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Agriculture
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Number 8-15

REFERENCE

Composition of Foods:

Finfish and Shellfish Products

- Raw
- Processed
- Prepared

Agriculture Handbook No. 8 Series

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By Nutrition Monitoring Division

Principal Investigator:
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Revised September 1987

Preface

Revising the major nutrient tables issued by the U.S. Department of Agriculture is necessary to provide current nutrient information on foods. This revision of the 1963 edition of Agriculture Handbook No. 8 is being issued in sections to expedite the release of data to the public. Each section contains a table of nutrient data for a major food group. The entire series will cover a wide range of food products.

To facilitate updating, each section of the handbook is being prepared in looseleaf form. Each page in the table contains the nutrient profile of a single food item given on the 100-gram food basis, in two common measures, and in the edible portion of 1 pound (453.6 grams) as purchased. This format permits a concise presentation of the data and a comparison of values from one unit of measure to another.

The scope of the nutrient listing has been enlarged. Values are provided for refuse, energy, proximate composition (water, protein, fat, carbohydrate, and ash), 9 mineral elements (calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, and manganese), 9 vitamins (ascorbic acid, thiamin, riboflavin, niacin, pantothenic acid, vitamin B-6, folacin, vitamin B-12, and vitamin A), individual fatty acids, cholesterol, total phytosterols, and 18 amino acids.

The nutritive values contained in the handbook reflect the increasing information available on nutrients and food products. Our goal is for the revised and enlarged compilation of data to meet the requirements for reliable food composition values, which are basic to nutritional and dietary evaluation.

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Foreword

Agriculture Handbook No. 8 represents a traditional function of the U.S. Department of Agriculture (USDA). The development of the basic food composition tables used in the United States began more than 90 years ago. Data on the nutritive value of foods were first compiled and evaluated in the Department by W. O. Atwater in the 1890's. This nutrition pioneer organized and became the first director of the Office of Experiment Stations in USDA. In 1896, the now-classic USDA Bulletin No. 28, "The Chemical Composition of American Food Materials," by W. O. Atwater and C. D. Woods was published. This document was the first in a long series of food composition tables that have been issued by the Department.

The scope of succeeding tables has been expanded with the discovery of the presence and role of vitamins, minerals, and other dietary essentials in foods. Values from these tables have been used in many other compilations, both in this country and abroad. Nutritionists and scientists working in health-related fields depend on these composition data. Increasing emphasis on food and nutrition in national policies and programs has accelerated the need for comprehensive, up-to-date tabulations of the nutrient content of foods. USDA is continuing to expand and improve these food data.

This publication is a major revision of the 1963 edition of USDA Agriculture Handbook No. 8, "Composition of Foods ...Raw, Processed, Prepared," currently a basic source of food composition data in this country. Dr. Atwater stated in Bulletin No. 28, "This table is intended to replace previous ones and to serve as a standard reference until it shall in its turn be replaced by a larger and more complete compilation." This revision of Agriculture Handbook No. 8 will, in its turn, also be replaced. The task of deriving representative nutrient values of foods is a historical responsibility of USDA. The task is never ending and is essential in providing more complete knowledge so that we can use our food resources wisely.

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Composition of Foods:

Finfish and Shellfish Products

- Raw
- Processed
- Prepared

This is the fifteenth in a series of publications designed to revise and expand the food composition values published in the 1963 edition of Agriculture Handbook No. 8, "Composition of Foods...Raw, Processed, Prepared" (23).[1] This section of the revised handbook serves as a basic reference for data on nutrients in finfish and shellfish products. This table was prepared with computer assistance, using the facilities of the Nutrient Data Bank (NDB) (10).

The nutritive values in this revision are based on an extensive review of the literature published since 1960. Data are presented for 92 raw and 82 processed or prepared finfish and shellfish products. Fewer items appear in this revision than in the 1963 edition of the handbook because many items in the previous edition are now of limited commercial importance and, in some cases, several items are grouped under one listing to give a more complete nutrient profile. The nutrient values in this revision supersede values for those foods as given in previous publications of the Department of Agriculture.

Sources of Data

The data presented here are based primarily on published sources, including journal articles, technical reports, and other scientific and technical literature. Sources of unpublished data include industry, government agencies, academic institutions, and studies conducted under grant or contract with the Human Nutrition Information Service.

[1] Underlined numbers in parentheses refer to Literature Cited, p. 7.

Explanation of Table

Format

Foods in this table are divided into two major sections: Finfish and Shellfish, with Shellfish divided into Crustaceans and Mollusks. Within each section, items are arranged alphabetically. A guide containing the food item name, corresponding item number(s) in the 1963 edition, NDB number, and page number precedes the table.

The five-digit number in the lower right hand corner of each page is used for computer access to the data in the NDB, and also refers to the food item on machine-readable tapes of the data. NDB numbers are not consecutive. The first two digits designate the section or major food group for which the publication is issued, and the last three digits indicate the specific food.

Each page in the table is dated by year of preparation. When the table is updated or expanded, new pages will be issued with instructions for insertion.

Weights and Measures

Data are given per 100 grams of edible portion in column B. If available, the amounts in the edible portion of two household measures or market units are given in columns E and F. The amount in the edible portion of one pound (453.6 grams) of the food as purchased is given in column G. "Edible portion" is the part of the food customarily considered edible in the United States.

The abbreviations and metric system equivalents used in this handbook are given in the Appendix.

U.S. Department of Agriculture Handbook No. 456 (AH-456) was the basic reference for obtaining weights and

measures (1). Other sources of information were industry, government agencies, and unpublished data (4, 27). If information on a specific food was not available, values for a similar form of the food were used.

Data in column B are the sample means. Column C gives the sample standard errors to three decimal places. Column D contains the number of observations on which values in columns B and C are based. The standard error could not be calculated if there were more than one data source and the number of samples from any data source was one. For some food items, mean values are given without an accompanying standard error and number of samples. These values were calculated from another form of the food, from a similar food, or were based on a recipe. For a few foods and nutrients, new data have not become available since the last edition of this handbook. In these cases, values from the 1963 edition of the handbook and other USDA publications are repeated for the user's convenience (22, 23).

The number of decimal places for some nutrient data differs from that in the 1963 handbook. The decimal places shown are based on the number used in the bulk of the analytical data. Appropriate relationships among the different weights of a food item were preserved by using the same number of decimal places for data on the 100-gram basis and for data in other units of measure. The number of decimal places does not necessarily reflect the accuracy of the data.

Values in columns E, F, and G were calculated from the data in column B on the 100-gram basis given to three decimal places. Because of rounding, a nutrient value may appear as a zero in the 100-gram column even though a value greater than zero appears in the household-measure or pound-as-purchased columns. The measures and weights used to calculate the nutrient values appear above columns E and F and were obtained from U.S. Department of Agriculture Handbook No. 102 (AH-102) (13), AH-456, and information supplied by the National Marine Fisheries Service. The designations for can size and dimensions are from AH-456. The weights given above these columns do not include the weight of the inedible material for those foods containing refuse.

Nutrient data on many processed and prepared fish were unavailable or incomplete. In some of these cases, the appropriate nutrient values were calculated from the raw form of the same food. Ingredients and recipes were taken from U.S. Department of Agriculture and other published sources (3, 12, 27). Cooking yields and retention factors were obtained from several sources, including values developed by the staff of the Human Nutrition Information Service for use in its food consumption surveys (9, 13, 15, 17, 18). The retention values and percentage yields used in these calculations are given in the Appendix.

Nutrients

Proximate components.--Data for moisture are given as grams in 100 grams of the edible portion of the food. Food energy is expressed in terms of both kilocalories and kilojoules. The data are for physiological energy values and represent the gross energy value remaining after the losses in digestion and metabolism have been deducted from the gross energy. The specific calorie factors used in this publication for calculating energy values for items with no added ingredients are as follows:

	kcal/g
Protein	4.27
Fat	9.02
Carbohydrate:	
In shellfish	4.11
In roe	3.68

Factors for items composed of different ingredients were derived by using the proportion of each ingredient with the appropriate energy factors for each ingredient. The factors are based on the Atwater system for determining energy values. Details of the derivation of these factors are outlined in Agriculture Handbook No. 74 (14). Kilocalories were converted to kilojoules using the factor 4.184.

Protein.--Values for protein were calculated from the total nitrogen (N) content in the food by multiplying the total nitrogen value by the conversion factors recommended by Jones (11). The specific factor applied to each food item is shown in the stub of the table following "Protein." Protein factors for items containing more than one protein source were derived by the use of the proportion of each source with its appropriate conversion factor.

Carbohydrates.--The carbohydrate content of raw finfish is so small as to be practically negligible. For these foods, the carbohydrate content was assigned a zero value.

The sum of the percentages of water, protein, total lipid, and ash does not necessarily equal 100 percent for those foods for which a zero carbohydrate content is shown because the amounts of each of these four proximate constituents were determined independently. For shellfish and foods containing nonseafood ingredients, the carbohydrate value is the difference between 100 and the sum of the percentages of water, protein, total lipid, and ash. Fiber, if present, is included in the total carbohydrate amount.

Minerals.--Data on the content of nine mineral elements are included in the table. Zinc, copper, and manganese have been added to the minerals reported in the 1963 handbook. Most minerals were determined by atomic absorption spectroscopy. Phosphorus was determined colorimetrically. Sodium and potassium were determined by flame photometry.

Analytical mineral values represent the total amount present in the food and include those amounts, if any, added to the product in preparation for the retail market. The values do not necessarily represent the amount of the mineral element available to the body.

Vitamins.--Ascorbic acid is present in very small amounts in fish and only a few values have been reported. These values are expressed in terms of reduced ascorbic acid.

Thiamin was determined chemically by the thiochrome procedure or by a microbiological method. Thiaminase, a thiamin antagonist, is a heat-labile enzyme present in some finfish (carp, mackerel, and sardines) and in shellfish (20). Since some finfish and shellfish are eaten raw, the amount of available thiamin will be less than the value given.

Fluorometric or microbiological methods were used to measure riboflavin. Niacin data were obtained either chemically or microbiologically. The values for niacin do not include the niacin that could be contributed by tryptophan, a niacin precursor. The term "niacin equivalent" applies to the total potential niacin value; that is, to the sum of the preformed niacin and the amount that could be derived from tryptophan. In estimating the amount of niacin available from foods, the mean value of 60 mg of tryptophan is considered equivalent to 1 mg of niacin (16).

Pantothenic acid was determined microbiologically, and vitamins B-6 and B-12 were determined by microbiological or chromatographic methods. Folacin values are for total folate activity, in which bound folate is released by enzymatic treatment.

The vitamin A activity of fish comes from preformed vitamin A (retinol).

Some products containing added ingredients may have additional vitamin A activity from provitamin A carotenoids.

Vitamin A activity is expressed both as international units (IU) and as retinol equivalents (RE). One IU is equivalent to 0.3 mcg of retinol or 0.6 mcg of beta-carotene; one RE is equivalent to 1 mcg of retinol or 6 mcg of beta-carotene. One RE is equal to 3.33 IU of retinol or 10 IU of beta-carotene.

Lipids.--Trivial or scientific names for the fatty acids have not been used because the values for the unsaturated acids include positional and geometric isomers. In the list of fatty acids, the first number refers to the number of carbon atoms and the second to the number of double bonds in the chain. Only data obtained by gas-liquid chromatographic analyses are included here. The values shown are for the actual quantity of each fatty acid in the food and do not represent fatty acid triglycerides. The number of samples refers only to the number of fatty acid observations, and no standard error is given.

Most of the fatty acid data were obtained as the percentage of fatty acid methyl esters by weight. These data were converted to grams of fatty acids per 100 grams of total lipid using the appropriate lipid conversion factors. This conversion factor is defined as the weight of fatty acids in 1 gram of fat, and details of the derivation of lipid conversion factors have been published (5, 6, 7, 25), and equations relating them to total lipid values are given below:

Factor (finfish) = 0.933-(0.143/TL)
Factor (crustaceans) = 0.956-(0.273/TL)
Factor (mollusks) = 0.956-(0.296/TL)

TL = total lipid expressed as g/100g food.

