Measure 1 = 193g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15035
Fish, haddock, smoked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.48		0		1		20.26	12.15	60.76
Energy.....kcal	116		0	NC	4		33	20	99
Energy.....kj	485		0		4		138	83	413
Protein (N x 6.25).....g	25.23		0		1		7.15	4.29	21.45
Total lipid (fat).....g	0.96		0		1		0.27	0.16	0.82
Ash.....g	1.62		0		1		0.46	0.28	1.38
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	49		0		1		14	8	42
Iron, Fe.....mg	1.40		0		1		0.40	0.24	1.19
Magnesium, Mg.....mg	54		0		1		15	9	46
Phosphorus, P.....mg	251		0		1		71	43	213
Potassium, K.....mg	415		0		1		118	71	353
Sodium, Na.....mg	763		0		1		216	130	649
Zinc, Zn.....mg	0.50		0		1		0.14	0.09	0.43
Copper, Cu.....mg	0.042		0		1		0.012	0.007	0.036
Manganese, Mn.....mg	0.030		0		4		0.009	0.005	0.026
Selenium, Se.....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
Choline, total.....mg	95.0		0	CAZN	4		26.9	16.2	80.8
Betaine.....mg									
Vitamin B-12.....mcg	1.60		0		1		0.45	0.27	1.36
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	22		0	NC	4		6	4	19
Retinol.....mcg	22		0	NR	4		6	4	19
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	73		0	NC	4		21	12	62
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.55		0	BFSN	4		0.16	0.09	0.47
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFSN	4		0.0	0.0	0.1
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

NDB No. 15035
Fish, haddock, smoked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.011		0		1		0.003	0.002	0.009
15:0.....g									
16:0.....g	0.117		0		1		0.033	0.020	0.099
17:0.....g									
18:0.....g	0.044		0		1		0.012	0.007	0.037
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.157		0		1		0.045	0.027	0.133
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0		1		0.007	0.004	0.020
17:1.....g									
18:1 undifferentiated.....g	0.089		0		1		0.025	0.015	0.076
20:1.....g	0.013		0		1		0.004	0.002	0.011
22:1 undifferentiated.....g	0.031		0		1		0.009	0.005	0.026
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.321		0		1		0.091	0.055	0.273
18:2 undifferentiated.....g	0.012		0		1		0.003	0.002	0.010
18:3 undifferentiated.....g	0.003		0		1		0.001	0.001	0.003
18:4.....g	0.004		0		1		0.001	0.001	0.003
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.031		0		1		0.009	0.005	0.026
20:5 n-3.....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	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:

NDB No. 15035

Fish, haddock, smoked

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 17g: 1 cubic inch, boneless

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15037

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

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

NDB No. 15037

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15036

Fish, halibut, Atlantic and Pacific, raw

Hippoglossus hippoglossus (L.) and *H. stenolepis* Schmidt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	77.92	0.146	124		1		158.96	66.23	
Energy.....kcal	110		0	NC	4		224	94	
Energy.....kj	460		0		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	0.00		0	Z	7		0.00	0.00	
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	
Choline, total.....mg	61.8		3	A	1		126.1	52.5	
Betaine.....mg									
Vitamin B-12.....mcg	1.18	0.103	8		1		2.42	1.01	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	47		0	NC	4		96	40	
Retinol.....mcg	47		0	NR	4		96	40	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	157		0	NC	4		320	133	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.85		0	NR	4		1.73	0.72	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.2	0.1	
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	

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

NDB No. 15036

Fish, halibut, Atlantic and Pacific, raw

Measure 1 = 204g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15038

Fish, halibut, Greenland, raw

Reinhardtius hippoglossoides (Walbaum)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	70.27	1.361	19		1		143.35	59.73	
Energy.....kcal	186		0	NC	4		379	158	
Energy.....kj	778		0		4		1588	661	
Protein (N x 6.25).....g	14.37	1.004	3		1		29.31	12.21	
Total lipid (fat).....g	13.84	0.773	22		1		28.23	11.76	
Ash.....g	1.00	0.058	3		1		2.04	0.85	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		1		1		6	3	
Iron, Fe.....mg	0.66		0		4		1.35	0.56	
Magnesium, Mg.....mg	26		0		4		53	22	
Phosphorus, P.....mg	164		1		1		335	139	
Potassium, K.....mg	268		1		1		547	228	
Sodium, Na.....mg	80		1		1		163	68	
Zinc, Zn.....mg	0.40		0		4		0.82	0.34	
Copper, Cu.....mg	0.030		0		4		0.061	0.026	
Manganese, Mn.....mg	0.012		0		4		0.024	0.010	
Selenium, Se.....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	
Choline, total.....mg	61.8		0	BFZN	4		126.1	52.5	
Betaine.....mg									
Vitamin B-12.....mcg	1.00		1		1		2.04	0.85	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	17		0	NC	4		35	14	
Retinol.....mcg	17		0	NR	4		35	14	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	57		0	NC	4		116	48	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.85		0	NR	4		1.73	0.72	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	600		0	T	4		1224	510	
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.2	0.1	
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	

NDB No. 15038
Fish, halibut, Greenland, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.008		2		1		0.016	0.007	
13:0.....g									
14:0.....g	0.754	0.029	3		1		1.538	0.641	
15:0.....g									
16:0.....g	1.440	0.052	3		1		2.938	1.224	
17:0.....g									
18:0.....g	0.193		2		1		0.394	0.164	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.378		0		1		17.091	7.121	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.763	0.243	3		1		3.597	1.499	
17:1.....g									
18:1 undifferentiated.....g	2.393	0.489	3		1		4.882	2.034	
20:1.....g	2.237	0.073	3		1		4.563	1.901	
22:1 undifferentiated.....g	1.968	0.296	3		1		4.015	1.673	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.367		0		1		2.789	1.162	
18:2 undifferentiated.....g	0.123		2		1		0.251	0.105	
18:3 undifferentiated.....g	0.043		2		1		0.088	0.037	
18:4.....g	0.132		2		1		0.269	0.112	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.061		2		1		0.124	0.052	
20:5 n-3.....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:

NDB No. 15038

Fish, halibut, Greenland, raw

Measure 1 = 204g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15196

Fish, halibut, greenland, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.967		0		1		1.538	0.822	
15:0.....g									
16:0.....g	1.846		0		1		2.935	1.569	
17:0.....g									
18:0.....g	0.247		0		1		0.393	0.210	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.742		0		1		17.080	9.131	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.261		0		1		3.595	1.922	
17:1.....g									
18:1 undifferentiated.....g	3.068		0		1		4.878	2.608	
20:1.....g	2.868		0		1		4.560	2.438	
22:1 undifferentiated.....g	2.523		0		1		4.012	2.145	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.753		0		1		2.787	1.490	
18:2 undifferentiated.....g	0.158		0		1		0.251	0.134	
18:3 undifferentiated.....g	0.055		0		1		0.087	0.047	
18:4.....g	0.169		0		1		0.269	0.144	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.078		0		1		0.124	0.066	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15196

Fish, halibut, greenland, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15040

Fish, herring, Atlantic, cooked, dry heat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.16		0		4		91.75	54.54	
Energy.....kcal	203		0		4		290	173	
Energy.....kj	849		0		4		1215	722	
Protein (N x 6.25).....g	23.03		0		4		32.93	19.58	
Total lipid (fat).....g	11.59		0		4		16.57	9.85	
Ash.....g	1.87		0		1		2.67	1.59	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	74		0		4		106	63	
Iron, Fe.....mg	1.41		0		4		2.02	1.20	
Magnesium, Mg.....mg	41		0		4		59	35	
Phosphorus, P.....mg	303		0		4		433	258	
Potassium, K.....mg	419		0		4		599	356	
Sodium, Na.....mg	115		0		4		164	98	
Zinc, Zn.....mg	1.27		0		4		1.82	1.08	
Copper, Cu.....mg	0.118		0		4		0.169	0.100	
Manganese, Mn.....mg	0.040		0		4		0.057	0.034	
Selenium, Se.....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	
Choline, total.....mg	81.0		0	CAZN	4		115.8	68.9	
Betaine.....mg									
Vitamin B-12.....mcg	13.14		0		4		18.79	11.17	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	36		0	NC	4		51	31	
Retinol.....mcg	36		0	BFSN	4		51	31	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	120		0	NC	4		171	102	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.37		0	BFSN	4		1.96	1.17	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFSN	4		0.2	0.1	
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	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.015		0		1		0.021	0.013	
13:0.....g									
14:0.....g	0.710		0		1		1.015	0.604	
15:0.....g									
16:0.....g	1.735		0		1		2.481	1.475	
17:0.....g									
18:0.....g	0.140		0		1		0.200	0.119	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.790		0		4		6.850	4.072	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.797		0		1		1.140	0.677	
17:1.....g									
18:1 undifferentiated.....g	1.944		0		1		2.780	1.652	
20:1.....g	0.924		0		1		1.321	0.785	
22:1 undifferentiated.....g	1.077		0		1		1.540	0.915	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.735		0		4		3.911	2.325	
18:2 undifferentiated.....g	0.167		0		1		0.239	0.142	
18:3 undifferentiated.....g	0.132		0		1		0.189	0.112	
18:4.....g	0.274		0		1		0.392	0.233	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.077		0		1		0.110	0.065	
20:5 n-3.....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	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:

NDB No. 15040

Fish, herring, Atlantic, cooked, dry heat

Measure 1 = 143g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15042
Fish, herring, Atlantic, kippered

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	59.70		0		1		16.92	10.15	38.81
Energy.....kcal	217		0	NC	4		62	37	141
Energy.....kj	908		0		4		257	154	590
Protein (N x 6.25).....g	24.58		0		1		6.97	4.18	15.98
Total lipid (fat).....g	12.37		0		1		3.51	2.10	8.04
Ash.....g	1.94		0		1		0.55	0.33	1.26
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	84		0		1		24	14	55
Iron, Fe.....mg	1.51		0		1		0.43	0.26	0.98
Magnesium, Mg.....mg	46		0		1		13	8	30
Phosphorus, P.....mg	325		0		1		92	55	211
Potassium, K.....mg	447		0		1		127	76	291
Sodium, Na.....mg	918		0		1		260	156	597
Zinc, Zn.....mg	1.36		0		1		0.39	0.23	0.88
Copper, Cu.....mg	0.135		0		1		0.038	0.023	0.088
Manganese, Mn.....mg	0.050		0		4		0.014	0.009	0.033
Selenium, Se.....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
Choline, total.....mg	95.0		0	CAZN	4		26.9	16.2	61.8
Betaine.....mg									
Vitamin B-12.....mcg	18.70		0		1		5.30	3.18	12.16
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	40		0	NC	4		11	7	26
Retinol.....mcg	40		0	BFSN	4		11	7	26
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	135		0	NC	4		38	23	87
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.54		0	BFSN	4		0.44	0.26	1.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	120		0	T	4		34	20	78
Vitamin K (phylloquinone).....mcg	0.1		0	BFSN	4		0.0	0.0	0.1
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

NDB No. 15042
Fish, herring, Atlantic, kippered

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.016		0		1		0.005	0.003	0.010
13:0.....g									
14:0.....g	0.758		0		1		0.215	0.129	0.493
15:0.....g									
16:0.....g	1.851		0		1		0.525	0.315	1.203
17:0.....g									
18:0.....g	0.149		0		1		0.042	0.025	0.097
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.112		0		1		1.449	0.869	3.323
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.851		0		1		0.241	0.145	0.553
17:1.....g									
18:1 undifferentiated.....g	2.074		0		1		0.588	0.353	1.348
20:1.....g	0.986		0		1		0.280	0.168	0.641
22:1 undifferentiated.....g	1.149		0		1		0.326	0.195	0.747
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.919		0		1		0.828	0.496	1.897
18:2 undifferentiated.....g	0.178		0		1		0.050	0.030	0.116
18:3 undifferentiated.....g	0.141		0		1		0.040	0.024	0.092
18:4.....g	0.293		0		1		0.083	0.050	0.190
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.082		0		1		0.023	0.014	0.053
20:5 n-3.....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:

NDB No. 15042

Fish, herring, Atlantic, kippered

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 17g: 1 cubic inch, boneless

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15041
Fish, herring, Atlantic, pickled

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	55.22		2		1		77.31	15.65	11.04
Energy.....kcal	262		0	NC	4		367	74	52
Energy.....kj	1096		0		4		1535	311	219
Protein (N x 6.25).....g	14.19		2		1		19.87	4.02	2.84
Total lipid (fat).....g	18.00		2		1		25.20	5.10	3.60
Ash.....g	2.95		2		1		4.13	0.84	0.59
Carbohydrate, by difference.....g	9.64		0	NC	4		13.50	2.73	1.93
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	7.71		0	O	4		10.79	2.19	1.54
Starch.....g									
Minerals:									
Calcium, Ca.....mg	77		2		1		108	22	15
Iron, Fe.....mg	1.22		2		1		1.71	0.35	0.24
Magnesium, Mg.....mg	8		2		1		11	2	2
Phosphorus, P.....mg	89		2		1		125	25	18
Potassium, K.....mg	69		2		1		97	20	14
Sodium, Na.....mg	870		2		1		1218	247	174
Zinc, Zn.....mg	0.53		2		1		0.74	0.15	0.11
Copper, Cu.....mg	0.105		2		1		0.147	0.030	0.021
Manganese, Mn.....mg	0.040		2		1		0.056	0.011	0.008
Selenium, Se.....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
Choline, total.....mg	95.0		0	CAZN	4		133.0	26.9	19.0
Betaine.....mg									
Vitamin B-12.....mcg	4.27		2		1		5.98	1.21	0.85
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	258		0	NC	4		361	73	52
Retinol.....mcg	258		0	NR	4		361	73	52
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	860		0	NC	4		1204	244	172
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.71		0	BFSN	4		2.40	0.49	0.34
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	680		0	T	4		952	193	136
Vitamin K (phylloquinone).....mcg	0.2		0	BFSN	4		0.2	0.0	0.0
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

NDB No. 15041
Fish, herring, Atlantic, pickled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.721		2		1		1.009	0.204	0.144
15:0.....g									
16:0.....g	1.555		2		1		2.177	0.441	0.311
17:0.....g									
18:0.....g	0.105		2		1		0.147	0.030	0.021
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.947		0		1		16.726	3.387	2.389
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.383		2		1		1.936	0.392	0.277
17:1.....g									
18:1 undifferentiated.....g	1.750		2		1		2.450	0.496	0.350
20:1.....g	3.648		2		1		5.107	1.034	0.730
22:1 undifferentiated.....g	5.166		2		1		7.232	1.465	1.033
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.679		0		1		2.351	0.476	0.336
18:2 undifferentiated.....g	0.211		2		1		0.295	0.060	0.042
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....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:

NDB No. 15041

Fish, herring, Atlantic, pickled

Measure 1 = 140g: 1 cup

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 20g: 1 cubic inch

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15039
Fish, 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		0		4		187	1216	562
Protein (N x 6.25).....g	17.96	0.235	59		1		5.09	33.05	15.27
Total lipid (fat).....g	9.04	0.091	2524		1		2.56	16.63	7.68
Ash.....g	1.46	0.035	28		1		0.41	2.69	1.24
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	57	16.753	3		1		16	105	48
Iron, Fe.....mg	1.10		1		1		0.31	2.02	0.94
Magnesium, Mg.....mg	32		1		1		9	59	27
Phosphorus, P.....mg	236	33.702	4		1		67	434	201
Potassium, K.....mg	327	50.952	5		1		93	602	278
Sodium, Na.....mg	90	4.019	7		1		26	166	77
Zinc, Zn.....mg	0.99	0.073	56		1		0.28	1.82	0.84
Copper, Cu.....mg	0.092	0.006	48		1		0.026	0.169	0.078
Manganese, Mn.....mg	0.035		0		1		0.010	0.064	0.030
Selenium, Se.....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
Choline, total.....mg	65.0		0	CAZN	4		18.4	119.6	55.3
Betaine.....mg									
Vitamin B-12.....mcg	13.67	0.558	6		1		3.87	25.15	11.62
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	28		0	NC	4		8	52	24
Retinol.....mcg	28		0	NR	4		8	52	24
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	93		0	NC	4		26	172	79
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.07		0	NR	4		0.30	1.97	0.91
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	1628		0	T	4		462	2996	1384
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.0	0.2	0.1
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

NDB No. 15039
Fish, herring, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.012	0.001	20		1		0.003	0.022	0.010
13:0.....g									
14:0.....g	0.554	0.021	24		1		0.157	1.019	0.471
15:0.....g									
16:0.....g	1.353	0.048	24		1		0.384	2.490	1.150
17:0.....g									
18:0.....g	0.109	0.008	24		1		0.031	0.201	0.093
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.736		0		1		1.059	6.874	3.176
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.622	0.029	24		1		0.176	1.144	0.529
17:1.....g									
18:1 undifferentiated.....g	1.516	0.090	24		1		0.430	2.789	1.289
20:1.....g	0.721	0.056	24		1		0.204	1.327	0.613
22:1 undifferentiated.....g	0.840	0.090	24		1		0.238	1.546	0.714
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.133		0		1		0.605	3.925	1.813
18:2 undifferentiated.....g	0.130	0.005	22		1		0.037	0.239	0.111
18:3 undifferentiated.....g	0.103	0.008	20		1		0.029	0.190	0.088
18:4.....g	0.214	0.026	21		1		0.061	0.394	0.182
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060	0.004	21		1		0.017	0.110	0.051
20:5 n-3.....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

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Common Measures:

NDB No. 15039

Fish, herring, Atlantic, raw

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 184g: 1 fillet

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15197

Fish, herring, Pacific, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	1.170		0		1		1.685	0.995	
15:0.....g									
16:0.....g	2.593		0		1		3.734	2.204	
17:0.....g									
18:0.....g	0.329		0		1		0.474	0.280	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.807		0		1		12.682	7.486	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.355		0		1		1.951	1.152	
17:1.....g									
18:1 undifferentiated.....g	3.734		0		1		5.377	3.174	
20:1.....g	1.742		0		1		2.508	1.481	
22:1 undifferentiated.....g	1.912		0		1		2.753	1.625	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.106		0		1		4.473	2.640	
18:2 undifferentiated.....g	0.246		0		1		0.354	0.209	
18:3 undifferentiated.....g	0.073		0		1		0.105	0.062	
18:4.....g	0.318		0		1		0.458	0.270	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.123		0		1		0.177	0.105	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									

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Common Measures:

Measure 1 = 144g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 15197

Fish, herring, Pacific, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15043
Fish, herring, Pacific, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.913	0.043	3		1		1.680	0.776	
15:0.....g									
16:0.....g	2.023	0.266	3		1		3.722	1.720	
17:0.....g									
18:0.....g	0.257	0.024	3		1		0.473	0.218	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.872		0		1		12.644	5.841	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.057	0.016	3		1		1.945	0.898	
17:1.....g									
18:1 undifferentiated.....g	2.913	0.471	3		1		5.360	2.476	
20:1.....g	1.359		2		1		2.501	1.155	
22:1 undifferentiated.....g	1.492		2		1		2.745	1.268	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.423		0		1		4.458	2.060	
18:2 undifferentiated.....g	0.192	0.051	3		1		0.353	0.163	
18:3 undifferentiated.....g	0.057		2		1		0.105	0.048	
18:4.....g	0.248		2		1		0.456	0.211	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.096		2		1		0.177	0.082	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									

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Common Measures:

Measure 1 = 184g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 15043
Fish, herring, Pacific, raw

Food Group: 15 Finfish and Shellfish Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.88		0		1		111.56	62.80	
Energy.....kcal	111		0	NC	4		168	94	
Energy.....kj	464				4		701	395	
Protein (N x 6.25).....g	24.35		0		1		36.77	20.70	
Total lipid (fat).....g	0.82		0		1		1.24	0.70	
Ash.....g	1.79		0		1		2.70	1.52	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	44		0		1		66	37	
Iron, Fe.....mg	0.83		0		1		1.25	0.71	
Magnesium, Mg.....mg	81		0		1		122	69	
Phosphorus, P.....mg	254		0		1		384	216	
Potassium, K.....mg	486		0		1		734	413	
Sodium, Na.....mg	173		0		1		261	147	
Zinc, Zn.....mg	1.00		0		1		1.51	0.85	
Copper, Cu.....mg	0.141		0		1		0.213	0.120	
Manganese, Mn.....mg	0.038		0		1		0.057	0.032	
Selenium, Se.....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	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.65		0		1		0.98	0.55	
Vitamin A, RAE.....mcg_RAE	35		0		1		52	29	
Retinol.....mcg	35		0		1		52	29	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	115		0		1		174	98	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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:									

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

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

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Common Measures:

Measure 1 = 151g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15044

Fish, ling, raw

Molva molva (L.)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.56	0.068	5		1		1.08	0.48	
Vitamin A, RAE.....mcg_RAE	30	19.539	3		1		58	26	
Retinol.....mcg	30	19.539	3		1		58	26	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	100	65.064	3		1		193	85	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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:									

NDB No. 15044

Fish, ling, raw

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

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

Common Measures:

Measure 1 = 193g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate3.87

Food Group: 15 Finfish and Shellfish Products
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
14:0.....g	0.047		0		1	0.071	0.040
15:0.....g							
16:0.....g	0.151		0		1	0.228	0.128
17:0.....g							
18:0.....g	0.045		0		1	0.068	0.038
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.447		0		1	0.675	0.380
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.097		0		1	0.146	0.082
17:1.....g							
18:1 undifferentiated.....g	0.244		0		1	0.368	0.207
20:1.....g	0.093		0		1	0.140	0.079
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.383		0		1	0.578	0.326
18:2 undifferentiated.....g	0.038		0		1	0.057	0.032
18:3 undifferentiated.....g							
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.064		0		1	0.097	0.054
20:5 n-3.....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							
<u>Amino Acids:</u>							
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

NDB No. 15199

Fish, lingcod, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15045
Fish, lingcod, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		7		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		7		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		7		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.350		0		4		0.676	0.298	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
20:1.....g	0.000		0		7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.300		0		4		0.579	0.255	
18:2 undifferentiated.....g	0.000		0		7		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		7		0.000	0.000	
18:4.....g	0.000		0		7		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000	0.000	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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

NDB No. 15045

Fish, lingcod, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15047

Fish, mackerel, Atlantic, cooked, dry heat

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

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

NDB No. 15047

Fish, mackerel, Atlantic, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	63.55	0.657	142		1		71.18	54.02	
Energy.....kcal	205		0	NC	4		230	174	
Energy.....kj	858		0		4		961	729	
Protein (N x 6.25).....g	18.60	0.171	83		1		20.83	15.81	
Total lipid (fat).....g	13.89	0.380	364		1		15.56	11.81	
Ash.....g	1.35	0.032	60		1		1.51	1.15	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12	2.437	7		1		13	10	
Iron, Fe.....mg	1.63	0.398	3		1		1.83	1.39	
Magnesium, Mg.....mg	76		1		1		85	65	
Phosphorus, P.....mg	217	11.557	8		1		243	184	
Potassium, K.....mg	314	19.569	10		1		352	267	
Sodium, Na.....mg	90	7.283	14		1		101	77	
Zinc, Zn.....mg	0.63	0.017	82		1		0.71	0.54	
Copper, Cu.....mg	0.073	0.004	81		1		0.082	0.062	
Manganese, Mn.....mg	0.015		0		1		0.017	0.013	
Selenium, Se.....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	
Choline, total.....mg	65.0		0	CAZN	4		72.8	55.3	
Betaine.....mg									
Vitamin B-12.....mcg	8.71	1.332	9		1		9.76	7.40	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	50		0	NC	4		56	43	
Retinol.....mcg	50		0	NR	4		56	43	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	167		0	NC	4		187	142	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.52		0	NR	4		1.70	1.29	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	360		0	T	4		403	306	
Vitamin K (phylloquinone).....mcg	5.0		0	T	4		5.6	4.3	
Lipids:									
Fatty acids, total saturated.....g	3.257		0		1		3.648	2.768	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	

NDB No. 15046
Fish, mackerel, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.017		18		1		0.019	0.014	
13:0.....g									
14:0.....g	0.674		29		1		0.755	0.573	
15:0.....g									
16:0.....g	2.125		29		1		2.380	1.806	
17:0.....g									
18:0.....g	0.423		29		1		0.474	0.360	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.456		0		4		6.111	4.638	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.727		29		1		0.814	0.618	
17:1.....g									
18:1 undifferentiated.....g	2.283		29		1		2.557	1.941	
20:1.....g	1.039		29		1		1.164	0.883	
22:1 undifferentiated.....g	1.407		29		1		1.576	1.196	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.350		0		4		3.752	2.848	
18:2 undifferentiated.....g	0.219		23		1		0.245	0.186	
18:3 undifferentiated.....g	0.159		20		1		0.178	0.135	
18:4.....g	0.278		27		1		0.311	0.236	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.183		20		1		0.205	0.156	
20:5 n-3.....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:

NDB No. 15046

Fish, mackerel, Atlantic, raw

Measure 1 = 112g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15201

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.73		0		1		17.50	10.49	108.64
Energy.....kcal	201		0	NC	4		57	34	354
Energy.....kj	841		0		4		238	143	1480
Protein (N x 6.25).....g	25.73		0		1		7.29	4.37	45.28
Total lipid (fat).....g	10.12		0		1		2.87	1.72	17.81
Ash.....g	2.08		0		1		0.59	0.35	3.66
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29		0		1		8	5	51
Iron, Fe.....mg	1.49		0		1		0.42	0.25	2.62
Magnesium, Mg.....mg	36		0		1		10	6	63
Phosphorus, P.....mg	160		0		1		45	27	282
Potassium, K.....mg	521		0		1		148	89	917
Sodium, Na.....mg	110		0		1		31	19	194
Zinc, Zn.....mg	0.86		0		1		0.24	0.15	1.51
Copper, Cu.....mg	0.119		0		1		0.034	0.020	0.209
Manganese, Mn.....mg	0.019		0		1		0.005	0.003	0.033
Selenium, Se.....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
Choline, total.....mg	81.0		0	CAZN	4		23.0	13.8	142.6
Betaine.....mg									
Vitamin B-12.....mcg	4.23		0		1		1.20	0.72	7.44
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	16		0	NC	4		5	3	29
Retinol.....mcg	16		0	BFYN	4		5	3	29
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	54		0	NC	4		15	9	95
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.25		0	BFYN	4		0.35	0.21	2.20
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFYN	4		0.0	0.0	0.2
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

NDB No. 15201

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.012		0		1		0.003	0.002	0.021
13:0.....g									
14:0.....g	0.436		0		1		0.124	0.074	0.767
15:0.....g									
16:0.....g	1.781		0		1		0.505	0.303	3.135
17:0.....g									
18:0.....g	0.565		0		1		0.160	0.096	0.994
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.371		0		1		0.956	0.573	5.933
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.603		0		1		0.171	0.103	1.061
17:1.....g									
18:1 undifferentiated.....g	1.703		0		1		0.483	0.290	2.997
20:1.....g	0.417		0		1		0.118	0.071	0.734
22:1 undifferentiated.....g	0.622		0		1		0.176	0.106	1.095
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.488		0		1		0.705	0.423	4.379
18:2 undifferentiated.....g	0.149		0		1		0.042	0.025	0.262
18:3 undifferentiated.....g	0.064		0		1		0.018	0.011	0.113
18:4.....g	0.160		0		1		0.045	0.027	0.282
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.104		0		1		0.029	0.018	0.183
20:5 n-3.....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	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:

NDB No. 15201

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

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 17g: 1 cubic inch, boneless

Measure 3 = 176g: 1 fillet

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15050

Fish, mackerel, Pacific and jack, mixed species, raw
Scomber spp. and Trachurus spp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
Proximates:									
Water.....g	70.15	2.322	12		1		157.84	59.63	
Energy.....kcal	158		0	NC	4		356	134	
Energy.....kj	661		0		4		1487	562	
Protein (N x 6.25).....g	20.07		11		1		45.16	17.06	
Total lipid (fat).....g	7.89	0.865	126		1		17.75	6.71	
Ash.....g	1.62		6		1		3.65	1.38	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23		1		1		52	20	
Iron, Fe.....mg	1.16	0.143	4		1		2.61	0.99	
Magnesium, Mg.....mg	28		1		1		63	24	
Phosphorus, P.....mg	125		1		1		281	106	
Potassium, K.....mg	406	8.686	3		1		914	345	
Sodium, Na.....mg	86	1.938	3		1		194	73	
Zinc, Zn.....mg	0.67	0.028	63		1		1.51	0.57	
Copper, Cu.....mg	0.093	0.006	56		1		0.209	0.079	
Manganese, Mn.....mg	0.015		0		1		0.034	0.013	
Selenium, Se.....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	
Choline, total.....mg	65.0		0	CAZN	4		146.3	55.3	
Betaine.....mg									
Vitamin B-12.....mcg	4.40		4		1		9.90	3.74	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	13		0	NC	4		29	11	
Retinol.....mcg	13		0	NR	4		29	11	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	43		0	NC	4		97	37	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.00		0	NR	4		2.25	0.85	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.2	0.1	
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	

NDB No. 15050

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.009		11		1		0.020	0.008	
13:0.....g									
14:0.....g	0.340		83		1		0.765	0.289	
15:0.....g									
16:0.....g	1.389		83		1		3.125	1.181	
17:0.....g									
18:0.....g	0.441		83		1		0.992	0.375	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.629		0		1		5.915	2.235	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.470		83		1		1.058	0.400	
17:1.....g									
18:1 undifferentiated.....g	1.328		83		1		2.988	1.129	
20:1.....g	0.325		65		1		0.731	0.276	
22:1 undifferentiated.....g	0.485		41		1		1.091	0.412	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.940		0		1		4.365	1.649	
18:2 undifferentiated.....g	0.116		83		1		0.261	0.099	
18:3 undifferentiated.....g	0.050		42		1		0.113	0.043	
18:4.....g	0.125		33		1		0.281	0.106	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.081		58		1		0.182	0.069	
20:5 n-3.....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	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:

NDB No. 15050

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

Measure 1 = 225g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15048

Fish, mackerel, jack, canned, drained solids

Trachurus symmetricus (Ayers)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.17		2		1		131.42	19.61	11.07
Energy.....kcal	156		0	NC	4		296	44	25
Energy.....kj	653		0		4		1240	185	104
Protein (N x 6.25).....g	23.19		2		1		44.06	6.57	3.71
Total lipid (fat).....g	6.30		2		1		11.97	1.79	1.01
Ash.....g	1.73		2		1		3.29	0.49	0.28
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	241		2		1		458	68	39
Iron, Fe.....mg	2.04		2		1		3.88	0.58	0.33
Magnesium, Mg.....mg	37		2		1		70	10	6
Phosphorus, P.....mg	301		2		1		572	85	48
Potassium, K.....mg	194		2		1		369	55	31
Sodium, Na.....mg	379		2		1		720	107	61
Zinc, Zn.....mg	1.02		2		1		1.94	0.29	0.16
Copper, Cu.....mg	0.147		2		1		0.279	0.042	0.024
Manganese, Mn.....mg	0.040		2		1		0.076	0.011	0.006
Selenium, Se.....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
Choline, total.....mg	85.0		0	CAZN	4		161.5	24.1	13.6
Betaine.....mg									
Vitamin B-12.....mcg	6.94		2		1		13.19	1.97	1.11
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	130		0	NC	4		247	37	21
Retinol.....mcg	130		0	NR	4		247	37	21
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	433		0	NC	4		823	123	69
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.03		0	BFSN	4		1.96	0.29	0.17
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	252		0	T	4		479	71	40
Vitamin K (phylloquinone).....mcg	0.1		0	BFSN	4		0.2	0.0	0.0
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

Fish, mackerel, jack, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.007		2		1		0.013	0.002	0.001
13:0.....g									
14:0.....g	0.289		2		1		0.549	0.082	0.046
15:0.....g									
16:0.....g	1.185		2		1		2.252	0.336	0.190
17:0.....g									
18:0.....g	0.376		2		1		0.714	0.107	0.060
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.225		0		1		4.228	0.631	0.356
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		2		1		0.760	0.113	0.064
17:1.....g									
18:1 undifferentiated.....g	1.132		2		1		2.151	0.321	0.181
20:1.....g	0.278		2		1		0.528	0.079	0.044
22:1 undifferentiated.....g	0.414		2		1		0.787	0.117	0.066
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.651		0		1		3.137	0.468	0.264
18:2 undifferentiated.....g	0.099		2		1		0.188	0.028	0.016
18:3 undifferentiated.....g	0.043		2		1		0.082	0.012	0.007
18:4.....g	0.106		2		1		0.201	0.030	0.017
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.069		2		1		0.131	0.020	0.011
20:5 n-3.....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

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Common Measures:

NDB No. 15048

Fish, mackerel, jack, canned, drained solids

Measure 1 = 190g: 1 cup

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 16g: 1 cubic inch

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15200

Fish, mackerel, king, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.105		0		1		0.162	0.089	
15:0.....g									
16:0.....g	0.310		0		1		0.477	0.264	
17:0.....g									
18:0.....g	0.050		0		1		0.077	0.043	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.979		0		1		1.508	0.832	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.151		0		1		0.233	0.128	
17:1.....g									
18:1 undifferentiated.....g	0.398		0		1		0.613	0.338	
20:1.....g	0.156		0		1		0.240	0.133	
22:1 undifferentiated.....g	0.273		0		1		0.420	0.232	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.589		0		1		0.907	0.501	
18:2 undifferentiated.....g	0.051		0		1		0.079	0.043	
18:3 undifferentiated.....g									
18:4.....g	0.115		0		1		0.177	0.098	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									

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Common Measures:

Measure 1 = 154g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 15200

Fish, mackerel, king, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15049
Fish, mackerel, king, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.082		2		1		0.162	0.070	
15:0.....g									
16:0.....g	0.242		2		1		0.479	0.206	
17:0.....g									
18:0.....g	0.039		2		1		0.077	0.033	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.764		0		1		1.513	0.649	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.118		2		1		0.234	0.100	
17:1.....g									
18:1 undifferentiated.....g	0.311		2		1		0.616	0.264	
20:1.....g	0.122		2		1		0.242	0.104	
22:1 undifferentiated.....g	0.213		2		1		0.422	0.181	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.460		0		1		0.911	0.391	
18:2 undifferentiated.....g	0.040		2		1		0.079	0.034	
18:3 undifferentiated.....g									
18:4.....g	0.090		2		1		0.178	0.077	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									

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Common Measures:

Measure 1 = 198g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 15049
Fish, mackerel, king, raw

Food Group: 15 Finfish and Shellfish Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 83110
Fish, mackerel, salted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.00		0		1		58.48		
Energy.....kcal	305		0		1		415		
Energy.....kj	1276		0		1		1736		
Protein.....g	18.50		0		1		25.16		
Total lipid (fat).....g	25.10		0		1		34.13		
Ash.....g	13.40		0	NR	4		18.22		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0		7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	66		0		1		90		
Iron, Fe.....mg	1.40		0		1		1.90		
Magnesium, Mg.....mg	60		0		4		82		
Phosphorus, P.....mg	254		0		1		345		
Potassium, K.....mg	520		0		4		707		
Sodium, Na.....mg	4450		0		4		6052		
Zinc, Zn.....mg	1.10		0		4		1.50		
Copper, Cu.....mg	0.100		0		4		0.136		
Manganese, Mn.....mg									
Selenium, Se.....mcg	73.4		0	BFSN	4		99.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.020		0		1		0.027		
Riboflavin.....mg	0.190		0		1		0.258		
Niacin.....mg	3.300		0		1		4.488		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.410		0		1		0.558		
Folate, total.....mcg	15		0		4		20		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	15		0	NR	4		20		
Folate, DFE.....mcg_DFE	15		0	NC	4		20		
Choline, total.....mg	95.0		0	BFSN	4		129.2		
Betaine.....mg									
Vitamin B-12.....mcg	12.00		0		1		16.32		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	47		0	NC	4		64		
Retinol.....mcg	47		0	NR	4		64		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	157		0	NC	4		213		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	2.38		0	BFSN	4		3.23		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	7.8		0	BFSN	4		10.6		
Lipids:									
Fatty acids, total saturated.....g	7.148		0		4		9.721		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		

NDB No. 83110
 Fish, mackerel, salted

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

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

Common Measures:

Measure 1 = 136g: 1 cup, cooked

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15052

Fish, mackerel, spanish, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.204		3		1		0.298	0.173	
15:0.....g									
16:0.....g	1.155		3		1		1.686	0.982	
17:0.....g									
18:0.....g	0.442		3		1		0.645	0.376	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.139		0		1		3.123	1.818	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.309		3		1		0.451	0.263	
17:1.....g									
18:1 undifferentiated.....g	1.104		3		1		1.612	0.938	
20:1.....g	0.123		3		1		0.180	0.105	
22:1 undifferentiated.....g	0.070		3		1		0.102	0.060	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.805		0		1		2.635	1.534	
18:2 undifferentiated.....g	0.108		3		1		0.158	0.092	
18:3 undifferentiated.....g	0.116		3		1		0.169	0.099	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.159		3		1		0.232	0.135	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									

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Common Measures:

Measure 1 = 146g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 15052

Fish, mackerel, spanish, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15051

Fish, mackerel, spanish, raw

Scorbermorus maculatus (Mitchill)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.67	4.380	3		1		134.02	60.92	
Energy.....kcal	139		0	NC	4		260	118	
Energy.....kj	582		0		4		1088	494	
Protein (N x 6.25).....g	19.29	1.200	3		1		36.07	16.40	
Total lipid (fat).....g	6.30	3.810	3		1		11.78	5.36	
Ash.....g	1.27	0.080	3		1		2.37	1.08	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11	0.950	3		1		21	9	
Iron, Fe.....mg	0.44	0.120	3		1		0.82	0.37	
Magnesium, Mg.....mg	33	1.670	3		1		62	28	
Phosphorus, P.....mg	205	31.300	3		1		383	174	
Potassium, K.....mg	446	32.480	3		1		834	379	
Sodium, Na.....mg	59	7.090	3		1		110	50	
Zinc, Zn.....mg	0.49	0.030	3		1		0.92	0.42	
Copper, Cu.....mg	0.055	0.005	3		1		0.103	0.047	
Manganese, Mn.....mg	0.014	0.001	3		1		0.026	0.012	
Selenium, Se.....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	
Choline, total.....mg	65.0		0	CAZN	4		121.6	55.3	
Betaine.....mg									
Vitamin B-12.....mcg	2.40		1		1		4.49	2.04	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	30		0	NC	4		56	26	
Retinol.....mcg	30		0	NR	4		56	26	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	100		0	NC	4		187	85	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.69		0	NR	4		1.29	0.59	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.2	0.1	
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	

NDB No. 15051
Fish, mackerel, spanish, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.173		3		1		0.324	0.147	
15:0.....g									
16:0.....g	1.239		3		1		2.317	1.053	
17:0.....g									
18:0.....g	0.416		3		1		0.778	0.354	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.530		0		1		2.861	1.301	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.291		3		1		0.544	0.247	
17:1.....g									
18:1 undifferentiated.....g	1.117		3		1		2.089	0.949	
20:1.....g	0.072		3		1		0.135	0.061	
22:1 undifferentiated.....g	0.050		3		1		0.094	0.043	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.739		0		1		3.252	1.478	
18:2 undifferentiated.....g	0.097		3		1		0.181	0.082	
18:3 undifferentiated.....g	0.034		3		1		0.064	0.029	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.166		3		1		0.310	0.141	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 15051

Fish, mackerel, spanish, raw

Measure 1 = 187g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15202

Fish, milkfish, cooked, dry heat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	3.27		0		1		2.78		
Vitamin A, RAE.....mcg_RAE	33		0		1		28		
Retinol.....mcg	33		0		1		28		
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	109		0		1		93		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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:									

NDB No. 15202

Fish, milkfish, cooked, dry heat

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

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

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15053

Fish, milkfish, raw

Chanos chanos (Forskaal)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	70.85		2		1		60.22		
Energy.....kcal	148		0	NC	4		126		
Energy.....kj	619				4		526		
Protein (N x 6.25).....g	20.53		1		1		17.45		
Total lipid (fat).....g	6.73		2		1		5.72		
Ash.....g	1.14		1		1		0.97		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	51		1		1		43		
Iron, Fe.....mg	0.32		1		1		0.27		
Magnesium, Mg.....mg	30		0		4		26		
Phosphorus, P.....mg	162		1		1		138		
Potassium, K.....mg	292		0		4		248		
Sodium, Na.....mg	72		0		4		61		
Zinc, Zn.....mg	0.82	0.040	40		1		0.70		
Copper, Cu.....mg	0.034	0.002	41		1		0.029		
Manganese, Mn.....mg	0.020		0		4		0.017		
Selenium, Se.....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		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	3.40		1		1		2.89		
Vitamin A, RAE.....mcg_RAE	30		0		4		26		
Retinol.....mcg	30		0		4		26		
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	100		0		4		85		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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:									

NDB No. 15053
Fish, milkfish, raw

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

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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 National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.04		0		1		0.88		
Vitamin A, RAE.....mcg_RAE	14		0		1		12		
Retinol.....mcg	14		0		1		12		
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	46		0		1		39		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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:									

NDB No. 15203

Fish, monkfish, cooked, dry heat

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

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

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	83.24		2		1		70.75		
Energy.....kcal	76		0	NC	4		65		
Energy.....kj	318				4		270		
Protein (N x 6.25).....g	14.48		2		1		12.31		
Total lipid (fat).....g	1.52		2		1		1.29		
Ash.....g	1.21		1		1		1.03		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		1		1		7		
Iron, Fe.....mg	0.32		1		1		0.27		
Magnesium, Mg.....mg	21		1		1		18		
Phosphorus, P.....mg	200		0		4		170		
Potassium, K.....mg	400		0		4		340		
Sodium, Na.....mg	18		1		1		15		
Zinc, Zn.....mg	0.41		1		1		0.35		
Copper, Cu.....mg	0.028		1		1		0.024		
Manganese, Mn.....mg	0.024		1		1		0.020		
Selenium, Se.....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		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.90		0		4		0.77		
Vitamin A, RAE.....mcg_RAE	12		0		4		10		
Retinol.....mcg	12		0		4		10		
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	40		0		4		34		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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:									

NDB No. 15054
Fish, monkfish, raw

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

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

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15056

Fish, mullet, striped, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.062		2		1		0.058	0.053	
15:0.....g									
16:0.....g	0.291		2		1		0.271	0.247	
17:0.....g									
18:0.....g	0.096		2		1		0.089	0.082	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.382		0		1		1.285	1.175	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.177		2		1		0.165	0.150	
17:1.....g									
18:1 undifferentiated.....g	0.196		2		1		0.182	0.167	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.917		0		1		0.853	0.779	
18:2 undifferentiated.....g	0.094		2		1		0.087	0.080	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.097		2		1		0.090	0.082	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15056

Fish, mullet, striped, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15055
 Fish, 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		0		4		139	583	416
Protein (N x 6.25).....g	19.35	0.523	16		1		5.49	23.03	16.45
Total lipid (fat).....g	3.79	0.357	43		1		1.07	4.51	3.22
Ash.....g	1.20	0.038	14		1		0.34	1.43	1.02
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	41	7.422	6		1		12	49	35
Iron, Fe.....mg	1.02	0.091	11		1		0.29	1.21	0.87
Magnesium, Mg.....mg	29	0.795	6		1		8	35	25
Phosphorus, P.....mg	221	8.792	7		1		63	263	188
Potassium, K.....mg	357	19.552	10		1		101	425	303
Sodium, Na.....mg	65	3.466	12		1		18	77	55
Zinc, Zn.....mg	0.52	0.015	200		1		0.15	0.62	0.44
Copper, Cu.....mg	0.051	0.003	202		1		0.014	0.061	0.043
Manganese, Mn.....mg	0.016	0.002	6		1		0.005	0.019	0.014
Selenium, Se.....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
Choline, total.....mg	65.0		0	CAZN	4		18.4	77.4	55.3
Betaine.....mg									
Vitamin B-12.....mcg	0.22		0		4		0.06	0.26	0.19
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	37		0	NC	4		10	44	31
Retinol.....mcg	37		0	NR	4		10	44	31
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	123		0	NC	4		35	147	105
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.00		0	NR	4		0.28	1.19	0.85
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.0	0.1	0.1
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

NDB No. 15055
Fish, mullet, striped, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.003		2		1		0.001	0.004	0.003
13:0.....g									
14:0.....g	0.245	0.015	24		1		0.069	0.292	0.208
15:0.....g									
16:0.....g	0.747	0.033	25		1		0.212	0.889	0.635
17:0.....g									
18:0.....g	0.100	0.008	25		1		0.028	0.119	0.085
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.078		0		1		0.306	1.283	0.916
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.564	0.030	24		1		0.160	0.671	0.479
17:1.....g									
18:1 undifferentiated.....g	0.293	0.010	24		1		0.083	0.349	0.249
20:1.....g	0.023	0.002	3		1		0.007	0.027	0.020
22:1 undifferentiated.....g	0.031		2		1		0.009	0.037	0.026
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.715		0		1		0.203	0.851	0.608
18:2 undifferentiated.....g	0.088	0.018	25		1		0.025	0.105	0.075
18:3 undifferentiated.....g	0.025	0.002	22		1		0.007	0.030	0.021
18:4.....g	0.082	0.007	23		1		0.023	0.098	0.070
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.096	0.007	25		1		0.027	0.114	0.082
20:5 n-3.....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	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:

NDB No. 15055

Fish, mullet, striped, raw

Measure 1 = 28.35g: 1 oz

Measure 2 = 119g: 1 fillet

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15058

Fish, ocean perch, Atlantic, cooked, dry heat

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

NDB No. 15058

Fish, ocean perch, Atlantic, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.70	0.129	183		1		22.31	50.37	66.90
Energy.....kcal	94		0	NC	4		27	60	80
Energy.....kj	393		0		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	0.00		0	Z	7		0.00	0.00	0.00
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
Choline, total.....mg	65.0		0	CAZN	4		18.4	41.6	55.3
Betaine.....mg									
Vitamin B-12.....mcg	1.00		1		1		0.28	0.64	0.85
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	12		0	NC	4		3	8	10
Retinol.....mcg	12		0	NR	4		3	8	10
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	40		0	NC	4		11	26	34
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.25		0	NR	4		0.35	0.80	1.06
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.0	0.1	0.1
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

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.003		1				0.001	0.002	0.003
13:0.....g									
14:0.....g	0.063	0.004	21				0.018	0.040	0.054
15:0.....g									
16:0.....g	0.139	0.012	21				0.039	0.089	0.118
17:0.....g									
18:0.....g	0.034	0.003	21				0.010	0.022	0.029
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.625		0				0.177	0.400	0.531
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.086	0.011	21				0.024	0.055	0.073
17:1.....g									
18:1 undifferentiated.....g	0.207	0.013	21				0.059	0.132	0.176
20:1.....g	0.100	0.017	20				0.028	0.064	0.085
22:1 undifferentiated.....g	0.229	0.015	21				0.065	0.147	0.195
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.427		0				0.121	0.273	0.363
18:2 undifferentiated.....g	0.028	0.008	21				0.008	0.018	0.024
18:3 undifferentiated.....g	0.057	0.018	21				0.016	0.036	0.048
18:4.....g	0.024	0.008	19				0.007	0.015	0.020
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.004	0.024	21				0.001	0.003	0.003
20:5 n-3.....g	0.080	0.006	21				0.023	0.051	0.068
22:5 n-3.....g	0.023	0.002	21				0.007	0.015	0.020
22:6 n-3.....g	0.211	0.021	21				0.060	0.135	0.179
Fatty acids, total trans.....g									
Cholesterol.....mg	42	2.380	10				12	27	36
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.209		0				0.059	0.134	0.178
Threonine.....g	0.817		0				0.232	0.523	0.694
Isoleucine.....g	0.858		0				0.243	0.549	0.729
Leucine.....g	1.514		0				0.429	0.969	1.287
Lysine.....g	1.711		0				0.485	1.095	1.454
Methionine.....g	0.551		0				0.156	0.353	0.468
Cystine.....g	0.200		0				0.057	0.128	0.170
Phenylalanine.....g	0.727		0				0.206	0.465	0.618
Tyrosine.....g	0.629		0				0.178	0.403	0.535
Valine.....g	0.960		0				0.272	0.614	0.816
Arginine.....g	1.115		0				0.316	0.714	0.948
Histidine.....g	0.548		0				0.155	0.351	0.466
Alanine.....g	1.126		0				0.319	0.721	0.957
Aspartic acid.....g	1.907		0				0.541	1.220	1.621
Glutamic acid.....g	2.780		0				0.788	1.779	2.363
Glycine.....g	0.894		0				0.253	0.572	0.760
Proline.....g	0.659		0				0.187	0.422	0.560
Serine.....g	0.760		0				0.215	0.486	0.646
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0				0.0	0.0	0.0
Caffeine.....mg	0		0	Z			0	0	0
Theobromine.....mg	0		0	Z			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:

NDB No. 15057

Fish, ocean perch, Atlantic, raw

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 National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15061

Fish, perch, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.017		0		1		0.008	0.014	
15:0.....g									
16:0.....g	0.179		0		1		0.082	0.152	
17:0.....g									
18:0.....g	0.040		0		1		0.018	0.034	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.195		0		1		0.090	0.166	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.073		0		1		0.034	0.062	
17:1.....g									
18:1 undifferentiated.....g	0.090		0		1		0.041	0.077	
20:1.....g	0.031		0		1		0.014	0.026	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.472		0		1		0.217	0.401	
18:2 undifferentiated.....g	0.014		0		1		0.006	0.012	
18:3 undifferentiated.....g	0.015		0		1		0.007	0.013	
18:4.....g	0.010		0		1		0.005	0.009	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.067		0		1		0.031	0.057	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15061

Fish, perch, mixed species, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15060

Fish, perch, mixed species, raw

Morone americana Gmelin and *Perca flavescens* (Mitchill)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	79.13	0.128	38		1		47.48	67.26	
Energy.....kcal	91		0	NC	4		55	77	
Energy.....kj	381		0		4		228	324	
Protein (N x 6.25).....g	19.39	0.172	39		1		11.63	16.48	
Total lipid (fat).....g	0.92	0.049	24		1		0.55	0.78	
Ash.....g	1.24	0.068	39		1		0.74	1.05	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	80		2		1		48	68	
Iron, Fe.....mg	0.90		2		1		0.54	0.77	
Magnesium, Mg.....mg	30		2		1		18	26	
Phosphorus, P.....mg	200		2		1		120	170	
Potassium, K.....mg	269		4		1		161	229	
Sodium, Na.....mg	62		4		1		37	53	
Zinc, Zn.....mg	1.11	0.153	53		1		0.67	0.94	
Copper, Cu.....mg	0.150	0.006	80		1		0.090	0.128	
Manganese, Mn.....mg	0.700		2		1		0.420	0.595	
Selenium, Se.....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	
Choline, total.....mg	65.0		0	CAZN	4		39.0	55.3	
Betaine.....mg									
Vitamin B-12.....mcg	1.90		0		4		1.14	1.62	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	9		0	NC	4		5	8	
Retinol.....mcg	9		0	NR	4		5	8	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	30		0	NC	4		18	26	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.20		0	NR	4		0.12	0.17	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.1	0.1	
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	

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.013		16		1		0.008	0.011	
15:0.....g									
16:0.....g	0.140		16		1		0.084	0.119	
17:0.....g									
18:0.....g	0.031		16		1		0.019	0.026	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.152		0		1		0.091	0.129	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.057		16		1		0.034	0.048	
17:1.....g									
18:1 undifferentiated.....g	0.070		16		1		0.042	0.060	
20:1.....g	0.024		6		1		0.014	0.020	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.368		0		1		0.221	0.313	
18:2 undifferentiated.....g	0.011		16		1		0.007	0.009	
18:3 undifferentiated.....g	0.012		16		1		0.007	0.010	
18:4.....g	0.008		16		1		0.005	0.007	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.052		16		1		0.031	0.044	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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:

NDB No. 15060

Fish, perch, mixed species, raw

Measure 1 = 60g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15063

Fish, pike, northern, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.023		0			1	0.036	0.020	
15:0.....g									
16:0.....g	0.100		0			1	0.155	0.085	
17:0.....g									
18:0.....g	0.023		0			1	0.036	0.020	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.201		0			1	0.312	0.171	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.072		0			1	0.112	0.061	
17:1.....g									
18:1 undifferentiated.....g	0.101		0			1	0.157	0.086	
20:1.....g	0.017		0			1	0.026	0.014	
22:1 undifferentiated.....g	0.006		0			1	0.009	0.005	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.259		0			1	0.401	0.220	
18:2 undifferentiated.....g	0.041		0			1	0.064	0.035	
18:3 undifferentiated.....g	0.027		0			1	0.042	0.023	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.036		0			1	0.056	0.031	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15063

Fish, pike, northern, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.92	0.059	238		1		156.26	67.08	
Energy.....kcal	88		0	NC	4		174	75	
Energy.....kj	368		0		4		729	313	
Protein (N x 6.25).....g	19.26	0.046	236		1		38.13	16.37	
Total lipid (fat).....g	0.69	0.005	224		1		1.37	0.59	
Ash.....g	1.20	0.089	16		1		2.38	1.02	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	57	15.246	3		1		113	48	
Iron, Fe.....mg	0.55		2		1		1.09	0.47	
Magnesium, Mg.....mg	31		0		4		61	26	
Phosphorus, P.....mg	220	23.024	3		1		436	187	
Potassium, K.....mg	259		2		1		513	220	
Sodium, Na.....mg	39		0		4		77	33	
Zinc, Zn.....mg	0.67	0.053	59		1		1.33	0.57	
Copper, Cu.....mg	0.051	0.019	8		1		0.101	0.043	
Manganese, Mn.....mg	0.240		0		4		0.475	0.204	
Selenium, Se.....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	
Choline, total.....mg	65.0		0	CAZN	4		128.7	55.3	
Betaine.....mg									
Vitamin B-12.....mcg	2.00		0		4		3.96	1.70	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	21		0	NC	4		42	18	
Retinol.....mcg	21		0	NR	4		42	18	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	70		0	NC	4		139	60	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.20		0	NR	4		0.40	0.17	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.2	0.1	
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	

NDB No. 15062
Fish, pike, northern, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
12:0.....g	0.001		1		1	0.002	0.001
13:0.....g							
14:0.....g	0.018	0.003	4		1	0.036	0.015
15:0.....g							
16:0.....g	0.078	0.002	4		1	0.154	0.066
17:0.....g							
18:0.....g	0.018	0.002	4		1	0.036	0.015
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.157		0		1	0.311	0.133
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.056	0.013	4		1	0.111	0.048
17:1.....g							
18:1 undifferentiated.....g	0.079	0.013	4		1	0.156	0.067
20:1.....g	0.013	0.001	3		1	0.026	0.011
22:1 undifferentiated.....g	0.005	0.003	3		1	0.010	0.004
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.202		0		1	0.400	0.172
18:2 undifferentiated.....g	0.032	0.005	4		1	0.063	0.027
18:3 undifferentiated.....g	0.021	0.004	3		1	0.042	0.018
18:4.....g	0.000		0		1	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.028	0.009	3		1	0.055	0.024
20:5 n-3.....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							
<u>Amino Acids:</u>							
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							
<u>Others:</u>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

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Common Measures:

NDB No. 15062

Fish, pike, northern, raw

Measure 1 = 198g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15204

Fish, pike, walleye, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.023		0		1		0.029	0.020	
15:0.....g									
16:0.....g	0.252		0		1		0.312	0.214	
17:0.....g									
18:0.....g	0.044		0		1		0.055	0.037	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.377		0		1		0.467	0.320	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.126		0		1		0.156	0.107	
17:1.....g									
18:1 undifferentiated.....g	0.251		0		1		0.311	0.213	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.573		0		1		0.711	0.487	
18:2 undifferentiated.....g	0.033		0		1		0.041	0.028	
18:3 undifferentiated.....g	0.018		0		1		0.022	0.015	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.074		0		1		0.092	0.063	
20:5 n-3.....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									
<u>Amino Acids:</u>									
Tryptophan.....g	0.275		0		1		0.341	0.234	
Threonine.....g	1.076		0		1		1.334	0.915	
Isoleucine.....g	1.131		0		1		1.402	0.961	
Leucine.....g	1.994		0		1		2.473	1.695	
Lysine.....g	2.254		0		1		2.795	1.916	
Methionine.....g	0.726		0		1		0.900	0.617	
Cystine.....g	0.263		0		1		0.326	0.224	
Phenylalanine.....g	0.958		0		1		1.188	0.814	
Tyrosine.....g	0.828		0		1		1.027	0.704	
Valine.....g	1.264		0		1		1.567	1.074	
Arginine.....g	1.468		0		1		1.820	1.248	
Histidine.....g	0.722		0		1		0.895	0.614	
Alanine.....g	1.484		0		1		1.840	1.261	
Aspartic acid.....g	2.513		0		1		3.116	2.136	
Glutamic acid.....g	3.663		0		1		4.542	3.114	
Glycine.....g	1.178		0		1		1.461	1.001	
Proline.....g	0.868		0		1		1.076	0.738	
Serine.....g	1.001		0		1		1.241	0.851	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 124g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 15204

Fish, pike, walleye, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15064
Fish, pike, walleye, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.018	0.000	7		1		0.029	0.015	
15:0.....g									
16:0.....g	0.197	0.004	7		1		0.313	0.167	
17:0.....g									
18:0.....g	0.034	0.002	7		1		0.054	0.029	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.294		0		1		0.467	0.250	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.098	0.007	7		1		0.156	0.083	
17:1.....g									
18:1 undifferentiated.....g	0.196	0.013	7		1		0.312	0.167	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.447		0		1		0.711	0.380	
18:2 undifferentiated.....g	0.026	0.002	7		1		0.041	0.022	
18:3 undifferentiated.....g	0.014	0.000	7		1		0.022	0.012	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.058	0.006	7		1		0.092	0.049	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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

NDB No. 15064

Fish, pike, walleye, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15205

Fish, pollock, Atlantic, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.006		0		1		0.009	0.005	
15:0.....g									
16:0.....g	0.108		0		1		0.163	0.092	
17:0.....g									
18:0.....g	0.055		0		1		0.083	0.047	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.143		0		1		0.216	0.122	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0		1		0.023	0.013	
17:1.....g									
18:1 undifferentiated.....g	0.086		0		1		0.130	0.073	
20:1.....g	0.028		0		1		0.042	0.024	
22:1 undifferentiated.....g	0.013		0		1		0.020	0.011	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.622		0		1		0.939	0.529	
18:2 undifferentiated.....g	0.012		0		1		0.018	0.010	
18:3 undifferentiated.....g									
18:4.....g	0.006		0		1		0.009	0.005	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		0		1		0.050	0.028	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15205

Fish, pollock, Atlantic, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.18	0.171	62		1		150.89	66.45	
Energy.....kcal	92		0	NC	4		178	78	
Energy.....kj	385		0		4		743	327	
Protein (N x 6.25).....g	19.44	0.214	61		1		37.52	16.52	
Total lipid (fat).....g	0.98	0.027	14		1		1.89	0.83	
Ash.....g	1.41	0.029	56		1		2.72	1.20	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	60	11.988	17		1		116	51	
Iron, Fe.....mg	0.46		0		4		0.89	0.39	
Magnesium, Mg.....mg	67		1		1		129	57	
Phosphorus, P.....mg	221	8.557	22		1		427	188	
Potassium, K.....mg	356	9.510	30		1		687	303	
Sodium, Na.....mg	86	5.136	28		1		166	73	
Zinc, Zn.....mg	0.47	0.016	84		1		0.91	0.40	
Copper, Cu.....mg	0.050	0.003	75		1		0.097	0.043	
Manganese, Mn.....mg	0.015		0		1		0.029	0.013	
Selenium, Se.....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	
Choline, total.....mg	65.0		0	CAZN	4		125.5	55.3	
Betaine.....mg									
Vitamin B-12.....mcg	3.19	0.350	11		1		6.16	2.71	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	11		0	NC	4		21	9	
Retinol.....mcg	11		0	NR	4		21	9	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	37		0	NC	4		71	31	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.23		0	NR	4		0.44	0.20	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.2	0.1	
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	

NDB No. 15065
Fish, pollock, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.005		1		1		0.010	0.004	
15:0.....g									
16:0.....g	0.084		1		1		0.162	0.071	
17:0.....g									
18:0.....g	0.043		1		1		0.083	0.037	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.112		0		1		0.216	0.095	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		1		1		0.023	0.010	
17:1.....g									
18:1 undifferentiated.....g	0.067		1		1		0.129	0.057	
20:1.....g	0.022		1		1		0.042	0.019	
22:1 undifferentiated.....g	0.010		1		1		0.019	0.009	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.483		0		1		0.932	0.411	
18:2 undifferentiated.....g	0.009		1		1		0.017	0.008	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.005		1		1		0.010	0.004	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026		1		1		0.050	0.022	
20:5 n-3.....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	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:

NDB No. 15065

Fish, pollock, Atlantic, raw

Measure 1 = 193g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15067

Fish, pollock, walleye, cooked, dry heat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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		0		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	0.00		0	Z	7		0.00	0.00	
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	
Choline, total.....mg	81.0		0	CAZN	4		48.6	68.9	
Betaine.....mg									
Vitamin B-12.....mcg	4.20	0.400	11		1		2.52	3.57	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	25		0	NC	4		15	21	
Retinol.....mcg	25		0	BFYN	4		15	21	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	83		0	NC	4		50	71	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.79		0	BFYN	4		0.48	0.67	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFYN	4		0.1	0.1	
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	

NDB No. 15067

Fish, pollock, walleye, cooked, dry heat

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

NDB No. 15067

Fish, pollock, walleye, cooked, dry heat

Measure 1 = 60g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15066

Fish, 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		0		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	0.00		0	Z	7		0.00	0.00	
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	
Choline, total.....mg	65.0		0	CAZN	4		50.1	55.3	
Betaine.....mg									
Vitamin B-12.....mcg	3.10	0.360	11		1		2.39	2.64	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	20		0	NC	4		15	17	
Retinol.....mcg	20		0	NR	4		15	17	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	67		0	NC	4		51	57	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.64		2	A	1		0.49	0.54	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		1	A	1		0.1	0.1	
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	

NDB No. 15066
Fish, pollock, walleye, raw

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

NDB No. 15066

Fish, pollock, walleye, raw

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 National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15069

Fish, pompano, florida, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.526		0	BFFN	4		0.463	0.447	
15:0.....g									
16:0.....g	2.842		0	BFFN	4		2.501	2.416	
17:0.....g									
18:0.....g	1.056		0	BFFN	4		0.930	0.898	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.315		0		1		2.917	2.818	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.722		0	BFFN	4		0.635	0.613	
17:1.....g									
18:1 undifferentiated.....g	2.593		0	BFFN	4		2.282	2.204	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.458		0		1		1.283	1.239	
18:2 undifferentiated.....g	0.155		0	BFFN	4		0.137	0.132	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.315		0	BFFN	4		0.278	0.268	
20:5 n-3.....g	0.224		0	BFFN	4		0.197	0.191	
22:5 n-3.....g	0.259		0	BFFN	4		0.228	0.220	
22:6 n-3.....g	0.504		0	BFFN	4		0.443	0.428	
Fatty acids, total trans.....g									
Cholesterol.....mg	64		0		1		56	54	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.265		0		1		0.233	0.225	
Threonine.....g	1.038		0		1		0.913	0.882	
Isoleucine.....g	1.092		0		1		0.961	0.928	
Leucine.....g	1.925		0		1		1.694	1.636	
Lysine.....g	2.175		0		1		1.914	1.849	
Methionine.....g	0.701		0		1		0.617	0.596	
Cystine.....g	0.254		0		1		0.224	0.216	
Phenylalanine.....g	0.925		0		1		0.814	0.786	
Tyrosine.....g	0.800		0		1		0.704	0.680	
Valine.....g	1.220		0		1		1.074	1.037	
Arginine.....g	1.417		0		1		1.247	1.204	
Histidine.....g	0.697		0		1		0.613	0.592	
Alanine.....g	1.433		0		1		1.261	1.218	
Aspartic acid.....g	2.426		0		1		2.135	2.062	
Glutamic acid.....g	3.536		0		1		3.112	3.006	
Glycine.....g	1.137		0		1		1.001	0.966	
Proline.....g	0.838		0		1		0.737	0.712	
Serine.....g	0.966		0		1		0.850	0.821	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 88g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 15069

Fish, pompano, florida, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.12	1.704	6		1		20.16	79.65	60.45
Energy.....kcal	164		0	NC	4		46	184	139
Energy.....kj	686		0		4		195	769	583
Protein (N x 6.25).....g	18.48	0.842	6		1		5.24	20.70	15.71
Total lipid (fat).....g	9.47	2.259	7		1		2.68	10.61	8.05
Ash.....g	1.10	0.033	6		1		0.31	1.23	0.94
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22	3.899	6		1		6	25	19
Iron, Fe.....mg	0.60	0.046	6		1		0.17	0.67	0.51
Magnesium, Mg.....mg	27	1.354	6		1		8	30	23
Phosphorus, P.....mg	195	19.532	6		1		55	218	166
Potassium, K.....mg	381	39.072	7		1		108	427	324
Sodium, Na.....mg	65	3.496	7		1		18	73	55
Zinc, Zn.....mg	0.72	0.022	65		1		0.20	0.81	0.61
Copper, Cu.....mg	0.038	0.010	64		1		0.011	0.043	0.032
Manganese, Mn.....mg	0.013	0.002	6		1		0.004	0.015	0.011
Selenium, Se.....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
Choline, total.....mg	65.0		0	CAZN	4		18.4	72.8	55.3
Betaine.....mg									
Vitamin B-12.....mcg	1.30		0		4		0.37	1.46	1.11
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	33		0	NC	4		9	37	28
Retinol.....mcg	33		0	NR	4		9	37	28
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	110		0	NC	4		31	123	94
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.18		0	NR	4		0.05	0.20	0.15
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.0	0.1	0.1
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

NDB No. 15068
Fish, pompano, florida, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.410		2		1		0.116	0.459	0.349
15:0.....g									
16:0.....g	2.217		2		1		0.629	2.483	1.884
17:0.....g									
18:0.....g	0.824		2		1		0.234	0.923	0.700
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.586		0		1		0.733	2.896	2.198
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.563		2		1		0.160	0.631	0.479
17:1.....g									
18:1 undifferentiated.....g	2.023		2		1		0.574	2.266	1.720
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.137		0		1		0.322	1.273	0.966
18:2 undifferentiated.....g	0.121		2		1		0.034	0.136	0.103
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.246		2		1		0.070	0.276	0.209
20:5 n-3.....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	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:

NDB No. 15068

Fish, pompano, florida, raw

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 112g: 1 fillet

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15206

Fish, pout, ocean, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.040		0			1	0.055	0.034	
15:0.....g									
16:0.....g	0.226		0			1	0.310	0.192	
17:0.....g									
18:0.....g	0.072		0			1	0.099	0.061	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.422		0			1	0.578	0.359	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.105		0			1	0.144	0.089	
17:1.....g									
18:1 undifferentiated.....g	0.317		0			1	0.434	0.269	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.041		0			1	0.056	0.035	
18:2 undifferentiated.....g	0.041		0			1	0.056	0.035	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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

NDB No. 15206

Fish, pout, ocean, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15059
Fish, pout, ocean, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
14:0.....g	0.031		1		1	0.055	0.026
15:0.....g							
16:0.....g	0.176		1		1	0.310	0.150
17:0.....g							
18:0.....g	0.056		1		1	0.099	0.048
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.329		0		1	0.579	0.280
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.082		1		1	0.144	0.070
17:1.....g							
18:1 undifferentiated.....g	0.247		1		1	0.435	0.210
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.032		0		1	0.056	0.027
18:2 undifferentiated.....g	0.032		1		1	0.056	0.027
18:3 undifferentiated.....g							
18:4.....g							
20:2 n-6 c.c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3.....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

NDB No. 15059
Fish, pout, ocean, raw

Food Group: 15 Finfish and Shellfish Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15071

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.41		0		1		109.38	62.40	
Energy.....kcal	121		0	NC	4		180	103	
Energy.....kj	506		0		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	0.00		0	Z	7		0.00	0.00	
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	
Choline, total.....mg	81.0		0	CAZN	4		120.7	68.9	
Betaine.....mg									
Vitamin B-12.....mcg	1.20		0		4		1.79	1.02	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	71		0	NC	4		106	61	
Retinol.....mcg	71		0	BFYN	4		106	61	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	238		0	NC	4		354	202	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.56		0	BFYN	4		2.33	1.33	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFYN	4		0.2	0.1	
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	

NDB No. 15071

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

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

NDB No. 15071

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

Measure 1 = 149g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15070

Fish, rockfish, Pacific, mixed species, raw

Sebastes spp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	79.26		159		1		151.39	67.37	
Energy.....kcal	94		0	NC	4		180	80	
Energy.....kj	393		0		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	0.00		0	Z	7		0.00	0.00	
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	
Choline, total.....mg	65.0		0	CAZN	4		124.2	55.3	
Betaine.....mg									
Vitamin B-12.....mcg	1.00		0		4		1.91	0.85	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	57		0	NC	4		109	48	
Retinol.....mcg	57		0	NR	4		109	48	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	190		0	NC	4		363	162	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.25		0	NR	4		2.39	1.06	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.2	0.1	
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	

NDB No. 15070

Fish, rockfish, Pacific, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.040		1				0.076	0.034	
13:0.....g									
14:0.....g	0.060		2				0.115	0.051	
15:0.....g									
16:0.....g	0.192		2				0.367	0.163	
17:0.....g									
18:0.....g	0.076		2				0.145	0.065	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.330		0				0.630	0.281	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.081		2				0.155	0.069	
17:1.....g									
18:1 undifferentiated.....g	0.219		2				0.418	0.186	
20:1.....g	0.029		2				0.055	0.025	
22:1 undifferentiated.....g	0.019		2				0.036	0.016	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.482		0				0.921	0.410	
18:2 undifferentiated.....g	0.030		2				0.057	0.026	
18:3 undifferentiated.....g	0.017		2				0.032	0.014	
18:4.....g	0.016		2				0.031	0.014	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.016		2				0.031	0.014	
20:5 n-3.....g	0.141		2				0.269	0.120	
22:5 n-3.....g	0.036		2				0.069	0.031	
22:6 n-3.....g	0.204		2				0.390	0.173	
Fatty acids, total trans.....g									
Cholesterol.....mg	35		2				67	30	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.210		0				0.401	0.179	
Threonine.....g	0.822		0				1.570	0.699	
Isoleucine.....g	0.864		0				1.650	0.734	
Leucine.....g	1.524		0				2.911	1.295	
Lysine.....g	1.722		0				3.289	1.464	
Methionine.....g	0.555		0				1.060	0.472	
Cystine.....g	0.201		0				0.384	0.171	
Phenylalanine.....g	0.732		0				1.398	0.622	
Tyrosine.....g	0.633		0				1.209	0.538	
Valine.....g	0.966		0				1.845	0.821	
Arginine.....g	1.122		0				2.143	0.954	
Histidine.....g	0.552		0				1.054	0.469	
Alanine.....g	1.134		0				2.166	0.964	
Aspartic acid.....g	1.920		0				3.667	1.632	
Glutamic acid.....g	2.799		0				5.346	2.379	
Glycine.....g	0.900		0				1.719	0.765	
Proline.....g	0.663		0				1.266	0.564	
Serine.....g	0.765		0				1.461	0.650	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0				0.0	0.0	
Caffeine.....mg	0		0	Z			0	0	
Theobromine.....mg	0		0	Z			0	0	