Values for total saturated, monounsaturated, and polyunsaturated fatty acids may exceed the sum of the individual fatty acids actually listed because they included some fatty acids that were determined but are not reported in this table.

The cholesterol values for finfish and crustaceans are the means of data obtained by colorimetric or gas-liquid chromatographic procedures. Because mollusks contain sterols other than cholesterol, only data obtained by gas-liquid chromatography were used.

Amino acids.--The data represent results obtained primarily by ion-exchange chromatography. One amino acid pattern on a per-gram-of-nitrogen basis was developed for finfish. Similarly, amino acid patterns were developed for crustaceans, mollusks, and some specific seafood items. The number of samples in each pattern is given the first time the pattern is used. The amino acid patterns for combination foods were calculated from data for individual components if analyses of the combination foods were not available.

Amino acid contents of each seafood item in grams per 100 grams were calculated by multiplying the mean amino acid contents per gram of nitrogen by the protein content divided by the nitrogen factor given in the table for that food item. The amino acid values may be converted to the per-gram-of-nitrogen basis by dividing the amount in a specific quantity of food by the nitrogen content of the same quantity of that food.

Notes on Finfish and Shellfish Products

Data are presented for raw, processed, and prepared finfish and shellfish products. Items in each section are alphabetized by common name. The raw form is given first

followed by the processed and prepared forms in alphabetical order.

The scientific name of the species or a more general taxonomic category is given below the common name (at the top of the page) the first time the common name appears. Standard references on seafood nomenclature were used for scientific names (2, 21, 26), and these names were verified by staff of the Smithsonian Institution. Some common names are cross-referenced in the guide.

Among the criteria used in selecting items for inclusion in this section, availability of adequate data and relative economic significance of the species were the most important. Some species for which many requests for nutrient data have been received, such as monkfish and orange roughy, were also included.

Nutrient data for different forms of fish usually were not obtained from the same sample. For example, two fillets were not taken from a single pink salmon, one left raw and the other canned, and then both analyzed to determine the effects of processing. The data were taken from many sources and are affected by different variables: location of catch, season of catch, age and size of animal, handling and processing techniques, laboratories, and methods of analysis. Therefore, in a comparison of different forms of the same seafood, nutritional differences should not be ascribed solely to the effect of processing or preparation.

Raw finfish and shellfish.--No distinction is made in nutrient content between fresh, frozen, and thawed-from-frozen forms of raw fish. Data for fillets refer to skinless fillets and are derived from samples variously described as fillet, flesh, meat, or edible portion. Fillets with skin will have a higher fat content than those without skin because of fat deposits under the skin. The edible portion of crustaceans can be obtained from different parts of the animal (body, claw, leg, or tail). If not specified, data are for a combination of the different parts. Except for scallops, of which only the adductor muscle is eaten, and cephalopods (cuttlefish, octopus and squid), from which viscera, eyes, beak, and inedible skin are removed, the entire nonshell portion of mollusks is considered edible.

In some cases the data base for a single species was too limited to justify giving that species a separate entry. The values reported in the table are therefore calculated from data for several species. If sufficient information on landings of raw fish or production of processed fish was available (19), appropriate weighting factors were applied to the separate items to derive the nutrient values for the composite. If this procedure was followed, the page heading will give a general category instead of a species name.

Processed and prepared finfish and shellfish.--Canned fish are packed in a variety of media. If the type of pack is not specified, the food is in its own juice or liquid. "Dry pack" refers to raw or cooked meat in a container, not further processed, and usually marketed iced or refrigerated. For fish packed in oil, the specific oil is given in a footnote. Canned fish listed in the table as "water pack" may also include vegetable broth as an ingredient. This fact will also be noted on the container label.

Analyses of raw and cooked fish show that closely related cooking procedures result in products that have similar nutrient contents (17, 18). Two general descriptive terms are used to refer to many different forms of cooking: "dry heat" includes baking, broiling, and microwaving; "moist heat" includes procedures involving added liquid, such as boiling, poaching, and steaming.

Cholesterol.--Except in cephalopods, cholesterol represents less than half of the total sterol content of mollusks. This information has been used in the preparation of U.S. Department of Agriculture data (8, 24) for many years and is corroborated by recent studies. Essentially all of the sterol in finfish and crustaceans is cholesterol. In all cases the value in the table is for cholesterol only.

Sodium.--The sodium content of finfish in their natural environment is relatively low. However, some procedures for storing or preserving fish add significantly to the level of sodium in the flesh. Between the time they are caught and the time they are processed into fillets, whole fish can be held in brine solution or refrigerated sea water. Fresh fillets also may be dipped in chemical solutions containing various sodium compounds prior to freezing in order to minimize loss of fluid on thawing. Salt is frequently added to fish during canning, and salt is also included in most fish smoking and drying procedures.

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Appendix

List of Abbreviations

c	cup
g	gram
in	inch
IU	international units
kcal	kilocalories
kJ	kilojoules
lb	pound
mcg	micrograms
mg	milligrams
N	nitrogen
NDB	Nutrient Data Bank
No.	number
oz	ounce
RE	retinol equivalents
tbsp	tablespoonful

Metric System Equivalents for Units of Measure

	Units of measure	Metric system equivalents
Length:	1 inch	25.4 millimeters or 2.54 centimeters
Volume:	1 tablespoonful (3 teaspoons)	14.8 milliliters
	1 cup (8 fluid ounces)	236.6 milliliters
	1 quart (4 cups)	946.4 milliliters or 0.946 liter
	1 gallon (4 quarts)	3,786 milliliters or 3.786 liters
Weight:	1 ounce	28.35 grams
	3-1/2 ounces	100 grams
	1 pound (16 ounces)	453.6 grams or 0.454 kilograms

Retention of Nutrients in Cooked Fish[1 2]

Cooking procedure	Thiamin	Ribo-flavin	Niacin	Panto-thenic acid	Vitamin B-6	Fol-acin	Vitamin B-12	Vitamin A
	Percent retained							
Dry heat:								
Finfish:								
Less than 5% fat..	90	95	95	90	90	90	90	90
More than 5% fat..	95	100	100	90	90	90	75	85
Shellfish	85	95	95	80	90	85	85	95
Moist heat:								
Finfish, more than 5% fat	90	100	95	90	90	90	95	95
Shellfish	95	100	95	95	95	90	100	95
Fried with coating:								
Finfish, less than 5% fat	85	95	100	90	90	90	90	85
Shellfish	85	95	95	85	90	80	85	95

[1] Retention of minerals is 100 percent for all cooking procedures.
[2] Values developed for USDA food consumption surveys and based on data from NFPA studies (17, 18).

Yields of Cooked Fish

Fish category	Cooking procedure: Dry heat	Cooking procedure: Moist heat	Cooking procedure: Breaded, fried
	Percent		
Finfish	78	79	92
Crustacean[1]	88	78	90
Mollusk[2]	60	50	([3])

[1]Based on data for shrimp.
[2]Based on data for clams, oysters, and scallops.
[3]Lack of reliable data.

	AH-8 item (1963)	AH-8-15 NDB No.	Page
Finfish:			
Ahi [See Tuna, yellowfin]			
Aku [See Tuna, skipjack]			
Anchovy, European:			
Raw		15001	19
Canned in oil, drained solids	12	15002	20
Awa [See Milkfish]			
Bass, freshwater, mixed species, raw	150, 153	15003	21
Bass, striped, raw	151	15004	22
Bluefish, raw	429	15005	23
Burbot, raw	503	15006	24
Butterfish, raw	507, 508	15007	25
Carp:			
Raw	618	15008	26
Cooked, dry heat		15009	27
Catfish, channel:			
Raw	629	15010	28
Cooked, breaded and fried		15011	29
Catfish, ocean [See Wolffish]			
Caviar, black and red, granular	634	15012	30
Chub [See Cisco, smoked]			
Cisco:			
Raw	1168	15013	31
Smoked		15014	32
Cod, Atlantic:			
Raw	794	15015	33
Canned, solids and liquid	796	15017	34
Cooked, dry heat	795	15016	35
Dried and salted	798	15018	36
Cod, Pacific, raw		15019	37
Croaker, Atlantic:			
Raw	938	15020	38
Cooked, breaded and fried		15021	39
Cusk, raw	946	15022	40
Dogfish [See Shark, mixed species]			
Dolphinfish, raw		15023	41
Drum, freshwater, raw	959	15024	42
Eel, mixed species:			
Raw	966	15025	43
Cooked, dry heat		15026	44
Fish portions and sticks, frozen, reheated	1017	15027	45
Flatfish (flounder and sole species):			
Raw	1018	15028	46
Cooked, dry heat		15029	47
Flounder [See Flatfish]			
Gefiltefish, commercial, sweet recipe		15030	48
Goosefish [See Monkfish]			

	AH-8 item (1963)	AH-8-15 NDB No.	Page
Grouper, mixed species:			
Raw	1093	15031	49
Cooked, dry heat		15032	50
Hake [See Whiting]			
Haddock:			
Raw	1099	15033	51
Cooked, dry heat		15034	52
Smoked	1101	15035	53
Halibut, Atlantic and Pacific:			
Raw	1103	15036	54
Cooked, dry heat	1104	15037	55
Halibut, Greenland, raw	1107	15038	56
Herring, Atlantic:			
Raw	1124	15039	57
Canned [See Sardine, Atlantic]			
Cooked, dry heat		15040	58
Kippered	1132	15042	59
Pickled	1128	15041	60
Herring, lake [See Cisco]			
Herring, Pacific, raw	1125	15043	61
Jack [See Mackerel, Pacific and jack, mixed species]			
Ling, raw		15044	62
Lingcod, raw	1265	15045	63
Lox [See Salmon, chinook, smoked]			
Mackerel, Atlantic:			
Raw	1306	15046	64
Cooked, dry heat		15047	65
Mackerel, jack, canned, drained solids		15048	66
Mackerel, king, raw		15049	67
Mackerel, Pacific and jack, mixed species	1146, 1309	15050	68
Mackerel, Spanish			
Raw	2167	15051	69
Cooked, dry heat		15052	70
Mahimahi [See Dolphinfish]			
Milkfish, raw		15053	71
Monkfish, raw		15054	72
Mullet, striped:			
Raw	1353	15055	73
Cooked, dry heat		15056	74
Ocean perch, Atlantic:			
Raw	1396	15057	75
Cooked, dry heat		15058	76
Perch, mixed species:			
Raw	1549, 1550	15060	77
Cooked, dry heat		15061	78
Pike, northern:			
Raw	1607	15062	79
Cooked, dry heat		15063	80

	AH-8 item (1963)	AH-8-15 NDB No.	Page
Pike, walleye, raw	1608	15064	81
Pollock, Alaska [See Pollock, walleye]			
Pollock, Atlantic, raw	1649	15065	82
Pollock, walleye:			
Raw		15066	83
Cooked, dry heat		15067	84
Pompano, Florida:			
Raw	1652	15068	85
Cooked, dry heat		15069	86
Porgy [See Scup]			
Pout, ocean, raw		15059	87
Redfish [See Ocean perch, Atlantic]			
Rockfish, Pacific, mixed species:			
Raw	1892	15070	88
Cooked, dry heat		15071	89
Roe, mixed species, raw	1894, 1895	15072	90
Roughy, orange, raw		15073	91
Sablefish:			
Raw	1926	15074	92
Smoked		15075	93
Salmon, Atlantic, raw	1946	15076	94
Salmon, chinook:			
Raw	1948	15078	95
Smoked	1960	15077	96
Salmon, chum:			
Raw	1950	15079	97
Canned, drained solids with bone		15080	98
Salmon, coho:			
Raw	1952	15081	99
Cooked, moist heat		15082	100
Salmon, keta [See Salmon, chum]			
Salmon, pink:			
Raw	1954	15083	101
Canned, solids with bone and liquid	1955	15084	102
Salmon, red [See Salmon, sockeye]			
Salmon, sockeye:			
Raw	1956	15085	103
Canned, drained solids with bone		15087	104
Cooked, dry heat	1958	15086	105
Sardine, Atlantic, canned in oil, drained solids with bone	1972	15088	106
Sardine, Pacific, canned in tomato sauce, drained solids with bone	1976	15089	107
Scrod [See Cod, Atlantic]			
Scup, raw	1658	15090	108
Sea bass, mixed species:			
Raw	2026	15091	109
Cooked, dry heat		15092	110