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

Common Measures:

NDB No. 15070

Fish, rockfish, Pacific, mixed species, raw

Measure 1 = 191g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15207

Fish, roe, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.097		0		1		0.027	0.082	
15:0.....g									
16:0.....g	1.634		0		1		0.463	1.389	
17:0.....g									
18:0.....g	0.135		0		1		0.038	0.115	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.129		0		1		0.604	1.810	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.479		0		1		0.136	0.407	
17:1.....g									
18:1 undifferentiated.....g	1.455		0		1		0.412	1.237	
20:1.....g	0.142		0		1		0.040	0.121	
22:1 undifferentiated.....g	0.053		0		1		0.015	0.045	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.404		0		1		0.965	2.893	
18:2 undifferentiated.....g	0.037		0		1		0.010	0.031	
18:3 undifferentiated.....g	0.008		0		1		0.002	0.007	
18:4.....g	0.015		0		1		0.004	0.013	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.232		0		1		0.066	0.197	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15207

Fish, roe, mixed species, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	67.73		8		1		9.48	19.20	153.75
Energy.....kcal	143		0	NC	4		20	41	325
Energy.....kj	599		0	NC	4		84	170	1359
Protein (N x 6.25).....g	22.32		8		1		3.12	6.33	50.67
Total lipid (fat).....g	6.42		8		1		0.90	1.82	14.57
Ash.....g	1.37		3		1		0.19	0.39	3.11
Carbohydrate, by difference.....g	1.50		0	NC	4		0.21	0.43	3.41
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22		0		4		3	6	50
Iron, Fe.....mg	0.60		0		4		0.08	0.17	1.36
Magnesium, Mg.....mg	20		0		4		3	6	45
Phosphorus, P.....mg	402		0		4		56	114	913
Potassium, K.....mg	221		0		4		31	63	502
Sodium, Na.....mg	91		0		4		13	26	207
Zinc, Zn.....mg	1.00		0		4		0.14	0.28	2.27
Copper, Cu.....mg	0.100		0		4		0.014	0.028	0.227
Manganese, Mn.....mg	0.010		0		4		0.001	0.003	0.023
Selenium, Se.....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
Choline, total.....mg	335.4		0	BFSN	4		47.0	95.1	761.4
Betaine.....mg									
Vitamin B-12.....mcg	10.00		0		4		1.40	2.84	22.70
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	90		0	NC	4		13	25	203
Retinol.....mcg	90		0	BFFN	4		13	25	203
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	299		0	NC	4		42	85	678
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	214		0	BFFN	4		30	61	486
Vitamin E (alpha-tocopherol).....mg	7.00		0	NR	4		0.98	1.98	15.89
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	BFFN	4		0.0	0.1	0.4
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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.076		1		1		0.011	0.022	0.173
15:0.....g									
16:0.....g	1.275		1		1		0.179	0.361	2.894
17:0.....g									
18:0.....g	0.105		1		1		0.015	0.030	0.238
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.661		0		1		0.233	0.471	3.770
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.374		1		1		0.052	0.106	0.849
17:1.....g									
18:1 undifferentiated.....g	1.135		1		1		0.159	0.322	2.576
20:1.....g	0.111		1		1		0.016	0.031	0.252
22:1 undifferentiated.....g	0.041		1		1		0.006	0.012	0.093
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.656		0		1		0.372	0.753	6.029
18:2 undifferentiated.....g	0.029		1		1		0.004	0.008	0.066
18:3 undifferentiated.....g	0.006		1		1		0.001	0.002	0.014
18:4.....g	0.012		1		1		0.002	0.003	0.027
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.181		1		1		0.025	0.051	0.411
20:5 n-3.....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	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:

NDB No. 15072

Fish, roe, mixed species, raw

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

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

Calories Factors: Protein 3.57

Fat 9.02

Carbohydrate 3.68

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15232

Fish, roughy, orange, cooked, dry heat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.97		2	A	1		56.93		
Energy.....kcal	105		0	NC	4		89		
Energy.....kj	439		0	NC	4		373		
Protein (N x 6.25).....g	22.64		2	A	1		19.25		
Total lipid (fat).....g	0.90		0		1		0.77		
Ash.....g	0.99		2	A	1		0.84		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		2	A	1		10		
Iron, Fe.....mg	1.13		2	A	1		0.96		
Magnesium, Mg.....mg	18		2	A	1		15		
Phosphorus, P.....mg	102		2	A	1		87		
Potassium, K.....mg	181		2	A	1		154		
Sodium, Na.....mg	69		2	A	1		59		
Zinc, Zn.....mg	0.32		1	A	1		0.27		
Copper, Cu.....mg	0.075		2	A	1		0.063		
Manganese, Mn.....mg	0.037		2	A	1		0.032		
Selenium, Se.....mcg	88.3		2	A	1		75.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.045		2	A	1		0.038		
Riboflavin.....mg	0.063		2	A	1		0.053		
Niacin.....mg	1.820		2	A	1		1.547		
Pantothenic acid.....mg	0.056		2	A	1		0.048		
Vitamin B-6.....mg	0.067		2	A	1		0.057		
Folate, total.....mcg	5		2	A	1		4		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	5		2	A	1		4		
Folate, DFE.....mcg_DFE	5		0	NC	4		4		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.47		2	A	1		0.40		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	24		0	NC	4		20		
Retinol.....mcg	24		0	T	4		20		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	80		0	NC	4		68		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	1.87		2	A	1		1.59		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		2	A	1		0.00		
Tocopherol, gamma.....mg	0.03		2	A	1		0.03		
Tocopherol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.1		2	A	1		0.9		
Lipids:									
Fatty acids, total saturated.....g	0.034		0	NC	4		0.029		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		

NDB No. 15232

Fish, roughy, orange, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.005		2	A	1		0.004		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	0.016		2	A	1		0.013		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	0.005		2	A	1		0.004		
20:0.....g	0.000		2	A	1		0.000		
22:0.....g	0.000		2	A	1		0.000		
24:0.....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.439		0	NC	4		0.373		
14:1.....g	0.001		2	A	1		0.001		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.055		2	A	1		0.046		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	0.293		2	A	1		0.249		
20:1.....g	0.066		2	A	1		0.056		
22:1 undifferentiated.....g	0.025		2	A	1		0.021		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.184		0	NC	4		0.156		
18:2 undifferentiated.....g	0.057		2	A	1		0.048		
18:3 undifferentiated.....g	0.000		0	AS	1		0.000		
18:3 n-3 c,c,c.....g	0.000		2	A	1		0.000		
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.001		2	A	1		0.001		
20:2 n-6 c,c.....g	0.069		2	A	1		0.059		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.019		2	A	1		0.016		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.006		2	A	1		0.005		
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.001		2	A	1		0.001		
22:6 n-3.....g	0.025		2	A	1		0.021		
Fatty acids, total trans.....g									
Cholesterol.....mg	80		2	A	1		68		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.230		0	A	1		0.195		
Threonine.....g	1.030		0	A	1		0.875		
Isoleucine.....g	1.058		0	A	1		0.899		
Leucine.....g	1.797		0	A	1		1.528		
Lysine.....g	2.092		0	A	1		1.778		
Methionine.....g	0.728		0	A	1		0.619		
Cystine.....g	0.240		0	A	1		0.204		
Phenylalanine.....g	0.869		0	A	1		0.738		
Tyrosine.....g	0.799		0	A	1		0.679		
Valine.....g	1.083		0	A	1		0.921		
Arginine.....g	1.448		0	A	1		1.231		
Histidine.....g	0.474		0	A	1		0.403		
Alanine.....g	1.265		0	A	1		1.075		
Aspartic acid.....g	2.519		0	A	1		2.142		
Glutamic acid.....g	3.706		0	A	1		3.150		
Glycine.....g	0.871		0	A	1		0.740		
Proline.....g	0.729		0	A	1		0.620		
Serine.....g	0.936		0	A	1		0.796		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		

NDB No. 15232

Fish, roughy, orange, cooked, dry heat

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

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

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	75.67	1.352	3	A	1		64.32		
Energy.....kcal	76		0	NC	4		65		
Energy.....kj	320		0	NC	4		272		
Protein (N x 6.25).....g	16.41	1.451	3	A	1		13.95		
Total lipid (fat).....g	0.70		0		4		0.60		
Ash.....g	1.08	0.252	3	A	1		0.92		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9	0.873	3	A	1		8		
Iron, Fe.....mg	1.01	0.287	3	A	1		0.85		
Magnesium, Mg.....mg	17	1.369	3	A	1		15		
Phosphorus, P.....mg	107	14.710	3	A	1		91		
Potassium, K.....mg	167	9.770	3	A	1		142		
Sodium, Na.....mg	72		1	A	1		61		
Zinc, Zn.....mg	0.23	0.007	3	A	1		0.20		
Copper, Cu.....mg	0.075	0.000	3	A	1		0.063		
Manganese, Mn.....mg	0.050	0.012	3	A	1		0.042		
Selenium, Se.....mcg	66.7	2.508	3	A	1		56.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.031	0.002	3	A	1		0.027		
Riboflavin.....mg	0.045	0.007	3	A	1		0.038		
Niacin.....mg	1.530	0.203	3	A	1		1.300		
Pantothenic acid.....mg	0.051	0.010	3	A	1		0.043		
Vitamin B-6.....mg	0.052	0.011	3	A	1		0.045		
Folate, total.....mcg	26	2.184	3	A	1		22		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	26	2.184	3	A	1		22		
Folate, DFE.....mcg_DFE	26		0	NC	4		22		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.38	0.047	3	A	1		0.32		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	21		0	NC	4		18		
Retinol.....mcg	21		0	T	4		18		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	70		0	NC	4		60		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	1.20		2	A	1		1.02		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		2	A	1		0.00		
Tocopherol, gamma.....mg	0.04		2	A	1		0.03		
Tocopherol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.7		2	A	1		0.6		
Lipids:									
Fatty acids, total saturated.....g	0.015		0	NC	4		0.013		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		

NDB No. 15073
Fish, roughy, orange, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g									
14:0.....g	0.003	0.006	3	A	1		0.002		
15:0.....g	0.000	0.000	3	A	1		0.000		
16:0.....g	0.008	0.009	3	A	1		0.007		
17:0.....g	0.000	0.000	3	A	1		0.000		
18:0.....g	0.002	0.003	3	A	1		0.002		
20:0.....g	0.000	0.000	3	A	1		0.000		
22:0.....g	0.000	0.000	3	A	1		0.000		
24:0.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.239		0	NC	4		0.203		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.028	0.035	3	A	1		0.024		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	0.154	0.249	3	A	1		0.131		
20:1.....g	0.041	0.055	3	A	1		0.035		
22:1 undifferentiated.....g	0.016	0.057	3	A	1		0.014		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.109		0	NC	4		0.093		
18:2 undifferentiated.....g	0.032	0.038	3	A	1		0.027		
18:3 undifferentiated.....g	0.003		0	AS	1		0.003		
18:3 n-3 c,c,c.....g	0.003	0.023	3	A	1		0.003		
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.001	0.003	3	A	1		0.001		
20:2 n-6 c,c.....g	0.037	0.057	3	A	1		0.031		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.011	0.020	3	A	1		0.009		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.004	0.000	3	A	1		0.004		
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.001	0.000	3	A	1		0.001		
22:6 n-3.....g	0.015	0.012	3	A	1		0.012		
Fatty acids, total trans.....g									
Cholesterol.....mg	60	2.885	3	A	1		51		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.184		0	A	1		0.157		
Threonine.....g	0.740		0	A	1		0.629		
Isoleucine.....g	0.767		0	A	1		0.652		
Leucine.....g	1.293		0	A	1		1.099		
Lysine.....g	1.490		0	A	1		1.266		
Methionine.....g	0.526		0	A	1		0.447		
Cystine.....g	0.174		0	A	1		0.148		
Phenylalanine.....g	0.626		0	A	1		0.532		
Tyrosine.....g	0.569		0	A	1		0.483		
Valine.....g	0.789		0	A	1		0.670		
Arginine.....g	1.039		0	A	1		0.883		
Histidine.....g	0.338		0	A	1		0.287		
Alanine.....g	0.923		0	A	1		0.784		
Aspartic acid.....g	1.845		0	A	1		1.568		
Glutamic acid.....g	2.673		0	A	1		2.272		
Glycine.....g	0.651		0	A	1		0.554		
Proline.....g	0.545		0	A	1		0.464		
Serine.....g	0.675		0	A	1		0.573		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		

NDB No. 15073
 Fish, roughy, orange, raw

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

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

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15208

Fish, sablefish, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.921		0		1		1.391	0.783	
15:0.....g									
16:0.....g	2.631		0		1		3.973	2.236	
17:0.....g									
18:0.....g	0.523		0		1		0.790	0.445	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.328		0		1		15.595	8.779	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.567		0		1		2.366	1.332	
17:1.....g									
18:1 undifferentiated.....g	5.219		0		1		7.881	4.436	
20:1.....g	1.820		0		1		2.748	1.547	
22:1 undifferentiated.....g	1.670		0		1		2.522	1.420	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.618		0		1		3.953	2.225	
18:2 undifferentiated.....g	0.211		0		1		0.319	0.179	
18:3 undifferentiated.....g	0.122		0		1		0.184	0.104	
18:4.....g	0.146		0		1		0.220	0.124	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.133		0		1		0.201	0.113	
20:5 n-3.....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									
<u>Amino Acids:</u>									
Tryptophan.....g	0.193		0		1		0.291	0.164	
Threonine.....g	0.754		0		1		1.139	0.641	
Isoleucine.....g	0.792		0		1		1.196	0.673	
Leucine.....g	1.397		0		1		2.109	1.187	
Lysine.....g	1.579		0		1		2.384	1.342	
Methionine.....g	0.509		0		1		0.769	0.433	
Cystine.....g	0.184		0		1		0.278	0.156	
Phenylalanine.....g	0.671		0		1		1.013	0.570	
Tyrosine.....g	0.580		0		1		0.876	0.493	
Valine.....g	0.886		0		1		1.338	0.753	
Arginine.....g	1.029		0		1		1.554	0.875	
Histidine.....g	0.506		0		1		0.764	0.430	
Alanine.....g	1.040		0		1		1.570	0.884	
Aspartic acid.....g	1.760		0		1		2.658	1.496	
Glutamic acid.....g	2.566		0		1		3.875	2.181	
Glycine.....g	0.825		0		1		1.246	0.701	
Proline.....g	0.608		0		1		0.918	0.517	
Serine.....g	0.701		0		1		1.059	0.596	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 151g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 15208

Fish, sablefish, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15074
Fish, sablefish, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
14:0.....g	0.719	0.141	3		1		1.388	0.611	
15:0.....g									
16:0.....g	2.054	0.348	3		1		3.964	1.746	
17:0.....g									
18:0.....g	0.408	0.094	3		1		0.787	0.347	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.057		0		1		15.550	6.848	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.223	0.238	3		1		2.360	1.040	
17:1.....g									
18:1 undifferentiated.....g	4.074	0.831	3		1		7.863	3.463	
20:1.....g	1.421	0.701	3		1		2.743	1.208	
22:1 undifferentiated.....g	1.304	0.541	3		1		2.517	1.108	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.042		0		1		3.941	1.736	
18:2 undifferentiated.....g	0.165	0.076	3		1		0.318	0.140	
18:3 undifferentiated.....g	0.095	0.053	3		1		0.183	0.081	
18:4.....g	0.114		2		1		0.220	0.097	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.104	0.027	3		1		0.201	0.088	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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

NDB No. 15074
Fish, sablefish, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15075
Fish, sablefish, smoked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.946		0		1		0.268	0.804	
15:0.....g									
16:0.....g	2.703		0		1		0.766	2.298	
17:0.....g									
18:0.....g	0.537		0		1		0.152	0.456	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.605		0		1		3.007	9.014	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.609		0		1		0.456	1.368	
17:1.....g									
18:1 undifferentiated.....g	5.361		0		1		1.520	4.557	
20:1.....g	1.870		0		1		0.530	1.590	
22:1 undifferentiated.....g	1.716		0		1		0.486	1.459	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.688		0		1		0.762	2.285	
18:2 undifferentiated.....g	0.217		0		1		0.062	0.184	
18:3 undifferentiated.....g	0.125		0		1		0.035	0.106	
18:4.....g	0.150		0		1		0.043	0.128	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.137		0		1		0.039	0.116	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15075
Fish, sablefish, smoked

Food Group: 15 Finfish and Shellfish Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15237

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.571		2		1		1.016	0.485	
15:0.....g									
16:0.....g	1.493		2		1		2.658	1.269	
17:0.....g									
18:0.....g	0.315		2		1		0.561	0.268	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.432		0		1		7.889	3.767	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.767		2		1		1.365	0.652	
17:1.....g									
18:1 undifferentiated.....g	2.046		2		1		3.642	1.739	
20:1.....g	1.368		2		1		2.435	1.163	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.426		0		1		7.878	3.762	
18:2 undifferentiated.....g	0.666		2		1		1.185	0.566	
18:3 undifferentiated.....g	0.113		2		1		0.201	0.096	
18:4.....g	0.184		2		1		0.328	0.156	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	1.273		2		1		2.266	1.082	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15237

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.556	0.074	4	A	1	1.100	0.472		
15:0.....g	0.046	0.007	4	A	1	0.090	0.039		
16:0.....g	1.877	0.178	4	A	1	3.716	1.595		
17:0.....g	0.043	0.006	4	A	1	0.086	0.037		
18:0.....g	0.495	0.049	4	A	1	0.981	0.421		
20:0.....g	0.022	0.003	4	A	1	0.044	0.019		
22:0.....g	0.011	0.002	4	A	1	0.022	0.009		
24:0.....g	0.000	0.000	4	A	1	0.000	0.000		
Fatty acids, total monounsaturated.....g	3.770		0	NC	4	7.465	3.205		
14:1.....g	0.000	0.000	4	A	1	0.000	0.000		
15:1.....g	0.000	0.000	4	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.791	0.073	4	A	1	1.566	0.672		
17:1.....g	0.000	0.000	4	A	1	0.000	0.000		
18:1 undifferentiated.....g	2.715	0.222	4	A	1	5.376	2.308		
20:1.....g	0.265	0.039	4	A	1	0.524	0.225		
22:1 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.886		0	NC	4	7.694	3.303		
18:2 undifferentiated.....g	0.900	0.029	4	A	1	1.781	0.765		
18:3 undifferentiated.....g	0.167	0.013	4	AS	1	0.331	0.142		
18:3 n-3 c,c,c.....g	0.148	0.012	4	A	1	0.292	0.126		
18:3 n-6 c,c,c.....g	0.020	0.002	4	A	1	0.039	0.017		
18:3i.....g									
18:4.....g	0.121	0.014	4	A	1	0.239	0.103		
20:2 n-6 c,c,c.....g	0.062	0.003	4	A	1	0.122	0.052		
20:3 undifferentiated.....g	0.018	0.002	4	A	1	0.036	0.015		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.092	0.008	4	A	1	0.181	0.078		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.862	0.105	4	A	1	1.707	0.733		
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.393	0.054	4	A	1	0.778	0.334		
22:6 n-3.....g	1.104	0.125	4	A	1	2.187	0.939		
Fatty acids, total trans.....g									
Cholesterol.....mg	55	1.237	4	A	1	108	46		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.209		0	A	1	0.413	0.177		
Threonine.....g	0.860		0	A	1	1.702	0.731		
Isoleucine.....g	0.968		0	A	1	1.916	0.822		
Leucine.....g	1.615		0	A	1	3.197	1.372		
Lysine.....g	1.870		0	A	1	3.703	1.590		
Methionine.....g	0.626		0	A	1	1.240	0.532		
Cystine.....g	0.219		0	A	1	0.433	0.186		
Phenylalanine.....g	0.845		0	A	1	1.672	0.718		
Tyrosine.....g	0.759		0	A	1	1.502	0.645		
Valine.....g	1.107		0	A	1	2.192	0.941		
Arginine.....g	1.221		0	A	1	2.418	1.038		
Histidine.....g	0.549		0	A	1	1.087	0.467		
Alanine.....g	1.271		0	A	1	2.517	1.081		
Aspartic acid.....g	2.025		0	A	1	4.010	1.721		
Glutamic acid.....g	2.830		0	A	1	5.604	2.406		
Glycine.....g	0.960		0	A	1	1.901	0.816		
Proline.....g	0.721		0	A	1	1.427	0.613		
Serine.....g	0.896		0	A	1	1.773	0.761		
Hydroxyproline.....g	0.042	0.009	3	A	1	0.083	0.036		

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

NDB No. 15236

Fish, salmon, Atlantic, farmed, raw

Common Measures:

Measure 1 = 198g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15209

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.176		0		1		0.271	0.150	
15:0.....g									
16:0.....g	0.810		0		1		1.247	0.689	
17:0.....g									
18:0.....g	0.272		0		1		0.419	0.231	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.697		0		1		4.153	2.292	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.322		0		1		0.496	0.274	
17:1.....g									
18:1 undifferentiated.....g	1.732		0		1		2.667	1.472	
20:1.....g	0.286		0		1		0.440	0.243	
22:1 undifferentiated.....g	0.358		0		1		0.551	0.304	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.256		0		1		5.014	2.768	
18:2 undifferentiated.....g	0.220		0		1		0.339	0.187	
18:3 undifferentiated.....g	0.378		0		1		0.582	0.321	
18:4.....g	0.106		0		1		0.163	0.090	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.342		0		1		0.527	0.291	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									

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Common Measures:

Measure 1 = 154g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 15209

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.137		2		1		0.271	0.116	
15:0.....g									
16:0.....g	0.632		2		1		1.251	0.537	
17:0.....g									
18:0.....g	0.212		2		1		0.420	0.180	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.103		0		1		4.164	1.788	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.251		2		1		0.497	0.213	
17:1.....g									
18:1 undifferentiated.....g	1.351		2		1		2.675	1.148	
20:1.....g	0.223		2		1		0.442	0.190	
22:1 undifferentiated.....g	0.279		1		1		0.552	0.237	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.539		0		1		5.027	2.158	
18:2 undifferentiated.....g	0.172		2		1		0.341	0.146	
18:3 undifferentiated.....g	0.295		1		1		0.584	0.251	
18:4.....g	0.083		1		1		0.164	0.071	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.267		2		1		0.529	0.227	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									

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Common Measures:

Measure 1 = 198g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

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

Food Group: 15 Finfish and Shellfish Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15210

Fish, salmon, chinook, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.455		0		1		0.701	0.387	
15:0.....g									
16:0.....g	2.045		0		1		3.149	1.738	
17:0.....g									
18:0.....g	0.714		0		1		1.100	0.607	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.742		0		1		8.843	4.881	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.133		0		1		1.745	0.963	
17:1.....g									
18:1 undifferentiated.....g	3.585		0		1		5.521	3.047	
20:1.....g	0.580		0		1		0.893	0.493	
22:1 undifferentiated.....g	0.444		0		1		0.684	0.377	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.662		0		1		4.099	2.263	
18:2 undifferentiated.....g	0.136		0		1		0.209	0.116	
18:3 undifferentiated.....g	0.110		0		1		0.169	0.094	
18:4.....g	0.185		0		1		0.285	0.157	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.197		0		1		0.303	0.167	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									

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Common Measures:

Measure 1 = 154g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 15210

Fish, salmon, chinook, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15078
Fish, salmon, chinook, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u> <u>measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.421	0.004	3	A	1		0.834	0.358	
15:0.....g									
16:0.....g	2.092	0.035	3	A	1		4.141	1.778	
17:0.....g									
18:0.....g	0.577	0.005	3	A	1		1.143	0.491	
20:0.....g	0.010		2	A	1		0.020	0.008	
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.399		0	NC	4		8.710	3.739	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.909	0.092	3	A	1		1.801	0.773	
17:1.....g									
18:1 undifferentiated.....g	2.958	0.437	3	A	1		5.857	2.515	
20:1.....g	0.344	0.000	3	A	1		0.681	0.293	
22:1 undifferentiated.....g	0.187	0.002	3	A	1		0.370	0.159	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.799		0	NC	4		5.543	2.380	
18:2 undifferentiated.....g	0.122	0.021	3	A	1		0.241	0.104	
18:3 undifferentiated.....g	0.089	0.015	3	A	1		0.175	0.075	
18:4.....g	0.188		1	A	1		0.373	0.160	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.147	0.025	3	A	1		0.291	0.125	
20:5 n-3.....g	1.008	0.047	3	A	1		1.996	0.857	
22:5 n-3.....g	0.301	0.194	3	A	1		0.597	0.256	
22:6 n-3.....g	0.944	0.200	3	A	1		1.870	0.803	
Fatty acids, total trans.....g									
Cholesterol.....mg	50		2	A	1		100	43	
Phytosterols.....mg									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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Common Measures:

Measure 1 = 198g: .5 fillet

NDB No. 15078

Fish, salmon, chinook, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15077
Fish, salmon, chinook, smoked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.00		2		1		97.92	20.41	12.24
Energy.....kcal	117		0	NC	4		159	33	20
Energy.....kj	490		0		4		666	139	83
Protein (N x 6.25).....g	18.28		2		1		24.86	5.18	3.11
Total lipid (fat).....g	4.32		2		1		5.88	1.22	0.73
Ash.....g	2.62		2		1		3.56	0.74	0.45
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		2		1		15	3	2
Iron, Fe.....mg	0.85		2		1		1.16	0.24	0.14
Magnesium, Mg.....mg	18		2		1		24	5	3
Phosphorus, P.....mg	164		2		1		223	46	28
Potassium, K.....mg	175		2		1		238	50	30
Sodium, Na.....mg	784		2		1		1066	222	133
Zinc, Zn.....mg	0.31		2		1		0.42	0.09	0.05
Copper, Cu.....mg	0.230		2		1		0.313	0.065	0.039
Manganese, Mn.....mg	0.017		2		1		0.023	0.005	0.003
Selenium, Se.....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
Choline, total.....mg	95.0		0	CAZN	4		129.2	26.9	16.2
Betaine.....mg									
Vitamin B-12.....mcg	3.26		2		1		4.43	0.92	0.55
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	26		0	NC	4		35	7	4
Retinol.....mcg	26		0	NR	4		35	7	4
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	87		0	NC	4		118	25	15
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.35		0	NR	4		1.84	0.38	0.23
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.1	0.0	0.0
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

NDB No. 15077
Fish, salmon, chinook, smoked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.183		2		1		0.249	0.052	0.031
15:0.....g									
16:0.....g	0.560		2		1		0.762	0.159	0.095
17:0.....g									
18:0.....g	0.186		2		1		0.253	0.053	0.032
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.023		0		1		2.751	0.574	0.344
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.305		2		1		0.415	0.086	0.052
17:1.....g									
18:1 undifferentiated.....g	0.949		2		1		1.291	0.269	0.161
20:1.....g	0.468		2		1		0.636	0.133	0.080
22:1 undifferentiated.....g	0.301		2		1		0.409	0.085	0.051
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.995		0		1		1.353	0.282	0.169
18:2 undifferentiated.....g	0.472		2		1		0.642	0.134	0.080
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....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	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:

NDB No. 15077

Fish, salmon, chinook, smoked

Measure 1 = 136g: 1 cup, cooked

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 17g: 1 cubic inch, boneless

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15179

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.183		2		1		0.052	0.156	
15:0.....g									
16:0.....g	0.560		2		1		0.159	0.476	
17:0.....g									
18:0.....g	0.186		2		1		0.053	0.158	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.023		0		1		0.574	1.720	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.305		2		1		0.086	0.259	
17:1.....g									
18:1 undifferentiated.....g	0.949		2		1		0.269	0.807	
20:1.....g	0.468		2		1		0.133	0.398	
22:1 undifferentiated.....g	0.301		2		1		0.085	0.256	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.995		0		1		0.282	0.846	
18:2 undifferentiated.....g	0.472		2		1		0.134	0.401	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15179

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15180

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.482		1		1		1.779	0.410	
15:0.....g									
16:0.....g	0.816		1		1		3.011	0.694	
17:0.....g									
18:0.....g	0.188		1		1		0.694	0.160	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.919		0		1		7.081	1.631	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.237		1		1		0.875	0.201	
17:1.....g									
18:1 undifferentiated.....g	1.159		1		1		4.277	0.985	
20:1.....g	0.278		1		1		1.026	0.236	
22:1 undifferentiated.....g	0.245		2		1		0.904	0.208	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.517		0		1		5.598	1.289	
18:2 undifferentiated.....g	0.057		1		1		0.210	0.048	
18:3 undifferentiated.....g	0.049		2		1		0.181	0.042	
18:4.....g	0.073		1		1		0.269	0.062	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.073		1		1		0.269	0.062	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15180

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15211

Fish, salmon, chum, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.192		0		1		0.296	0.163	
15:0.....g									
16:0.....g	0.751		0		1		1.157	0.638	
17:0.....g									
18:0.....g	0.133		0		1		0.205	0.113	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.976		0		1		3.043	1.680	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.283		0		1		0.436	0.241	
17:1.....g									
18:1 undifferentiated.....g	1.046		0		1		1.611	0.889	
20:1.....g	0.236		0		1		0.363	0.201	
22:1 undifferentiated.....g	0.410		0		1		0.631	0.349	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.152		0		1		1.774	0.979	
18:2 undifferentiated.....g	0.077		0		1		0.119	0.065	
18:3 undifferentiated.....g	0.044		0		1		0.068	0.037	
18:4.....g	0.087		0		1		0.134	0.074	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038		0		1		0.059	0.032	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15211

Fish, salmon, chum, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15080

Fish, salmon, chum, drained solids with bone

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	70.77	0.102	6		1		261.14	60.15	
Energy.....kcal	141		0	NC	4		520	120	
Energy.....kj	590		0		4		2177	501	
Protein (N x 6.25).....g	21.43	0.105	6		1		79.08	18.22	
Total lipid (fat).....g	5.50	0.202	7		1		20.30	4.68	
Ash.....g	2.47	0.111	6		1		9.11	2.10	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	249	1.174	6		1		919	212	
Iron, Fe.....mg	0.70		0		4		2.58	0.60	
Magnesium, Mg.....mg	30		0		4		111	26	
Phosphorus, P.....mg	354	2.352	6		1		1306	301	
Potassium, K.....mg	300		0		4		1107	255	
Sodium, Na.....mg	487		1		1		1797	414	
Zinc, Zn.....mg	1.00		0		4		3.69	0.85	
Copper, Cu.....mg	0.100		0		4		0.369	0.085	
Manganese, Mn.....mg	0.020		0		4		0.074	0.017	
Selenium, Se.....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	
Choline, total.....mg	85.0		0	CAZN	4		313.7	72.3	
Betaine.....mg									
Vitamin B-12.....mcg	4.40		0		4		16.24	3.74	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	18		0	NC	4		66	15	
Retinol.....mcg	18		0	NR	4		66	15	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	60		0	NC	4		221	51	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.60		0	NR	4		5.90	1.36	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	224		0	T	4		827	190	
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.4	0.1	
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	

Fish, 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
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.482		1		1		1.779	0.410	
15:0.....g									
16:0.....g	0.816		1		1		3.011	0.694	
17:0.....g									
18:0.....g	0.188		1		1		0.694	0.160	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.919		0		1		7.081	1.631	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.237		1		1		0.875	0.201	
17:1.....g									
18:1 undifferentiated.....g	1.159		1		1		4.277	0.985	
20:1.....g	0.278		1		1		1.026	0.236	
22:1 undifferentiated.....g	0.245		2		1		0.904	0.208	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.517		0		1		5.598	1.289	
18:2 undifferentiated.....g	0.057		1		1		0.210	0.048	
18:3 undifferentiated.....g	0.049		2		1		0.181	0.042	
18:4.....g	0.073		1		1		0.269	0.062	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.073		1		1		0.269	0.062	
20:5 n-3.....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:

NDB No. 15080

Fish, salmon, chum, drained solids with bone

Measure 1 = 369g: 1 can

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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
Choline, total.....mg							
Betaine.....mg							
Vitamin B-12.....mcg	3.00		0		4	5.94	2.55
Vitamin A, RAE.....mcg_RAE	30		1		1	59	25
Retinol.....mcg	30		1		1	59	25
Carotene, beta.....mcg							
Carotene, alpha.....mcg							
Cryptoxanthin, beta.....mcg							
Vitamin A, IU.....IU	99		1		1	196	84
Lycopene.....mcg							
Lutein + zeaxanthin.....mcg							
Vitamin E (alpha-tocopherol).....mg	1.09		0		4	2.16	0.93
Tocopherol, beta.....mg							
Tocopherol, gamma.....mg							
Tocopherol, delta.....mg							
Vitamin D.....IU							
Vitamin K (phylloquinone).....mcg							
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							

NDB No. 15079
Fish, salmon, chum, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.150		2		1		0.297	0.128	
15:0.....g									
16:0.....g	0.586		2		1		1.160	0.498	
17:0.....g									
18:0.....g	0.104		2		1		0.206	0.088	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.541		0		1		3.051	1.310	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.221		2		1		0.438	0.188	
17:1.....g									
18:1 undifferentiated.....g	0.816		2		1		1.616	0.694	
20:1.....g	0.184		1		1		0.364	0.156	
22:1 undifferentiated.....g	0.320		1		1		0.634	0.272	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.898		0		1		1.778	0.763	
18:2 undifferentiated.....g	0.060		2		1		0.119	0.051	
18:3 undifferentiated.....g	0.034		1		1		0.067	0.029	
18:4.....g	0.068		1		1		0.135	0.058	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		1		1		0.059	0.026	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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

NDB No. 15079

Fish, salmon, chum, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15239

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.308		3		1		0.440	0.262	
15:0.....g									
16:0.....g	1.175		3		1		1.680	0.999	
17:0.....g									
18:0.....g	0.330		3		1		0.472	0.281	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.618		0		1		5.174	3.075	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.482		3		1		0.689	0.410	
17:1.....g									
18:1 undifferentiated.....g	1.844		3		1		2.637	1.567	
20:1.....g	0.551		3		1		0.788	0.468	
22:1 undifferentiated.....g	0.665		3		1		0.951	0.565	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.963		0		1		2.807	1.669	
18:2 undifferentiated.....g	0.373		3		1		0.533	0.317	
18:3 undifferentiated.....g	0.076		3		1		0.109	0.065	
18:4.....g	0.118		3		1		0.169	0.100	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.094		3		1		0.134	0.080	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15239

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.287		3		1		0.456	0.244	
15:0.....g									
16:0.....g	1.090		3		1		1.733	0.927	
17:0.....g									
18:0.....g	0.312		3		1		0.496	0.265	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.330		0		1		5.295	2.831	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.446		3		1		0.709	0.379	
17:1.....g									
18:1 undifferentiated.....g	1.724		3		1		2.741	1.465	
20:1.....g	0.507		3		1		0.806	0.431	
22:1 undifferentiated.....g	0.585		3		1		0.930	0.497	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.861		0		1		2.959	1.582	
18:2 undifferentiated.....g	0.349		3		1		0.555	0.297	
18:3 undifferentiated.....g	0.075		3		1		0.119	0.064	
18:4.....g	0.112		3		1		0.178	0.095	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.095		3		1		0.151	0.081	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