	AH-8 item (1963)	AH-8-15 NDB No.	Page
Seatrout, mixed species, raw	2426	15093	111
Shad, American, raw	2034	15094	112
Shark, mixed species:			
Raw	955	15095	113
Cooked, batter-dipped and fried		15096	114
Sheepshead:			
Raw	2040	15097	115
Cooked, dry heat		15098	116
Smelt, rainbow:			
Raw	2054	15099	117
Cooked, dry heat		15100	118
Snapper, mixed species:			
Raw	1853	15101	119
Cooked, dry heat		15102	120
Sole [See Flatfish]			
Spot, raw	2184	15103	121
Sturgeon, mixed species:			
Raw	2221	15104	122
Cooked, dry heat		15105	123
Smoked	2223	15106	124
Sucker, white, raw	2226	15107	125
Sunfish, pumpkinseed, raw		15108	126
Surimi		15109	127
Swordfish:			
Raw	2257	15110	128
Cooked, dry heat		15111	129
Tilefish:			
Raw	2279	15112	130
Cooked, dry heat		15113	131
Trout, mixed species, raw	1170, 1171, 2318	15114	132
Trout, rainbow:			
Raw	2319	15115	133
Cooked, dry heat		15116	134
Tuna, canned, drained solids:			
Light meat:			
Canned in oil		15119	135
Canned in water		15121	136
White meat:			
Canned in oil		15124	137
Canned in water		15126	138
Tuna, fresh:			
Bluefin:			
Raw	2321	15117	139
Cooked, dry heat		15118	140
Skipjack, raw		15123	141
Yellowfin, raw	2322	15127	142
Tuna salad	2326	15128	143

	AH-8 item (1963)	AH-8-15 NDB No.	Page
Turbot, domestic species [See Halibut, Greenland]			
Turbot, European, raw		15129	144
Whitefish, mixed species:			
Raw	2466	15130	145
Smoked	2468	15131	146
Whiting, mixed species:			
Raw	1102	15132	147
Cooked, dry heat		15133	148
Wolffish, Atlantic, raw		15134	149
Yellowtail, mixed species, raw	2480	15135	150
Shellfish:			
Crustaceans:			
Crab, Alaska king:			
Raw		15136	151
Cooked, moist heat		15137	152
Imitation, made from surimi		15138	153
Crab, blue:			
Raw		15139	154
Canned	906	15141	155
Cooked, moist heat		15140	156
Crab cakes		15142	157
Crab, Dungeness, raw		15143	158
Crab, queen, raw		15144	159
Crayfish, mixed species:			
Raw	927	15145	160
Cooked, moist heat		15146	161
Lobster, northern:			
Raw	1279	15147	162
Cooked, moist heat	1280	15148	163
Shrimp, mixed species:			
Raw	2042	15149	164
Canned	2045	15152	165
Cooked:			
Breaded and fried	2043	15150	166
Moist heat		15151	167
Imitation, made from surimi		15153	168
Spiny lobster, mixed species, raw	927	15154	169
Mollusks:			
Abalone, mixed species:			
Raw		15155	170
Cooked, fried		15156	171
Clam, mixed species:			
Raw	773	15157	172
Canned:			
Drained solids	775	15160	173
Liquid	776	15162	174

	AH-8 item (1963)	AH-8-15 NDB No.	Page
Clam, mixed species, con.:			
Cooked:			
Breaded and fried		15158	175
Moist heat		15159	176
Cuttlefish, mixed species, raw		15163	177
Mussel, blue:			
Raw	1364	15164	178
Cooked, moist heat		15165	179
Octopus, common, raw	1400	15166	180
Oyster, eastern:			
Raw	1443	15167	181
Canned	1446	15170	182
Cooked:			
Breaded and fried	1445	15168	183
Moist heat		15169	184
Oyster, Pacific, raw	1444	15171	185
Scallop, mixed species:			
Raw	2023	15172	186
Cooked, breaded and fried	2025	15173	187
Imitation, made from surimi		15174	188
Snail, sea [See Whelk, unspecified]			
Squid, mixed species:			
Raw	2215	15175	189
Cooked, fried		15176	190
Whelk, unspecified:			
Raw		15177	191
Cooked, moist heat		15178	192

Table of Nutrient Data

[Blank spaces indicate a lack of data.]

FINFISH
Anchovy, European, raw
Engraulis encrasicholus (L.)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	73.37		1	62.36		332.78
Food energy	kcal	131			111		592
	kJ	546			464		2,478
Protein (N X6.25)	g	20.35		1	17.30		92.32
Total lipid (fat)	g	4.84	0.318	26	4.11		21.96
Carbohydrate, total	g	0.00			0.00		0.00
Crude fiber	g	0.00			0.00		0.00
Ash	g	1.44		1	1.22		6.53
Minerals:							
Calcium	mg	147	33.925	2	125		668
Iron	mg	3.25	0.600	4	2.76		14.73
Magnesium	mg	41	3.530	2	35		185
Phosphorus	mg	174	26.408	3	148		788
Potassium	mg	383	51.205	2	325		1,737
Sodium	mg	104	5.645	2	88		471
Zinc	mg	1.72	0.126	4	1.46		7.80
Copper	mg	0.211	0.086	10	0.179		0.957
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.055		1	0.047		0.249
Riboflavin	mg	0.256		1	0.218		1.161
Niacin	mg	14.024		1	11.920		63.613
Pantothenic acid	mg						
Vitamin B_6	mg	0.143		1	0.122		0.649
Folacin	mcg						
Vitamin B_{12}	mcg	0.620		1	0.527		2.812
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	1.282			1.090		5.815
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.014		1	0.012		0.064
14:0	g	0.302		1	0.257		1.370
16:0	g	0.715		1	0.608		3.243
18:0	g	0.252		1	0.214		1.143
Monounsaturated, total	g	1.182			1.005		5.362
16:1	g	0.400		1	0.340		1.814
18:1	g	0.624		1	0.530		2.830
20:1	g						
22:1	g	0.115		1	0.098		0.522
Polyunsaturated, total	g	1.637			1.391		7.425
18:2	g	0.097		1	0.082		0.440
18:3	g						
18:4	g	0.055		1	0.047		0.249
20:4	g	0.007		1	0.006		0.032
20:5	g	0.538		1	0.457		2.440
22:5	g	0.029		1	0.025		0.132
22:6	g	0.911		1	0.774		4.132
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.228		134	0.194		1.034
Threonine	g	0.892		273	0.758		4.046
Isoleucine	g	0.938		272	0.797		4.255
Leucine	g	1.654		273	1.406		7.503
Lysine	g	1.869		281	1.589		8.478
Methionine	g	0.602		253	0.512		2.731
Cystine	g	0.218		127	0.185		0.989
Phenylalanine	g	0.794		273	0.675		3.602
Tyrosine	g	0.687		273	0.584		3.116
Valine	g	1.048		273	0.891		4.754
Arginine	g	1.217		267	1.034		5.520
Histidine	g	0.599		262	0.509		2.717
Alanine	g	1.231		266	1.046		5.584
Aspartic acid	g	2.084		266	1.771		9.453
Glutamic acid	g	3.038		267	2.582		13.780
Glycine	g	0.977		267	0.830		4.432
Proline	g	0.720		252	0.612		3.266
Serine	g	0.830		267	0.706		3.765

FINFISH
Anchovy, European, canned in oil, drained solids[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 5 anchovies = 20 g	1 can = 45 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	50.30			10.06	22.63	228.14
Food energy	kcal	210			42	95	954
	kJ	880			176	396	3,993
Protein (N X6.25)	g	28.89			5.78	13.00	131.03
Total lipid (fat)	g	9.71			1.94	4.37	44.04
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.04			0.41	0.92	9.27
Minerals:							
Calcium	mg	232			46	104	1,052
Iron	mg	4.63			0.93	2.08	20.99
Magnesium	mg	69			14	31	311
Phosphorus	mg	252			50	113	1,143
Potassium	mg	544			109	245	2,466
Sodium	mg	3,668			734	1,651	16,638
Zinc	mg	2.44			0.49	1.10	11.08
Copper	mg	0.339			0.068	0.153	1.538
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.078			0.016	0.035	0.354
Riboflavin	mg	0.363			0.073	0.163	1.647
Niacin	mg	19.903			3.981	8.956	90.280
Pantothenic acid	mg						
Vitamin B_6	mg	0.203			0.041	0.091	0.921
Folacin	mcg						
Vitamin B_{12}	mcg	0.880			0.176	0.396	3.992
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	2.203			0.441	0.991	9.993
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.020			0.004	0.009	0.091
14:0	g	0.428			0.086	0.193	1.941
16:0	g	1.326			0.265	0.597	6.015
18:0	g	0.420			0.084	0.189	1.905
Monounsaturated, total	g	3.770			0.754	1.697	17.101
16:1	g	0.590			0.118	0.266	2.676
18:1	g	2.942			0.588	1.324	13.345
20:1	g	0.009			0.002	0.004	0.041
22:1	g	0.163			0.033	0.073	0.739
Polyunsaturated, total	g	2.562			0.512	1.153	11.621
18:2	g	0.362			0.072	0.163	1.642
18:3	g	0.017			0.003	0.008	0.077
18:4	g	0.078			0.016	0.035	0.354
20:4	g	0.010			0.002	0.005	0.045
20:5	g	0.763			0.153	0.343	3.461
22:5	g	0.041			0.008	0.018	0.186
22:6	g	1.292			0.258	0.581	5.861
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.324			0.065	0.146	1.470
Threonine	g	1.266			0.253	0.570	5.743
Isoleucine	g	1.331			0.266	0.599	6.037
Leucine	g	2.348			0.470	1.057	10.651
Lysine	g	2.653			0.531	1.194	12.034
Methionine	g	0.855			0.171	0.385	3.878
Cystine	g	0.310			0.062	0.140	1.406
Phenylalanine	g	1.128			0.226	0.508	5.117
Tyrosine	g	0.975			0.195	0.439	4.423
Valine	g	1.488			0.298	0.670	6.750
Arginine	g	1.729			0.346	0.778	7.843
Histidine	g	0.850			0.170	0.383	3.856
Alanine	g	1.747			0.349	0.786	7.924
Aspartic acid	g	2.958			0.592	1.331	13.417
Glutamic acid	g	4.312			0.862	1.940	19.559
Glycine	g	1.387			0.277	0.624	6.291
Proline	g	1.021			0.204	0.459	4.631
Serine	g	1.179			0.236	0.531	5.348

[1] Canned in olive oil.