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

Food Group: 15 Finfish and Shellfish Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15247

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.50		2		1		127.27	60.78	
Energy.....kcal	139		0	NC	4		247	118	
Energy.....kj	582		0		4		1035	494	
Protein (N x 6.25).....g	23.45		2		1		41.74	19.93	
Total lipid (fat).....g	4.30		2		1		7.65	3.66	
Ash.....g	1.30		2		1		2.31	1.11	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	45		0	BFSN	4		80	38	
Iron, Fe.....mg	0.61		2		1		1.09	0.52	
Magnesium, Mg.....mg	33		2		1		59	28	
Phosphorus, P.....mg	322		2		1		573	274	
Potassium, K.....mg	434		2		1		773	369	
Sodium, Na.....mg	58		2		1		103	49	
Zinc, Zn.....mg	0.56		2		1		1.00	0.48	
Copper, Cu.....mg	0.071		2		1		0.126	0.060	
Manganese, Mn.....mg	0.019		2		1		0.034	0.016	
Selenium, Se.....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	
Choline, total.....mg	72.0		0	CAZN	4		128.2	61.2	
Betaine.....mg									
Vitamin B-12.....mcg	5.00		2		1		8.90	4.25	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	38		0	NC	4		67	32	
Retinol.....mcg	38		0	BFYN	4		67	32	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	125		0	NC	4		223	106	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.81		0	BFYN	4		1.45	0.69	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFYN	4		0.2	0.1	
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	

NDB No. 15247

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.150		2		1		0.267	0.128	
15:0.....g									
16:0.....g	0.683		2		1		1.216	0.581	
17:0.....g									
18:0.....g	0.158		2		1		0.281	0.134	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.581		0		1		2.814	1.344	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.272		2		1		0.484	0.231	
17:1.....g									
18:1 undifferentiated.....g	0.860		2		1		1.531	0.731	
20:1.....g	0.275		2		1		0.490	0.234	
22:1 undifferentiated.....g	0.153		2		1		0.272	0.130	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.273		0		1		2.266	1.082	
18:2 undifferentiated.....g	0.056		2		1		0.100	0.048	
18:3 undifferentiated.....g	0.055		2		1		0.098	0.047	
18:4.....g	0.052		2		1		0.093	0.044	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.022		2		1		0.039	0.019	
20:5 n-3.....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	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:

NDB No. 15247

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

Measure 1 = 178g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15082

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.334		0		1		0.518	0.284	
15:0.....g									
16:0.....g	0.950		0		1		1.473	0.808	
17:0.....g									
18:0.....g	0.262		0		1		0.406	0.223	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.702		0		1		4.188	2.297	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.640		0		1		0.992	0.544	
17:1.....g									
18:1 undifferentiated.....g	1.524		0		1		2.362	1.295	
20:1.....g	0.316		0		1		0.490	0.269	
22:1 undifferentiated.....g	0.185		0		1		0.287	0.157	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.521		0		1		3.908	2.143	
18:2 undifferentiated.....g	0.260		0		1		0.403	0.221	
18:3 undifferentiated.....g	0.199		0		1		0.308	0.169	
18:4.....g	0.150		0		1		0.233	0.128	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.169		0		1		0.262	0.144	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15082

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15081

Fish, salmon, coho, wild, raw

Oncorhynchus kisutch (Walbaum)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.66	0.162	178		1		143.87	61.76	
Energy.....kcal	146		0	NC	4		289	124	
Energy.....kj	611		0		4		1210	519	
Protein (N x 6.25).....g	21.62	0.044	178		1		42.81	18.38	
Total lipid (fat).....g	5.93	0.161	219		1		11.74	5.04	
Ash.....g	1.21	0.004	178		1		2.40	1.03	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	36		1		1		71	31	
Iron, Fe.....mg	0.56	0.077	3		1		1.11	0.48	
Magnesium, Mg.....mg	31	0.897	3		1		61	26	
Phosphorus, P.....mg	262	16.165	3		1		519	223	
Potassium, K.....mg	423	2.619	47		1		838	360	
Sodium, Na.....mg	46	1.105	47		1		91	39	
Zinc, Zn.....mg	0.41	0.017	74		1		0.81	0.35	
Copper, Cu.....mg	0.051	0.003	69		1		0.101	0.043	
Manganese, Mn.....mg	0.014	0.001	3		1		0.028	0.012	
Selenium, Se.....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	
Choline, total.....mg	94.6		0	CAZN	4		187.3	80.4	
Betaine.....mg									
Vitamin B-12.....mcg	4.17	0.694	3		1		8.26	3.54	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	30		0	NC	4		59	26	
Retinol.....mcg	30		0	NR	4		59	26	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	100		0	NC	4		198	85	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.65		0	NR	4		1.29	0.55	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.2	0.1	
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	

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0			1	0.000	0.000	
13:0.....g									
14:0.....g	0.264		6			1	0.523	0.224	
15:0.....g									
16:0.....g	0.751		6			1	1.487	0.638	
17:0.....g									
18:0.....g	0.207		6			1	0.410	0.176	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.134		0			1	4.225	1.814	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.506		6			1	1.002	0.430	
17:1.....g									
18:1 undifferentiated.....g	1.204		6			1	2.384	1.023	
20:1.....g	0.250		6			1	0.495	0.213	
22:1 undifferentiated.....g	0.146		6			1	0.289	0.124	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.992		0			1	3.944	1.693	
18:2 undifferentiated.....g	0.206		6			1	0.408	0.175	
18:3 undifferentiated.....g	0.157		6			1	0.311	0.133	
18:4.....g	0.119		6			1	0.236	0.101	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.133		6			1	0.263	0.113	
20:5 n-3.....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	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:

NDB No. 15081

Fish, salmon, coho, wild, raw

Measure 1 = 198g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15260

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

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	70.52	0.188	41	A	1				
Energy.....kcal	136		0	NC	4				
Energy.....kj	568		0	NC	4				
Protein.....g	23.08	0.095	41	A	1				
Total lipid (fat).....g	4.83	0.207	41	A	1				
Ash.....g	2.59	0.035	41	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Sucrose.....g	0.00		1	A	1				
Glucose (dextrose).....g	0.00		1	A	1				
Fructose.....g	0.00		1	A	1				
Lactose.....g	0.00		1	A	1				
Maltose.....g	0.00		1	A	1				
Galactose.....g									
Starch.....g	0.00		1	A	1				
Minerals:									
Calcium, Ca.....mg	277	9.213	41	A	1				
Iron, Fe.....mg	0.90	0.048	41	A	1				
Magnesium, Mg.....mg	34	0.541	41	A	1				
Phosphorus, P.....mg	365	4.828	41	A	1				
Potassium, K.....mg	311	3.286	41	A	1				
Sodium, Na.....mg	399	7.916	41	A	1				
Zinc, Zn.....mg	1.09	0.045	41	A	1				
Copper, Cu.....mg	0.156	0.005	41	A	1				
Manganese, Mn.....mg	0.039	0.001	41	A	1				
Selenium, Se.....mcg	39.5	8.257	15	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.027	0.001	15	A	1				
Riboflavin.....mg	0.202	0.011	15	A	1				
Niacin.....mg	7.409	0.170	15	A	1				
Pantothenic acid.....mg	0.563	0.023	15	A	1				
Vitamin B-6.....mg	0.105	0.003	15	A	1				
Folate, total.....mcg	4	0.198	13	A	1				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	4	0.198	13	A	1				
Folate, DFE.....mcg_DFE	4		0	NC	4				
Choline, total.....mg	87.8	2.809	4	AS	1				
Betaine.....mg	9.0	1.895	4	A	1				
Vitamin B-12.....mcg	4.95	0.194	15	A	1				
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	23		0	AS	1				
Retinol.....mcg	23	4.884	15	A	1				
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Vitamin A, IU.....IU	75		0	AS	1				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	1.28	0.042	4	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00	0.000	4	A	1				
Tocopherol, gamma.....mg	0.12	0.032	4	A	1				
Tocopherol, delta.....mg	0.00	0.000	4	A	1				
Vitamin D.....IU	466	33.034	4	A	1				
Vitamin K (phylloquinone).....mcg	0.1	0.004	4	A	1				

NDB No. 15260

Fish, salmon, pink, 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
Lipids:									
Fatty acids, total saturated.....g	0.848		0	NC					
4:0.....g	0.000		0	Z					
6:0.....g	0.000		0	Z					
8:0.....g	0.000	0.000	37	A					
10:0.....g	0.000	0.000	37	A					
12:0.....g	0.000	0.000	36	A					
13:0.....g									
14:0.....g	0.161	0.010	37	A					
15:0.....g	0.022	0.001	37	A					
16:0.....g	0.537	0.026	37	A					
17:0.....g	0.016	0.001	37	A					
18:0.....g	0.112	0.005	37	A					
20:0.....g	0.000	0.000	36	A					
22:0.....g	0.000	0.000	37	A					
24:0.....g	0.000	0.000	37	A					
Fatty acids, total monounsaturated.....g	0.887		0	NC					
14:1.....g	0.000	0.000	37	A					
15:1.....g	0.000	0.000	37	A					
16:1 undifferentiated.....g	0.160	0.009	37	A					
17:1.....g	0.000	0.000	35	A					
18:1 undifferentiated.....g	0.546	0.028	37	A					
20:1.....g	0.181	0.022	37	A					
22:1 undifferentiated.....g	0.000		0	AS					
22:1 c.....g	0.000	0.000	37	A					
22:1 t.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.345		0	NC					
18:2 undifferentiated.....g	0.066	0.004	37	A					
18:3 undifferentiated.....g	0.060		0	AS					
18:3 n-3 c,c,c.....g	0.050	0.003	37	A					
18:3 n-6 c,c,c.....g	0.010	0.001	37	A					
18:3i.....g									
18:4.....g	0.000		0	Z					
20:2 n-6 c,c.....g	0.019	0.001	37	A					
20:3 undifferentiated.....g	0.010	0.001	37	A					
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.030	0.001	37	A					
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.359	0.021	37	A					
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.108	0.006	37	A					
22:6 n-3.....g	0.693	0.025	37	A					
Fatty acids, total trans.....g									
Cholesterol.....mg	82	1.109	37	A					
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.247	0.006	4	A					
Threonine.....g	1.192	0.017	4	A					
Isoleucine.....g	1.067	0.006	4	A					
Leucine.....g	1.747	0.015	4	A					
Lysine.....g	1.967	0.020	4	A					
Methionine.....g	0.645	0.006	4	A					
Cystine.....g	0.178	0.003	4	A					
Phenylalanine.....g	0.945	0.016	4	A					
Tyrosine.....g	0.830	0.011	4	A					
Valine.....g	1.230	0.011	4	A					
Arginine.....g	1.440	0.020	4	A					
Histidine.....g	0.607	0.011	4	A					
Alanine.....g	1.462	0.018	4	A					

NDB No. 15260

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Aspartic acid.....g	2.882	0.090	4	A	1			
Glutamic acid.....g	3.247	0.056	4	A	1			
Glycine.....g	1.412	0.017	4	A	1			
Proline.....g	0.970	0.021	4	A	1			
Serine.....g	1.012	0.015	4	A	1			
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg	0		0	Z	7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15084

Fish, salmon, pink, canned, solids with bone and liquid

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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		0		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	0.00		0	Z	7		0.00	0.00	
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	
Choline, total.....mg	87.8		1	A	1		398.6	74.6	
Betaine.....mg									
Vitamin B-12.....mcg	4.40		0		4		19.98	3.74	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	17		0	NC	4		77	14	
Retinol.....mcg	17		0	NR	4		77	14	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	57		0	NC	4		257	48	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.64		2	A	1		2.88	0.54	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D.....IU	624		0	T	4		2833	530	
Vitamin K (phylloquinone).....mcg	0.4		0	T	4		1.8	0.3	
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	

NDB No. 15084

Fish, salmon, pink, canned, 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
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	
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:

NDB No. 15084

Fish, salmon, pink, canned, solids with bone and liquid

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 National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15181

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.048		1		1		0.218	0.041	
15:0.....g									
16:0.....g	1.350		1		1		6.129	1.148	
17:0.....g									
18:0.....g	0.135		1		1		0.613	0.115	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.825		0		1		8.286	1.551	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.466		1		1		2.116	0.396	
17:1.....g									
18:1 undifferentiated.....g	1.068		1		1		4.849	0.908	
20:1.....g	0.272		1		1		1.235	0.231	
22:1 undifferentiated.....g	0.018		2		1		0.082	0.015	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.049		0		1		9.302	1.742	
18:2 undifferentiated.....g	0.058		1		1		0.263	0.049	
18:3 undifferentiated.....g	0.058		2		1		0.263	0.049	
18:4.....g	0.135		1		1		0.613	0.115	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.077		1		1		0.350	0.065	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15181

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15212

Fish, salmon, pink, cooked, dry heat

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

NDB No. 15212

Fish, salmon, pink, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15083

Fish, salmon, pink, raw

Oncorhynchus gorbuscha (Walbaum)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.35	0.160	141		1		121.40	64.90	
Energy.....kcal	116		0	NC	4		184	99	
Energy.....kj	485		0		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	0.00		0	Z	7		0.00	0.00	
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	
Choline, total.....mg	94.6		0	CAZN	4		150.4	80.4	
Betaine.....mg									
Vitamin B-12.....mcg	3.00		0		4		4.77	2.55	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	35		0	NC	4		56	30	
Retinol.....mcg	35		0	NR	4		56	30	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	117		0	NC	4		185	99	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.64		2	A	1		1.01	0.54	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	T	4		0.6	0.3	
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	

NDB No. 15083
Fish, salmon, pink, raw

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

NDB No. 15083

Fish, salmon, pink, raw

Measure 1 = 159g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15087

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

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	67.51	0.348	25	A	1		249.11	57.38	
Energy.....kcal	166		0	NC	4		611	141	
Energy.....kj	693		0	NC	4		2556	589	
Protein (N x 6.25).....g	23.33	0.213	25	A	1		86.09	19.83	
Total lipid (fat).....g	7.31	0.145	1689		1		26.97	6.21	
Ash.....g	2.30	0.064	25	A	1		8.50	1.96	
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	0.00		0	Z	7		0.00	0.00	
Sucrose.....g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose).....g									
Fructose.....g	0.00		1	A	1		0.00	0.00	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g									
Starch.....g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	221	17.804	25	A	1		816	188	
Iron, Fe.....mg	0.69	0.036	24	A	1		2.55	0.59	
Magnesium, Mg.....mg	31	1.147	25	A	1		114	26	
Phosphorus, P.....mg	315	10.834	25	A	1		1162	268	
Potassium, K.....mg	288	7.943	25	A	1		1061	244	
Sodium, Na.....mg	360	9.207	23	A	1		1327	306	
Zinc, Zn.....mg	1.00	0.034	25	A	1		3.71	0.85	
Copper, Cu.....mg	0.149	0.000	25	A	1		0.550	0.127	
Manganese, Mn.....mg	0.039	0.001	25	A	1		0.142	0.033	
Selenium, Se.....mcg	34.3	0.486	12	A	1		126.6	29.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.032	0.002	12	A	1		0.119	0.027	
Riboflavin.....mg	0.212	0.014	12	A	1		0.782	0.180	
Niacin.....mg	7.621	0.266	12	A	1		28.121	6.478	
Pantothenic acid.....mg	0.535	0.024	12	A	1		1.976	0.455	
Vitamin B-6.....mg	0.119	0.004	12	A	1		0.438	0.101	
Folate, total.....mcg	4	0.230	4	A	1		14	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4	0.230	4	A	1		14	3	
Folate, DFE.....mcg_DFE	4		0	NC	4		14	3	
Choline, total.....mg	82.6	3.335	3	AS	1		304.7	70.2	
Betaine.....mg	3.7	0.741	3	A	1		13.6	3.1	
Vitamin B-12.....mcg	5.50	0.174	12	A	1		20.28	4.67	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	38		0	AS	1		142	33	
Retinol.....mcg	38	4.204	12	A	1		142	33	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	128		0	AS	1		473	109	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	2.07	0.140	3	A	1		7.65	1.76	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01	0.007	3	A	1		0.02	0.01	
Tocopherol, gamma.....mg	0.04	0.006	3	A	1		0.15	0.03	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D.....IU	763	33.493	3	A	1		2814	648	
Vitamin K (phylloquinone).....mcg	0.1		2	A	1		0.3	0.1	

NDB No. 15087

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.567		0	NC	4		5.783	1.332	
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	0.000	22	A	1		0.000	0.000	
10:0.....g	0.000	0.000	22	A	1		0.000	0.000	
12:0.....g	0.000	0.000	22	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.292	0.028	22	A	1		1.079	0.249	
15:0.....g	0.028	0.002	22	A	1		0.102	0.023	
16:0.....g	1.040	0.064	22	A	1		3.839	0.884	
17:0.....g	0.018	0.001	22	A	1		0.065	0.015	
18:0.....g	0.189	0.014	22	A	1		0.698	0.161	
20:0.....g	0.000	0.000	18	A	1		0.000	0.000	
22:0.....g	0.000	0.000	22	A	1		0.000	0.000	
24:0.....g	0.000	0.000	22	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	2.026		0	NC	4		7.475	1.722	
14:1.....g	0.000	0.000	22	A	1		0.000	0.000	
15:1.....g	0.000	0.000	22	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.302	0.020	22	A	1		1.113	0.256	
17:1.....g	0.000	0.000	22	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.354	0.091	22	A	1		4.995	1.151	
20:1.....g	0.370	0.043	22	A	1		1.367	0.315	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	22	A	1		0.000	0.000	
22:1 t.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.053		0	NC	4		7.576	1.745	
18:2 undifferentiated.....g	0.113	0.008	22	A	1		0.419	0.096	
18:3 undifferentiated.....g	0.082		0	AS	1		0.303	0.070	
18:3 n-3 c,c,c.....g	0.069	0.007	22	A	1		0.256	0.059	
18:3 n-6 c,c,c.....g	0.013	0.002	22	A	1		0.046	0.011	
18:3i.....g									
18:4.....g	0.106		1		1		0.391	0.090	
20:2 n-6 c,c.....g	0.026	0.002	22	A	1		0.097	0.022	
20:3 undifferentiated.....g	0.015	0.002	22	A	1		0.057	0.013	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.034	0.002	22	A	1		0.126	0.029	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.561	0.031	22	A	1		2.071	0.477	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.149	0.007	22	A	1		0.549	0.126	
22:6 n-3.....g	0.884	0.051	22	A	1		3.261	0.751	
Fatty acids, total trans.....g									
Cholesterol.....mg	44				1		162	37	
Phytosterols.....mg		11.721	3						
Amino Acids:									
Tryptophan.....g	0.280		0	A	1		1.032	0.238	
Threonine.....g	1.253		0	A	1		4.624	1.065	
Isoleucine.....g	1.115		0	A	1		4.115	0.948	
Leucine.....g	1.809		0	A	1		6.675	1.538	
Lysine.....g	2.033		0	A	1		7.500	1.728	
Methionine.....g	0.687		0	A	1		2.536	0.584	
Cystine.....g	0.178		0	A	1		0.655	0.151	
Phenylalanine.....g	0.990		0	A	1		3.653	0.842	
Tyrosine.....g	0.855		0	A	1		3.155	0.727	
Valine.....g	1.290		0	A	1		4.759	1.096	
Arginine.....g	1.464		0	A	1		5.401	1.244	
Histidine.....g	0.632		0	A	1		2.330	0.537	
Alanine.....g	1.500		0	A	1		5.535	1.275	

NDB No. 15087

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	2.710		0	A	1		10.000	2.304	
Glutamic acid.....g	3.277		0	A	1		12.091	2.785	
Glycine.....g	1.425		0	A	1		5.257	1.211	
Proline.....g	0.954		0	A	1		3.521	0.811	
Serine.....g	1.046		0	A	1		3.859	0.889	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0				0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 369g: 1 can

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15182

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.359		2		1		1.325	0.305	
15:0.....g									
16:0.....g	1.079		2		1		3.982	0.917	
17:0.....g									
18:0.....g	0.205		2		1		0.756	0.174	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.776		0		1		10.243	2.360	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.406		2		1		1.498	0.345	
17:1.....g									
18:1 undifferentiated.....g	1.451		2		1		5.354	1.233	
20:1.....g	0.918		2		1		3.387	0.780	
22:1 undifferentiated.....g	0.387		2		1		1.428	0.329	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.277		0		1		8.402	1.935	
18:2 undifferentiated.....g	0.085		2		1		0.314	0.072	
18:3 undifferentiated.....g	0.090		2		1		0.332	0.077	
18:4.....g	0.106		1		1		0.391	0.090	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.374		2		1		1.380	0.318	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15182

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15086

Fish, salmon, sockeye, cooked, dry heat

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.84		0		1		95.85	52.56	
Energy.....kcal	216		0	NC	4		334	183	
Energy.....kj	902		0	NC	4		1398	767	
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	0.00		0	Z	7		0.00	0.00	
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	
Choline, total.....mg	65.5		0	AS	1		101.5	55.7	
Betaine.....mg	2.1		1	A	1		3.3	1.8	
Vitamin B-12.....mcg	5.80	1.020	11		1		8.99	4.93	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	63		0	NC	4		98	54	
Retinol.....mcg	63		0	NR	4		98	54	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	210		0	NC	4		326	179	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.81		0	BFFN	4		1.26	0.69	
Vitamin E, added.....mg	0.00		0	BFFN	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		0	BFFN	4		0.8	0.4	
Lipids:									
Fatty acids, total saturated.....g	1.917		0		1		2.971	1.629	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	BFFN	4		0.000	0.000	
10:0.....g	0.000		0	BFFN	4		0.000	0.000	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0	BFFN	4		0.000	0.000	
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	
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	0.131		0	BFFN	4		0.203	0.111	
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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

NDB No. 15086

Fish, salmon, sockeye, cooked, dry heat

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 National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15085

Fish, salmon, sockeye, raw

Oncorhynchus nerka (Walbaum)

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	70.24	0.645	48		1		19.91	139.08	59.70
Energy.....kcal	168		0	NC	4		48	333	143
Energy.....kj	704		0	NC	4		199	1393	598
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	0.00		0	Z	7		0.00	0.00	0.00
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
Choline, total.....mg	94.6		0	BFZN	4		26.8	187.3	80.4
Betaine.....mg									
Vitamin B-12.....mcg	5.00		1		1		1.42	9.90	4.25
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	58		0	NC	4		16	115	49
Retinol.....mcg	58		0	NR	4		16	115	49
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	193		0	NC	4		55	383	164
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.64		0	BFZN	4		0.18	1.26	0.54
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	BFZN	4		0.1	0.8	0.3
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

NDB No. 15085
Fish, salmon, sockeye, raw

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

NDB No. 15085

Fish, salmon, sockeye, raw

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 National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15088

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

Clupea harengus harengus L.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
				Code	Code				
Proximates:									
Water.....g	59.61	0.643	13		1		88.82	16.90	9.54
Energy.....kcal	208		0	NC	4		310	59	33
Energy.....kj	870		0		4		1297	247	139
Protein (N x 6.25).....g	24.62	0.452	13		1		36.68	6.98	3.94
Total lipid (fat).....g	11.45	0.310	13		1		17.06	3.25	1.83
Ash.....g	3.38	0.135	35		1		5.04	0.96	0.54
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	382	14.917	22		1		569	108	61
Iron, Fe.....mg	2.92	0.225	7		1		4.35	0.83	0.47
Magnesium, Mg.....mg	39		2		1		58	11	6
Phosphorus, P.....mg	490	15.351	22		1		730	139	78
Potassium, K.....mg	397		1		1		592	113	64
Sodium, Na.....mg	505		1		1		752	143	81
Zinc, Zn.....mg	1.31		2		1		1.95	0.37	0.21
Copper, Cu.....mg	0.186		2		1		0.277	0.053	0.030
Manganese, Mn.....mg	0.108		2		1		0.161	0.031	0.017
Selenium, Se.....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
Choline, total.....mg	85.0		0	CAZN	4		126.7	24.1	13.6
Betaine.....mg									
Vitamin B-12.....mcg	8.94		2		1		13.32	2.53	1.43
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	32		0	NC	4		48	9	5
Retinol.....mcg	32		0	RA	4		48	9	5
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	108		0	NC	4		160	31	17
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	2.04		0	RA	4		3.05	0.58	0.33
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	272		0	T	4		405	77	44
Vitamin K (phylloquinone).....mcg	2.6		0	RA	4		3.9	0.7	0.4
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

NDB No. 15088

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.192		2		1		0.286	0.054	0.031
15:0.....g									
16:0.....g	0.993		2		1		1.480	0.282	0.159
17:0.....g									
18:0.....g	0.343		2		1		0.511	0.097	0.055
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.869		0		1		5.765	1.097	0.619
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.220		2		1		0.328	0.062	0.035
17:1.....g									
18:1 undifferentiated.....g	2.145		2		1		3.196	0.608	0.343
20:1.....g	0.423		1		1		0.630	0.120	0.068
22:1 undifferentiated.....g	1.081		2		1		1.611	0.306	0.173
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.148		0		1		7.671	1.459	0.824
18:2 undifferentiated.....g	3.543		2		1		5.279	1.004	0.567
18:3 undifferentiated.....g	0.498		1		1		0.742	0.141	0.080
18:4.....g	0.125		2		1		0.186	0.035	0.020
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....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:

NDB No. 15088

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

Measure 1 = 149g: 1 cup, drained

Measure 2 = 28.35g: 1 oz

Measure 3 = 16g: 1 cubic inch

Calories Factors: Protein 4.27

Fat 9

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15089

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

Sardinops spp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.65		0	RA	4		59.32	246.61	25.33
Energy.....kcal	186		0	NC	4		166	689	71
Energy.....kj	779		0	NC	4		693	2881	296
Protein (N x 6.25).....g	20.86		0	RA	4		18.56	77.18	7.93
Total lipid (fat).....g	10.46		0	RA	4		9.30	38.68	3.97
Ash.....g	1.88		0	RA	4		1.68	6.97	0.72
Carbohydrate, by difference.....g	0.74		0	RA	4		0.66	2.73	0.28
Fiber, total dietary.....g	0.1		0	RA	4		0.1	0.6	0.1
Sugars, total.....g	0.43		0	RA	4		0.38	1.57	0.16
Sucrose.....g	0.03		0	RA	4		0.02	0.10	0.01
Glucose (dextrose).....g	0.23		0	RA	4		0.21	0.86	0.09
Fructose.....g	0.17		0	RA	4		0.15	0.62	0.06
Lactose.....g	0.00		0	RA	4		0.00	0.00	0.00
Maltose.....g	0.00		0	RA	4		0.00	0.00	0.00
Galactose.....g	0.00		0	RA	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	240	36.085	3		1		214	888	91
Iron, Fe.....mg	2.30		2		1		2.05	8.51	0.87
Magnesium, Mg.....mg	34		1		1		30	126	13
Phosphorus, P.....mg	366	54.026	3		1		326	1354	139
Potassium, K.....mg	341		1		1		303	1262	130
Sodium, Na.....mg	414		1		1		368	1532	157
Zinc, Zn.....mg	1.40		2		1		1.25	5.18	0.53
Copper, Cu.....mg	0.272		2		1		0.242	1.006	0.103
Manganese, Mn.....mg	0.206		2		1		0.183	0.762	0.078
Selenium, Se.....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
Choline, total.....mg	85.0		0	CAZN	4		75.7	314.5	32.3
Betaine.....mg									
Vitamin B-12.....mcg	9.00		1		1		8.01	33.30	3.42
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	34		0	NC	4		30	126	13
Retinol.....mcg	32		0	RA	4		29	120	12
Carotene, beta.....mcg	21		0	RA	4		19	77	8
Carotene, alpha.....mcg	0		0	RA	4		0	0	0
Cryptoxanthin, beta.....mcg	0		0	RA	4		0	0	0
Vitamin A, IU.....IU	143		0	NC	4		127	527	54
Lycopene.....mcg	1515		0	RA	4		1349	5606	576
Lutein + zeaxanthin.....mcg	0		0	RA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.44		0	RA	4		1.28	5.34	0.55
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		0	RA	4		0.00	0.01	0.00
Tocopherol, gamma.....mg	0.01		0	RA	4		0.01	0.05	0.00
Tocopherol, delta.....mg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin D.....IU	480		0	T	4		427	1776	182
Vitamin K (phylloquinone).....mcg	0.4		0	RA	4		0.4	1.5	0.2

NDB No. 15089

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	2.686		0	NC	4		2.390	9.938	1.021
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	0.703		1		1		0.625	2.600	0.267
15:0.....g									
16:0.....g	1.739		1		1		1.547	6.433	0.661
17:0.....g									
18:0.....g	0.245		1		1		0.218	0.905	0.093
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.821		0	NC	4		4.290	17.836	1.832
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.634		1		1		0.564	2.345	0.241
17:1.....g									
18:1 undifferentiated.....g	1.851		1		1		1.647	6.848	0.703
20:1.....g	0.710		1		1		0.632	2.629	0.270
22:1 undifferentiated.....g	1.625		1		1		1.447	6.014	0.618
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.112		0	NC	4		1.880	7.815	0.803
18:2 undifferentiated.....g	0.123		1		1		0.109	0.454	0.047
18:3 undifferentiated.....g	0.235		1		1		0.209	0.870	0.089
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.297		1		1		0.264	1.098	0.113
20:5 n-3.....g	0.532		1		1		0.473	1.968	0.202
22:5 n-3.....g	0.061		1		1		0.054	0.225	0.023
22:6 n-3.....g	0.865		1		1		0.769	3.199	0.329
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

NDB No. 15089

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

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

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

Common Measures:

Measure 1 = 89g: 1 cup

Measure 2 = 370g: 1 can

Measure 3 = 38g: 1 sardine

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate3.7

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.62		0		1		0.81	1.38	
Vitamin A, RAE.....mcg_RAE	31		0		1		16	27	
Retinol.....mcg	31		0		1		16	27	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	104		0		1		52	88	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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:									

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

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

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

Common Measures:

Measure 1 = 50g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15090

Fish, scup, raw

Stenotomus chrysops L.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	75.37	0.342	25		1		125.11	21.37	48.24
Energy.....kcal	105		0	NC	4		174	30	67
Energy.....kj	439		0		4		729	125	281
Protein (N x 6.25).....g	18.88	0.110	25		1		31.34	5.35	12.08
Total lipid (fat).....g	2.73	0.450	15		1		4.53	0.77	1.75
Ash.....g	1.21	0.020	26		1		2.01	0.34	0.77
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	40		1		1		66	11	26
Iron, Fe.....mg	0.53		1		1		0.88	0.15	0.34
Magnesium, Mg.....mg	23		1		1		38	7	15
Phosphorus, P.....mg	185		0		4		307	52	118
Potassium, K.....mg	287		1		1		476	81	184
Sodium, Na.....mg	42		2		1		70	12	27
Zinc, Zn.....mg	0.48	0.047	71		1		0.80	0.14	0.31
Copper, Cu.....mg	0.051	0.003	70		1		0.085	0.014	0.033
Manganese, Mn.....mg	0.035		0		4		0.058	0.010	0.022
Selenium, Se.....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
Choline, total.....mg	65.0		0	CAZN	4		107.9	18.4	41.6
Betaine.....mg									
Vitamin B-12.....mcg	1.40		0		4		2.32	0.40	0.90
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	27		0	NC	4		45	8	17
Retinol.....mcg	27		0	NR	4		45	8	17
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	90		0	NC	4		149	26	58
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.50		0	NR	4		0.83	0.14	0.32
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.2	0.0	0.1
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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		7		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		7		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		7		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		7		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.560		0		4		0.930	0.159	0.358
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		7		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		7		0.000	0.000	0.000
20:1.....g	0.000		0		7		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		7		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.030		0		4		1.710	0.292	0.659
18:2 undifferentiated.....g	0.000		0		7		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		7		0.000	0.000	0.000
18:4.....g	0.000		0		7		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000	0.000	0.000
20:5 n-3.....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	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:

NDB No. 15090

Fish, scup, raw

Measure 1 = 166g: 1 cup

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 64g: 1 fillet

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15092

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

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food					
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.063		0		1		0.064	0.054	
15:0.....g									
16:0.....g	0.413		0		1		0.417	0.351	
17:0.....g									
18:0.....g	0.177		0		1		0.179	0.150	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.544		0		1		0.549	0.462	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.167		0		1		0.169	0.142	
17:1.....g									
18:1 undifferentiated.....g	0.377		0		1		0.381	0.320	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.953		0		1		0.963	0.810	
18:2 undifferentiated.....g	0.031		0		1		0.031	0.026	
18:3 undifferentiated.....g									
18:4.....g	0.059		0		1		0.060	0.050	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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

NDB No. 15092

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15091

Fish, sea bass, mixed species, raw

Centropristes striata L. and *Lateolabrax japonicus* (Cuvier)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
Proximates:									
Water.....g	78.27	0.199	35		1		100.97	66.53	
Energy.....kcal	97		0	NC	4		125	82	
Energy.....kj	406		0		4		524	345	
Protein (N x 6.25).....g	18.43	0.108	33		1		23.77	15.67	
Total lipid (fat).....g	2.00	0.221	40		1		2.58	1.70	
Ash.....g	1.09	0.022	34		1		1.41	0.93	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		1		1		13	9	
Iron, Fe.....mg	0.29		1		1		0.37	0.25	
Magnesium, Mg.....mg	41		1		1		53	35	
Phosphorus, P.....mg	194		1		1		250	165	
Potassium, K.....mg	256		1		1		330	218	
Sodium, Na.....mg	68		1		1		88	58	
Zinc, Zn.....mg	0.40		34		1		0.52	0.34	
Copper, Cu.....mg	0.019	0.002	34		1		0.025	0.016	
Manganese, Mn.....mg	0.015		1		1		0.019	0.013	
Selenium, Se.....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	
Choline, total.....mg	65.0		0	CAZN	4		83.9	55.3	
Betaine.....mg									
Vitamin B-12.....mcg	0.30		0		4		0.39	0.26	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	55		0	NC	4		71	47	
Retinol.....mcg	55		0	NR	4		71	47	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	183		0	NC	4		236	156	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.50		0	NR	4		0.65	0.43	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.1	0.1	
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	

NDB No. 15091

Fish, sea bass, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.049		2		1		0.063	0.042	
15:0.....g									
16:0.....g	0.322		2		1		0.415	0.274	
17:0.....g									
18:0.....g	0.138		2		1		0.178	0.117	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.424		0		1		0.547	0.360	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		2		1		0.168	0.111	
17:1.....g									
18:1 undifferentiated.....g	0.294		2		1		0.379	0.250	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.743		0		1		0.958	0.632	
18:2 undifferentiated.....g	0.024		2		1		0.031	0.020	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.046		1		1		0.059	0.039	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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Common Measures:

NDB No. 15091

Fish, sea bass, mixed species, raw

Measure 1 = 129g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15214

Fish, seatrout, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.095		0		1		0.177	0.081	
15:0.....g									
16:0.....g	0.820		0		1		1.525	0.697	
17:0.....g									
18:0.....g	0.214		0		1		0.398	0.182	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.133		0		1		2.107	0.963	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.464		0		1		0.863	0.394	
17:1.....g									
18:1 undifferentiated.....g	0.602		0		1		1.120	0.512	
20:1.....g	0.064		0		1		0.119	0.054	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.929		0		1		1.728	0.790	
18:2 undifferentiated.....g	0.088		0		1		0.164	0.075	
18:3 undifferentiated.....g	0.005		0		1		0.009	0.004	
18:4.....g	0.010		0		1		0.019	0.009	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.247		0		1		0.459	0.210	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15214