FINFISH
Bass, Freshwater, Mixed species, raw
Percichthyidae and Centrarchidae

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 fillet[1] = 79 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	75.66	0.694	16	59.77	64.31	343.20
Food energy	kcal	114			90	97	516
	kJ	476			376	405	2,159
Protein (N X6.25)	g	18.86	0.506	16	14.90	16.03	85.54
Total lipid (fat)	g	3.69		17	2.91	3.13	16.72
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.52	0.292	16	1.20	1.29	6.88
Minerals:							
Calcium	mg	80		2	63	68	363
Iron	mg	1.49		2	1.18	1.27	6.77
Magnesium	mg	30		2	24	26	136
Phosphorus	mg	200		2	158	170	906
Potassium	mg	356		11	281	303	1,615
Sodium	mg	70		2	55	59	317
Zinc	mg	0.65	0.129	62	0.52	0.56	2.97
Copper	mg	0.093		51	0.073	0.079	0.422
Manganese	mg	0.889		21	0.702	0.756	4.033
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.780			0.616	0.663	3.538
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.087		9	0.069	0.074	0.395
16:0	g	0.593		9	0.468	0.504	2.690
18:0	g	0.100		9	0.079	0.085	0.454
Monounsaturated, total	g	1.431			1.130	1.216	6.491
16:1	g	0.382		9	0.302	0.325	1.733
18:1	g	0.991		9	0.783	0.842	4.495
20:1	g	0.057		2	0.045	0.048	0.259
22:1	g						
Polyunsaturated, total	g	1.062			0.839	0.903	4.817
18:2	g	0.087		9	0.069	0.074	0.395
18:3	g	0.111		9	0.088	0.094	0.503
18:4	g	0.039		6	0.031	0.033	0.177
20:4	g	0.144		9	0.114	0.122	0.653
20:5	g	0.238		9	0.188	0.202	1.080
22:5	g	0.084		9	0.066	0.071	0.381
22:6	g	0.357		9	0.282	0.303	1.619
Cholesterol	mg	68		2	54	58	308
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.211			0.167	0.179	0.957
Threonine	g	0.827			0.653	0.703	3.751
Isoleucine	g	0.869			0.687	0.739	3.942
Leucine	g	1.533			1.211	1.303	6.954
Lysine	g	1.732			1.368	1.472	7.856
Methionine	g	0.558			0.441	0.474	2.531
Cystine	g	0.202			0.160	0.172	0.916
Phenylalanine	g	0.736			0.581	0.626	3.338
Tyrosine	g	0.637			0.503	0.541	2.889
Valine	g	0.971			0.767	0.825	4.404
Arginine	g	1.128			0.891	0.959	5.117
Histidine	g	0.555			0.438	0.472	2.517
Alanine	g	1.140			0.901	0.969	5.171
Aspartic acid	g	1.931			1.525	1.641	8.759
Glutamic acid	g	2.815			2.224	2.393	12.769
Glycine	g	0.905			0.715	0.769	4.105
Proline	g	0.667			0.527	0.567	3.026
Serine	g	0.769			0.608	0.654	3.488

[1]Yield from 1 lb whole fish.

FINFISH
Bass, Striped, raw
Morone saxatilis **(Walbaum)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 159 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	79.22	0.522	10	67.34	125.96	359.34
Food energy	kcal	97			82	154	439
	kJ	405			344	643	1,835
Protein (N X6.25)	g	17.73	0.391	10	15.07	28.19	80.42
Total lipid (fat)	g	2.33	0.381	14	1.98	3.70	10.56
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.04	0.024	10	0.88	1.65	4.72
Minerals:							
Calcium	mg						
Iron	mg	0.84		1	0.71	1.33	3.79
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	69			59	110	313
Zinc	mg	0.40	0.013	134	0.34	0.64	1.83
Copper	mg	0.031	0.002	132	0.026	0.049	0.141
Manganese	mg	0.015			0.013	0.024	0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	3.820	0.160	8	3.247	6.074	17.328
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.507			0.431	0.806	2.300
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.042		2	0.036	0.067	0.191
16:0	g	0.379		2	0.322	0.603	1.719
18:0	g	0.086		2	0.073	0.137	0.390
Monounsaturated, total	g	0.660			0.561	1.049	2.994
16:1	g	0.151		2	0.128	0.240	0.685
18:1	g	0.448		2	0.381	0.712	2.032
20:1	g	0.057		2	0.048	0.091	0.259
22:1	g						
Polyunsaturated, total	g	0.784			0.666	1.247	3.556
18:2	g	0.015		2	0.013	0.024	0.068
18:3	g	0.015		1	0.013	0.024	0.068
18:4	g						
20:4	g						
20:5	g	0.169		2	0.144	0.269	0.767
22:5	g						
22:6	g	0.585		2	0.497	0.930	2.654
Cholesterol	mg	80		1	68	127	363
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.199			0.169	0.316	0.903
Threonine	g	0.777			0.660	1.235	3.524
Isoleucine	g	0.817			0.694	1.299	3.706
Leucine	g	1.441			1.225	2.291	6.536
Lysine	g	1.628			1.384	2.589	7.385
Methionine	g	0.525			0.446	0.835	2.381
Cystine	g	0.190			0.162	0.302	0.862
Phenylalanine	g	0.692			0.588	1.100	3.139
Tyrosine	g	0.599			0.509	0.952	2.717
Valine	g	0.914			0.777	1.453	4.146
Arginine	g	1.061			0.902	1.687	4.813
Histidine	g	0.522			0.444	0.830	2.368
Alanine	g	1.072			0.911	1.704	4.863
Aspartic acid	g	1.816			1.544	2.887	8.237
Glutamic acid	g	2.647			2.250	4.209	12.007
Glycine	g	0.851			0.723	1.353	3.860
Proline	g	0.627			0.533	0.997	2.844
Serine	g	0.723			0.615	1.150	3.280

[1] Yield from 2 lb whole fish.

FINFISH
Bluefish, raw
Pomatomus saltatrix **(L.)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 150 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70.86		3	60.23	106.29	321.42
Food energy	kcal	124			105	186	562
	kJ	518			440	777	2,350
Protein (N X6.25)	g	20.04		3	17.03	30.06	90.90
Total lipid (fat)	g	4.24		3	3.60	6.36	19.23
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.04		3	0.88	1.56	4.72
Minerals:							
Calcium	mg	7		3	6	10	31
Iron	mg	0.48	0.008	6	0.41	0.72	2.16
Magnesium	mg	33		3	28	50	151
Phosphorus	mg	227		3	193	341	1,031
Potassium	mg	372		3	316	558	1,688
Sodium	mg	60		3	51	90	272
Zinc	mg	0.81	0.036	107	0.69	1.21	3.66
Copper	mg	0.053	0.002	108	0.045	0.080	0.240
Manganese	mg	0.021		3	0.018	0.032	0.095
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.058		3	0.049	0.087	0.263
Riboflavin	mg	0.080		3	0.068	0.120	0.363
Niacin	mg	5.950		3	5.058	8.925	26.989
Pantothenic acid	mg	0.828		3	0.704	1.242	3.756
Vitamin B_6	mg	0.402		3	0.342	0.603	1.823
Folacin	mcg	1.6		2	1.4	2.4	7.2
Vitamin B_{12}	mcg	5.390		2	4.582	8.085	24.449
Vitamin A	RE	119			101	179	542
	IU	398		3	338	597	1,805
Lipids:							
Fatty acids:							
Saturated, total	g	0.915			0.778	1.373	4.150
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.179		2	0.152	0.269	0.812
16:0	g	0.576		2	0.490	0.864	2.613
18:0	g	0.160		2	0.136	0.240	0.726
Monounsaturated, total	g	1.793			1.524	2.690	8.133
16:1	g	0.277		2	0.235	0.416	1.256
18:1	g	0.684		2	0.581	1.026	3.103
20:1	g	0.340		2	0.289	0.510	1.542
22:1	g	0.492		2	0.418	0.738	2.232
Polyunsaturated, total	g	1.060			0.901	1.590	4.808
18:2	g	0.060		2	0.051	0.090	0.272
18:3	g						
18:4	g	0.167		2	0.142	0.251	0.758
20:4	g						
20:5	g	0.252		2	0.214	0.378	1.143
22:5	g	0.062		2	0.053	0.093	0.281
22:6	g	0.519		2	0.441	0.779	2.354
Cholesterol	mg	59			50	88	266
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.224			0.190	0.336	1.016
Threonine	g	0.878			0.746	1.317	3.983
Isoleucine	g	0.923			0.785	1.385	4.187
Leucine	g	1.629			1.385	2.444	7.389
Lysine	g	1.840			1.564	2.760	8.346
Methionine	g	0.593			0.504	0.890	2.690
Cystine	g	0.215			0.183	0.323	0.975
Phenylalanine	g	0.782			0.665	1.173	3.547
Tyrosine	g	0.676			0.575	1.014	3.066
Valine	g	1.032			0.877	1.548	4.681
Arginine	g	1.199			1.019	1.799	5.439
Histidine	g	0.590			0.502	0.885	2.676
Alanine	g	1.212			1.030	1.818	5.498
Aspartic acid	g	2.052			1.744	3.078	9.308
Glutamic acid	g	2.991			2.542	4.487	13.567
Glycine	g	0.962			0.818	1.443	4.364
Proline	g	0.709			0.603	1.064	3.216
Serine	g	0.818			0.695	1.227	3.710

[1] Yield from 2 lb whole fish.

FINFISH
Burbot, raw
Lota lota **(L.)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 116 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	79.26	0.648	13	67.37	91.94	359.51
Food energy	kcal	90			76	104	407
	kJ	375			319	435	1,703
Protein (N X6.25)	g	19.31	0.713	14	16.41	22.40	87.59
Total lipid (fat)	g	0.81	0.059	13	0.68	0.93	3.65
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.16	0.075	12	0.98	1.34	5.25
Minerals:							
Calcium	mg	50		1	43	58	227
Iron	mg	0.90		1	0.77	1.04	4.08
Magnesium	mg	32	1.500	2	27	37	143
Phosphorus	mg	200		1	170	232	907
Potassium	mg	404	54.000	2	343	469	1,833
Sodium	mg	97	26.500	2	82	112	438
Zinc	mg	0.76	0.245	2	0.64	0.88	3.42
Copper	mg	0.200		1	0.170	0.232	0.907
Manganese	mg	0.700		1	0.595	0.812	3.175
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.163			0.139	0.189	0.739
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.006		1	0.005	0.007	0.027
16:0	g	0.120		7	0.102	0.139	0.544
18:0	g	0.037		7	0.031	0.043	0.168
Monounsaturated, total	g	0.133			0.113	0.154	0.603
16:1	g	0.026		7	0.022	0.030	0.118
18:1	g	0.098		7	0.083	0.114	0.445
20:1	g	0.006		1	0.005	0.007	0.027
22:1	g	0.003		1	0.003	0.003	0.014
Polyunsaturated, total	g	0.297			0.252	0.345	1.347
18:2	g	0.009		7	0.008	0.010	0.041
18:3	g						
18:4	g						
20:4	g	0.096		6	0.082	0.111	0.435
20:5	g	0.070		7	0.060	0.081	0.318
22:5	g	0.026		6	0.022	0.030	0.118
22:6	g	0.096		7	0.082	0.111	0.435
Cholesterol	mg	60	25.500	2	51	69	270
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.216			0.184	0.251	0.980
Threonine	g	0.847			0.720	0.983	3.842
Isoleucine	g	0.890			0.757	1.032	4.037
Leucine	g	1.570			1.335	1.821	7.122
Lysine	g	1.774			1.508	2.058	8.047
Methionine	g	0.572			0.486	0.664	2.595
Cystine	g	0.207			0.176	0.240	0.939
Phenylalanine	g	0.754			0.641	0.875	3.420
Tyrosine	g	0.652			0.554	0.756	2.957
Valine	g	0.995			0.846	1.154	4.513
Arginine	g	1.156			0.983	1.341	5.244
Histidine	g	0.569			0.484	0.660	2.581
Alanine	g	1.168			0.993	1.355	5.298
Aspartic acid	g	1.978			1.681	2.294	8.972
Glutamic acid	g	2.883			2.451	3.344	13.077
Glycine	g	0.927			0.788	1.075	4.205
Proline	g	0.683			0.581	0.792	3.098
Serine	g	0.788			0.670	0.914	3.574

[1] Yield from 1-1/2 lb whole fish.