Fish, seatrout, mixed species, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15093

Fish, seatrout, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.074		3		1		0.176	0.063	
15:0.....g									
16:0.....g	0.640		3		1		1.523	0.544	
17:0.....g									
18:0.....g	0.167		3		1		0.397	0.142	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.884		0		1		2.104	0.751	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.362		3		1		0.862	0.308	
17:1.....g									
18:1 undifferentiated.....g	0.470		3		1		1.119	0.400	
20:1.....g	0.050		1		1		0.119	0.043	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.725		0		1		1.726	0.616	
18:2 undifferentiated.....g	0.069		3		1		0.164	0.059	
18:3 undifferentiated.....g	0.004		1		1		0.010	0.003	
18:4.....g	0.008		1		1		0.019	0.007	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.193		2		1		0.459	0.164	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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

NDB No. 15093

Fish, seatrout, mixed species, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15215

Fish, shad, american, cooked, dry heat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	59.22		0		1		85.28	50.34	
Energy.....kcal	252		0	NC	4		363	214	
Energy.....kj	1054				4		1518	896	
Protein (N x 6.25).....g	21.71		0		1		31.26	18.45	
Total lipid (fat).....g	17.65		0		1		25.42	15.00	
Ash.....g	1.69		0		1		2.43	1.44	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	60		0		1		86	51	
Iron, Fe.....mg	1.24		0		1		1.79	1.05	
Magnesium, Mg.....mg	38		0		1		55	32	
Phosphorus, P.....mg	349		0		1		503	297	
Potassium, K.....mg	492		0		1		708	418	
Sodium, Na.....mg	65		0		1		94	55	
Zinc, Zn.....mg	0.47		0		1		0.68	0.40	
Copper, Cu.....mg	0.082		0		1		0.118	0.070	
Manganese, Mn.....mg	0.054		0		1		0.078	0.046	
Selenium, Se.....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	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.14		0		1		0.20	0.12	
Vitamin A, RAE.....mcg_RAE	36		0		1		52	31	
Retinol.....mcg	36		0		1		52	31	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	120		0		1		173	102	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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:									

NDB No. 15215

Fish, shad, american, cooked, dry heat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tryptophan.....g	0.243		0		1		0.350	0.207	
Threonine.....g	0.952		0		1		1.371	0.809	
Isoleucine.....g	1.000		0		1		1.440	0.850	
Leucine.....g	1.764		0		1		2.540	1.499	
Lysine.....g	1.993		0		1		2.870	1.694	
Methionine.....g	0.642		0		1		0.924	0.546	
Cystine.....g	0.233		0		1		0.336	0.198	
Phenylalanine.....g	0.847		0		1		1.220	0.720	
Tyrosine.....g	0.733		0		1		1.056	0.623	
Valine.....g	1.118		0		1		1.610	0.950	
Arginine.....g	1.299		0		1		1.871	1.104	
Histidine.....g	0.639		0		1		0.920	0.543	
Alanine.....g	1.313		0		1		1.891	1.116	
Aspartic acid.....g	2.223		0		1		3.201	1.890	
Glutamic acid.....g	3.240		0		1		4.666	2.754	
Glycine.....g	1.042		0		1		1.500	0.886	
Proline.....g	0.767		0		1		1.104	0.652	
Serine.....g	0.886		0		1		1.276	0.753	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 144g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15094
 Fish, shad, american, raw
Alosa sapidissima (Wilson)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	68.19	0.802	13		1		125.47	57.96	
Energy.....kcal	197		0	NC	4		362	167	
Energy.....kj	824		0		4		1517	701	
Protein (N x 6.25).....g	16.93	0.621	11		1		31.15	14.39	
Total lipid (fat).....g	13.77	1.004	11		1		25.34	11.70	
Ash.....g	1.32	0.033	11		1		2.43	1.12	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	47		1		1		86	40	
Iron, Fe.....mg	0.97		2		1		1.78	0.82	
Magnesium, Mg.....mg	30		1		1		55	26	
Phosphorus, P.....mg	272		1		1		500	231	
Potassium, K.....mg	384		2		1		707	326	
Sodium, Na.....mg	51		2		1		94	43	
Zinc, Zn.....mg	0.37	0.010	60		1		0.68	0.31	
Copper, Cu.....mg	0.064	0.003	61		1		0.118	0.054	
Manganese, Mn.....mg	0.042		1		1		0.077	0.036	
Selenium, Se.....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	
Choline, total.....mg	65.0		0	CAZN	4		119.6	55.3	
Betaine.....mg									
Vitamin B-12.....mcg	0.15		0		4		0.28	0.13	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	33		0	NC	4		61	28	
Retinol.....mcg	33		0	NR	4		61	28	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	110		0	NC	4		202	94	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.00		0	NR	4		1.84	0.85	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.2	0.1	
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	

NDB No. 15094
Fish, shad, american, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.018		0		4		0.033	0.015	
13:0.....g									
14:0.....g	0.849		0		4		1.562	0.722	
15:0.....g									
16:0.....g	2.073		0		4		3.814	1.762	
17:0.....g									
18:0.....g	0.167		0		4		0.307	0.142	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.724		0		4		10.532	4.865	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.953		0		4		1.754	0.810	
17:1.....g									
18:1 undifferentiated.....g	2.323		0		4		4.274	1.975	
20:1.....g	1.105		0		4		2.033	0.939	
22:1 undifferentiated.....g	1.287		0		4		2.368	1.094	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.268		0		4		6.013	2.778	
18:2 undifferentiated.....g	0.199		0		4		0.366	0.169	
18:3 undifferentiated.....g	0.158		0		4		0.291	0.134	
18:4.....g	0.328		0		4		0.604	0.279	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.092		0		4		0.169	0.078	
20:5 n-3.....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	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:

NDB No. 15094

Fish, shad, american, raw

Measure 1 = 184g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15096

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.102		0		1		0.087		
15:0.....g									
16:0.....g	2.008		0		1		1.707		
17:0.....g									
18:0.....g	1.092		0		1		0.928		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.935		0		1		5.045		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.223		0		1		0.190		
17:1.....g									
18:1 undifferentiated.....g	5.216		0		1		4.434		
20:1.....g	0.217		0		1		0.184		
22:1 undifferentiated.....g	0.253		0		1		0.215		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.701		0		1		3.146		
18:2 undifferentiated.....g	2.600		0		1		2.210		
18:3 undifferentiated.....g	0.190		0		1		0.162		
18:4.....g	0.025		0		1		0.021		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.092		0		1		0.078		
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15096

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15095

Fish, shark, mixed species, raw

Squaliformes

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
Proximates:									
Water.....g	73.58	0.283	29						
Energy.....kcal	130		0	NC					
Energy.....kj	544		0						
Protein (N x 6.25).....g	20.98	0.256	16						
Total lipid (fat).....g	4.51		52						
Ash.....g	1.39		15						
Carbohydrate, by difference.....g	0.00		0	Z					
Fiber, total dietary.....g	0.0		0	Z					
Sugars, total.....g	0.00		0	Z					
Starch.....g									
Minerals:									
Calcium, Ca.....mg	34	1.800	4						
Iron, Fe.....mg	0.84		2						
Magnesium, Mg.....mg	49		2						
Phosphorus, P.....mg	210		3						
Potassium, K.....mg	160		2						
Sodium, Na.....mg	79		2						
Zinc, Zn.....mg	0.43	0.009	223						
Copper, Cu.....mg	0.033	0.001	211						
Manganese, Mn.....mg	0.015		0						
Selenium, Se.....mcg	36.5		0	CAZN					
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z					
Thiamin.....mg	0.042		5						
Riboflavin.....mg	0.062	0.012	6						
Niacin.....mg	2.938		5						
Pantothenic acid.....mg	0.695		3						
Vitamin B-6.....mg	0.400		0						
Folate, total.....mcg	3		0						
Folic acid.....mcg	0		0	Z					
Folate, food.....mcg	3		0						
Folate, DFE.....mcg_DFE	3		0	NC					
Choline, total.....mg	65.0		0	CAZN					
Betaine.....mg									
Vitamin B-12.....mcg	1.49		6						
Vitamin B-12, added.....mcg	0.00		0	Z					
Vitamin A, RAE.....mcg_RAE	70		0	NC					
Retinol.....mcg	70		0	NR					
Carotene, beta.....mcg	0		0	Z					
Carotene, alpha.....mcg	0		0	Z					
Cryptoxanthin, beta.....mcg	0		0	Z					
Vitamin A, IU.....IU	233		0	NC					
Lycopene.....mcg	0		0	Z					
Lutein + zeaxanthin.....mcg	0		0	Z					
Vitamin E (alpha-tocopherol).....mg	1.00		0	NR					
Vitamin E, added.....mg	0.00		0	Z					
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T					
Lipids:									
Fatty acids, total saturated.....g	0.925		0						
4:0.....g	0.000		0						
6:0.....g	0.000		0						
8:0.....g	0.000		0						
10:0.....g	0.000		0						

NDB No. 15095

Fish, shark, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0			1			
13:0.....g									
14:0.....g	0.080		4			1			
15:0.....g									
16:0.....g	0.726		4			1			
17:0.....g									
18:0.....g	0.117		4			1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.808		0			4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.253		4			1			
17:1.....g									
18:1 undifferentiated.....g	0.979		4			1			
20:1.....g	0.266		2			1			
22:1 undifferentiated.....g	0.310		2			1			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.195		0			4			
18:2 undifferentiated.....g	0.076		4			1			
18:3 undifferentiated.....g	0.028		2			1			
18:4.....g	0.031		2			1			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.108		1			1			
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0			7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

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

Common Measures:

NDB No. 15095

Fish, shark, mixed species, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15098

Fish, sheepshead, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.044		1		1		0.082	0.037	
15:0.....g									
16:0.....g	0.227		1		1		0.422	0.193	
17:0.....g									
18:0.....g	0.089		1		1		0.166	0.076	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.350		0		1		0.651	0.298	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.107		1		1		0.199	0.091	
17:1.....g									
18:1 undifferentiated.....g	0.243		1		1		0.452	0.207	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.382		0		1		0.711	0.325	
18:2 undifferentiated.....g	0.042		1		1		0.078	0.036	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		1		1		0.205	0.094	
20:5 n-3.....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

NDB No. 15098

Fish, sheepshead, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15097
Fish, sheepshead, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.076		2		1		0.181	0.065	
15:0.....g									
16:0.....g	0.406		2		1		0.966	0.345	
17:0.....g									
18:0.....g	0.114		2		1		0.271	0.097	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.728		0		1		1.733	0.619	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.201		2		1		0.478	0.171	
17:1.....g									
18:1 undifferentiated.....g	0.458		2		1		1.090	0.389	
20:1.....g	0.069		1		1		0.164	0.059	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.518		0		1		1.233	0.440	
18:2 undifferentiated.....g	0.044		2		1		0.105	0.037	
18:3 undifferentiated.....g	0.006		1		1		0.014	0.005	
18:4.....g	0.027		1		1		0.064	0.023	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.106		2		1		0.252	0.090	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15097
Fish, sheepshead, raw

Food Group: 15 Finfish and Shellfish Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15100

Fish, smelt, rainbow, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.100		0		1		0.085		
15:0.....g									
16:0.....g	0.421		0		1		0.358		
17:0.....g									
18:0.....g	0.053		0		1		0.045		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.822		0		1		0.699		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.255		0		1		0.217		
17:1.....g									
18:1 undifferentiated.....g	0.522		0		1		0.444		
20:1.....g	0.036		0		1		0.031		
22:1 undifferentiated.....g	0.001		0		1		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.135		0		1		0.965		
18:2 undifferentiated.....g	0.058		0		1		0.049		
18:3 undifferentiated.....g	0.063		0		1		0.054		
18:4.....g	0.032		0		1		0.027		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.071		0		1		0.060		
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15100

Fish, smelt, rainbow, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15099
Fish, smelt, rainbow, raw
Osmerus mordax (Mitchill)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.77	0.229	47		1		66.95		
Energy.....kcal	97		0	NC	4		82		
Energy.....kj	406		0		4		345		
Protein (N x 6.25).....g	17.63	0.222	47		1		14.99		
Total lipid (fat).....g	2.42	0.107	52		1		2.06		
Ash.....g	1.40	0.074	46		1		1.19		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	60		1		1		51		
Iron, Fe.....mg	0.90		1		1		0.77		
Magnesium, Mg.....mg	30		1		1		26		
Phosphorus, P.....mg	230		1		1		196		
Potassium, K.....mg	290		1		1		247		
Sodium, Na.....mg	60		1		1		51		
Zinc, Zn.....mg	1.65		2		1		1.40		
Copper, Cu.....mg	0.139		2		1		0.118		
Manganese, Mn.....mg	0.700		1		1		0.595		
Selenium, Se.....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		
Choline, total.....mg	65.0		0	CAZN	4		55.3		
Betaine.....mg									
Vitamin B-12.....mcg	3.44	0.728	4		1		2.92		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	15		0	NC	4		13		
Retinol.....mcg	15		0	NR	4		13		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	50		0	NC	4		43		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.50		0	NR	4		0.43		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.1		
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		

NDB No. 15099
Fish, smelt, rainbow, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.002		1			1	0.002		
13:0.....g									
14:0.....g	0.078	0.005	12			1	0.066		
15:0.....g									
16:0.....g	0.328	0.018	12			1	0.279		
17:0.....g									
18:0.....g	0.041	0.005	12			1	0.035		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.641		0			1	0.545		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.199	0.008	12			1	0.169		
17:1.....g									
18:1 undifferentiated.....g	0.407	0.019	12			1	0.346		
20:1.....g	0.028	0.006	6			1	0.024		
22:1 undifferentiated.....g	0.001	0.001	4			1	0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.885		0			1	0.752		
18:2 undifferentiated.....g	0.045	0.009	12			1	0.038		
18:3 undifferentiated.....g	0.049	0.013	12			1	0.042		
18:4.....g	0.025	0.003	12			1	0.021		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.055	0.005	12			1	0.047		
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0			7	0.0		
Caffeine.....mg	0		0	Z		7	0		
Theobromine.....mg	0		0	Z		7	0		

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

Common Measures:

NDB No. 15099

Fish, smelt, rainbow, raw

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15102

Fish, snapper, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.053		2		1		0.090	0.045	
15:0.....g									
16:0.....g	0.190		2		1		0.323	0.162	
17:0.....g									
18:0.....g	0.070		2		1		0.119	0.060	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.322		0		1		0.547	0.274	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.048		2		1		0.082	0.041	
17:1.....g									
18:1 undifferentiated.....g	0.123		2		1		0.209	0.105	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.588		0		1		1.000	0.500	
18:2 undifferentiated.....g	0.025		2		1		0.043	0.021	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.044		2		1		0.075	0.037	
20:5 n-3.....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

NDB No. 15102

Fish, snapper, mixed species, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15101

Fish, snapper, mixed species, raw

Lutjanidae

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.87		60		1		167.58	65.34	
Energy.....kcal	100		0	NC	4		218	85	
Energy.....kj	418		0		4		912	356	
Protein (N x 6.25).....g	20.51		59		1		44.71	17.43	
Total lipid (fat).....g	1.34		55		1		2.92	1.14	
Ash.....g	1.31		52		1		2.86	1.11	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32		22		1		70	27	
Iron, Fe.....mg	0.18		7		1		0.39	0.15	
Magnesium, Mg.....mg	32	0.636	6		1		70	27	
Phosphorus, P.....mg	198		28		1		432	168	
Potassium, K.....mg	417		16		1		909	354	
Sodium, Na.....mg	64		19		1		140	54	
Zinc, Zn.....mg	0.36	0.010	242		1		0.78	0.31	
Copper, Cu.....mg	0.028	0.001	244		1		0.061	0.024	
Manganese, Mn.....mg	0.013	0.002	6		1		0.028	0.011	
Selenium, Se.....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	
Choline, total.....mg	65.0		0	CAZN	4		141.7	55.3	
Betaine.....mg									
Vitamin B-12.....mcg	3.00		0		4		6.54	2.55	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	30		0	NC	4		65	26	
Retinol.....mcg	30		0	NR	4		65	26	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	100		0	NC	4		218	85	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.50		0	NR	4		1.09	0.43	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.2	0.1	
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	

NDB No. 15101

Fish, snapper, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.036		16		1		0.078	0.031	
15:0.....g									
16:0.....g	0.162		16		1		0.353	0.138	
17:0.....g									
18:0.....g	0.081		16		1		0.177	0.069	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.251		0		1		0.547	0.213	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		16		1		0.131	0.051	
17:1.....g									
18:1 undifferentiated.....g	0.165		16		1		0.360	0.140	
20:1.....g	0.021		14		1		0.046	0.018	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.459		0		1		1.001	0.390	
18:2 undifferentiated.....g	0.019		16		1		0.041	0.016	
18:3 undifferentiated.....g	0.004		14		1		0.009	0.003	
18:4.....g	0.009		14		1		0.020	0.008	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.049		16		1		0.107	0.042	
20:5 n-3.....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	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:

NDB No. 15101

Fish, snapper, mixed species, raw

Measure 1 = 218g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
14:0.....g	0.141		0		1		0.071	0.120	
15:0.....g									
16:0.....g	1.321		0		1		0.661	1.123	
17:0.....g									
18:0.....g	0.398		0		1		0.199	0.338	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.706		0		1		0.853	1.450	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.590		0		1		0.295	0.502	
17:1.....g									
18:1 undifferentiated.....g	1.116		0		1		0.558	0.949	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.398		0		1		0.699	1.188	
18:2 undifferentiated.....g	0.051		0		1		0.026	0.043	
18:3 undifferentiated.....g	0.026		0		1		0.013	0.022	
18:4.....g	0.205		0		1		0.103	0.174	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.154		0		1		0.077	0.131	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

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

Food Group: 15 Finfish and Shellfish Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.110		1		1		0.070	0.094	
15:0.....g									
16:0.....g	1.030		1		1		0.659	0.876	
17:0.....g									
18:0.....g	0.310		1		1		0.198	0.264	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.330		0		1		0.851	1.131	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		1		1		0.294	0.391	
17:1.....g									
18:1 undifferentiated.....g	0.870		1		1		0.557	0.740	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.090		0		1		0.698	0.927	
18:2 undifferentiated.....g	0.040		1		1		0.026	0.034	
18:3 undifferentiated.....g	0.020		1		1		0.013	0.017	
18:4.....g	0.160		1		1		0.102	0.136	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		1		1		0.077	0.102	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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

NDB No. 15103

Fish, spot, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15105

Fish, 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		0		4		768	160	107
Protein (N x 6.25).....g	20.70		0		1		28.15	5.87	3.93
Total lipid (fat).....g	5.18		0		1		7.04	1.47	0.98
Ash.....g	1.41		0		1		1.92	0.40	0.27
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17		0		4		23	5	3
Iron, Fe.....mg	0.90		0		4		1.22	0.26	0.17
Magnesium, Mg.....mg	45		0		4		61	13	9
Phosphorus, P.....mg	271		0		4		369	77	51
Potassium, K.....mg	364		0		1		495	103	69
Sodium, Na.....mg	69		0		4		94	20	13
Zinc, Zn.....mg	0.54		0		1		0.73	0.15	0.10
Copper, Cu.....mg	0.053		0		1		0.072	0.015	0.010
Manganese, Mn.....mg	0.030		0		4		0.041	0.009	0.006
Selenium, Se.....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
Choline, total.....mg	81.0		0	CAZN	4		110.2	23.0	15.4
Betaine.....mg									
Vitamin B-12.....mcg	2.50		0		4		3.40	0.71	0.48
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	263		0	NC	4		357	74	50
Retinol.....mcg	263		0	BFYN	4		357	74	50
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	875		0	NC	4		1190	248	166
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.63		0	BFYN	4		0.85	0.18	0.12
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFYN	4		0.2	0.0	0.0
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

Fish, sturgeon, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.197		0		1		0.268	0.056	0.037
15:0.....g									
16:0.....g	0.878		0		1		1.194	0.249	0.167
17:0.....g									
18:0.....g	0.097		0		1		0.132	0.027	0.018
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.486		0		1		3.381	0.705	0.472
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.523		0		1		0.711	0.148	0.099
17:1.....g									
18:1 undifferentiated.....g	1.837		0		1		2.498	0.521	0.349
20:1.....g	0.069		0		1		0.094	0.020	0.013
22:1 undifferentiated.....g	0.029		0		1		0.039	0.008	0.006
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.885		0		1		1.204	0.251	0.168
18:2 undifferentiated.....g	0.087		0		1		0.118	0.025	0.017
18:3 undifferentiated.....g	0.128		0		1		0.174	0.036	0.024
18:4.....g	0.164		0		1		0.223	0.046	0.031
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.079		0		1		0.107	0.022	0.015
20:5 n-3.....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	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:

NDB No. 15105

Fish, sturgeon, mixed species, cooked, dry heat

Measure 1 = 136g: 1 cup, cooked

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 19g: 1 oz with bone, cooked (yield after bone removed)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15104

Fish, sturgeon, mixed species, raw

Acipenser spp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.55		2		1		65.07		
Energy.....kcal	105		0	NC	4		89		
Energy.....kj	439		0		4		373		
Protein (N x 6.25).....g	16.14		2		1		13.72		
Total lipid (fat).....g	4.04		7		1		3.43		
Ash.....g	1.10		1		1		0.94		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13		0		4		11		
Iron, Fe.....mg	0.70		0		4		0.60		
Magnesium, Mg.....mg	35		0		4		30		
Phosphorus, P.....mg	211		0		4		179		
Potassium, K.....mg	284		1		1		241		
Sodium, Na.....mg	54		0		4		46		
Zinc, Zn.....mg	0.42	0.032	10		1		0.36		
Copper, Cu.....mg	0.041	0.007	10		1		0.035		
Manganese, Mn.....mg	0.025		0		1		0.021		
Selenium, Se.....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		
Choline, total.....mg	65.0		0	CAZN	4		55.3		
Betaine.....mg									
Vitamin B-12.....mcg	2.20		0		4		1.87		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	210		0	NC	4		179		
Retinol.....mcg	210		0	NR	4		179		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	700		0	NC	4		595		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.50		0	NR	4		0.43		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.1		
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		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.154	0.056	6		1		0.131		
15:0.....g									
16:0.....g	0.685	0.038	6		1		0.582		
17:0.....g									
18:0.....g	0.076	0.010	6		1		0.065		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.939		0		1		1.648		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.408	0.120	6		1		0.347		
17:1.....g									
18:1 undifferentiated.....g	1.433	0.233	6		1		1.218		
20:1.....g	0.054	0.037	6		1		0.046		
22:1 undifferentiated.....g	0.023		4		1		0.020		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.690		0		1		0.587		
18:2 undifferentiated.....g	0.068	0.024	6		1		0.058		
18:3 undifferentiated.....g	0.100	0.050	6		1		0.085		
18:4.....g	0.128	0.020	3		1		0.109		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.062	0.014	6		1		0.053		
20:5 n-3.....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	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

NDB No. 15104

Fish, sturgeon, mixed species, raw

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15106

Fish, sturgeon, mixed species, smoked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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		0		4		205	615	
Protein (N x 6.25).....g	31.20		1		1		8.85	26.52	
Total lipid (fat).....g	4.40		1		1		1.25	3.74	
Ash.....g	1.90		1		1		0.54	1.62	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17		0		4		5	14	
Iron, Fe.....mg	0.93		0		4		0.26	0.79	
Magnesium, Mg.....mg	47		0		4		13	40	
Phosphorus, P.....mg	281		0		4		80	239	
Potassium, K.....mg	379		0		4		107	322	
Sodium, Na.....mg	739		0		4		210	628	
Zinc, Zn.....mg	0.56		0		4		0.16	0.48	
Copper, Cu.....mg	0.050		0		4		0.014	0.043	
Manganese, Mn.....mg	0.030		0		4		0.009	0.026	
Selenium, Se.....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	
Choline, total.....mg	95.0		0	CAZN	4		26.9	80.8	
Betaine.....mg									
Vitamin B-12.....mcg	2.90		0		4		0.82	2.47	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	280		0	NC	4		79	238	
Retinol.....mcg	280		0	NR	4		79	238	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	933		0	NC	4		265	793	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.50		0	NR	4		0.14	0.43	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.0	0.1	
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	

NDB No. 15106

Fish, sturgeon, mixed species, smoked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		7		0.000	0.000	
13:0.....g									
14:0.....g	0.177		1		1		0.050	0.150	
15:0.....g									
16:0.....g	0.761		1		1		0.216	0.647	
17:0.....g									
18:0.....g	0.099		1		1		0.028	0.084	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.356		0		1		0.668	2.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.440		1		1		0.125	0.374	
17:1.....g									
18:1 undifferentiated.....g	1.858		1		1		0.527	1.579	
20:1.....g	0.033		1		1		0.009	0.028	
22:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.436		0		1		0.124	0.371	
18:2 undifferentiated.....g	0.062		1		1		0.018	0.053	
18:3 undifferentiated.....g	0.115		1		1		0.033	0.098	
18:4.....g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.053		1		1		0.015	0.045	
20:5 n-3.....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	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:

NDB No. 15106

Fish, sturgeon, mixed species, smoked

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15217

Fish, sucker, white, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.062		0		1		0.077	0.053	
15:0.....g									
16:0.....g	0.427		0		1		0.529	0.363	
17:0.....g									
18:0.....g	0.085		0		1		0.105	0.072	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.905		0		1		1.122	0.769	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.490		0		1		0.608	0.417	
17:1.....g									
18:1 undifferentiated.....g	0.388		0		1		0.481	0.330	
20:1.....g	0.018		0		1		0.022	0.015	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.035		0		1		1.283	0.880	
18:2 undifferentiated.....g	0.087		0		1		0.108	0.074	
18:3 undifferentiated.....g	0.067		0		1		0.083	0.057	
18:4.....g	0.041		0		1		0.051	0.035	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.132		0		1		0.164	0.112	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15217

Fish, sucker, white, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15107
Fish, sucker, white, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
14:0.....g	0.048	0.002	18		1	0.076	0.041
15:0.....g							
16:0.....g	0.333	0.007	18		1	0.529	0.283
17:0.....g							
18:0.....g	0.066	0.004	18		1	0.105	0.056
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.706		0		1	1.123	0.600
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.382	0.012	18		1	0.607	0.325
17:1.....g							
18:1 undifferentiated.....g	0.303	0.008	18		1	0.482	0.258
20:1.....g	0.014	0.002	18		1	0.022	0.012
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.807		0		1	1.283	0.686
18:2 undifferentiated.....g	0.068	0.004	18		1	0.108	0.058
18:3 undifferentiated.....g	0.052	0.003	18		1	0.083	0.044
18:4.....g	0.032	0.002	17		1	0.051	0.027
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.103	0.004	18		1	0.164	0.088
20:5 n-3.....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							
<u>Amino Acids:</u>							
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

NDB No. 15107
Fish, sucker, white, raw

Food Group: 15 Finfish and Shellfish Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15218

Fish, sunfish, pumpkin seed, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.015		0		1		0.006	0.013	
15:0.....g									
16:0.....g	0.127		0		1		0.047	0.108	
17:0.....g									
18:0.....g	0.036		0		1		0.013	0.031	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.150		0		1		0.056	0.128	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.054		0		1		0.020	0.046	
17:1.....g									
18:1 undifferentiated.....g	0.090		0		1		0.033	0.077	
20:1.....g	0.006		0		1		0.002	0.005	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.315		0		1		0.117	0.268	
18:2 undifferentiated.....g	0.019		0		1		0.007	0.016	
18:3 undifferentiated.....g	0.013		0		1		0.005	0.011	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.101		0		1		0.037	0.086	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									

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Common Measures:

Measure 1 = 37g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 15218

Fish, sunfish, pumpkin seed, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.012	0.001	8		1		0.006	0.010	
15:0.....g									
16:0.....g	0.099	0.002	8		1		0.048	0.084	
17:0.....g									
18:0.....g	0.028	0.001	8		1		0.013	0.024	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.117		0		1		0.056	0.099	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.042	0.005	8		1		0.020	0.036	
17:1.....g									
18:1 undifferentiated.....g	0.070	0.006	8		1		0.034	0.060	
20:1.....g	0.005	0.000	8		1		0.002	0.004	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.246		0		1		0.118	0.209	
18:2 undifferentiated.....g	0.015	0.001	8		1		0.007	0.013	
18:3 undifferentiated.....g	0.010	0.002	8		1		0.005	0.009	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.079	0.006	8		1		0.038	0.067	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									

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Common Measures:

Measure 1 = 48g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 15108

Fish, sunfish, pumpkin seed, raw

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.012		11		1		0.003	0.010	
15:0.....g									
16:0.....g	0.147		11		1		0.042	0.125	
17:0.....g									
18:0.....g	0.032		11		1		0.009	0.027	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.149		0	NC	4		0.042	0.127	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		11		1		0.005	0.014	
17:1.....g									
18:1 undifferentiated.....g	0.106		11		1		0.030	0.090	
20:1.....g	0.020		11		1		0.006	0.017	
22:1 undifferentiated.....g	0.007		11		1		0.002	0.006	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.443		0	NC	4		0.125	0.376	
18:2 undifferentiated.....g	0.010		11		1		0.003	0.009	
18:3 undifferentiated.....g	0.007		11		1		0.002	0.006	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		11		1		0.004	0.012	
20:5 n-3.....g	0.157		11		1		0.045	0.134	
22:5 n-3.....g	0.014		11		1		0.004	0.012	
22:6 n-3.....g	0.241		11		1		0.068	0.205	
Fatty acids, total trans.....g									
Cholesterol.....mg	30	1.848	3		1		9	26	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.092		1		1		0.026	0.078	
Threonine.....g	0.734		3		1		0.208	0.624	
Isoleucine.....g	0.709		3		1		0.201	0.603	
Leucine.....g	1.202		3		1		0.341	1.022	
Lysine.....g	1.387		3		1		0.393	1.179	
Methionine.....g	0.515		3		1		0.146	0.438	
Cystine.....g	0.163		0		1		0.046	0.139	
Phenylalanine.....g	0.595		3		1		0.169	0.506	
Tyrosine.....g	0.612		3		1		0.174	0.520	
Valine.....g	0.770		3		1		0.218	0.655	
Arginine.....g	1.008		3		1		0.286	0.857	
Histidine.....g	0.350		3		1		0.099	0.298	
Alanine.....g	0.891		3		1		0.253	0.757	
Aspartic acid.....g	1.518		3		1		0.430	1.290	
Glutamic acid.....g	2.397		3		1		0.680	2.037	
Glycine.....g	0.588		3		1		0.167	0.500	
Proline.....g	0.566		3		1		0.160	0.481	
Serine.....g	0.663		3		1		0.188	0.564	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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Common Measures:

Measure 1 = 28.35g: 1 oz

NDB No. 15109

Fish, surimi

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15111

Fish, swordfish, cooked, dry heat

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

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Common Measures:

Measure 1 = 106g: 1 piece

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 15111

Fish, swordfish, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15110
 Fish, swordfish, raw
Xiphias gladius L.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	75.62	0.859	6		1		102.84	64.28	
Energy.....kcal	121		0	NC	4		165	103	
Energy.....kj	506		0		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	0.00		0	Z	7		0.00	0.00	
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	
Choline, total.....mg	65.0		0	CAZN	4		88.4	55.3	
Betaine.....mg									
Vitamin B-12.....mcg	1.75		2		1		2.38	1.49	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	36		0	NC	4		49	31	
Retinol.....mcg	36		0	NR	4		49	31	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	120		0	NC	4		163	102	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.50		0	NR	4		0.68	0.43	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.1	0.1	
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	

NDB No. 15110
Fish, swordfish, raw

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

NDB No. 15110

Fish, swordfish, raw

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15262
Fish, tilapia, cooked, dry heat

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.59		2	A	1				
Energy.....kcal	128		0	NC	4				
Energy.....kj	538		0	NC	4				
Protein.....g	26.15		2	A	1				
Total lipid (fat).....g	2.65		2	A	1				
Ash.....g	1.14		2	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14		2	A	1				
Iron, Fe.....mg	0.69		2	A	1				
Magnesium, Mg.....mg	34		1	A	1				
Phosphorus, P.....mg	204		2	A	1				
Potassium, K.....mg	380		2	A	1				
Sodium, Na.....mg	56		2	A	1				
Zinc, Zn.....mg	0.41		2	A	1				
Copper, Cu.....mg	0.075		2	A	1				
Manganese, Mn.....mg	0.037		2	A	1				
Selenium, Se.....mcg	54.4		2	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.093		1	A	1				
Riboflavin.....mg	0.073		2	A	1				
Niacin.....mg	4.745		2	A	1				
Pantothenic acid.....mg	0.664		2	A	1				
Vitamin B-6.....mg	0.123		2	A	1				
Folate, total.....mcg	6		2	A	1				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	6		2	A	1				
Folate, DFE.....mcg_DFE	6		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.86		2	A	1				
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	0		0	AS	1				
Retinol.....mcg	0		0	Z	7				
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Vitamin A, IU.....IU	0		0	AS	1				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.79		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.06		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.9		2	A	1				
Lipids:									
Fatty acids, total saturated.....g	0.940		0	NC	4				
4:0.....g	0.000		0	Z	7				
6:0.....g	0.000		0	Z	7				
8:0.....g	0.000		2	A	1				
10:0.....g	0.000		2	A	1				

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
12:0.....g	0.000		2	A		1			
13:0.....g									
14:0.....g	0.085		2	A		1			
15:0.....g	0.005		2	A		1			
16:0.....g	0.660		2	A		1			
17:0.....g	0.000		2	A		1			
18:0.....g	0.190		2	A		1			
20:0.....g	0.000		2	A		1			
22:0.....g	0.000		2	A		1			
24:0.....g	0.000		2	A		1			
Fatty acids, total monounsaturated.....g	0.955		0	NC		4			
14:1.....g	0.000		2	A		1			
15:1.....g	0.000		2	A		1			
16:1 undifferentiated.....g	0.145		2	A		1			
17:1.....g	0.000		2	A		1			
18:1 undifferentiated.....g	0.765		2	A		1			
20:1.....g	0.045		2	A		1			
22:1 undifferentiated.....g	0.000		2	A		1			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.600		0	NC		4			
18:2 undifferentiated.....g	0.285		2	A		1			
18:3 undifferentiated.....g	0.045		0	AS		1			
18:3 n-3 c,c,c.....g	0.045		2	A		1			
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		2	A		1			
20:2 n-6 c,c.....g	0.015		2	A		1			
20:3 undifferentiated.....g	0.025		2	A		1			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.035		2	A		1			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.005		2	A		1			
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.060		2	A		1			
22:6 n-3.....g	0.130		2	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	57		2	A		1			
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.265		0	A		1			
Threonine.....g	1.156		0	A		1			
Isoleucine.....g	1.220		0	A		1			
Leucine.....g	2.040		0	A		1			
Lysine.....g	2.315		0	A		1			
Methionine.....g	0.766		0	A		1			
Cystine.....g	0.265		0	A		1			
Phenylalanine.....g	1.050		0	A		1			
Tyrosine.....g	0.870		0	A		1			
Valine.....g	1.280		0	A		1			
Arginine.....g	1.590		0	A		1			
Histidine.....g	0.585		0	A		1			
Alanine.....g	1.491		0	A		1			
Aspartic acid.....g	2.810		0	A		1			
Glutamic acid.....g	3.920		0	A		1			
Glycine.....g	1.220		0	A		1			
Proline.....g	0.953		0	A		1			
Serine.....g	0.961		0	A		1			
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z		7			

NDB No. 15262
 Fish, tilapia, cooked, dry heat

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

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15261

Fish, tilapia, raw

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.08	0.143	3	A	1				
Energy.....kcal	96		0	NC	4				
Energy.....kj	400		0	NC	4				
Protein.....g	20.08	0.134	3	A	1				
Total lipid (fat).....g	1.70	0.115	3	A	1				
Ash.....g	0.93	0.025	3	A	1				
Carbohydrate, by difference.....g	0.00		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10	0.574	3	A	1				
Iron, Fe.....mg	0.56	0.035	3	A	1				
Magnesium, Mg.....mg	27	0.361	3	A	1				
Phosphorus, P.....mg	170	2.646	3	A	1				
Potassium, K.....mg	302	7.839	3	A	1				
Sodium, Na.....mg	52	2.775	3	A	1				
Zinc, Zn.....mg	0.33	0.011	3	A	1				
Copper, Cu.....mg	0.075	0.000	3	A	1				
Manganese, Mn.....mg	0.037	0.000	3	A	1				
Selenium, Se.....mcg	41.8	6.277	3	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.041	0.012	3	A	1				
Riboflavin.....mg	0.063	0.005	3	A	1				
Niacin.....mg	3.903	0.073	3	A	1				
Pantothenic acid.....mg	0.487	0.014	3	A	1				
Vitamin B-6.....mg	0.162	0.030	3	A	1				
Folate, total.....mcg	24		2	A	1				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	24		2	A	1				
Folate, DFE.....mcg_DFE	24		0	NC	4				
Choline, total.....mg	42.5	12.349	3	AS	1				
Betaine.....mg	21.7	5.738	3	A	1				
Vitamin B-12.....mcg	1.58	0.188	3	A	1				
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, RAE.....mcg_RAE	0		0	AS	1				
Retinol.....mcg	0		0	Z	7				
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Vitamin A, IU.....IU	0		0	AS	1				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	0.40		1	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.00		1	A	1				
Tocopherol, gamma.....mg	0.10		1	A	1				
Tocopherol, delta.....mg	0.00		1	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.4	0.676	3	A	1				
Lipids:									
Fatty acids, total saturated.....g	0.766		0	NC	4				
4:0.....g	0.000		0	Z	7				
6:0.....g	0.000		0	Z	7				
8:0.....g	0.000	0.000	3	A	1				
10:0.....g	0.000	0.000	3	A	1				

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000	0.000	3	A	1				
13:0.....g									
14:0.....g	0.070	0.015	3	A	1				
15:0.....g	0.000	0.000	3	A	1				
16:0.....g	0.557	0.092	3	A	1				
17:0.....g	0.000	0.000	3	A	1				
18:0.....g	0.140	0.015	3	A	1				
20:0.....g	0.000	0.000	3	A	1				
22:0.....g	0.000	0.000	3	A	1				
24:0.....g	0.000	0.000	3	A	1				
Fatty acids, total monounsaturated.....g	0.653		0	NC	4				
14:1.....g	0.000	0.000	3	A	1				
15:1.....g	0.000	0.000	3	A	1				
16:1 undifferentiated.....g	0.130	0.026	3	A	1				
17:1.....g	0.000	0.000	3	A	1				
18:1 undifferentiated.....g	0.497	0.075	3	A	1				
20:1.....g	0.027	0.003	3	A	1				
22:1 undifferentiated.....g	0.000	0.000	3	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.476		0	NC	4				
18:2 undifferentiated.....g	0.207	0.032	3	A	1				
18:3 undifferentiated.....g	0.043		0	AS	1				
18:3 n-3 c,c,c.....g	0.043	0.009	3	A	1				
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.003	0.003	3	A	1				
20:2 n-6 c,c.....g	0.003	0.003	3	A	1				
20:3 undifferentiated.....g	0.013	0.003	3	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.030	0.006	3	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.007	0.007	3	A	1				
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.057	0.012	3	A	1				
22:6 n-3.....g	0.113	0.023	3	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	50	1.943	3	A	1				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.210		0	A	1				
Threonine.....g	0.950		0	A	1				
Isoleucine.....g	0.930		0	A	1				
Leucine.....g	1.603		0	A	1				
Lysine.....g	1.810		0	A	1				
Methionine.....g	0.593		0	A	1				
Cystine.....g	0.220		0	A	1				
Phenylalanine.....g	0.810		0	A	1				
Tyrosine.....g	0.680		0	A	1				
Valine.....g	0.970		0	A	1				
Arginine.....g	1.277		0	A	1				
Histidine.....g	0.470		0	A	1				
Alanine.....g	1.220		0	A	1				
Aspartic acid.....g	2.297		0	A	1				
Glutamic acid.....g	3.213		0	A	1				
Glycine.....g	1.043		0	A	1				
Proline.....g	0.757		0	A	1				
Serine.....g	0.813		0	A	1				
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7				

NDB No. 15261

Fish, tilapia, raw

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

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15113

Fish, tilefish, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.135		1		1		0.203	0.115	
15:0.....g									
16:0.....g	0.526		1		1		0.789	0.447	
17:0.....g									
18:0.....g	0.181		1		1		0.272	0.154	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.332		0		1		1.998	1.132	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.333		1		1		0.500	0.283	
17:1.....g									
18:1 undifferentiated.....g	0.944		1		1		1.416	0.802	
20:1.....g									
22:1 undifferentiated.....g	0.055		1		1		0.083	0.047	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.246		0		1		1.869	1.059	
18:2 undifferentiated.....g	0.048		1		1		0.072	0.041	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.150		1		1		0.225	0.128	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15113

Fish, tilefish, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15112
Fish, tilefish, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.073		2		1		0.141	0.062	
15:0.....g									
16:0.....g	0.285		2		1		0.550	0.242	
17:0.....g									
18:0.....g	0.082		2		1		0.158	0.070	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.571		0		1		1.102	0.485	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.134		2		1		0.259	0.114	
17:1.....g									
18:1 undifferentiated.....g	0.388		2		1		0.749	0.330	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.049		2		1		0.095	0.042	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.599		0		1		1.156	0.509	
18:2 undifferentiated.....g	0.037		2		1		0.071	0.031	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.066		2		1		0.127	0.056	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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

NDB No. 15112
Fish, tilefish, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15219

Fish, trout, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.237		0		1		0.147	0.201	
15:0.....g									
16:0.....g	1.045		0		1		0.648	0.888	
17:0.....g									
18:0.....g	0.190		0		1		0.118	0.162	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.172		0		1		2.587	3.546	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.899		0		1		0.557	0.764	
17:1.....g									
18:1 undifferentiated.....g	1.847		0		1		1.145	1.570	
20:1.....g	0.359		0		1		0.223	0.305	
22:1 undifferentiated.....g	1.064		0		1		0.660	0.904	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.922		0		1		1.192	1.634	
18:2 undifferentiated.....g	0.224		0		1		0.139	0.190	
18:3 undifferentiated.....g	0.199		0		1		0.123	0.169	
18:4.....g	0.082		0		1		0.051	0.070	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.242		0		1		0.150	0.206	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15219

Fish, trout, mixed species, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15114

Fish, 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		0		4		489	526	
Protein (N x 6.25).....g	20.77	3.875	58		1		16.41	17.65	
Total lipid (fat).....g	6.61		111		1		5.22	5.62	
Ash.....g	1.17	0.023	54		1		0.92	0.99	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	43		15		1		34	37	
Iron, Fe.....mg	1.50		3		1		1.19	1.28	
Magnesium, Mg.....mg	22	1.296	19		1		17	19	
Phosphorus, P.....mg	245		3		1		194	208	
Potassium, K.....mg	361	11.057	20		1		285	307	
Sodium, Na.....mg	52	3.843	25		1		41	44	
Zinc, Zn.....mg	0.66		18		1		0.52	0.56	
Copper, Cu.....mg	0.188		13		1		0.149	0.160	
Manganese, Mn.....mg	0.851		2		1		0.672	0.723	
Selenium, Se.....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	
Choline, total.....mg	65.0		0	CAZN	4		51.4	55.3	
Betaine.....mg									
Vitamin B-12.....mcg	7.79		1		1		6.15	6.62	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	17		0	NC	4		13	14	
Retinol.....mcg	17		0	NR	4		13	14	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	57		0	NC	4		45	48	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.20		0	NR	4		0.16	0.17	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.1	0.1	
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	

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.185		17		1		0.146	0.157	
15:0.....g									
16:0.....g	0.815		18		1		0.644	0.693	
17:0.....g									
18:0.....g	0.148		17		1		0.117	0.126	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.254		0		1		2.571	2.766	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.701		18		1		0.554	0.596	
17:1.....g									
18:1 undifferentiated.....g	1.440		18		1		1.138	1.224	
20:1.....g	0.280		9		1		0.221	0.238	
22:1 undifferentiated.....g	0.830		1		1		0.656	0.706	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.499		0		1		1.184	1.274	
18:2 undifferentiated.....g	0.175		18		1		0.138	0.149	
18:3 undifferentiated.....g	0.155		17		1		0.122	0.132	
18:4.....g	0.064		17		1		0.051	0.054	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.189		17		1		0.149	0.161	
20:5 n-3.....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	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:

NDB No. 15114

Fish, trout, mixed species, raw

Measure 1 = 79g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15241

Fish, trout, rainbow, farmed, cooked, dry heat

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

NDB No. 15241

Fish, trout, rainbow, farmed, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15240

Fish, trout, rainbow, farmed, raw

Salmo gairdneri Richardson

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.73	0.327	3		1		57.46	61.82	
Energy.....kcal	138		0	NC	4		109	117	
Energy.....kj	577		0		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	0.00		0	Z	7		0.00	0.00	
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	
Choline, total.....mg	65.0		0	CAZN	4		51.4	55.3	
Betaine.....mg									
Vitamin B-12.....mcg	3.77	0.233	3		1		2.98	3.20	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	84		0	NC	4		66	71	
Retinol.....mcg	84		0	NR	4		66	71	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	280		0	NC	4		221	238	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.03		0	NR	4		0.02	0.03	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.1	0.1	
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	

NDB No. 15240

Fish, trout, rainbow, farmed, raw

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

NDB No. 15240

Fish, trout, rainbow, farmed, raw

Measure 1 = 79g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15116

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.204		4			1	0.292	0.173	
15:0.....g									
16:0.....g	0.918		4			1	1.313	0.780	
17:0.....g									
18:0.....g	0.265		4			1	0.379	0.225	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.746		0			1	2.497	1.484	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.675		4			1	0.965	0.574	
17:1.....g									
18:1 undifferentiated.....g	0.918		4			1	1.313	0.780	
20:1.....g	0.051		4			1	0.073	0.043	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.831		0			1	2.618	1.556	
18:2 undifferentiated.....g	0.288		4			1	0.412	0.245	
18:3 undifferentiated.....g	0.187		4			1	0.267	0.159	
18:4.....g	0.230		4			1	0.329	0.196	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		4			1	0.172	0.102	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									

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Common Measures:

Measure 1 = 143g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 15116

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.079		20		1		0.126	0.067	
15:0.....g									
16:0.....g	0.421		20		1		0.669	0.358	
17:0.....g									
18:0.....g	0.139		20		1		0.221	0.118	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.129		0		1		1.795	0.960	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.203		20		1		0.323	0.173	
17:1.....g									
18:1 undifferentiated.....g	0.614		20		1		0.976	0.522	
20:1.....g	0.112		20		1		0.178	0.095	
22:1 undifferentiated.....g	0.138		20		1		0.219	0.117	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.237		0		1		1.967	1.051	
18:2 undifferentiated.....g	0.239		20		1		0.380	0.203	
18:3 undifferentiated.....g	0.119		20		1		0.189	0.101	
18:4.....g	0.066		20		1		0.105	0.056	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.109		20		1		0.173	0.093	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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

NDB No. 15115

Fish, trout, rainbow, wild, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.014		0		1		0.029	0.012	
15:0.....g									
16:0.....g	1.280		0		1		2.624	1.088	
17:0.....g									
18:0.....g	0.249		0		1		0.510	0.212	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.887		0		1		5.918	2.454	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.045		0		1		0.092	0.038	
17:1.....g									
18:1 undifferentiated.....g	2.828		0		1		5.797	2.404	
20:1.....g	0.014		0		1		0.029	0.012	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.122		0		1		8.450	3.504	
18:2 undifferentiated.....g	3.722		0		1		7.630	3.164	
18:3 undifferentiated.....g	0.332		0		1		0.681	0.282	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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

NDB No. 15128
Fish, tuna salad

Food Group: 15 Finfish and Shellfish Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15118

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.178		0		1		0.151		
15:0.....g									
16:0.....g	1.038		0		1		0.882		
17:0.....g									
18:0.....g	0.394		0		1		0.335		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.053		0		1		1.745		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.208		0		1		0.177		
17:1.....g									
18:1 undifferentiated.....g	1.185		0		1		1.007		
20:1.....g	0.355		0		1		0.302		
22:1 undifferentiated.....g	0.304		0		1		0.258		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.844		0		1		1.567		
18:2 undifferentiated.....g	0.068		0		1		0.058		
18:3 undifferentiated.....g									
18:4.....g	0.050		0		1		0.043		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.055		0		1		0.047		
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15118

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15117
 Fish, tuna, fresh, bluefin, raw
Thunnus thynnus (L.)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	68.09	0.781	26		1		57.88		
Energy.....kcal	144		0	NC	4		122		
Energy.....kj	602		0		4		512		
Protein (N x 6.25).....g	23.33	0.377	18		1		19.83		
Total lipid (fat).....g	4.90	0.971	7		1		4.17		
Ash.....g	1.18	0.020	25		1		1.00		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		0		4		7		
Iron, Fe.....mg	1.02	0.034	5		1		0.87		
Magnesium, Mg.....mg	50		0		4		43		
Phosphorus, P.....mg	254		0		4		216		
Potassium, K.....mg	252	41.695	4		1		214		
Sodium, Na.....mg	39		1		1		33		
Zinc, Zn.....mg	0.60	0.039	10		1		0.51		
Copper, Cu.....mg	0.086	0.013	16		1		0.073		
Manganese, Mn.....mg	0.015		0		1		0.013		
Selenium, Se.....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		
Choline, total.....mg	65.0		0	CAZN	4		55.3		
Betaine.....mg									
Vitamin B-12.....mcg	9.43	2.381	18		1		8.01		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	655		0	NC	4		557		
Retinol.....mcg	655		0	NR	4		557		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	2183		0	NC	4		1856		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	1.00		0	NR	4		0.85		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	T	4		0.0		
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		

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.139		2		1		0.118		
15:0.....g									
16:0.....g	0.810		2		1		0.689		
17:0.....g									
18:0.....g	0.307		2		1		0.261		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.600		0		4		1.360		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.162		2		1		0.138		
17:1.....g									
18:1 undifferentiated.....g	0.924		2		1		0.785		
20:1.....g	0.277		1		1		0.235		
22:1 undifferentiated.....g	0.237		2		1		0.201		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.433		0		4		1.218		
18:2 undifferentiated.....g	0.053		2		1		0.045		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.039		1		1		0.033		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.043		1		1		0.037		
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

NDB No. 15117

Fish, tuna, fresh, bluefin, raw

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.040		2		1		0.079	0.034	
15:0.....g									
16:0.....g	0.233		2		1		0.461	0.198	
17:0.....g									
18:0.....g	0.055		2		1		0.109	0.047	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.190		0		1		0.376	0.162	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.036		2		1		0.071	0.031	
17:1.....g									
18:1 undifferentiated.....g	0.131		2		1		0.259	0.111	
20:1.....g	0.017		1		1		0.034	0.014	
22:1 undifferentiated.....g	0.006		1		1		0.012	0.005	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.315		0		1		0.624	0.268	
18:2 undifferentiated.....g	0.016		2		1		0.032	0.014	
18:3 undifferentiated.....g									
18:4.....g	0.004		1		1		0.008	0.003	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026		1		1		0.051	0.022	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15123

Fish, tuna, fresh, skipjack, raw

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15127

Fish, tuna, fresh, yellow fin, raw

Thunnus albacares (Bonnaterre)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data 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		0		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	0.00		0	Z	7		0.00	0.00	0.00
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
Choline, total.....mg	65.0		0	CAZN	4		18.4	10.4	55.3
Betaine.....mg									
Vitamin B-12.....mcg	0.52		0		4		0.15	0.08	0.44
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	18		0	NC	4		5	3	15
Retinol.....mcg	18		0	NR	4		5	3	15
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	60		0	NC	4		17	10	51
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.50		0	NR	4		0.14	0.08	0.43
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.0	0.0	0.1
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

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

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

NDB No. 15127

Fish, tuna, fresh, yellow fin, raw

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 16g: 1 cubic inch, boneless

Measure 3 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15119

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	59.83	0.557	9		1		87.35	16.96	102.31
Energy.....kcal	198		0	NC	4		289	56	339
Energy.....kj	830		0	NC	4		1211	235	1419
Protein (N x 6.25).....g	29.13	0.365	6		1		42.53	8.26	49.81
Total lipid (fat).....g	8.21	0.139	7		1		11.99	2.33	14.04
Ash.....g	2.76	0.295	9		1		4.03	0.78	4.72
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13	2.415	9		1		19	4	22
Iron, Fe.....mg	1.39	0.081	8		1		2.03	0.39	2.38
Magnesium, Mg.....mg	31	1.591	8		1		45	9	53
Phosphorus, P.....mg	311	18.785	9		1		454	88	532
Potassium, K.....mg	207		0		1		302	59	354
Sodium, Na.....mg	354		0		1		517	100	605
Zinc, Zn.....mg	0.90	0.106	8		1		1.31	0.26	1.54
Copper, Cu.....mg	0.071		0		1		0.104	0.020	0.121
Manganese, Mn.....mg	0.015	0.002	8		1		0.022	0.004	0.026
Selenium, Se.....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
Choline, total.....mg	29.3		0	BFZN	4		42.8	8.3	50.1
Betaine.....mg									
Vitamin B-12.....mcg	2.20		0		4		3.21	0.62	3.76
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	23		0	NC	4		34	7	39
Retinol.....mcg	23		0	NR	4		34	7	39
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	77		0	NC	4		112	22	131
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.87	0.017	3		1		1.28	0.25	1.49
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.02	0.000	3		1		0.02	0.00	0.03
Tocopherol, gamma.....mg	3.96	0.740	3		1		5.78	1.12	6.77
Tocopherol, delta.....mg	1.24	0.277	3		1		1.82	0.35	2.13
Vitamin D.....IU	236		0	T	4		345	67	404
Vitamin K (phylloquinone).....mcg	44.0		2		1		64.2	12.5	75.2
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

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.027		1		1		0.039	0.008	0.046
15:0.....g									
16:0.....g	1.415		1		1		2.066	0.401	2.420
17:0.....g									
18:0.....g	0.092		1		1		0.134	0.026	0.157
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.949		0		1		4.306	0.836	5.043
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.083		1		1		0.121	0.024	0.142
17:1.....g									
18:1 undifferentiated.....g	2.839		1		1		4.145	0.805	4.855
20:1.....g	0.027		1		1		0.039	0.008	0.046
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.885		0		1		4.212	0.818	4.933
18:2 undifferentiated.....g	2.683		1		1		3.917	0.761	4.588
18:3 undifferentiated.....g	0.074		1		1		0.108	0.021	0.127
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....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:

NDB No. 15119

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

Measure 1 = 146g: 1 cup, solid or chunks

Measure 2 = 28.35g: 1 oz

Measure 3 = 171g: 1 can

Calories Factors: Protein 4.27

Fat 9

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15183

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.027		1		1		0.046	0.023	
15:0.....g									
16:0.....g	1.415		1		1		2.420	1.203	
17:0.....g									
18:0.....g	0.092		1		1		0.157	0.078	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.949		0		1		5.043	2.507	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.083		1		1		0.142	0.071	
17:1.....g									
18:1 undifferentiated.....g	2.839		1		1		4.855	2.413	
20:1.....g	0.027		1		1		0.046	0.023	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.885		0		1		4.933	2.452	
18:2 undifferentiated.....g	2.683		1		1		4.588	2.281	
18:3 undifferentiated.....g	0.074		1		1		0.127	0.063	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15183

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15121

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

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.51	0.569	11		1		114.75	21.12	122.94
Energy.....kcal	116		0	NC	4		179	33	192
Energy.....kj	487		0	NC	4		750	138	803
Protein (N x 6.25).....g	25.51	1.466	6		1		39.29	7.23	42.09
Total lipid (fat).....g	0.82	0.082	11		1		1.26	0.23	1.35
Ash.....g	1.48	0.146	5		1		2.28	0.42	2.44
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11	0.564	30		1		17	3	18
Iron, Fe.....mg	1.53	0.079	30		1		2.36	0.43	2.52
Magnesium, Mg.....mg	27	0.569	33		1		42	8	45
Phosphorus, P.....mg	163	3.070	29		1		251	46	269
Potassium, K.....mg	237	5.967	33		1		365	67	391
Sodium, Na.....mg	338	19.913	32		1		521	96	558
Zinc, Zn.....mg	0.77	0.033	32		1		1.19	0.22	1.27
Copper, Cu.....mg	0.051	0.004	31		1		0.079	0.014	0.084
Manganese, Mn.....mg	0.011	0.001	27		1		0.017	0.003	0.018
Selenium, Se.....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
Choline, total.....mg	29.3		0	AS	1		45.1	8.3	48.4
Betaine.....mg	2.7		1	A	1		4.2	0.8	4.5
Vitamin B-12.....mcg	2.99	0.365	5		1		4.60	0.85	4.93
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	17		0	NC	4		26	5	28
Retinol.....mcg	17		0	NR	4		26	5	28
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	57		0	NC	4		87	16	93
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.33	0.014	9	JO	11		0.52	0.09	0.55
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	9	JO	11		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.001	9	JO	11		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	9	JO	11		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		2	A	1		0.3	0.0	0.3
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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.018		5		1		0.028	0.005	0.030
15:0.....g									
16:0.....g	0.156		5		1		0.240	0.044	0.257
17:0.....g									
18:0.....g	0.060		5		1		0.092	0.017	0.099
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.159		0		1		0.245	0.045	0.262
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		5		1		0.040	0.007	0.043
17:1.....g									
18:1 undifferentiated.....g	0.093		5		1		0.143	0.026	0.153
20:1.....g	0.011		5		1		0.017	0.003	0.018
22:1 undifferentiated.....g	0.029		5		1		0.045	0.008	0.048
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.337		0		1		0.519	0.096	0.556
18:2 undifferentiated.....g	0.009		5		1		0.014	0.003	0.015
18:3 undifferentiated.....g	0.002		5		1		0.003	0.001	0.003
18:4.....g	0.013		5		1		0.020	0.004	0.021
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.034		5		1		0.052	0.010	0.056
20:5 n-3.....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	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:

NDB No. 15121

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

Measure 1 = 154g: 1 cup, solid or chunks

Measure 2 = 28.35g: 1 oz

Measure 3 = 165g: 1 can

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15184

Fish, tuna, light, 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
14:0.....g	0.018		0	A	1		0.030	0.015	
15:0.....g									
16:0.....g	0.156		0	A	1		0.257	0.133	
17:0.....g									
18:0.....g	0.060		0	A	1		0.099	0.051	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.159		0	A	1		0.262	0.135	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		0	A	1		0.043	0.022	
17:1.....g									
18:1 undifferentiated.....g	0.093		0	A	1		0.153	0.079	
20:1.....g	0.011		0	A	1		0.018	0.009	
22:1 undifferentiated.....g	0.029		0	A	1		0.048	0.025	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.337		0	A	1		0.556	0.286	
18:2 undifferentiated.....g	0.009		0	A	1		0.015	0.008	
18:3 undifferentiated.....g	0.000		0	A	1		0.000	0.000	
18:4.....g	0.013		0	A	1		0.021	0.011	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.034		0	A	1		0.056	0.029	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15184

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15220

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.051		0		1		0.079	0.043	
15:0.....g									
16:0.....g	0.298		0		1		0.459	0.253	
17:0.....g									
18:0.....g	0.070		0		1		0.108	0.060	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.243		0		1		0.374	0.207	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.046		0		1		0.071	0.039	
17:1.....g									
18:1 undifferentiated.....g	0.168		0		1		0.259	0.143	
20:1.....g	0.022		0		1		0.034	0.019	
22:1 undifferentiated.....g	0.008		0		1		0.012	0.007	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.403		0		1		0.621	0.343	
18:2 undifferentiated.....g	0.020		0		1		0.031	0.017	
18:3 undifferentiated.....g									
18:4.....g	0.005		0		1		0.008	0.004	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		0		1		0.051	0.028	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15220

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15124

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.030		0	RA	4		0.054	0.026	
15:0.....g									
16:0.....g	0.862		0	RA	4		1.535	0.733	
17:0.....g									
18:0.....g	0.388		0	RA	4		0.690	0.330	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.262		0	NC	4		5.807	2.773	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.069		0	RA	4		0.123	0.059	
17:1.....g									
18:1 undifferentiated.....g	3.159		0	RA	4		5.622	2.685	
20:1.....g	0.022		0	RA	4		0.039	0.019	
22:1 undifferentiated.....g	0.012		0	RA	4		0.022	0.011	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.972		0	NC	4		5.289	2.526	
18:2 undifferentiated.....g	2.489		0	RA	4		4.430	2.116	
18:3 undifferentiated.....g	0.204		0	RA	4		0.364	0.174	
18:4.....g	0.014		0	RA	4		0.026	0.012	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	RA	4		0.026	0.012	
20:5 n-3.....g	0.066		0	RA	4		0.118	0.056	
22:5 n-3.....g	0.005		0	RA	4		0.009	0.004	
22:6 n-3.....g	0.178		0	RA	4		0.317	0.152	
Fatty acids, total trans.....g									
Cholesterol.....mg	31	3.493	6		1		55	26	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.297		0		1		0.529	0.252	
Threonine.....g	1.163		0		1		2.070	0.989	
Isoleucine.....g	1.223		0		1		2.177	1.040	
Leucine.....g	2.156		0		1		3.838	1.833	
Lysine.....g	2.437		0		1		4.338	2.071	
Methionine.....g	0.785		0		1		1.397	0.667	
Cystine.....g	0.284		0		1		0.506	0.241	
Phenylalanine.....g	1.036		0		1		1.844	0.881	
Tyrosine.....g	0.896		0		1		1.595	0.762	
Valine.....g	1.367		0		1		2.433	1.162	
Arginine.....g	1.588		0		1		2.827	1.350	
Histidine.....g	0.781		0		1		1.390	0.664	
Alanine.....g	1.605		0		1		2.857	1.364	
Aspartic acid.....g	2.717		0		1		4.836	2.309	
Glutamic acid.....g	3.961		0		1		7.051	3.367	
Glycine.....g	1.274		0		1		2.268	1.083	
Proline.....g	0.938		0		1		1.670	0.797	
Serine.....g	1.082		0		1		1.926	0.920	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 178g: 1 can

NDB No. 15124

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15185

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.02		1		1		113.96	54.42	
Energy.....kcal	186		0	NC	4		331	158	
Energy.....kj	778		0	NC	4		1385	662	
Protein (N x 6.25).....g	26.53		1		1		47.22	22.55	
Total lipid (fat).....g	8.08		1		1		14.38	6.87	
Ash.....g	2.18		1		1		3.88	1.85	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		0		1		7	3	
Iron, Fe.....mg	0.65		0		1		1.16	0.55	
Magnesium, Mg.....mg	34		0		1		61	29	
Phosphorus, P.....mg	267		0		1		475	227	
Potassium, K.....mg	333		0		1		593	283	
Sodium, Na.....mg	50		0		1		89	43	
Zinc, Zn.....mg	0.47		0		1		0.84	0.40	
Copper, Cu.....mg	0.130		0		1		0.231	0.111	
Manganese, Mn.....mg	0.016		0		4		0.028	0.014	
Selenium, Se.....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	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	2.20		0		4		3.92	1.87	
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	80		0		4		142	68	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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:									

NDB No. 15185

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tryptophan.....g	0.297		0		1		0.529	0.252	
Threonine.....g	1.163		0		1		2.070	0.989	
Isoleucine.....g	1.223		0		1		2.177	1.040	
Leucine.....g	2.156		0		1		3.838	1.833	
Lysine.....g	2.437		0		1		4.338	2.071	
Methionine.....g	0.785		0		1		1.397	0.667	
Cystine.....g	0.284		0		1		0.506	0.241	
Phenylalanine.....g	1.036		0		1		1.844	0.881	
Tyrosine.....g	0.896		0		1		1.595	0.762	
Valine.....g	1.367		0		1		2.433	1.162	
Arginine.....g	1.588		0		1		2.827	1.350	
Histidine.....g	0.781		0		1		1.390	0.664	
Alanine.....g	1.605		0		1		2.857	1.364	
Aspartic acid.....g	2.717		0		1		4.836	2.309	
Glutamic acid.....g	3.961		0		1		7.051	3.367	
Glycine.....g	1.274		0		1		2.268	1.083	
Proline.....g	0.938		0		1		1.670	0.797	
Serine.....g	1.082		0		1		1.926	0.920	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 178g: 1 can

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15126

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.19	1.109	5		1		125.89	62.21	
Energy.....kcal	128		0	NC	4		220	109	
Energy.....kj	536		0		4		921	455	
Protein (N x 6.25).....g	23.62	1.534	3		1		40.63	20.08	
Total lipid (fat).....g	2.97	0.419	4		1		5.11	2.52	
Ash.....g	1.46	0.074	3		1		2.51	1.24	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14		2		1		24	12	
Iron, Fe.....mg	0.97	0.033	5		1		1.67	0.82	
Magnesium, Mg.....mg	33	1.779	5		1		57	28	
Phosphorus, P.....mg	217		2		1		373	184	
Potassium, K.....mg	237	35.011	6		1		408	201	
Sodium, Na.....mg	377	40.239	7		1		648	320	
Zinc, Zn.....mg	0.48	0.016	5		1		0.83	0.41	
Copper, Cu.....mg	0.039	0.003	5		1		0.067	0.033	
Manganese, Mn.....mg	0.019	0.003	5		1		0.033	0.016	
Selenium, Se.....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	
Choline, total.....mg	29.3		0	BFZN	4		50.4	24.9	
Betaine.....mg									
Vitamin B-12.....mcg	1.17	0.121	4		1		2.01	0.99	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	6		0	NC	4		10	5	
Retinol.....mcg	6		0	NR	4		10	5	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	20		0	NC	4		34	17	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.85		1	A	1		1.46	0.72	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.03		1	A	1		0.05	0.03	
Tocopherol, delta.....mg	0.02		1	A	1		0.03	0.02	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.5		1	A	1		4.3	2.1	
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	

NDB No. 15126

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.082		0		1		0.141	0.070	
15:0.....g									
16:0.....g	0.592		0		1		1.018	0.503	
17:0.....g									
18:0.....g	0.118		0		1		0.203	0.100	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.784		0		1		1.348	0.666	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.144		0		1		0.248	0.122	
17:1.....g									
18:1 undifferentiated.....g	0.518		0		1		0.891	0.440	
20:1.....g	0.078		0		1		0.134	0.066	
22:1 undifferentiated.....g	0.044		0		1		0.076	0.037	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.109		0		1		1.907	0.943	
18:2 undifferentiated.....g	0.055		0		1		0.095	0.047	
18:3 undifferentiated.....g	0.071		0		1		0.122	0.060	
18:4.....g	0.051		0		1		0.088	0.043	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.051		0		1		0.088	0.043	
20:5 n-3.....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	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:

NDB No. 15126

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

Measure 1 = 172g: 1 can

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15186

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.082		0		1		0.141	0.070	
15:0.....g									
16:0.....g	0.592		0		1		1.018	0.503	
17:0.....g									
18:0.....g	0.118		0		1		0.203	0.100	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.784		0		1		1.348	0.666	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.144		0		1		0.248	0.122	
17:1.....g									
18:1 undifferentiated.....g	0.518		0		1		0.891	0.440	
20:1.....g	0.078		0		1		0.134	0.066	
22:1 undifferentiated.....g	0.044		0		1		0.076	0.037	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.109		0		1		1.907	0.943	
18:2 undifferentiated.....g	0.055		0		1		0.095	0.047	
18:3 undifferentiated.....g	0.071		0		1		0.122	0.060	
18:4.....g	0.051		0		1		0.088	0.043	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.051		0		1		0.088	0.043	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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

NDB No. 15186

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

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15221

Fish, tuna, yellow fin, 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
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		
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									
<u>Amino Acids:</u>									
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

NDB No. 15221

Fish, tuna, yellow fin, fresh, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15222

Fish, turbot, european, cooked, dry heat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	2.54		0		1		4.04	2.16	
Vitamin A, RAE.....mcg_RAE	12		0		1		19	10	
Retinol.....mcg	12		0		1		19	10	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	40		0		1		64	34	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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:									

NDB No. 15222

Fish, turbot, european, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tryptophan.....g	0.230		0		1		0.366	0.196	
Threonine.....g	0.902		0		1		1.434	0.767	
Isoleucine.....g	0.948		0		1		1.507	0.806	
Leucine.....g	1.672		0		1		2.658	1.421	
Lysine.....g	1.890		0		1		3.005	1.607	
Methionine.....g	0.609		0		1		0.968	0.518	
Cystine.....g	0.221		0		1		0.351	0.188	
Phenylalanine.....g	0.803		0		1		1.277	0.683	
Tyrosine.....g	0.695		0		1		1.105	0.591	
Valine.....g	1.060		0		1		1.685	0.901	
Arginine.....g	1.231		0		1		1.957	1.046	
Histidine.....g	0.606		0		1		0.964	0.515	
Alanine.....g	1.244		0		1		1.978	1.057	
Aspartic acid.....g	2.107		0		1		3.350	1.791	
Glutamic acid.....g	3.072		0		1		4.884	2.611	
Glycine.....g	0.988		0		1		1.571	0.840	
Proline.....g	0.728		0		1		1.158	0.619	
Serine.....g	0.840		0		1		1.336	0.714	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 159g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15129

Fish, turbot, european, raw

Scophthalmus maximus (L.)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.95		2		1		156.98	65.41	
Energy.....kcal	95		0	NC	4		194	81	
Energy.....kj	397				4		811	338	
Protein (N x 6.25).....g	16.05		2		1		32.74	13.64	
Total lipid (fat).....g	2.95		2		1		6.02	2.51	
Ash.....g	2.10		2		1		4.28	1.79	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18		1		1		37	15	
Iron, Fe.....mg	0.36		0		4		0.73	0.31	
Magnesium, Mg.....mg	51		1		1		104	43	
Phosphorus, P.....mg	129		1		1		263	110	
Potassium, K.....mg	238		2		1		486	202	
Sodium, Na.....mg	150		1		1		306	128	
Zinc, Zn.....mg	0.22		2		1		0.45	0.19	
Copper, Cu.....mg	0.037		2		1		0.075	0.031	
Manganese, Mn.....mg	0.017		0		4		0.035	0.014	
Selenium, Se.....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	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	2.20		1		1		4.49	1.87	
Vitamin A, RAE.....mcg_RAE	11		2		1		21	9	
Retinol.....mcg	11		2		1		21	9	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	35		2		1		71	30	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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:									