FINFISH
Butterfish, raw
Peprilus triacanthus **(Peck)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 fillet[1] = 32 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	74.13	0.681	42	23.72	63.01	336.27
Food energy	kcal	146			47	124	663
	kJ	611			196	520	2,773
Protein (N X6.25)	g	17.28	0.125	42	5.53	14.69	78.39
Total lipid (fat)	g	8.02	0.729	43	2.57	6.82	36.38
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.20	0.027	42	0.38	1.02	5.42
Minerals:							
Calcium	mg						
Iron	mg	0.50			0.16	0.42	2.27
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	375	9.200	24	120	318	1,699
Sodium	mg	89	3.209	24	28	75	401
Zinc	mg	0.77	0.027	73	0.24	0.65	3.47
Copper	mg	0.054	0.002	72	0.017	0.046	0.245
Manganese	mg	0.015			0.005	0.013	0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	65			21	55	295
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.194			0.062	0.165	0.880
Threonine	g	0.758			0.243	0.644	3.438
Isoleucine	g	0.796			0.255	0.677	3.611
Leucine	g	1.405			0.450	1.194	6.373
Lysine	g	1.587			0.508	1.349	7.199
Methionine	g	0.512			0.164	0.435	2.322
Cystine	g	0.185			0.059	0.157	0.839
Phenylalanine	g	0.675			0.216	0.574	3.062
Tyrosine	g	0.583			0.187	0.496	2.644
Valine	g	0.890			0.285	0.757	4.037
Arginine	g	1.034			0.331	0.879	4.690
Histidine	g	0.509			0.163	0.433	2.309
Alanine	g	1.045			0.334	0.888	4.740
Aspartic acid	g	1.770			0.566	1.505	8.029
Glutamic acid	g	2.580			0.826	2.193	11.703
Glycine	g	0.830			0.266	0.706	3.765
Proline	g	0.611			0.196	0.519	2.771
Serine	g	0.705			0.226	0.599	3.198

[1] Yield from 1/2 lb whole fish.

FINFISH
Carp, raw
Cyprinus carpio **(L.)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 218 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	76.31	0.362	65	64.86	166.35	346.13
Food energy	kcal	127			108	276	574
	kJ	530			450	1,155	2,403
Protein (N X6.25)	g	17.83	0.113	63	15.16	38.87	80.88
Total lipid (fat)	g	5.60	0.207	163	4.76	12.20	25.38
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.46	0.128	64	1.24	3.18	6.62
Minerals:							
Calcium	mg	41	6.828	11	35	89	184
Iron	mg	1.24	0.200	7	1.05	2.69	5.61
Magnesium	mg	29	2.434	7	25	64	133
Phosphorus	mg	415	125.413	7	352	904	1,880
Potassium	mg	333	35.915	14	283	726	1,511
Sodium	mg	49	1.308	5	42	107	223
Zinc	mg	1.48	0.245	44	1.26	3.23	6.72
Copper	mg	0.057	0.009	32	0.048	0.124	0.259
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	1.6		1	1.4	3.5	7.3
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg	0.190		1	0.162	0.414	0.862
Folacin	mcg						
Vitamin B_{12}	mcg	1.530		1	1.301	3.335	6.940
Vitamin A	RE	9			7	19	39
	IU	29	6.659	3	25	63	132
Lipids:							
Fatty acids:							
Saturated, total	g	1.083			0.921	2.361	4.912
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.114		13	0.097	0.249	0.517
16:0	g	0.657		13	0.558	1.432	2.980
18:0	g	0.185		13	0.157	0.403	0.839
Monounsaturated, total	g	2.328			1.979	5.075	10.560
16:1	g	0.655		13	0.557	1.428	2.971
18:1	g	1.150		13	0.978	2.507	5.216
20:1	g	0.071		11	0.060	0.155	0.322
22:1	g	0.402		1	0.342	0.876	1.823
Polyunsaturated, total	g	1.431			1.216	3.120	6.491
18:2	g	0.517		13	0.439	1.127	2.345
18:3	g	0.270		13	0.230	0.589	1.225
18:4	g	0.058		9	0.049	0.126	0.263
20:4	g	0.152		12	0.129	0.331	0.689
20:5	g	0.238		12	0.202	0.519	1.080
22:5	g	0.082		11	0.070	0.179	0.372
22:6	g	0.114		13	0.097	0.249	0.517
Cholesterol	mg	66	4.375	2	56	143	298
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.200			0.170	0.436	0.907
Threonine	g	0.782			0.665	1.705	3.547
Isoleucine	g	0.822			0.699	1.792	3.729
Leucine	g	1.449			1.232	3.159	6.573
Lysine	g	1.638			1.392	3.571	7.430
Methionine	g	0.528			0.449	1.151	2.395
Cystine	g	0.191			0.162	0.416	0.866
Phenylalanine	g	0.696			0.592	1.517	3.157
Tyrosine	g	0.602			0.512	1.312	2.731
Valine	g	0.919			0.781	2.003	4.169
Arginine	g	1.067			0.907	2.326	4.840
Histidine	g	0.525			0.446	1.145	2.381
Alanine	g	1.078			0.916	2.350	4.890
Aspartic acid	g	1.826			1.552	3.981	8.283
Glutamic acid	g	2.662			2.263	5.803	12.075
Glycine	g	0.856			0.728	1.866	3.883
Proline	g	0.631			0.536	1.376	2.862
Serine	g	0.728			0.619	1.587	3.302

[1] Yield from 3 lb whole fish.

FINFISH
Carp, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 170 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	69.63			59.18	118.36	315.82
Food energy	kcal	162			138	276	736
	kJ	679			577	1,155	3,081
Protein (N X6.25)	g	22.86			19.43	38.86	103.69
Total lipid (fat)	g	7.17			6.10	12.20	32.54
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.87			1.59	3.18	8.49
Minerals:							
Calcium	mg	52			44	89	237
Iron	mg	1.59			1.35	2.69	7.19
Magnesium	mg	38			32	64	171
Phosphorus	mg	531			452	904	2,411
Potassium	mg	427			363	726	1,937
Sodium	mg	63			54	107	286
Zinc	mg	1.90			1.62	3.23	8.62
Copper	mg	0.073			0.062	0.124	0.331
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	1.6			1.4	2.8	7.4
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg	0.219			0.186	0.372	0.993
Folacin	mcg						
Vitamin B_{12}	mcg	1.471			1.250	2.501	6.672
Vitamin A	RE	9			8	16	43
	IU	32			27	54	143
Lipids:							
Fatty acids:							
Saturated, total	g	1.388			1.180	2.360	6.296
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.146			0.124	0.248	0.662
16:0	g	0.842			0.716	1.431	3.819
18:0	g	0.237			0.201	0.403	1.075
Monounsaturated, total	g	2.985			2.537	5.075	13.540
16:1	g	0.840			0.714	1.428	3.810
18:1	g	1.474			1.253	2.506	6.686
20:1	g	0.091			0.077	0.155	0.413
22:1	g	0.515			0.438	0.876	2.336
Polyunsaturated, total	g	1.835			1.560	3.120	8.324
18:2	g	0.663			0.564	1.127	3.007
18:3	g	0.346			0.294	0.588	1.569
18:4	g	0.074			0.063	0.126	0.336
20:4	g	0.195			0.166	0.332	0.885
20:5	g	0.305			0.259	0.519	1.383
22:5	g	0.105			0.089	0.179	0.476
22:6	g	0.146			0.124	0.248	0.662
Cholesterol	mg	84			72	143	382
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.256			0.218	0.435	1.161
Threonine	g	1.002			0.852	1.703	4.545
Isoleucine	g	1.054			0.896	1.792	4.781
Leucine	g	1.858			1.579	3.159	8.428
Lysine	g	2.100			1.785	3.570	9.526
Methionine	g	0.677			0.575	1.151	3.071
Cystine	g	0.245			0.208	0.417	1.111
Phenylalanine	g	0.893			0.759	1.518	4.051
Tyrosine	g	0.772			0.656	1.312	3.502
Valine	g	1.178			1.001	2.003	5.343
Arginine	g	1.368			1.163	2.326	6.205
Histidine	g	0.673			0.572	1.144	3.053
Alanine	g	1.383			1.176	2.351	6.273
Aspartic acid	g	2.341			1.990	3.980	10.619
Glutamic acid	g	3.413			2.901	5.802	15.481
Glycine	g	1.097			0.932	1.865	4.976
Proline	g	0.808			0.687	1.374	3.665
Serine	g	0.933			0.793	1.586	4.232

[1] Yield from raw fillet.

FINFISH
Catfish, Channel, raw[1]
Ictalurus punctatus **(Rafinesque)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 fillet[2] = 79 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	76.39	0.366	53	60.35	64.93	346.52
Food energy	kcal	116			92	99	527
	kJ	486			384	413	2,203
Protein (N X6.25)	g	18.18	0.437	36	14.36	15.45	82.45
Total lipid (fat)	g	4.26	0.417	59	3.37	3.62	19.34
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.26	0.052	28	1.00	1.07	5.73
Minerals:							
Calcium	mg	40	5.823	21	32	34	184
Iron	mg	0.97	0.066	3	0.77	0.83	4.41
Magnesium	mg	25	0.750	2	19	21	112
Phosphorus	mg	213	6.484	27	168	181	966
Potassium	mg	349	12.878	13	276	296	1,582
Sodium	mg	63	7.234	3	50	54	286
Zinc	mg	0.72	0.018	85	0.56	0.61	3.24
Copper	mg	0.094	0.007	81	0.074	0.080	0.426
Manganese	mg	0.015			0.012	0.013	0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.045	0.005	2	0.036	0.038	0.204
Riboflavin	mg	0.106	0.008	3	0.084	0.090	0.481
Niacin	mg	2.143	0.778	3	1.693	1.822	9.721
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.983			0.777	0.836	4.459
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.054		59	0.043	0.046	0.245
16:0	g	0.691		59	0.546	0.587	3.134
18:0	g	0.214		59	0.169	0.182	0.971
Monounsaturated, total	g	1.612			1.273	1.370	7.312
16:1	g	0.165		59	0.130	0.140	0.748
18:1	g	1.377		59	1.088	1.170	6.246
20:1	g	0.053		53	0.042	0.045	0.240
22:1	g	0.002		9	0.002	0.002	0.009
Polyunsaturated, total	g	1.002			0.792	0.852	4.545
18:2	g	0.393		59	0.310	0.334	1.783
18:3	g	0.039		53	0.031	0.033	0.177
18:4	g	0.033		53	0.026	0.028	0.150
20:4	g	0.102		59	0.081	0.087	0.463
20:5	g	0.130		59	0.103	0.111	0.590
22:5	g	0.062		59	0.049	0.053	0.281
22:6	g	0.243		59	0.192	0.207	1.102
Cholesterol	mg	58		1	46	49	263
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.204			0.161	0.173	0.925
Threonine	g	0.797			0.630	0.677	3.615
Isoleucine	g	0.838			0.662	0.712	3.801
Leucine	g	1.477			1.167	1.255	6.700
Lysine	g	1.669			1.319	1.419	7.571
Methionine	g	0.538			0.425	0.457	2.440
Cystine	g	0.195			0.154	0.166	0.885
Phenylalanine	g	0.710			0.561	0.604	3.221
Tyrosine	g	0.614			0.485	0.522	2.785
Valine	g	0.936			0.739	0.796	4.246
Arginine	g	1.088			0.860	0.925	4.935
Histidine	g	0.535			0.423	0.455	2.427
Alanine	g	1.099			0.868	0.934	4.985
Aspartic acid	g	1.861			1.470	1.582	8.441
Glutamic acid	g	2.713			2.143	2.306	12.306
Glycine	g	0.872			0.689	0.741	3.955
Proline	g	0.643			0.508	0.547	2.917
Serine	g	0.742			0.586	0.631	3.366

[1] Data are compiled from samples of cultured and wild catfish.
[2] Yield from 1 lb whole fish.