NDB No. 15129
Fish, turbot, european, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Tryptophan.....g	0.180		0		1	0.367	0.153	
Threonine.....g	0.704		0		1	1.436	0.598	
Isoleucine.....g	0.740		0		1	1.510	0.629	
Leucine.....g	1.305		0		1	2.662	1.109	
Lysine.....g	1.474		0		1	3.007	1.253	
Methionine.....g	0.475		0		1	0.969	0.404	
Cystine.....g	0.172		0		1	0.351	0.146	
Phenylalanine.....g	0.627		0		1	1.279	0.533	
Tyrosine.....g	0.542		0		1	1.106	0.461	
Valine.....g	0.827		0		1	1.687	0.703	
Arginine.....g	0.960		0		1	1.958	0.816	
Histidine.....g	0.473		0		1	0.965	0.402	
Alanine.....g	0.971		0		1	1.981	0.825	
Aspartic acid.....g	1.644		0		1	3.354	1.397	
Glutamic acid.....g	2.396		0		1	4.888	2.037	
Glycine.....g	0.770		0		1	1.571	0.655	
Proline.....g	0.568		0		1	1.159	0.483	
Serine.....g	0.655		0		1	1.336	0.557	
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 204g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products
 USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15223

Fish, whitefish, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.140		0		1		0.216	0.119	
15:0.....g									
16:0.....g	0.768		0		1		1.183	0.653	
17:0.....g									
18:0.....g	0.254		0		1		0.391	0.216	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.559		0		1		3.941	2.175	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.667		0		1		1.027	0.567	
17:1.....g									
18:1 undifferentiated.....g	1.727		0		1		2.660	1.468	
20:1.....g	0.133		0		1		0.205	0.113	
22:1 undifferentiated.....g	0.032		0		1		0.049	0.027	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.755		0		1		4.243	2.342	
18:2 undifferentiated.....g	0.349		0		1		0.537	0.297	
18:3 undifferentiated.....g	0.235		0		1		0.362	0.200	
18:4.....g	0.064		0		1		0.099	0.054	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.286		0		1		0.440	0.243	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15223

Fish, whitefish, mixed species, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15130

Fish, whitefish, mixed species, raw

Coregonus spp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
Proximates:									
Water.....g	72.77	0.642	37				144.08	61.85	
Energy.....kcal	134		0	NC		4	265	114	
Energy.....kj	561		0			4	1110	477	
Protein (N x 6.25).....g	19.09	0.239	42			1	37.80	16.23	
Total lipid (fat).....g	5.86	0.451	68			1	11.60	4.98	
Ash.....g	1.12	0.014	34			1	2.22	0.95	
Carbohydrate, by difference.....g	0.00		0	Z		7	0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z		7	0.0	0.0	
Sugars, total.....g	0.00		0	Z		7	0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	26		0			4	51	22	
Iron, Fe.....mg	0.37		0			4	0.73	0.31	
Magnesium, Mg.....mg	33		1			1	65	28	
Phosphorus, P.....mg	270		0			4	535	230	
Potassium, K.....mg	317		1			1	628	269	
Sodium, Na.....mg	51	1.004	17			1	101	43	
Zinc, Zn.....mg	0.99	0.319	3			1	1.96	0.84	
Copper, Cu.....mg	0.072		2			1	0.143	0.061	
Manganese, Mn.....mg	0.067		0			4	0.133	0.057	
Selenium, Se.....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	
Choline, total.....mg	65.0		0	CAZN		4	128.7	55.3	
Betaine.....mg									
Vitamin B-12.....mcg	1.00		0			4	1.98	0.85	
Vitamin B-12, added.....mcg	0.00		0	Z		7	0.00	0.00	
Vitamin A, RAE.....mcg_RAE	36		0	NC		4	71	31	
Retinol.....mcg	36		0	NR		4	71	31	
Carotene, beta.....mcg	0		0	Z		7	0	0	
Carotene, alpha.....mcg	0		0	Z		7	0	0	
Cryptoxanthin, beta.....mcg	0		0	Z		7	0	0	
Vitamin A, IU.....IU	120		0	NC		4	238	102	
Lycopene.....mcg	0		0	Z		7	0	0	
Lutein + zeaxanthin.....mcg	0		0	Z		7	0	0	
Vitamin E (alpha-tocopherol).....mg	0.20		0	NR		4	0.40	0.17	
Vitamin E, added.....mg	0.00		0	Z		7	0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T		4	0.2	0.1	
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	

Fish, whitefish, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.109		1		1		0.216	0.093	
15:0.....g									
16:0.....g	0.599		1		1		1.186	0.509	
17:0.....g									
18:0.....g	0.198		1		1		0.392	0.168	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.996		0		1		3.952	1.697	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.520		1		1		1.030	0.442	
17:1.....g									
18:1 undifferentiated.....g	1.347		1		1		2.667	1.145	
20:1.....g	0.104		1		1		0.206	0.088	
22:1 undifferentiated.....g	0.025		1		1		0.050	0.021	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.149		0		1		4.255	1.827	
18:2 undifferentiated.....g	0.272		1		1		0.539	0.231	
18:3 undifferentiated.....g	0.183		1		1		0.362	0.156	
18:4.....g	0.050		1		1		0.099	0.043	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.223		1		1		0.442	0.190	
20:5 n-3.....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	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:

NDB No. 15130

Fish, whitefish, mixed species, raw

Measure 1 = 198g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15131

Fish, whitefish, mixed species, smoked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	70.83		2		1		96.33	20.08	12.04
Energy.....kcal	108		0	NC	4		147	31	18
Energy.....kj	452		0		4		615	128	77
Protein (N x 6.25).....g	23.40		2		1		31.82	6.63	3.98
Total lipid (fat).....g	0.93		2		1		1.26	0.26	0.16
Ash.....g	5.06		2		1		6.88	1.43	0.86
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18		2		1		24	5	3
Iron, Fe.....mg	0.50		2		1		0.68	0.14	0.09
Magnesium, Mg.....mg	23		2		1		31	7	4
Phosphorus, P.....mg	132		2		1		180	37	22
Potassium, K.....mg	423		2		1		575	120	72
Sodium, Na.....mg	1019		2		1		1386	289	173
Zinc, Zn.....mg	0.49		2		1		0.67	0.14	0.08
Copper, Cu.....mg	0.315		2		1		0.428	0.089	0.054
Manganese, Mn.....mg	0.034		2		1		0.046	0.010	0.006
Selenium, Se.....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
Choline, total.....mg	95.0		0	CAZN	4		129.2	26.9	16.2
Betaine.....mg									
Vitamin B-12.....mcg	3.26		2		1		4.43	0.92	0.55
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	57		0	NC	4		78	16	10
Retinol.....mcg	57		0	NR	4		78	16	10
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	190		0	NC	4		258	54	32
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.20		0	NR	4		0.27	0.06	0.03
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.1	0.0	0.0
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

NDB No. 15131

Fish, whitefish, mixed species, smoked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.007		2		1		0.010	0.002	0.001
15:0.....g									
16:0.....g	0.177		2		1		0.241	0.050	0.030
17:0.....g									
18:0.....g	0.044		2		1		0.060	0.012	0.007
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.278		0		1		0.378	0.079	0.047
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		2		1		0.035	0.007	0.004
17:1.....g									
18:1 undifferentiated.....g	0.205		2		1		0.279	0.058	0.035
20:1.....g	0.023		2		1		0.031	0.007	0.004
22:1 undifferentiated.....g	0.024		2		1		0.033	0.007	0.004
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.293		0		1		0.398	0.083	0.050
18:2 undifferentiated.....g	0.084		2		1		0.114	0.024	0.014
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....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	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:

NDB No. 15131

Fish, whitefish, mixed species, smoked

Measure 1 = 136g: 1 cup, cooked

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 17g: 1 cubic inch, boneless

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15133

Fish, 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		0		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	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	62		0		1		45	53	
Iron, Fe.....mg	0.42	0.040	11		1		0.30	0.36	
Magnesium, Mg.....mg	27		0		1		19	23	
Phosphorus, P.....mg	285		0		1		205	242	
Potassium, K.....mg	434	9.800	11		1		312	369	
Sodium, Na.....mg	132	9.190	11		1		95	112	
Zinc, Zn.....mg	0.53	0.020	11		1		0.38	0.45	
Copper, Cu.....mg	0.040		0		1		0.029	0.034	
Manganese, Mn.....mg	0.130		0		1		0.094	0.111	
Selenium, Se.....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	
Choline, total.....mg	81.0		0	CAZN	4		58.3	68.9	
Betaine.....mg									
Vitamin B-12.....mcg	2.60	0.200	11		1		1.87	2.21	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	34		0	NC	4		24	29	
Retinol.....mcg	34		0	NR	4		24	29	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	113		0	NC	4		82	96	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.30		0	NR	4		0.22	0.26	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.1	0.1	
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	

Fish, whiting, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.068		11		1		0.049	0.058	
15:0.....g									
16:0.....g	0.285		11		1		0.205	0.242	
17:0.....g									
18:0.....g	0.047		11		1		0.034	0.040	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.445		0		1		0.320	0.378	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.121		11		1		0.087	0.103	
17:1.....g									
18:1 undifferentiated.....g	0.277		11		1		0.199	0.235	
20:1.....g	0.027		11		1		0.019	0.023	
22:1 undifferentiated.....g	0.020		11		1		0.014	0.017	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.587		0		1		0.423	0.499	
18:2 undifferentiated.....g	0.020		11		1		0.014	0.017	
18:3 undifferentiated.....g	0.013		11		1		0.009	0.011	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		11		1		0.014	0.017	
20:5 n-3.....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	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:

NDB No. 15133

Fish, whiting, mixed species, cooked, dry heat

Measure 1 = 72g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15132

Fish, 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		0		4		346	320	
Protein (N x 6.25).....g	18.31		77		1		16.85	15.56	
Total lipid (fat).....g	1.31		185		1		1.21	1.11	
Ash.....g	1.30		57		1		1.20	1.11	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	48		12		1		44	41	
Iron, Fe.....mg	0.34	0.030	11		1		0.31	0.29	
Magnesium, Mg.....mg	21		2		1		19	18	
Phosphorus, P.....mg	222	11.000	13		1		204	189	
Potassium, K.....mg	249	10.668	32		1		229	212	
Sodium, Na.....mg	72		34		1		66	61	
Zinc, Zn.....mg	0.88	0.045	88		1		0.81	0.75	
Copper, Cu.....mg	0.031	0.002	83		1		0.029	0.026	
Manganese, Mn.....mg	0.104		2		1		0.096	0.088	
Selenium, Se.....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	
Choline, total.....mg	65.0		0	CAZN	4		59.8	55.3	
Betaine.....mg									
Vitamin B-12.....mcg	2.30	0.330	11		1		2.12	1.96	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	30		0	NC	4		28	26	
Retinol.....mcg	30		0	NR	4		28	26	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	100		0	NC	4		92	85	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.30		0	NR	4		0.28	0.26	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.1	0.1	
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	

NDB No. 15132

Fish, whiting, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.045		6		1		0.041	0.038	
15:0.....g									
16:0.....g	0.158		6		1		0.145	0.134	
17:0.....g									
18:0.....g	0.032		6		1		0.029	0.027	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.279		0		1		0.257	0.237	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.082		6		1		0.075	0.070	
17:1.....g									
18:1 undifferentiated.....g	0.162		6		1		0.149	0.138	
20:1.....g	0.030		6		1		0.028	0.026	
22:1 undifferentiated.....g	0.004		6		1		0.004	0.003	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.422		0		1		0.388	0.359	
18:2 undifferentiated.....g	0.020		6		1		0.018	0.017	
18:3 undifferentiated.....g	0.034		6		1		0.031	0.029	
18:4.....g	0.041		5		1		0.038	0.035	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.078		6		1		0.072	0.066	
20:5 n-3.....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	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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Common Measures:

NDB No. 15132

Fish, whiting, mixed species, raw

Measure 1 = 92g: 1 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15224

Fish, wolffish, Atlantic, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.085		0		1		0.101	0.072	
15:0.....g									
16:0.....g	0.324		0		1		0.386	0.275	
17:0.....g									
18:0.....g	0.059		0		1		0.070	0.050	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.072		0		1		1.276	0.911	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.242		0		1		0.288	0.206	
17:1.....g									
18:1 undifferentiated.....g	0.661		0		1		0.787	0.562	
20:1.....g	0.146		0		1		0.174	0.124	
22:1 undifferentiated.....g	0.023		0		1		0.027	0.020	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.083		0		1		1.289	0.921	
18:2 undifferentiated.....g	0.026		0		1		0.031	0.022	
18:3 undifferentiated.....g	0.012		0		1		0.014	0.010	
18:4.....g	0.078		0		1		0.093	0.066	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.114		0		1		0.136	0.097	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									

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Common Measures:

Measure 1 = 119g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 15224

Fish, wolffish, Atlantic, cooked, dry heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15134
Fish, wolffish, Atlantic, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
14:0.....g	0.066		1		1	0.101	0.056
15:0.....g							
16:0.....g	0.253		1		1	0.387	0.215
17:0.....g							
18:0.....g	0.046		1		1	0.070	0.039
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.837		0		1	1.281	0.711
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.189		1		1	0.289	0.161
17:1.....g							
18:1 undifferentiated.....g	0.516		1		1	0.789	0.439
20:1.....g	0.114		1		1	0.174	0.097
22:1 undifferentiated.....g	0.018		1		1	0.028	0.015
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.845		0		1	1.293	0.718
18:2 undifferentiated.....g	0.020		1		1	0.031	0.017
18:3 undifferentiated.....g	0.009		1		1	0.014	0.008
18:4.....g	0.061		1		1	0.093	0.052
20:2 n-6 c.c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.089		1		1	0.136	0.076
20:5 n-3.....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							
<u>Amino Acids:</u>							
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

NDB No. 15134
Fish, wolffish, Atlantic, raw

Food Group: 15 Finfish and Shellfish Products
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15225

Fish, yellowtail, mixed species, cooked, dry heat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	67.33		0		1		98.30	57.23	
Energy.....kcal	187		0	NC	4		273	159	
Energy.....kj	782				4		1142	665	
Protein (N x 6.25).....g	29.67		0		1		43.32	25.22	
Total lipid (fat).....g	6.72		0		1		9.81	5.71	
Ash.....g	1.40		0		1		2.04	1.19	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29		0		1		42	25	
Iron, Fe.....mg	0.63		0		1		0.92	0.54	
Magnesium, Mg.....mg	38		0		1		55	32	
Phosphorus, P.....mg	201		0		1		293	171	
Potassium, K.....mg	538		0		1		785	457	
Sodium, Na.....mg	50		0		1		73	43	
Zinc, Zn.....mg	0.67		0		1		0.98	0.57	
Copper, Cu.....mg	0.058		0		1		0.085	0.049	
Manganese, Mn.....mg	0.019		0		1		0.028	0.016	
Selenium, Se.....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	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.25		0		1		1.83	1.06	
Vitamin A, RAE.....mcg_RAE	31		0		1		46	27	
Retinol.....mcg	31		0		1		46	27	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	104		0		1		152	88	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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:									

NDB No. 15225

Fish, yellowtail, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points		Measure 1	Measure 2	Measure 3
			Deriv Code	Source Confidence Code			
Tryptophan.....g	0.332		0	1	0.485	0.282	
Threonine.....g	1.301		0	1	1.899	1.106	
Isoleucine.....g	1.367		0	1	1.996	1.162	
Leucine.....g	2.411		0	1	3.520	2.049	
Lysine.....g	2.725		0	1	3.979	2.316	
Methionine.....g	0.878		0	1	1.282	0.746	
Cystine.....g	0.318		0	1	0.464	0.270	
Phenylalanine.....g	1.158		0	1	1.691	0.984	
Tyrosine.....g	1.002		0	1	1.463	0.852	
Valine.....g	1.528		0	1	2.231	1.299	
Arginine.....g	1.775		0	1	2.592	1.509	
Histidine.....g	0.873		0	1	1.275	0.742	
Alanine.....g	1.794		0	1	2.619	1.525	
Aspartic acid.....g	3.038		0	1	4.435	2.582	
Glutamic acid.....g	4.429		0	1	6.466	3.765	
Glycine.....g	1.424		0	1	2.079	1.210	
Proline.....g	1.049		0	1	1.532	0.892	
Serine.....g	1.210		0	1	1.767	1.029	
Hydroxyproline.....g							

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

Common Measures:

Measure 1 = 146g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15135

Fish, yellowtail, mixed species, raw

Seriola spp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.52		32		1		139.35	63.34	
Energy.....kcal	146		0	NC	4		273	124	
Energy.....kj	611				4		1142	519	
Protein (N x 6.25).....g	23.14	0.217	29		1		43.27	19.67	
Total lipid (fat).....g	5.24	0.295	39		1		9.80	4.45	
Ash.....g	1.09		1		1		2.04	0.93	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23		0		4		43	20	
Iron, Fe.....mg	0.49		1		1		0.92	0.42	
Magnesium, Mg.....mg	30		0		4		56	26	
Phosphorus, P.....mg	157		1		1		294	133	
Potassium, K.....mg	420		0		4		785	357	
Sodium, Na.....mg	39		1		1		73	33	
Zinc, Zn.....mg	0.52	0.068	26		1		0.97	0.44	
Copper, Cu.....mg	0.045		26		1		0.084	0.038	
Manganese, Mn.....mg	0.015		0		1		0.028	0.013	
Selenium, Se.....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	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.30		1		1		2.43	1.11	
Vitamin A, RAE.....mcg_RAE	29		1		1		53	24	
Retinol.....mcg	29		1		1		53	24	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	95		1		1		178	81	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.2	0.1	
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:									

NDB No. 15135

Fish, yellowtail, mixed species, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points		Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code			
Tryptophan.....g	0.259		0		1	0.484	0.220
Threonine.....g	1.015		0		1	1.898	0.863
Isoleucine.....g	1.066		0		1	1.993	0.906
Leucine.....g	1.881		0		1	3.517	1.599
Lysine.....g	2.126		0		1	3.976	1.807
Methionine.....g	0.685		0		1	1.281	0.582
Cystine.....g	0.248		0		1	0.464	0.211
Phenylalanine.....g	0.904		0		1	1.690	0.768
Tyrosine.....g	0.781		0		1	1.460	0.664
Valine.....g	1.192		0		1	2.229	1.013
Arginine.....g	1.385		0		1	2.590	1.177
Histidine.....g	0.681		0		1	1.273	0.579
Alanine.....g	1.400		0		1	2.618	1.190
Aspartic acid.....g	2.370		0		1	4.432	2.015
Glutamic acid.....g	3.455		0		1	6.461	2.937
Glycine.....g	1.111		0		1	2.078	0.944
Proline.....g	0.818		0		1	1.530	0.695
Serine.....g	0.944		0		1	1.765	0.802
Hydroxyproline.....g							

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

Common Measures:

Measure 1 = 187g: .5 fillet

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 80200

Frog legs, raw

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.90		0						1
Energy.....kcal	73		0						1
Energy.....kj	305		0						1
Protein.....g	16.40		0						1
Total lipid (fat).....g	0.30		0						1
Ash.....g	1.40		0		NR				4
Carbohydrate, by difference.....g	0.00		0		Z				7
Fiber, total dietary.....g	0.0		0						7
Sugars, total.....g	0.00		0		Z				7
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18		0						1
Iron, Fe.....mg	1.50		0						1
Magnesium, Mg.....mg	20		0						4
Phosphorus, P.....mg	147		0						1
Potassium, K.....mg	285		0						1
Sodium, Na.....mg	58		0						1
Zinc, Zn.....mg	1.00		0						4
Copper, Cu.....mg	0.250		0						4
Manganese, Mn.....mg									
Selenium, Se.....mcg	14.1		0		BFSN				4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		Z				7
Thiamin.....mg	0.140		0						1
Riboflavin.....mg	0.250		0						1
Niacin.....mg	1.200		0						1
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.120		0						4
Folate, total.....mcg	15		0						4
Folic acid.....mcg	0		0		Z				7
Folate, food.....mcg	15		0		NR				4
Folate, DFE.....mcg_DFE	15		0		NC				4
Choline, total.....mg	65.0		0		CAZN				4
Betaine.....mg									
Vitamin B-12.....mcg	0.40		0						4
Vitamin B-12, added.....mcg	0.00		0		Z				7
Vitamin A, RAE.....mcg_RAE	15		0		NC				4
Retinol.....mcg	15		0		NR				4
Carotene, beta.....mcg	0		0		Z				7
Carotene, alpha.....mcg	0		0		Z				7
Cryptoxanthin, beta.....mcg	0		0		Z				7
Vitamin A, IU.....IU	50		0		NC				4
Lycopene.....mcg	0		0		Z				7
Lutein + zeaxanthin.....mcg	0		0		Z				7
Vitamin E (alpha-tocopherol).....mg	1.00		0		NR				4
Vitamin E, added.....mg	0.00		0		Z				7
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0		T				4
Lipids:									
Fatty acids, total saturated.....g	0.076		0						4
4:0.....g	0.000		0						4
6:0.....g	0.000		0						4
8:0.....g	0.000		0						4
10:0.....g	0.000		0						4

NDB No. 80200

Frog legs, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
12:0.....g	0.000		0			4			
13:0.....g									
14:0.....g	0.001		0			4			
15:0.....g									
16:0.....g	0.054		0			4			
17:0.....g									
18:0.....g	0.021		0			4			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.053		0			4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0			4			
17:1.....g									
18:1 undifferentiated.....g	0.044		0			4			
20:1.....g	0.000		0			4			
22:1 undifferentiated.....g	0.000		0			4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.102		0			4			
18:2 undifferentiated.....g	0.020		0			4			
18:3 undifferentiated.....g	0.010		0			4			
18:4.....g	0.000		0			4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.031		0			4			
20:5 n-3.....g	0.014		0			4			
22:5 n-3.....g	0.007		0			4			
22:6 n-3.....g	0.020		0			4			
Fatty acids, total trans.....g									
Cholesterol.....mg	50		0			1			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0			7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 43497
 Jellyfish, dried, salted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	68.00		0		1		39.44		
Energy.....kcal	36		0		1		21		
Energy.....kj	151		0		1		87		
Protein.....g	5.50		0		4		3.19		
Total lipid (fat).....g	1.40		0		1		0.81		
Ash.....g	25.10		0	NR	4		14.56		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0		7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		0		1		1		
Iron, Fe.....mg	2.27		0		1		1.32		
Magnesium, Mg.....mg	2		0		1		1		
Phosphorus, P.....mg	20		0		4		12		
Potassium, K.....mg	3		0		4		2		
Sodium, Na.....mg	9690		0		1		5620		
Zinc, Zn.....mg	0.42		0		1		0.24		
Copper, Cu.....mg	0.140		0		1		0.081		
Manganese, Mn.....mg									
Selenium, Se.....mcg	42.2		0	BFSN	4		24.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0		
Thiamin.....mg	0.010		0		4		0.006		
Riboflavin.....mg	0.010		0		4		0.006		
Niacin.....mg	0.200		0		4		0.116		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.010		0		4		0.006		
Folate, total.....mcg	1		0		4		1		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	1		0	NR	4		1		
Folate, DFE.....mcg_DFE	1		0	NC	4		1		
Choline, total.....mg	95.0		0	CAZN	4		55.1		
Betaine.....mg									
Vitamin B-12.....mcg	0.02		0		4		0.01		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		1		
Retinol.....mcg	2		0	NR	4		1		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	7		0	NC	4		4		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.02		0	NR	4		0.01		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.273		0		4		0.158		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		

NDB No. 43497
 Jellyfish, dried, salted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.019		0		4		0.011		
15:0.....g									
16:0.....g	0.190		0		4		0.110		
17:0.....g									
18:0.....g	0.063		0		4		0.037		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.202		0		4		0.117		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033		0		4		0.019		
17:1.....g									
18:1 undifferentiated.....g	0.127		0		4		0.074		
20:1.....g	0.031		0		4		0.018		
22:1 undifferentiated.....g	0.007		0		4		0.004		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.475		0		4		0.276		
18:2 undifferentiated.....g	0.011		0		4		0.006		
18:3 undifferentiated.....g	0.002		0		4		0.001		
18:4.....g	0.002		0		4		0.001		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.046		0		4		0.027		
20:5 n-3.....g	0.007		0		4		0.004		
22:5 n-3.....g	0.021		0		4		0.012		
22:6 n-3.....g	0.250		0		4		0.145		
Fatty acids, total trans.....g									
Cholesterol.....mg	5		0		4		3		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 58g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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
14:0.....g	0.049		0		1		0.042		
15:0.....g									
16:0.....g	0.953		0		1		0.810		
17:0.....g									
18:0.....g	0.648		0		1		0.551		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.741		0		1		2.330		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0		1		0.019		
17:1.....g									
18:1 undifferentiated.....g	2.721		0		1		2.313		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.676		0		1		1.425		
18:2 undifferentiated.....g	1.474		0		1		1.253		
18:3 undifferentiated.....g	0.095		0		1		0.081		
18:4.....g	0.007		0		1		0.006		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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

NDB No. 15156

Mollusks, abalone, mixed species, cooked, fried

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15155

Mollusks, abalone, mixed species, raw

Haliotis spp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.56		12		1		63.38		
Energy.....kcal	105		0	NC	4		89		
Energy.....kj	439		0		4		373		
Protein (N x 6.25).....g	17.10	0.400	3		1		14.54		
Total lipid (fat).....g	0.76		7		1		0.65		
Ash.....g	1.57	0.090	9		1		1.33		
Carbohydrate, by difference.....g	6.01		0	NC	4		5.11		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	31	11.170	6		1		26		
Iron, Fe.....mg	3.19		7		1		2.71		
Magnesium, Mg.....mg	48	21.192	6		1		41		
Phosphorus, P.....mg	190		0		4		162		
Potassium, K.....mg	250		0		4		213		
Sodium, Na.....mg	301	27.817	6		1		256		
Zinc, Zn.....mg	0.82		11		1		0.70		
Copper, Cu.....mg	0.196	0.037	13		1		0.167		
Manganese, Mn.....mg	0.040		0		1		0.034		
Selenium, Se.....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		
Choline, total.....mg	65.0		0	CAZN	4		55.3		
Betaine.....mg									
Vitamin B-12.....mcg	0.73		0		4		0.62		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		2		
Retinol.....mcg	2		0	NR	4		2		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	7		0	NC	4		6		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	4.00		0	NR	4		3.40		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	23.0		0	T	4		19.6		
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		

NDB No. 15155

Mollusks, abalone, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.023		2		1		0.020		
15:0.....g									
16:0.....g	0.103		2		1		0.088		
17:0.....g									
18:0.....g	0.021		2		1		0.018		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.107		0		1		0.091		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		2		1		0.017		
17:1.....g									
18:1 undifferentiated.....g	0.087		2		1		0.074		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.104		0		1		0.088		
18:2 undifferentiated.....g	0.007		2		1		0.006		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.006		1		1		0.005		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....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	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

NDB No. 15155

Mollusks, abalone, mixed species, raw

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15160

Mollusks, clam, mixed species, canned, drained solids

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	63.64		0		1		101.82	54.09	
Energy.....kcal	148		0	NC	4		237	126	
Energy.....kj	619		0		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	0.00		0	Z	7		0.00	0.00	
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	
Choline, total.....mg	81.0		0	CAZN	4		129.6	68.9	
Betaine.....mg									
Vitamin B-12.....mcg	98.89		0		1		158.22	84.05	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	181		0	NC	4		289	154	
Retinol.....mcg	181		0	BFFN	4		289	154	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	603		0	NC	4		965	513	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.62		0	BFFN	4		1.00	0.53	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	BFFN	4		0.6	0.3	
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	

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
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	
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	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:

NDB No. 15160

Mollusks, clam, mixed species, canned, drained solids

Measure 1 = 160g: 1 cup

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15162

Mollusks, clam, mixed species, canned, liquid

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	97.70		1		1		234.48	83.05	
Energy.....kcal	2		0	NC	4		5	2	
Energy.....kj	8		0		4		20	7	
Protein (N x 6.25).....g	0.40		1		1		0.96	0.34	
Total lipid (fat).....g	0.02		1		1		0.05	0.02	
Ash.....g	1.80		1		1		4.32	1.53	
Carbohydrate, by difference.....g	0.10		0	NC	4		0.24	0.09	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13		1		1		31	11	
Iron, Fe.....mg	0.30		0		4		0.72	0.26	
Magnesium, Mg.....mg	11		1		1		26	9	
Phosphorus, P.....mg	114		0		4		274	97	
Potassium, K.....mg	149		0		4		358	127	
Sodium, Na.....mg	215		1		1		516	183	
Zinc, Zn.....mg	0.10		0		1		0.24	0.09	
Copper, Cu.....mg	0.389		1		1		0.934	0.331	
Manganese, Mn.....mg	0.074		1		1		0.178	0.063	
Selenium, Se.....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	
Choline, total.....mg	13.0		0	CAZN	4		31.2	11.1	
Betaine.....mg									
Vitamin B-12.....mcg	5.00		0		4		12.00	4.25	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	9		0	NC	4		22	8	
Retinol.....mcg	9		0	NC	4		22	8	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	30		0	NC	4		72	26	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.31		1	A	1		0.74	0.26	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.01		1	A	1		0.02	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	T	4		0.5	0.2	
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	

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
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.001		0		4		0.002	0.001	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		4		0.005	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001		0		4		0.002	0.001	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.006		0		4		0.014	0.005	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		4		0.002	0.001	
20:5 n-3.....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	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:

NDB No. 15162

Mollusks, clam, mixed species, canned, liquid

Measure 1 = 240g: 1 cup

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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
14:0.....g	0.058		0		1		0.049	0.109	
15:0.....g									
16:0.....g	1.551		0		1		1.318	2.916	
17:0.....g									
18:0.....g	1.070		0		1		0.910	2.012	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.545		0		1		3.863	8.545	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.042		0		1		0.036	0.079	
17:1.....g									
18:1 undifferentiated.....g	4.472		0		1		3.801	8.407	
20:1.....g	0.017		0		1		0.014	0.032	
22:1 undifferentiated.....g	0.006		0		1		0.005	0.011	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.870		0		1		2.440	5.396	
18:2 undifferentiated.....g	2.455		0		1		2.087	4.615	
18:3 undifferentiated.....g	0.160		0		1		0.136	0.301	
18:4.....g	0.015		0		1		0.013	0.028	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.044		0		1		0.037	0.083	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15158

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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
14:0.....g	0.026		0		1		0.022	0.049	
15:0.....g									
16:0.....g	0.120		0		1		0.102	0.228	
17:0.....g									
18:0.....g	0.036		0		1		0.031	0.068	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.172		0		1		0.146	0.327	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0		1		0.037	0.084	
17:1.....g									
18:1 undifferentiated.....g	0.068		0		1		0.058	0.129	
20:1.....g	0.036		0		1		0.031	0.068	
22:1 undifferentiated.....g	0.012		0		1		0.010	0.023	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.552		0		1		0.469	1.049	
18:2 undifferentiated.....g	0.032		0		1		0.027	0.061	
18:3 undifferentiated.....g	0.008		0		1		0.007	0.015	
18:4.....g	0.032		0		1		0.027	0.061	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.082		0		1		0.070	0.156	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15159

Mollusks, clam, mixed species, cooked, moist heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15157

Mollusks, clam, mixed species, raw

Lamellibranchia

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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		0		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	0.00		0	Z	7		0.00	0.00	0.00
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
Choline, total.....mg	65.0		0	CAZN	4		147.6	13.0	44.2
Betaine.....mg									
Vitamin B-12.....mcg	49.44	3.138	34		1		112.24	9.89	33.62
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	90		0	NC	4		204	18	61
Retinol.....mcg	90		0	NC	4		204	18	61
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	300		0	NC	4		681	60	204
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.31		1	A	1		0.70	0.06	0.21
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.01		1	A	1		0.02	0.00	0.01
Vitamin D.....IU	4		0	T	4		9	1	3
Vitamin K (phylloquinone).....mcg	0.2		0	T	4		0.5	0.0	0.1
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

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
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
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:

NDB No. 15157

Mollusks, clam, mixed species, raw

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 National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15250
Mollusks, conch, baked or broiled

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	69.40		0		4		88.14	11.80	
Energy.....kcal	130		0		4		165	22	
Energy.....kj	544		0		4		691	92	
Protein (N x 6.25).....g	26.30		0		4		33.40	4.47	
Total lipid (fat).....g	1.20		0		4		1.52	0.20	
Ash.....g	1.40		0	NR	4		1.78	0.24	
Carbohydrate, by difference.....g	1.70		0		4		2.16	0.29	
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	98		0		4		124	17	
Iron, Fe.....mg	1.41		0		4		1.79	0.24	
Magnesium, Mg.....mg	238		0		4		302	40	
Phosphorus, P.....mg	217		0		4		276	37	
Potassium, K.....mg	163		0		4		207	28	
Sodium, Na.....mg	153		0		4		194	26	
Zinc, Zn.....mg	1.71		0		4		2.17	0.29	
Copper, Cu.....mg	0.435		0		4		0.552	0.074	
Manganese, Mn.....mg									
Selenium, Se.....mcg	40.3		0	BFSN	4		51.2	6.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.060		0		4		0.076	0.010	
Riboflavin.....mg	0.080		0		4		0.102	0.014	
Niacin.....mg	1.040		0		4		1.321	0.177	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.060		0		4		0.076	0.010	
Folate, total.....mcg	179		0		4		227	30	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	179		0	NR	4		227	30	
Folate, DFE.....mcg_DFE	179		0	NC	4		227	30	
Choline, total.....mg	81.0		0	CAZN	4		102.9	13.8	
Betaine.....mg									
Vitamin B-12.....mcg	5.25		0		4		6.67	0.89	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	7		0	NC	4		9	1	
Retinol.....mcg	7		0	NR	4		9	1	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	23		0	NC	4		30	4	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	6.33		0	NR	4		8.03	1.08	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	BFYN	4		0.2	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.370		0		4		0.470	0.063	
4:0.....g	0.000		0		7		0.000	0.000	
6:0.....g	0.000		0		7		0.000	0.000	
8:0.....g	0.000		0		7		0.000	0.000	
10:0.....g	0.000		0		7		0.000	0.000	

NDB No. 15250
Mollusks, conch, baked or broiled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
12:0.....g	0.000		0		7	0.000	0.000
13:0.....g							
14:0.....g	0.024		0		4	0.030	0.004
15:0.....g							
16:0.....g	0.239		0		4	0.304	0.041
17:0.....g							
18:0.....g	0.107		0		4	0.136	0.018
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.334		0		4	0.424	0.057
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.060		0		4	0.076	0.010
17:1.....g							
18:1 undifferentiated.....g	0.072		0		4	0.091	0.012
20:1.....g	0.095		0		4	0.121	0.016
22:1 undifferentiated.....g	0.107		0		4	0.136	0.018
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.274		0		4	0.348	0.047
18:2 undifferentiated.....g	0.048		0		4	0.061	0.008
18:3 undifferentiated.....g	0.000		0		7	0.000	0.000
18:4.....g	0.000		0		7	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.107		0		4	0.136	0.018
20:5 n-3.....g	0.048		0		4	0.061	0.008
22:5 n-3.....g	0.000		0		7	0.000	0.000
22:6 n-3.....g	0.072		0		4	0.091	0.012
Fatty acids, total trans.....g							
Cholesterol.....mg	65		0		4	83	11
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

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

Common Measures:

Measure 1 = 127g: 1 cup, sliced
 Measure 2 = 17g: 1 oz cooked, yield

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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
14:0.....g	0.024		0		1		0.020		
15:0.....g									
16:0.....g	0.122		0		1		0.104		
17:0.....g									
18:0.....g	0.088		0		1		0.075		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.162		0		1		0.138		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.024		0		1		0.020		
17:1.....g									
18:1 undifferentiated.....g	0.062		0		1		0.053		
20:1.....g	0.072		0		1		0.061		
22:1 undifferentiated.....g	0.002		0		1		0.002		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.268		0		1		0.228		
18:2 undifferentiated.....g	0.004		0		1		0.003		
18:3 undifferentiated.....g	0.002		0		1		0.002		
18:4.....g	0.004		0		1		0.003		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026		0		1		0.022		
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15229