FINFISH
Catfish, Channel, cooked, breaded and fried[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[2] = 87 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.81			49.99	51.17	266.78
Food energy	kcal	229			194	199	1,037
	kJ	957			813	832	4,340
Protein (N X6.25)	g	18.09			15.37	15.74	82.04
Total lipid (fat)	g	13.33			11.33	11.60	60.47
Carbohydrate, total	g	8.04			6.83	6.99	36.46
Crude fiber	g	0.42			0.36	0.37	1.92
Ash	g	1.26			1.07	1.10	5.73
Minerals:							
Calcium	mg	44			37	38	198
Iron	mg	1.43			1.22	1.24	6.49
Magnesium	mg	27			23	24	124
Phosphorus	mg	216			183	188	978
Potassium	mg	340			289	296	1,542
Sodium	mg	280			238	244	1,272
Zinc	mg	0.86			0.73	0.74	3.88
Copper	mg	0.101			0.086	0.088	0.458
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.1
Thiamin	mg	0.073			0.062	0.064	0.331
Riboflavin	mg	0.133			0.113	0.116	0.603
Niacin	mg	2.282			1.940	1.985	10.351
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE	8			7	7	38
	IU	28			24	24	128
Lipids:							
Fatty acids:							
Saturated, total	g	3.288			2.795	2.861	14.914
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.091			0.077	0.079	0.413
16:0	g	2.008			1.707	1.747	9.108
18:0	g	1.169			0.994	1.017	5.303
Monounsaturated, total	g	5.611			4.769	4.882	25.451
16:1	g	0.171			0.145	0.149	0.776
18:1	g	5.347			4.545	4.652	24.254
20:1	g	0.049			0.042	0.043	0.222
22:1	g	0.002			0.002	0.002	0.009
Polyunsaturated, total	g	3.325			2.826	2.893	15.082
18:2	g	2.616			2.224	2.276	11.866
18:3	g	0.178			0.151	0.155	0.807
18:4	g	0.030			0.026	0.026	0.136
20:4	g	0.098			0.083	0.085	0.445
20:5	g	0.119			0.101	0.104	0.540
22:5	g	0.057			0.048	0.050	0.259
22:6	g	0.222			0.189	0.193	1.007
Cholesterol	mg	81			69	70	367
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.200			0.170	0.174	0.907
Threonine	g	0.790			0.672	0.687	3.583
Isoleucine	g	0.836			0.711	0.727	3.792
Leucine	g	1.508			1.282	1.312	6.840
Lysine	g	1.597			1.357	1.389	7.244
Methionine	g	0.527			0.448	0.458	2.390
Cystine	g	0.205			0.174	0.178	0.930
Phenylalanine	g	0.726			0.617	0.632	3.293
Tyrosine	g	0.622			0.529	0.541	2.821
Valine	g	0.943			0.802	0.820	4.277
Arginine	g	1.077			0.915	0.937	4.885
Histidine	g	0.530			0.451	0.461	2.404
Alanine	g	1.103			0.938	0.960	5.003
Aspartic acid	g	1.817			1.544	1.581	8.242
Glutamic acid	g	2.720			2.312	2.366	12.338
Glycine	g	0.851			0.723	0.740	3.860
Proline	g	0.686			0.583	0.597	3.112
Serine	g	0.764			0.649	0.665	3.466

[1] Recipe: Fish, 84.2%; corn meal, 9.3 %; egg, 4.6%; milk, 1.4%; and salt, 0.5%.
[2] Yield from raw fillet.

FINFISH
Caviar, Black and Red, granular

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 tbsp = 16 g	1 oz = 28 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	47.50		6	7.60	13.30	215.46
Food energy	kcal	252			40	71	1,143
	kJ	1,054			169	295	4,783
Protein (N X6.25)	g	24.60		6	3.94	6.89	111.59
Total lipid (fat)	g	17.90		6	2.86	5.01	81.19
Carbohydrate, total	g	4.00		3	0.64	1.12	18.14
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	6.50		2	1.04	1.82	29.48
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	1,500			240	420	6,804
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	588			94	165	2,667
Phytosterols	mg						
Amino acids:							
Tryptophan[1]	g	0.323			0.052	0.090	1.465
Threonine	g	1.263		6	0.202	0.354	5.729
Isoleucine	g	1.035		6	0.166	0.290	4.695
Leucine	g	2.133		6	0.341	0.597	9.675
Lysine	g	1.834		6	0.293	0.514	8.319
Methionine	g	0.646		6	0.103	0.181	2.930
Cystine	g	0.449		6	0.072	0.126	2.037
Phenylalanine	g	1.071		6	0.171	0.300	4.858
Tyrosine	g	0.968		6	0.155	0.271	4.391
Valine	g	1.263		6	0.202	0.354	5.729
Arginine	g	1.590		6	0.254	0.445	7.212
Histidine	g	0.649		6	0.104	0.182	2.944
Alanine	g	1.653		6	0.264	0.463	7.498
Aspartic acid	g	2.385		6	0.382	0.668	10.818
Glutamic acid	g	3.633		6	0.581	1.017	16.479
Glycine	g	0.740		6	0.118	0.207	3.357
Proline	g	1.200		6	0.192	0.336	5.443
Serine	g	1.897		6	0.304	0.531	8.605

[1]Value based on data for fish roe.

FINFISH
Cisco, raw
Coregonus artedii **Lesueur**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 fillet[1] = 79 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	78.93	0.310	68	62.36	67.09	358.04
Food energy	kcal	98			78	84	446
	kJ	412			325	350	1,867
Protein (N X6.25)	g	18.99	0.225	68	15.00	16.14	86.14
Total lipid (fat)	g	1.91	0.149	69	1.51	1.63	8.68
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.20	0.032	70	0.94	1.02	5.43
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	354	8.519	18	279	301	1,604
Sodium	mg	55	1.653	18	43	47	249
Zinc	mg	0.37		1	0.29	0.31	1.68
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.421			0.333	0.358	1.910
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.088		1	0.070	0.075	0.399
16:0	g	0.285		1	0.225	0.242	1.293
18:0	g	0.048		1	0.038	0.041	0.218
Monounsaturated, total	g	0.469			0.371	0.399	2.127
16:1	g	0.114		1	0.090	0.097	0.517
18:1	g	0.291		1	0.230	0.247	1.320
20:1	g	0.019		1	0.015	0.016	0.086
22:1	g	0.045		1	0.036	0.038	0.204
Polyunsaturated, total	g	0.613			0.484	0.521	2.781
18:2	g	0.069		1	0.055	0.059	0.313
18:3	g	0.055		1	0.043	0.047	0.249
18:4	g	0.029		1	0.023	0.025	0.132
20:4	g	0.055		1	0.043	0.047	0.249
20:5	g	0.095		1	0.075	0.081	0.431
22:5	g	0.053		1	0.042	0.045	0.240
22:6	g	0.257		1	0.203	0.218	1.166
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.213			0.168	0.181	0.966
Threonine	g	0.832			0.657	0.707	3.774
Isoleucine	g	0.875			0.691	0.744	3.969
Leucine	g	1.543			1.219	1.312	6.999
Lysine	g	1.744			1.378	1.482	7.911
Methionine	g	0.562			0.444	0.478	2.549
Cystine	g	0.204			0.161	0.173	0.925
Phenylalanine	g	0.741			0.585	0.630	3.361
Tyrosine	g	0.641			0.506	0.545	2.908
Valine	g	0.978			0.773	0.831	4.436
Arginine	g	1.136			0.897	0.966	5.153
Histidine	g	0.559			0.442	0.475	2.536
Alanine	g	1.148			0.907	0.976	5.207
Aspartic acid	g	1.944			1.536	1.652	8.818
Glutamic acid	g	2.834			2.239	2.409	12.855
Glycine	g	0.911			0.720	0.774	4.132
Proline	g	0.671			0.530	0.570	3.044
Serine	g	0.775			0.612	0.659	3.515

[1]Yield from 1 lb whole fish.

FINFISH
Cisco, smoked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	69.80		2	19.54	59.33	316.61
Food energy	kcal	177			50	151	804
	kJ	741			208	630	3,363
Protein (N X6.25)	g	16.36		2	4.58	13.91	74.21
Total lipid (fat)	g	11.90		2	3.33	10.12	53.98
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.00		2	0.56	1.70	9.07
Minerals:							
Calcium	mg	26		2	7	22	116
Iron	mg	0.49		2	0.14	0.41	2.21
Magnesium	mg	17		2	5	14	76
Phosphorus	mg	150		2	42	128	680
Potassium	mg	293		2	82	249	1,329
Sodium	mg	481		2	135	409	2,182
Zinc	mg	0.30		2	0.08	0.25	1.34
Copper	mg	0.215		2	0.060	0.183	0.975
Manganese	mg	0.021		2	0.006	0.018	0.095
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.046		2	0.013	0.039	0.209
Riboflavin	mg	0.159		2	0.045	0.135	0.721
Niacin	mg	2.310		2	0.647	1.964	10.478
Pantothenic acid	mg	0.308		2	0.086	0.262	1.397
Vitamin B_6	mg	0.268		2	0.075	0.228	1.216
Folacin	mcg	2.1		2	0.6	1.8	9.6
Vitamin B_{12}	mcg	4.260		2	1.193	3.621	19.323
Vitamin A	RE	283			79	240	1,283
	IU	943		2	264	802	4,277
Lipids:							
Fatty acids:							
Saturated, total	g	1.741			0.487	1.480	7.897
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.654		2	0.183	0.556	2.967
16:0	g	0.888		2	0.249	0.755	4.028
18:0	g	0.199		2	0.056	0.169	0.903
Monounsaturated, total	g	5.484			1.536	4.661	24.875
16:1	g	2.665		2	0.746	2.265	12.088
18:1	g	2.450		2	0.686	2.083	11.113
20:1	g	0.369		2	0.103	0.314	1.674
22:1	g						
Polyunsaturated, total	g	2.274			0.637	1.933	10.315
18:2	g	0.422		2	0.118	0.359	1.914
18:3	g						
18:4	g	0.227		2	0.064	0.193	1.030
20:4	g	0.106		2	0.030	0.090	0.481
20:5	g	0.639		2	0.179	0.543	2.899
22:5	g	0.268		2	0.075	0.228	1.216
22:6	g	0.612		2	0.171	0.520	2.776
Cholesterol	mg	32		2	9	27	145
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.183			0.051	0.156	0.830
Threonine	g	0.717			0.201	0.609	3.252
Isoleucine	g	0.754			0.211	0.641	3.420
Leucine	g	1.330			0.372	1.131	6.033
Lysine	g	1.503			0.421	1.278	6.818
Methionine	g	0.484			0.136	0.411	2.195
Cystine	g	0.175			0.049	0.149	0.794
Phenylalanine	g	0.639			0.179	0.543	2.899
Tyrosine	g	0.552			0.155	0.469	2.504
Valine	g	0.843			0.236	0.717	3.824
Arginine	g	0.979			0.274	0.832	4.441
Histidine	g	0.482			0.135	0.410	2.186
Alanine	g	0.990			0.277	0.842	4.491
Aspartic acid	g	1.676			0.469	1.425	7.602
Glutamic acid	g	2.443			0.684	2.077	11.081
Glycine	g	0.785			0.220	0.667	3.561
Proline	g	0.579			0.162	0.492	2.626
Serine	g	0.668			0.187	0.568	3.030

FINFISH
Cod, Atlantic, raw
Gadus morhua **L.**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 231 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	81.22	0.040	537	69.03	187.61	368.40
Food energy	kcal	82			70	190	372
	kJ	344			292	794	1,558
Protein (N X6.25)	g	17.81	0.040	605	15.14	41.14	80.78
Total lipid (fat)	g	0.67	0.007	293	0.57	1.55	3.05
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.16	0.013	165	0.99	2.69	5.28
Minerals:							
Calcium	mg	16	1.489	101	13	37	72
Iron	mg	0.38	0.031	26	0.32	0.88	1.72
Magnesium	mg	32	1.273	30	27	74	144
Phosphorus	mg	203	3.657	75	173	469	922
Potassium	mg	413	11.091	49	351	954	1,873
Sodium	mg	54	3.370	44	46	125	246
Zinc	mg	0.45	0.012	188	0.38	1.04	2.04
Copper	mg	0.028	0.001	136	0.024	0.065	0.127
Manganese	mg	0.015			0.013	0.035	0.068
Vitamins:							
Ascorbic acid	mg	1.0	1.000	2	0.9	2.3	4.5
Thiamin	mg	0.076	0.004	40	0.065	0.176	0.345
Riboflavin	mg	0.065	0.004	68	0.055	0.150	0.295
Niacin	mg	2.063	0.074	69	1.754	4.766	9.358
Pantothenic acid	mg	0.153	0.009	45	0.130	0.353	0.694
Vitamin B_6	mg	0.245	0.035	4	0.208	0.566	1.111
Folacin	mcg						
Vitamin B_{12}	mcg	0.908	0.051	55	0.772	2.097	4.119
Vitamin A	RE	12			10	28	54
	IU	40		1	34	92	181
Lipids:							
Fatty acids:							
Saturated, total	g	0.131			0.111	0.303	0.594
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.009		25	0.008	0.021	0.041
16:0	g	0.091		26	0.077	0.210	0.413
18:0	g	0.030		26	0.026	0.069	0.136
Monounsaturated, total	g	0.094			0.080	0.217	0.426
16:1	g	0.016		26	0.014	0.037	0.073
18:1	g	0.061		26	0.052	0.141	0.277
20:1	g	0.015		23	0.013	0.035	0.068
22:1	g	0.003		19	0.003	0.007	0.014
Polyunsaturated, total	g	0.231			0.196	0.534	1.048
18:2	g	0.005		25	0.004	0.012	0.023
18:3	g	0.001		19	0.001	0.002	0.005
18:4	g	0.001		22	0.001	0.002	0.005
20:4	g	0.022		23	0.019	0.051	0.100
20:5	g	0.064		26	0.054	0.148	0.290
22:5	g	0.010		22	0.009	0.023	0.045
22:6	g	0.120		26	0.102	0.277	0.544
Cholesterol	mg	43	0.969	37	37	99	195
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.199			0.169	0.460	0.903
Threonine	g	0.781			0.664	1.804	3.543
Isoleucine	g	0.821			0.698	1.897	3.724
Leucine	g	1.447			1.230	3.343	6.564
Lysine	g	1.635			1.390	3.777	7.416
Methionine	g	0.527			0.448	1.217	2.390
Cystine	g	0.191			0.162	0.441	0.866
Phenylalanine	g	0.695			0.591	1.605	3.153
Tyrosine	g	0.601			0.511	1.388	2.726
Valine	g	0.917			0.779	2.118	4.160
Arginine	g	1.066			0.906	2.462	4.835
Histidine	g	0.524			0.445	1.210	2.377
Alanine	g	1.077			0.915	2.488	4.885
Aspartic acid	g	1.823			1.550	4.211	8.269
Glutamic acid	g	2.658			2.259	6.140	12.057
Glycine	g	0.855			0.727	1.975	3.878
Proline	g	0.630			0.536	1.455	2.858
Serine	g	0.726			0.617	1.677	3.293

[1]Yield from 3 lb whole fish.

FINFISH
Cod, Atlantic, canned, solids and liquid

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 can[1] = 312 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	75.61			64.27	235.89	342.95
Food energy	kcal	105			89	327	476
	kJ	439			373	1,370	1,992
Protein (N X 6.25)	g	22.76			19.35	71.02	103.26
Total lipid (fat)	g	0.86			0.73	2.68	3.90
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.49			1.26	4.64	6.75
Minerals:							
Calcium	mg	21			18	66	96
Iron	mg	0.49			0.41	1.52	2.20
Magnesium	mg	41			35	128	187
Phosphorus	mg	260			221	811	1,179
Potassium	mg	528			449	1,647	2,395
Sodium	mg	218			185	680	989
Zinc	mg	0.58			0.49	1.79	2.61
Copper	mg	0.037			0.031	0.115	0.168
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	1.0			0.9	3.2	4.6
Thiamin	mg	0.087			0.074	0.271	0.395
Riboflavin	mg	0.079			0.067	0.246	0.358
Niacin	mg	2.505			2.129	7.816	11.363
Pantothenic acid	mg						
Vitamin B_6	mg	0.282			0.240	0.880	1.279
Folacin	mcg						
Vitamin B_{12}	mcg	1.045			0.888	3.260	4.740
Vitamin A	RE	14			12	43	63
	IU	46			39	144	209
Lipids:							
Fatty acids:							
Saturated, total	g	0.167			0.142	0.521	0.758
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.012			0.010	0.037	0.054
16:0	g	0.116			0.099	0.362	0.526
18:0	g	0.038			0.032	0.119	0.172
Monounsaturated, total	g	0.124			0.105	0.387	0.562
16:1	g	0.020			0.017	0.062	0.091
18:1	g	0.078			0.066	0.243	0.354
20:1	g	0.019			0.016	0.059	0.086
22:1	g	0.004			0.003	0.012	0.018
Polyunsaturated, total	g	0.291			0.247	0.908	1.320
18:2	g	0.006			0.005	0.019	0.027
18:3	g	0.001			0.001	0.003	0.005
18:4	g	0.001			0.001	0.003	0.005
20:4	g	0.028			0.024	0.087	0.127
20:5	g	0.004			0.003	0.012	0.018
22:5	g	0.013			0.011	0.041	0.059
22:6	g	0.153			0.130	0.477	0.694
Cholesterol	mg	55			47	171	249
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.255			0.217	0.796	1.157
Threonine	g	0.998			0.848	3.114	4.527
Isoleucine	g	1.049			0.892	3.273	4.758
Leucine	g	1.850			1.573	5.772	8.392
Lysine	g	2.091			1.777	6.524	9.485
Methionine	g	0.674			0.573	2.103	3.057
Cystine	g	0.244			0.207	0.761	1.107
Phenylalanine	g	0.889			0.756	2.774	4.033
Tyrosine	g	0.768			0.653	2.396	3.484
Valine	g	1.173			0.997	3.660	5.321
Arginine	g	1.362			1.158	4.249	6.178
Histidine	g	0.670			0.570	2.090	3.039
Alanine	g	1.377			1.170	4.296	6.246
Aspartic acid	g	2.331			1.981	7.273	10.573
Glutamic acid	g	3.398			2.888	10.602	15.413
Glycine	g	1.093			0.929	3.410	4.958
Proline	g	0.805			0.684	2.512	3.651
Serine	g	0.929			0.790	2.898	4.214

[1] Can size: 211 x 400 (No. 1 Picnic).

FINFISH
Cod, Atlantic, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 180 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	75.92			64.53	136.65	344.36
Food energy	kcal	105			89	189	478
	kJ	440			374	793	1,998
Protein (N X6.25)	g	22.83			19.41	41.10	103.57
Total lipid (fat)	g	0.86			0.73	1.55	3.91
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.49			1.27	2.68	6.76
Minerals:							
Calcium	mg	14	2.300	2	12	25	63
Iron	mg	0.49			0.41	0.88	2.21
Magnesium	mg	42	3.720	2	36	76	191
Phosphorus	mg	138	2.000	2	117	248	624
Potassium	mg	244	13.685	2	208	440	1,108
Sodium	mg	78	13.225	2	66	141	354
Zinc	mg	0.58			0.49	1.04	2.62
Copper	mg	0.036			0.031	0.065	0.163
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	1.0			0.9	1.8	4.7
Thiamin	mg	0.088			0.075	0.158	0.399
Riboflavin	mg	0.079			0.067	0.142	0.358
Niacin	mg	2.513			2.136	4.523	11.399
Pantothenic acid	mg						
Vitamin B_6	mg	0.283			0.241	0.509	1.284
Folacin	mcg						
Vitamin B_{12}	mcg	1.048			0.891	1.886	4.754
Vitamin A	RE	14			12	25	63
	IU	46			39	83	209
Lipids:							
Fatty acids:							
Saturated, total	g	0.168			0.143	0.302	0.762
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.012			0.010	0.022	0.054
16:0	g	0.117			0.099	0.211	0.531
18:0	g	0.038			0.032	0.068	0.172
Monounsaturated, total	g	0.124			0.105	0.223	0.562
16:1	g	0.021			0.018	0.038	0.095
18:1	g	0.078			0.066	0.140	0.354
20:1	g	0.019			0.016	0.034	0.086
22:1	g	0.004			0.003	0.007	0.018
Polyunsaturated, total	g	0.292			0.248	0.526	1.325
18:2	g	0.006			0.005	0.011	0.027
18:3	g	0.001			0.001	0.002	0.005
18:4	g	0.001			0.001	0.002	0.005
20:4	g	0.028			0.024	0.050	0.127
20:5	g	0.004			0.003	0.007	0.018
22:5	g	0.013			0.011	0.023	0.059
22:6	g	0.154			0.131	0.277	0.699
Cholesterol	mg	55			47	99	250
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.256			0.218	0.461	1.161
Threonine	g	1.001			0.851	1.802	4.541
Isoleucine	g	1.052			0.894	1.894	4.772
Leucine	g	1.856			1.578	3.341	8.419
Lysine	g	2.097			1.782	3.775	9.512
Methionine	g	0.676			0.575	1.217	3.066
Cystine	g	0.245			0.208	0.441	1.111
Phenylalanine	g	0.891			0.757	1.604	4.042
Tyrosine	g	0.771			0.655	1.388	3.497
Valine	g	1.176			1.000	2.117	5.334
Arginine	g	1.366			1.161	2.459	6.196
Histidine	g	0.672			0.571	1.210	3.048
Alanine	g	1.381			1.174	2.486	6.264
Aspartic acid	g	2.338			1.987	4.208	10.605
Glutamic acid	g	3.408			2.897	6.134	15.459
Glycine	g	1.096			0.932	1.973	4.971
Proline	g	0.807			0.686	1.453	3.661
Serine	g	0.932			0.792	1.678	4.228

[1] Yield from raw fillet.

FINFISH
Cod, Atlantic, dried and salted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	16.14			4.52	13.72	73.22
Food energy	kcal	290			81	246	1,314
	kJ	1,212			339	1,030	5,497
Protein (N X6.25)	g	62.82			17.59	53.40	284.94
Total lipid (fat)	g	2.37			0.66	2.02	10.77
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	4.10			1.15	3.49	18.61
Minerals:							
Calcium	mg	160		1	45	136	726
Iron	mg	2.50		1	0.70	2.13	11.34
Magnesium	mg	133			37	113	604
Phosphorus	mg	950		1	266	808	4,309
Potassium	mg	1,458			408	1,239	6,612
Sodium	mg	7,027			1,968	5,973	31,874
Zinc	mg	1.59			0.44	1.35	7.20
Copper	mg	0.176			0.049	0.150	0.798
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	3.5			1.0	3.0	16.0
Thiamin	mg	0.268			0.075	0.228	1.216
Riboflavin	mg	0.240		1	0.067	0.204	1.089
Niacin	mg	7.500		1	2.100	6.375	34.020
Pantothenic acid	mg	1.675		1	0.469	1.424	7.598
Vitamin B_6	mg	0.864			0.242	0.734	3.919
Folacin	mcg						
Vitamin B_{12}	mcg	10.000		1	2.800	8.500	45.360
Vitamin A	RE	42			12	36	192
	IU	141			40	120	640
Lipids:							
Fatty acids:							
Saturated, total	g	0.462			0.129	0.393	2.096
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.032			0.009	0.027	0.145
16:0	g	0.321			0.090	0.273	1.456
18:0	g	0.106			0.030	0.090	0.481
Monounsaturated, total	g	0.342			0.096	0.291	1.551
16:1	g	0.056			0.016	0.048	0.254
18:1	g	0.215			0.060	0.183	0.975
20:1	g	0.053			0.015	0.045	0.240
22:1	g	0.011			0.003	0.009	0.050
Polyunsaturated, total	g	0.804			0.225	0.683	3.647
18:2	g	0.018			0.005	0.015	0.082
18:3	g	0.004			0.001	0.003	0.018
18:4	g	0.004			0.001	0.003	0.018
20:4	g	0.078			0.022	0.066	0.354
20:5	g	0.011			0.003	0.009	0.050
22:5	g	0.035			0.010	0.030	0.159
22:6	g	0.423			0.118	0.360	1.919
Cholesterol	mg	152			42	129	688
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.704			0.197	0.598	3.193
Threonine	g	2.754			0.771	2.341	12.492
Isoleucine	g	2.895			0.811	2.461	13.132
Leucine	g	5.106			1.430	4.340	23.161
Lysine	g	5.769			1.615	4.904	26.168
Methionine	g	1.859			0.521	1.580	8.432
Cystine	g	0.673			0.188	0.572	3.053
Phenylalanine	g	2.452			0.687	2.084	11.122
Tyrosine	g	2.121			0.594	1.803	9.621
Valine	g	3.236			0.906	2.751	14.678
Arginine	g	3.759			1.053	3.195	17.051
Histidine	g	1.849			0.518	1.572	8.387
Alanine	g	3.799			1.064	3.229	17.232
Aspartic acid	g	6.433			1.801	5.468	29.180
Glutamic acid	g	9.378			2.626	7.971	42.539
Glycine	g	3.015			0.844	2.563	13.676
Proline	g	2.221			0.622	1.888	10.074
Serine	g	2.563			0.718	2.179	11.626