Mollusks, cuttlefish, mixed species, cooked, moist heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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
14:0.....g	0.012		1		1		0.010		
15:0.....g									
16:0.....g	0.061		1		1		0.052		
17:0.....g									
18:0.....g	0.044		1		1		0.037		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.081		0		1		0.069		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		1		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.031		1		1		0.026		
20:1.....g	0.036		1		1		0.031		
22:1 undifferentiated.....g	0.001		1		1		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.134		0		1		0.114		
18:2 undifferentiated.....g	0.002		1		1		0.002		
18:3 undifferentiated.....g	0.001		1		1		0.001		
18:4.....g	0.002		1		1		0.002		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.013		1		1		0.011		
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15163

Mollusks, cuttlefish, mixed species, raw

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15165

Mollusks, mussel, blue, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.118		0		1		0.100		
15:0.....g									
16:0.....g	0.588		0		1		0.500		
17:0.....g									
18:0.....g	0.136		0		1		0.116		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.014		0		1		0.862		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.276		0		1		0.235		
17:1.....g									
18:1 undifferentiated.....g	0.410		0		1		0.349		
20:1.....g	0.276		0		1		0.235		
22:1 undifferentiated.....g	0.052		0		1		0.044		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.212		0		1		1.030		
18:2 undifferentiated.....g	0.036		0		1		0.031		
18:3 undifferentiated.....g	0.040		0		1		0.034		
18:4.....g	0.070		0		1		0.060		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.119		
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15165

Mollusks, mussel, blue, cooked, moist heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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		0		4		540	102	72
Protein (N x 6.25).....g	11.90	0.072	12		1		17.85	3.37	2.38
Total lipid (fat).....g	2.24	0.131	23		1		3.36	0.64	0.45
Ash.....g	1.59	0.061	19		1		2.39	0.45	0.32
Carbohydrate, by difference.....g	3.69		0	NC	4		5.54	1.05	0.74
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	26	2.303	6		1		39	7	5
Iron, Fe.....mg	3.95	0.153	6		1		5.93	1.12	0.79
Magnesium, Mg.....mg	34	0.768	6		1		51	10	7
Phosphorus, P.....mg	197	1.253	9		1		296	56	39
Potassium, K.....mg	320	6.908	6		1		480	91	64
Sodium, Na.....mg	286	2.303	6		1		429	81	57
Zinc, Zn.....mg	1.60	0.031	6		1		2.40	0.45	0.32
Copper, Cu.....mg	0.094	0.006	6		1		0.141	0.027	0.019
Manganese, Mn.....mg	3.400		0		4		5.100	0.964	0.680
Selenium, Se.....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
Choline, total.....mg	65.0		0	CAZN	4		97.5	18.4	13.0
Betaine.....mg									
Vitamin B-12.....mcg	12.00		0		4		18.00	3.40	2.40
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	48		0	NC	4		72	14	10
Retinol.....mcg	48		0	NR	4		72	14	10
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	160		0	NC	4		240	45	32
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.55		1	A	1		0.83	0.16	0.11
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.02		1	A	1		0.03	0.01	0.00
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.1	0.0	0.0
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

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
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.059		1		1		0.089	0.017	0.012
15:0.....g									
16:0.....g	0.294		1		1		0.441	0.083	0.059
17:0.....g									
18:0.....g	0.068		1		1		0.102	0.019	0.014
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.507		0		1		0.761	0.144	0.101
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.138		1		1		0.207	0.039	0.028
17:1.....g									
18:1 undifferentiated.....g	0.205		1		1		0.308	0.058	0.041
20:1.....g	0.138		1		1		0.207	0.039	0.028
22:1 undifferentiated.....g	0.026		1		1		0.039	0.007	0.005
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.606		0		1		0.909	0.172	0.121
18:2 undifferentiated.....g	0.018		1		1		0.027	0.005	0.004
18:3 undifferentiated.....g	0.020		1		1		0.030	0.006	0.004
18:4.....g	0.035		1		1		0.053	0.010	0.007
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		1		1		0.105	0.020	0.014
20:5 n-3.....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	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:

NDB No. 15164

Mollusks, mussel, blue, raw

Measure 1 = 150g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 20g: 1 large

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15230

Mollusks, octopus, common, cooked, moist heat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.50		0		1		51.43		
Energy.....kcal	164		0	NC	4		139		
Energy.....kj	686		0		4		583		
Protein (N x 6.25).....g	29.82		0		1		25.35		
Total lipid (fat).....g	2.08		0		1		1.77		
Ash.....g	3.20		0		1		2.72		
Carbohydrate, by difference.....g	4.40		0	NC	4		3.74		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	106		0		1		90		
Iron, Fe.....mg	9.54		0		1		8.11		
Magnesium, Mg.....mg	60		0		1		51		
Phosphorus, P.....mg	279		0		1		237		
Potassium, K.....mg	630		0		1		536		
Sodium, Na.....mg	460		0		1		391		
Zinc, Zn.....mg	3.36		0		1		2.86		
Copper, Cu.....mg	0.739		0		1		0.628		
Manganese, Mn.....mg	0.047		0		1		0.040		
Selenium, Se.....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		
Choline, total.....mg	81.0		0	CAZN	4		68.9		
Betaine.....mg									
Vitamin B-12.....mcg	36.00		0		1		30.60		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	90		0	NC	4		77		
Retinol.....mcg	90		0	BFYN	4		77		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	300		0	NC	4		255		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	1.20		0	NR	4		1.02		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	BFYN	4		0.1		
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		

NDB No. 15230

Mollusks, octopus, common, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.050		0		1		0.043		
15:0.....g									
16:0.....g	0.296		0		1		0.252		
17:0.....g									
18:0.....g	0.100		0		1		0.085		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.324		0		1		0.275		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.132		0		1		0.112		
17:1.....g									
18:1 undifferentiated.....g	0.124		0		1		0.105		
20:1.....g	0.048		0		1		0.041		
22:1 undifferentiated.....g	0.020		0		1		0.017		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.477		0		1		0.405		
18:2 undifferentiated.....g	0.018		0		1		0.015		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.056		0		1		0.048		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.078		0		1		0.066		
20:5 n-3.....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	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

NDB No. 15230

Mollusks, octopus, common, cooked, moist heat

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15166

Mollusks, octopus, common, raw

Octopus vulgaris Lamarck

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
Proximates:									
Water.....g	80.25	0.625	19				68.21		
Energy.....kcal	82		0	NC	4		70		
Energy.....kj	343		0		4		292		
Protein (N x 6.25).....g	14.91	0.699	18		1		12.67		
Total lipid (fat).....g	1.04	0.066	17		1		0.88		
Ash.....g	1.60	0.086	14		1		1.36		
Carbohydrate, by difference.....g	2.20		0	NC	4		1.87		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	53	11.706	13		1		45		
Iron, Fe.....mg	5.30		1		1		4.51		
Magnesium, Mg.....mg	30		0		4		26		
Phosphorus, P.....mg	186	16.071	15		1		158		
Potassium, K.....mg	350		0		4		298		
Sodium, Na.....mg	230		0		4		196		
Zinc, Zn.....mg	1.68	0.280	11		1		1.43		
Copper, Cu.....mg	0.435	0.077	14		1		0.370		
Manganese, Mn.....mg	0.025		1		1		0.021		
Selenium, Se.....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		
Choline, total.....mg	65.0		0	CAZN	4		55.3		
Betaine.....mg									
Vitamin B-12.....mcg	20.00		0		4		17.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	45		0	NC	4		38		
Retinol.....mcg	45		0	NR	4		38		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	150		0	NC	4		128		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	1.20		0	NR	4		1.02		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.1		
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		

NDB No. 15166
Mollusks, octopus, common, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0			1	0.000		
13:0.....g									
14:0.....g	0.025		2			1	0.021		
15:0.....g									
16:0.....g	0.148		2			1	0.126		
17:0.....g									
18:0.....g	0.050		2			1	0.043		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.162		0			1	0.138		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.066		2			1	0.056		
17:1.....g									
18:1 undifferentiated.....g	0.062		2			1	0.053		
20:1.....g	0.024		1			1	0.020		
22:1 undifferentiated.....g	0.010		1			1	0.009		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.239		0			1	0.203		
18:2 undifferentiated.....g	0.009		2			1	0.008		
18:3 undifferentiated.....g	0.000		0			1	0.000		
18:4.....g	0.028		1			1	0.024		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.039		1			1	0.033		
20:5 n-3.....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	0		0	Z		7	0		
Theobromine.....mg	0		0	Z		7	0		

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

Common Measures:

NDB No. 15166

Mollusks, octopus, common, raw

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15231

Mollusks, oyster, Pacific, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.164		0		1		0.041	0.139	
15:0.....g									
16:0.....g	0.714		0		1		0.179	0.607	
17:0.....g									
18:0.....g	0.142		0		1		0.036	0.121	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.776		0	NC	4		0.194	0.660	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.228		0		1		0.057	0.194	
17:1.....g									
18:1 undifferentiated.....g	0.382		0		1		0.096	0.325	
20:1.....g	0.060		0	BFZN	4		0.015	0.051	
22:1 undifferentiated.....g	0.106		0		1		0.027	0.090	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.788		0	NC	4		0.447	1.520	
18:2 undifferentiated.....g	0.064		0		1		0.016	0.054	
18:3 undifferentiated.....g	0.064		0		1		0.016	0.054	
18:4.....g	0.168		0		1		0.042	0.143	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.076		0		1		0.019	0.065	
20:5 n-3.....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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 25g: 1 medium

NDB No. 15231

Mollusks, oyster, Pacific, cooked, moist heat

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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
14:0.....g	0.082		2		1		0.041	0.070	
15:0.....g									
16:0.....g	0.357		2		1		0.179	0.303	
17:0.....g									
18:0.....g	0.071		2		1		0.036	0.060	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.358		0		1		0.179	0.304	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.114		2		1		0.057	0.097	
17:1.....g									
18:1 undifferentiated.....g	0.191		2		1		0.096	0.162	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.053		1		1		0.027	0.045	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.894		0		1		0.447	0.760	
18:2 undifferentiated.....g	0.032		2		1		0.016	0.027	
18:3 undifferentiated.....g	0.032		1		1		0.016	0.027	
18:4.....g	0.084		2		1		0.042	0.071	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038		1		1		0.019	0.032	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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

NDB No. 15171

Mollusks, oyster, Pacific, raw

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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		0		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	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	45		0		1		73	112	10
Iron, Fe.....mg	6.70		0		1		10.85	16.62	1.54
Magnesium, Mg.....mg	54		0		1		87	134	12
Phosphorus, P.....mg	139		0		1		225	345	32
Potassium, K.....mg	229		0		1		371	568	53
Sodium, Na.....mg	112		0		1		181	278	26
Zinc, Zn.....mg	90.95		0		1		147.34	225.56	20.92
Copper, Cu.....mg	4.461		0		1		7.227	11.063	1.026
Manganese, Mn.....mg	0.450		0		4		0.729	1.116	0.104
Selenium, Se.....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
Choline, total.....mg	81.0		0	CAZN	4		131.2	200.9	18.6
Betaine.....mg									
Vitamin B-12.....mcg	19.13		0		1		31.00	47.45	4.40
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	90		0	NC	4		146	223	21
Retinol.....mcg	90		0	NC	4		146	223	21
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	300		0	NC	4		486	744	69
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.85		0	NR	4		1.38	2.11	0.20
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.2	0.2	0.0
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

NDB No. 15170
Mollusks, oyster, eastern, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.109		0		1		0.177	0.270	0.025
15:0.....g									
16:0.....g	0.435		0		1		0.705	1.079	0.100
17:0.....g									
18:0.....g	0.060		0		1		0.097	0.149	0.014
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.250		0		1		0.405	0.620	0.058
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.074		0		1		0.120	0.184	0.017
17:1.....g									
18:1 undifferentiated.....g	0.097		0		1		0.157	0.241	0.022
20:1.....g	0.060		0		1		0.097	0.149	0.014
22:1 undifferentiated.....g	0.009		0		1		0.015	0.022	0.002
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.739		0		1		1.197	1.833	0.170
18:2 undifferentiated.....g	0.049		0		1		0.079	0.122	0.011
18:3 undifferentiated.....g	0.037		0		1		0.060	0.092	0.009
18:4.....g	0.096		0		1		0.156	0.238	0.022
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.068		0		1		0.110	0.169	0.016
20:5 n-3.....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	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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Common Measures:

NDB No. 15170

Mollusks, oyster, eastern, canned

Measure 1 = 162g: 1 cup, drained

Measure 2 = 248g: 1 cup, undrained

Measure 3 = 23g: 1 oz, drained

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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
14:0.....g	0.150		0		1		0.128	0.132	
15:0.....g									
16:0.....g	1.910		0		1		1.624	1.681	
17:0.....g									
18:0.....g	1.110		0		1		0.944	0.977	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.702		0		1		3.997	4.138	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.092		0		1		0.078	0.081	
17:1.....g									
18:1 undifferentiated.....g	4.440		0		1		3.774	3.907	
20:1.....g	0.057		0		1		0.048	0.050	
22:1 undifferentiated.....g	0.009		0		1		0.008	0.008	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.313		0		1		2.816	2.915	
18:2 undifferentiated.....g	2.440		0		1		2.074	2.147	
18:3 undifferentiated.....g	0.156		0		1		0.133	0.137	
18:4.....g	0.092		0		1		0.078	0.081	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.060	0.062	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									

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Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 88g: 6 medium

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.12

NDB No. 15168

Mollusks, oyster, eastern, cooked, breaded and fried

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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
14:0.....g	0.053		4		1		0.045	0.031	
15:0.....g									
16:0.....g	0.489		4		1		0.416	0.289	
17:0.....g									
18:0.....g	0.070		4		1		0.060	0.041	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.230		0		1		0.196	0.136	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.059		4		1		0.050	0.035	
17:1.....g									
18:1 undifferentiated.....g	0.111		4		1		0.094	0.065	
20:1.....g	0.049		4		1		0.042	0.029	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.713		0		1		0.606	0.421	
18:2 undifferentiated.....g	0.043		4		1		0.037	0.025	
18:3 undifferentiated.....g	0.063		4		1		0.054	0.037	
18:4.....g	0.118		4		1		0.100	0.070	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.044		4		1		0.037	0.026	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									

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Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 59g: 6 medium

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

NDB No. 15246

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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
14:0.....g	0.035		4		1		0.030	0.029	
15:0.....g									
16:0.....g	0.314		4		1		0.267	0.264	
17:0.....g									
18:0.....g	0.045		4		1		0.038	0.038	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.152		0		1		0.129	0.128	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		4		1		0.032	0.032	
17:1.....g									
18:1 undifferentiated.....g	0.074		4		1		0.063	0.062	
20:1.....g	0.033		4		1		0.028	0.028	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.591		0		1		0.502	0.496	
18:2 undifferentiated.....g	0.028		4		1		0.024	0.024	
18:3 undifferentiated.....g	0.044		4		1		0.037	0.037	
18:4.....g	0.092		4		1		0.078	0.077	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		4		1		0.028	0.028	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									

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Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 84g: 6 medium

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

NDB No. 15245

Mollusks, oyster, eastern, farmed, raw

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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
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	
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									
<u>Amino Acids:</u>									
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									

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Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 59g: 6 medium

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

NDB No. 15244

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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
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	
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									
<u>Amino Acids:</u>									
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

NDB No. 15169

Mollusks, oyster, eastern, wild, cooked, moist heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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		0		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	0.00		0	Z	7		0.00	0.00	
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	
Choline, total.....mg	65.0		0	CAZN	4		161.2	54.6	
Betaine.....mg									
Vitamin B-12.....mcg	19.46	1.121	14		1		48.26	16.35	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	30		0	NC	4		74	25	
Retinol.....mcg	30		0	NC	4		74	25	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	100		0	NC	4		248	84	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.85		0	NR	4		2.11	0.71	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	320		0	T	4		794	269	
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.2	0.1	
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	

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
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	
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:

NDB No. 15167

Mollusks, oyster, eastern, wild, raw

Measure 1 = 248g: 1 cup

Measure 2 = 84g: 6 medium

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 90240

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

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.10		0						1
Energy.....kcal	112		0						1
Energy.....kj	469		0						1
Protein.....g	23.20		0						1
Total lipid (fat).....g	1.40		0						1
Ash.....g	3.06		0		BFYN				4
Carbohydrate, by difference.....g	0.00		0		Z				7
Fiber, total dietary.....g	0.0		0						7
Sugars, total.....g	0.00		0		Z				7
Starch.....g									
Minerals:									
Calcium, Ca.....mg	115		0						1
Iron, Fe.....mg	3.00		0						1
Magnesium, Mg.....mg	55		0						4
Phosphorus, P.....mg	338		0						1
Potassium, K.....mg	476		0						1
Sodium, Na.....mg	265		0						1
Zinc, Zn.....mg	3.00		0						4
Copper, Cu.....mg	0.300		0						4
Manganese, Mn.....mg									
Selenium, Se.....mcg	27.9		0		BFSN				4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		Z				7
Thiamin.....mg	0.100		0						1
Riboflavin.....mg	0.060		0						1
Niacin.....mg	1.300		0						1
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.100		0						4
Folate, total.....mcg	12		0						4
Folic acid.....mcg	0		0		Z				7
Folate, food.....mcg	12		0		NR				4
Folate, DFE.....mcg_DFE	12		0		NC				4
Choline, total.....mg	81.0		0		CAZN				4
Betaine.....mg									
Vitamin B-12.....mcg	1.30		0						4
Vitamin B-12, added.....mcg	0.00		0		Z				7
Vitamin A, RAE.....mcg_RAE	30		0		NC				4
Retinol.....mcg	30		0		BFYN				4
Carotene, beta.....mcg	0		0		Z				7
Carotene, alpha.....mcg	0		0		Z				7
Cryptoxanthin, beta.....mcg	0		0		Z				7
Vitamin A, IU.....IU	100		0		NC				4
Lycopene.....mcg	0		0		Z				7
Lutein + zeaxanthin.....mcg	0		0		Z				7
Vitamin E (alpha-tocopherol).....mg	1.50		0		NR				4
Vitamin E, added.....mg	0.00		0		Z				7
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0		BFYN				4
Lipids:									
Fatty acids, total saturated.....g	0.146		0						4
4:0.....g	0.000		0						4
6:0.....g	0.000		0						4
8:0.....g	0.000		0						4
10:0.....g	0.000		0						4

NDB No. 90240

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0			4			
13:0.....g									
14:0.....g	0.020		0			4			
15:0.....g									
16:0.....g	0.099		0			4			
17:0.....g									
18:0.....g	0.020		0			4			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.068		0			4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0			4			
17:1.....g									
18:1 undifferentiated.....g	0.031		0			4			
20:1.....g	0.011		0			4			
22:1 undifferentiated.....g	0.000		0			4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.481		0			4			
18:2 undifferentiated.....g	0.007		0			4			
18:3 undifferentiated.....g	0.000		0			4			
18:4.....g	0.022		0			4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.042		0			4			
20:5 n-3.....g	0.166		0			4			
22:5 n-3.....g	0.031		0			4			
22:6 n-3.....g	0.199		0			4			
Fatty acids, total trans.....g									
Cholesterol.....mg	53		0			1			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0			7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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
14:0.....g	0.056		0		1		0.017		
15:0.....g									
16:0.....g	1.546		0		1		0.479		
17:0.....g									
18:0.....g	1.063		0		1		0.330		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.498		0		1		1.394		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	4.456		0		1		1.381		
20:1.....g	0.006		0		1		0.002		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.856		0		1		0.885		
18:2 undifferentiated.....g	2.443		0		1		0.757		
18:3 undifferentiated.....g	0.156		0		1		0.048		
18:4.....g	0.011		0		1		0.003		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.027		0		1		0.008		
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15173

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15174

Mollusks, scallop, mixed species, imitation, made from surimi

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.60		0		4		1.36		
Vitamin A, RAE.....mcg_RAE	20		0		4		17		
Retinol.....mcg	20		0		4		17		
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	66		0		4		56		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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:									

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	Source	Confidence	Measure 1	Measure 2	Measure 3
				Code	Code	Code			
Tryptophan.....g	0.078		0			1	0.066		
Threonine.....g	0.617		0			1	0.524		
Isoleucine.....g	0.597		0			1	0.507		
Leucine.....g	1.011		0			1	0.859		
Lysine.....g	1.167		0			1	0.992		
Methionine.....g	0.433		0			1	0.368		
Cystine.....g	0.137		0			1	0.116		
Phenylalanine.....g	0.501		0			1	0.426		
Tyrosine.....g	0.515		0			1	0.438		
Valine.....g	0.648		0			1	0.551		
Arginine.....g	0.848		0			1	0.721		
Histidine.....g	0.294		0			1	0.250		
Alanine.....g	0.750		0			1	0.638		
Aspartic acid.....g	1.277		0			1	1.085		
Glutamic acid.....g	2.016		0			1	1.714		
Glycine.....g	0.494		0			1	0.420		
Proline.....g	0.476		0			1	0.405		
Serine.....g	0.558		0			1	0.474		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15172

Mollusks, scallop, mixed species, raw

Pectinidae

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.57	0.172	137		1		23.57	66.78	
Energy.....kcal	88		0	NC	4		26	75	
Energy.....kj	368		0		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	0.00		0	Z	7		0.00	0.00	
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	
Choline, total.....mg	65.0		0	CAZN	4		19.5	55.3	
Betaine.....mg									
Vitamin B-12.....mcg	1.53	0.084	19		1		0.46	1.30	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	15		0	NC	4		5	13	
Retinol.....mcg	15		0	NR	4		5	13	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	50		0	NC	4		15	43	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.0	0.1	
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	

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
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	
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	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:

NDB No. 15172

Mollusks, scallop, mixed species, raw

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 National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 90560
Mollusks, snail, raw

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
Proximates:									
Water.....g	79.20		0			1			
Energy.....kcal	90		0			1			
Energy.....kj	377		0			1			
Protein.....g	16.10		0			1			
Total lipid (fat).....g	1.40		0			1			
Ash.....g	1.30		0	NR		4			
Carbohydrate, by difference.....g	2.00		0	NC		4			
Fiber, total dietary.....g	0.0		0			7			
Sugars, total.....g	0.00		0	Z		7			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		0			1			
Iron, Fe.....mg	3.50		0			1			
Magnesium, Mg.....mg	250		0			4			
Phosphorus, P.....mg	272		0			1			
Potassium, K.....mg	382		0			1			
Sodium, Na.....mg	70		0			1			
Zinc, Zn.....mg	1.00		0			4			
Copper, Cu.....mg	0.400		0			4			
Manganese, Mn.....mg									
Selenium, Se.....mcg	27.4		0	BFSN		4			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z		7			
Thiamin.....mg	0.010		0			1			
Riboflavin.....mg	0.120		0			1			
Niacin.....mg	1.400		0			1			
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.130		0			4			
Folate, total.....mcg	6		0			4			
Folic acid.....mcg	0		0	Z		7			
Folate, food.....mcg	6		0	NR		4			
Folate, DFE.....mcg_DFE	6		0	NC		4			
Choline, total.....mg	65.0		0	CAZN		4			
Betaine.....mg									
Vitamin B-12.....mcg	0.50		0			4			
Vitamin B-12, added.....mcg	0.00		0	Z		7			
Vitamin A, RAE.....mcg_RAE	30		0	NC		4			
Retinol.....mcg	30		0	NR		4			
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Vitamin A, IU.....IU	100		0	NC		4			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			
Vitamin E (alpha-tocopherol).....mg	5.00		0	NR		4			
Vitamin E, added.....mg	0.00		0	Z		7			
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T		4			
Lipids:									
Fatty acids, total saturated.....g	0.361		0			4			
4:0.....g	0.000		0			4			
6:0.....g	0.000		0			4			
8:0.....g	0.000		0			4			
10:0.....g	0.000		0			4			

NDB No. 90560
Mollusks, snail, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0			4			
13:0.....g									
14:0.....g	0.056		0			4			
15:0.....g									
16:0.....g	0.249		0			4			
17:0.....g									
18:0.....g	0.051		0			4			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.259		0			4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.048		0			4			
17:1.....g									
18:1 undifferentiated.....g	0.211		0			4			
20:1.....g	0.000		0			4			
22:1 undifferentiated.....g	0.000		0			4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.252		0			4			
18:2 undifferentiated.....g	0.017		0			4			
18:3 undifferentiated.....g	0.000		0			4			
18:4.....g	0.015		0			4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0			4			
20:5 n-3.....g	0.119		0			4			
22:5 n-3.....g	0.099		0			4			
22:6 n-3.....g	0.000		0			4			
Fatty acids, total trans.....g									
Cholesterol.....mg	50		0			1			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0			7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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
14:0.....g	0.064		0		1		0.054		
15:0.....g									
16:0.....g	1.131		0		1		0.961		
17:0.....g									
18:0.....g	0.689		0		1		0.586		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.749		0		1		2.337		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0		1		0.008		
17:1.....g									
18:1 undifferentiated.....g	2.675		0		1		2.274		
20:1.....g	0.049		0		1		0.042		
22:1 undifferentiated.....g	0.008		0		1		0.007		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.136		0		1		1.816		
18:2 undifferentiated.....g	1.468		0		1		1.248		
18:3 undifferentiated.....g	0.100		0		1		0.085		
18:4.....g	0.007		0		1		0.006		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		0		1		0.009		
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15176

Mollusks, squid, mixed species, cooked, fried

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15175

Mollusks, squid, mixed species, raw

Loligoidae and Ommastrephidae

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.55	0.601	8		1		22.27	66.77	
Energy.....kcal	92		0	NC	4		26	78	
Energy.....kj	385		0		4		109	327	
Protein (N x 6.25).....g	15.58	0.857	11		1		4.42	13.24	
Total lipid (fat).....g	1.38	0.256	12		1		0.39	1.17	
Ash.....g	1.41	0.242	7		1		0.40	1.20	
Carbohydrate, by difference.....g	3.08		0	NC	4		0.87	2.62	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32		2		1		9	27	
Iron, Fe.....mg	0.68		2		1		0.19	0.58	
Magnesium, Mg.....mg	33		1		1		9	28	
Phosphorus, P.....mg	221		2		1		63	188	
Potassium, K.....mg	246		2		1		70	209	
Sodium, Na.....mg	44		1		1		12	37	
Zinc, Zn.....mg	1.53	0.066	157		1		0.43	1.30	
Copper, Cu.....mg	1.891	0.119	133		1		0.536	1.607	
Manganese, Mn.....mg	0.035		0		1		0.010	0.030	
Selenium, Se.....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	
Choline, total.....mg	65.0		0	CAZN	4		18.4	55.3	
Betaine.....mg									
Vitamin B-12.....mcg	1.30		6		1		0.37	1.10	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	10		0	NC	4		3	9	
Retinol.....mcg	10		0	NR	4		3	9	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	33		0	NC	4		9	28	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.20		0	NR	4		0.34	1.02	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	T	4		0.0	0.0	
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	

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
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.036		2		1		0.010	0.031	
15:0.....g									
16:0.....g	0.263		3		1		0.075	0.224	
17:0.....g									
18:0.....g	0.058		3		1		0.016	0.049	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.107		0		1		0.030	0.091	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		3		1		0.002	0.007	
17:1.....g									
18:1 undifferentiated.....g	0.046		3		1		0.013	0.039	
20:1.....g	0.044		3		1		0.012	0.037	
22:1 undifferentiated.....g	0.007		2		1		0.002	0.006	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.524		0		1		0.149	0.445	
18:2 undifferentiated.....g	0.002		3		1		0.001	0.002	
18:3 undifferentiated.....g	0.004		3		1		0.001	0.003	
18:4.....g	0.006		2		1		0.002	0.005	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.009		3		1		0.003	0.008	
20:5 n-3.....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	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:

NDB No. 15175

Mollusks, squid, mixed species, raw

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15178

Mollusks, whelk, unspecified, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.004		0		1		0.003		
15:0.....g									
16:0.....g	0.040		0		1		0.034		
17:0.....g									
18:0.....g	0.018		0		1		0.015		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.056		0		1		0.048		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.009		
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.010		
20:1.....g	0.016		0		1		0.014		
22:1 undifferentiated.....g	0.018		0		1		0.015		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.046		0		1		0.039		
18:2 undifferentiated.....g	0.008		0		1		0.007		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.018		0		1		0.015		
20:5 n-3.....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									
<u>Amino Acids:</u>									
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

NDB No. 15178

Mollusks, whelk, unspecified, cooked, moist heat

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 15177

Mollusks, whelk, unspecified, raw

Buccinidae

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.00		2		1		56.10		
Energy.....kcal	137		0	NC	4		116		
Energy.....kj	573		0		4		487		
Protein (N x 6.25).....g	23.84		2		1		20.26		
Total lipid (fat).....g	0.40		2		1		0.34		
Ash.....g	2.00		2		1		1.70		
Carbohydrate, by difference.....g	7.76		0	NC	4		6.60		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	57		2		1		48		
Iron, Fe.....mg	5.03		2		1		4.28		
Magnesium, Mg.....mg	86		2		1		73		
Phosphorus, P.....mg	141		2		1		120		
Potassium, K.....mg	347		2		1		295		
Sodium, Na.....mg	206		2		1		175		
Zinc, Zn.....mg	1.63		2		1		1.39		
Copper, Cu.....mg	1.030		2		1		0.876		
Manganese, Mn.....mg	0.447		2		1		0.380		
Selenium, Se.....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		
Choline, total.....mg	65.0		0	CAZN	4		55.3		
Betaine.....mg									
Vitamin B-12.....mcg	9.07		2		1		7.71		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	26		0	NC	4		22		
Retinol.....mcg	26		0	NR	4		22		
Carotene, beta.....mcg	0		0	Z	7		0		
Carotene, alpha.....mcg	0		0	Z	7		0		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0		
Vitamin A, IU.....IU	87		0	NC	4		74		
Lycopene.....mcg	0		0	Z	7		0		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.13		0	NR	4		0.11		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.1		
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		

NDB No. 15177
Mollusks, whelk, unspecified, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0			1	0.000		
13:0.....g									
14:0.....g	0.002		2			1	0.002		
15:0.....g									
16:0.....g	0.020		2			1	0.017		
17:0.....g									
18:0.....g	0.009		2			1	0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.028		0			1	0.024		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		2			1	0.004		
17:1.....g									
18:1 undifferentiated.....g	0.006		2			1	0.005		
20:1.....g	0.008		2			1	0.007		
22:1 undifferentiated.....g	0.009		2			1	0.008		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.023		0			1	0.020		
18:2 undifferentiated.....g	0.004		2			1	0.003		
18:3 undifferentiated.....g	0.000		0			1	0.000		
18:4.....g	0.000		0			1	0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.009		2			1	0.008		
20:5 n-3.....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	0		0	Z		7	0		
Theobromine.....mg	0		0	Z		7	0		

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

Common Measures:

NDB No. 15177

Mollusks, whelk, unspecified, raw

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 4.11

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 93600
Turtle, green, 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	78.50		0						1
Energy.....kcal	89		0						1
Energy.....kj	372		0						1
Protein.....g	19.80		0						1
Total lipid (fat).....g	0.50		0						1
Ash.....g	1.20		0	NR					4
Carbohydrate, by difference.....g	0.00		0	Z					7
Fiber, total dietary.....g	0.0		0						7
Sugars, total.....g	0.00		0	Z					7
Starch.....g									
Minerals:									
Calcium, Ca.....mg	118		0						1
Iron, Fe.....mg	1.40		0						1
Magnesium, Mg.....mg	20		0						4
Phosphorus, P.....mg	180		0						1
Potassium, K.....mg	230		0						1
Sodium, Na.....mg	68		0						1
Zinc, Zn.....mg	1.00		0						4
Copper, Cu.....mg	0.250		0						4
Manganese, Mn.....mg									
Selenium, Se.....mcg	16.8		0	BFSN					4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z					7
Thiamin.....mg	0.120		0						1
Riboflavin.....mg	0.150		0						1
Niacin.....mg	1.100		0						1
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.120		0						4
Folate, total.....mcg	15		0						4
Folic acid.....mcg	0		0	Z					7
Folate, food.....mcg	15		0	NR					4
Folate, DFE.....mcg_DFE	15		0	NC					4
Choline, total.....mg	65.0		0	CAZN					4
Betaine.....mg									
Vitamin B-12.....mcg	1.00		0						4
Vitamin B-12, added.....mcg	0.00		0	Z					7
Vitamin A, RAE.....mcg_RAE	30		0	NC					4
Retinol.....mcg	30		0	NR					4
Carotene, beta.....mcg	0		0	Z					7
Carotene, alpha.....mcg	0		0	Z					7
Cryptoxanthin, beta.....mcg	0		0	Z					7
Vitamin A, IU.....IU	100		0	NC					4
Lycopene.....mcg	0		0	Z					7
Lutein + zeaxanthin.....mcg	0		0	Z					7
Vitamin E (alpha-tocopherol).....mg	0.50		0	NR					4
Vitamin E, added.....mg	0.00		0	Z					7
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T					4
Lipids:									
Fatty acids, total saturated.....g	0.127		0						4
4:0.....g	0.000		0						4
6:0.....g	0.000		0						4
8:0.....g	0.000		0						4
10:0.....g	0.000		0						4

NDB No. 93600
Turtle, green, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points		Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code			
12:0.....g	0.000		0		4		
13:0.....g							
14:0.....g	0.002		0		4		
15:0.....g							
16:0.....g	0.090		0		4		
17:0.....g							
18:0.....g	0.035		0		4		
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.088		0		4		
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.015		0		4		
17:1.....g							
18:1 undifferentiated.....g	0.073		0		4		
20:1.....g	0.000		0		4		
22:1 undifferentiated.....g	0.000		0		4		
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.170		0		4		
18:2 undifferentiated.....g	0.033		0		4		
18:3 undifferentiated.....g	0.017		0		4		
18:4.....g	0.000		0		4		
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.052		0		4		
20:5 n-3.....g	0.023		0		4		
22:5 n-3.....g	0.012		0		4		
22:6 n-3.....g	0.033		0		4		
Fatty acids, total trans.....g							
Cholesterol.....mg	50		0		1		
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0		7		
Caffeine.....mg	0		0	Z	7		
Theobromine.....mg	0		0	Z	7		

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
14:0.....g	0.066		1	A	1				
15:0.....g									
16:0.....g	0.964		1	A	1				
17:0.....g									
18:0.....g	0.357		1	A	1				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.625		1	A	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.074		1	A	1				
17:1.....g									
18:1 undifferentiated.....g	4.318		1	A	1				
20:1.....g	0.209		1	A	1				
22:1 undifferentiated.....g	0.012		1	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.028		1	A	1				
18:2 undifferentiated.....g	2.372		1	A	1				
18:3 undifferentiated.....g	0.129		1	A	1				
18:4.....g	0.000		1	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		1	A	1				
20:5 n-3.....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

Carbohydrate4

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
14:0.....g	0.060		1	A	1			
15:0.....g								
16:0.....g	0.921		1	A	1			
17:0.....g								
18:0.....g	0.339		1	A	1			
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	4.330		1	A	1			
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.068		1	A	1			
17:1.....g								
18:1 undifferentiated.....g	4.044		1	A	1			
20:1.....g	0.191		1	A	1			
22:1 undifferentiated.....g	0.012		1	A	1			
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.863		1	A	1			
18:2 undifferentiated.....g	2.237		1	A	1			
18:3 undifferentiated.....g	0.122		1	A	1			
18:4.....g	0.000		1	A	1			
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.012		1	A	1			
20:5 n-3.....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

Carbohydrate4

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 21 (2008)