FINFISH
Cod, Pacific, raw
Gadus macrocephalus **Tilesius**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 116 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	81.28	0.058	237	69.09	94.28	368.68
Food energy	kcal	82			70	95	372
	kJ	343			292	398	1,558
Protein (N X 6.25)	g	17.90	0.260	226	15.21	20.76	81.19
Total lipid (fat)	g	0.63	0.031	18	0.53	0.73	2.85
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.20	0.007	226	1.02	1.39	5.44
Minerals:							
Calcium	mg	7		1	6	8	33
Iron	mg	0.26	0.024	3	0.22	0.31	1.19
Magnesium	mg	24		1	21	28	110
Phosphorus	mg	174		1	148	202	789
Potassium	mg	403	2.102	126	342	467	1,827
Sodium	mg	71	1.109	126	60	82	322
Zinc	mg	0.40	0.015	60	0.34	0.46	1.81
Copper	mg	0.026	0.002	61	0.022	0.030	0.118
Manganese	mg	0.012		1	0.010	0.014	0.054
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.022	0.003	3	0.019	0.026	0.100
Riboflavin	mg	0.042	0.002	3	0.036	0.049	0.191
Niacin	mg	2.040	0.248	3	1.734	2.366	9.253
Pantothenic acid	mg	0.140	0.040	2	0.119	0.162	0.635
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE	8			7	10	38
	IU	28		1	24	32	127
Lipids:							
Fatty acids:							
Saturated, total	g	0.081			0.069	0.094	0.367
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.003		1	0.003	0.003	0.014
16:0	g	0.066		1	0.056	0.077	0.299
18:0	g	0.012		1	0.010	0.014	0.054
Monounsaturated, total	g	0.082			0.070	0.095	0.372
16:1	g	0.031		1	0.026	0.036	0.141
18:1	g	0.051		1	0.043	0.059	0.231
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.244			0.207	0.283	1.107
18:2	g	0.006		1	0.005	0.007	0.027
18:3	g	0.002		1	0.002	0.002	0.009
18:4	g						
20:4	g	0.017		1	0.014	0.020	0.077
20:5	g	0.080		1	0.068	0.093	0.363
22:5	g	0.004		1	0.003	0.005	0.018
22:6	g	0.135		1	0.115	0.157	0.612
Cholesterol	mg	37		1	31	43	168
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.200			0.170	0.232	0.907
Threonine	g	0.785			0.667	0.911	3.561
Isoleucine	g	0.825			0.701	0.957	3.742
Leucine	g	1.455			1.237	1.688	6.600
Lysine	g	1.644			1.397	1.907	7.457
Methionine	g	0.530			0.451	0.615	2.404
Cystine	g	0.192			0.163	0.223	0.871
Phenylalanine	g	0.699			0.594	0.811	3.171
Tyrosine	g	0.604			0.513	0.701	2.740
Valine	g	0.922			0.784	1.070	4.182
Arginine	g	1.071			0.910	1.242	4.858
Histidine	g	0.527			0.448	0.611	2.390
Alanine	g	1.083			0.921	1.256	4.912
Aspartic acid	g	1.833			1.558	2.126	8.314
Glutamic acid	g	2.672			2.271	3.100	12.120
Glycine	g	0.859			0.730	0.996	3.896
Proline	g	0.633			0.538	0.734	2.871
Serine	g	0.730			0.621	0.847	3.311

[1] Yield from 1-1/2 lb whole fish.

FINFISH
Croaker, Atlantic, raw
Micropogonias undulatus **(L.)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 fillet[1] = 79 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	78.03	0.594	7	61.64	66.32	353.94
Food energy	kcal	104			83	89	474
	kJ	437			345	372	1,983
Protein (N X6.25)	g	17.78	0.301	7	14.05	15.12	80.66
Total lipid (fat)	g	3.17	0.529	8	2.50	2.69	14.37
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.11	0.113	7	0.88	0.95	5.05
Minerals:							
Calcium	mg	15		1	12	13	68
Iron	mg	0.37		1	0.29	0.31	1.68
Magnesium	mg	40		1	31	34	181
Phosphorus	mg	210		1	166	178	951
Potassium	mg	345		1	273	293	1,565
Sodium	mg	56		1	44	47	252
Zinc	mg	0.42	0.009	91	0.33	0.35	1.88
Copper	mg	0.042	0.002	92	0.033	0.036	0.191
Manganese	mg	0.025		1	0.020	0.021	0.113
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	1.088			0.860	0.925	4.935
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.049		1	0.039	0.042	0.222
16:0	g	0.836		1	0.660	0.711	3.792
18:0	g	0.203		1	0.160	0.173	0.921
Monounsaturated, total	g	1.149			0.908	0.977	5.212
16:1	g	0.464		1	0.367	0.394	2.105
18:1	g	0.593		1	0.468	0.504	2.690
20:1	g	0.086		1	0.068	0.073	0.390
22:1	g						
Polyunsaturated, total	g	0.464			0.367	0.394	2.105
18:2	g	0.046		1	0.036	0.039	0.209
18:3	g	0.009		1	0.007	0.008	0.041
18:4	g	0.011		1	0.009	0.009	0.050
20:4	g	0.092		1	0.073	0.078	0.417
20:5	g	0.123		1	0.097	0.105	0.558
22:5	g	0.086		1	0.068	0.073	0.390
22:6	g	0.097		1	0.077	0.082	0.440
Cholesterol	mg	61		1	48	52	277
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.199			0.157	0.169	0.903
Threonine	g	0.780			0.616	0.663	3.538
Isoleucine	g	0.819			0.647	0.696	3.715
Leucine	g	1.445			1.142	1.228	6.555
Lysine	g	1.633			1.290	1.388	7.407
Methionine	g	0.526			0.416	0.447	2.386
Cystine	g	0.191			0.151	0.162	0.866
Phenylalanine	g	0.694			0.548	0.590	3.148
Tyrosine	g	0.600			0.474	0.510	2.722
Valine	g	0.916			0.724	0.779	4.155
Arginine	g	1.064			0.841	0.904	4.826
Histidine	g	0.523			0.413	0.445	2.372
Alanine	g	1.075			0.849	0.914	4.876
Aspartic acid	g	1.821			1.439	1.548	8.260
Glutamic acid	g	2.654			2.097	2.256	12.039
Glycine	g	0.854			0.675	0.726	3.874
Proline	g	0.629			0.497	0.535	2.853
Serine	g	0.725			0.573	0.616	3.289

[1] Yield from 1 lb whole fish.

FINFISH
Croaker, Atlantic, cooked, breaded and fried[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet = 87 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.76			50.79	51.99	271.05
Food energy	kcal	221			188	192	1,002
	kJ	924			786	804	4,193
Protein (N X6.21)	g	18.20			15.47	15.83	82.56
Total lipid (fat)	g	12.67			10.77	11.02	57.47
Carbohydrate, total	g	7.54			6.40	6.56	34.18
Crude fiber	g	0.14			0.12	0.12	0.64
Ash	g	1.37			1.16	1.19	6.21
Minerals:							
Calcium	mg	32			27	28	146
Iron	mg	0.86			0.73	0.75	3.90
Magnesium	mg	42			35	36	189
Phosphorus	mg	217			184	189	983
Potassium	mg	340			289	296	1,541
Sodium	mg	348			296	303	1,577
Zinc	mg	0.52			0.44	0.46	2.37
Copper	mg	0.065			0.055	0.057	0.295
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	3.476			2.955	3.024	15.767
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.088			0.075	0.077	0.399
16:0	g	2.194			1.865	1.909	9.952
18:0	g	1.193			1.014	1.038	5.411
Monounsaturated, total	g	5.320			4.522	4.628	24.132
16:1	g	0.444			0.377	0.386	2.014
18:1	g	4.789			4.071	4.166	21.723
20:1	g	0.079			0.067	0.069	0.358
22:1	g						
Polyunsaturated, total	g	2.917			2.479	2.538	13.232
18:2	g	2.376			2.020	2.067	10.778
18:3	g	0.157			0.133	0.137	0.712
18:4	g	0.010			0.009	0.009	0.045
20:4	g	0.089			0.076	0.077	0.404
20:5	g	0.113			0.096	0.098	0.513
22:5	g	0.079			0.067	0.069	0.358
22:6	g	0.089			0.076	0.077	0.404
Cholesterol	mg	84			71	73	380
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.208			0.177	0.181	0.943
Threonine	g	0.788			0.670	0.686	3.574
Isoleucine	g	0.847			0.720	0.737	3.842
Leucine	g	1.480			1.258	1.288	6.713
Lysine	g	1.571			1.335	1.367	7.126
Methionine	g	0.525			0.446	0.457	2.381
Cystine	g	0.217			0.184	0.189	0.984
Phenylalanine	g	0.742			0.631	0.646	3.366
Tyrosine	g	0.621			0.528	0.540	2.817
Valine	g	0.947			0.805	0.824	4.296
Arginine	g	1.061			0.902	0.923	4.813
Histidine	g	0.525			0.446	0.457	2.381
Alanine	g	1.067			0.907	0.928	4.840
Aspartic acid	g	1.791			1.522	1.558	8.124
Glutamic acid	g	2.981			2.534	2.593	13.522
Glycine	g	0.850			0.723	0.740	3.856
Proline	g	0.759			0.645	0.660	3.443
Serine	g	0.788			0.670	0.686	3.574

[1]Recipe: Fish, 84.2%; bread crumbs, 9.3%; egg, 4.6%; milk, 1.4%; and salt, 0.5%.

FINFISH
Cusk, raw
Brosme brosme **(Müller)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 122 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	76.35	0.662	25	64.90	93.15	346.32
Food energy	kcal	87			74	106	396
	kJ	365			310	445	1,656
Protein (N X6.25)	g	18.99	0.383	12	16.14	23.17	86.15
Total lipid (fat)	g	0.69	0.106	4	0.58	0.84	3.11
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.25	0.133	6	1.06	1.53	5.67
Minerals:							
Calcium	mg	10	5.029	23	9	12	46
Iron	mg	0.83			0.71	1.01	3.76
Magnesium	mg	31	2.018	19	27	38	142
Phosphorus	mg	204	17.349	6	173	248	924
Potassium	mg	392	14.022	22	333	479	1,779
Sodium	mg	31	5.357	20	27	38	143
Zinc	mg	0.38	0.010	76	0.32	0.47	1.73
Copper	mg	0.018	0.001	74	0.015	0.022	0.082
Manganese	mg	0.015			0.013	0.018	0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg	0.133	0.023	7	0.113	0.162	0.603
Niacin	mg	2.686	0.083	7	2.283	3.277	12.184
Pantothenic acid	mg	0.279	0.028	7	0.237	0.340	1.266
Vitamin B_6	mg	0.387	0.085	3	0.329	0.472	1.755
Folacin	mcg						
Vitamin B_{12}	mcg	1.043	0.125	7	0.887	1.272	4.731
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	41			35	50	186
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.213			0.181	0.260	0.966
Threonine	g	0.833			0.708	1.016	3.778
Isoleucine	g	0.875			0.744	1.068	3.969
Leucine	g	1.544			1.312	1.884	7.004
Lysine	g	1.744			1.482	2.128	7.911
Methionine	g	0.562			0.478	0.686	2.549
Cystine	g	0.204			0.173	0.249	0.925
Phenylalanine	g	0.742			0.631	0.905	3.366
Tyrosine	g	0.641			0.545	0.782	2.908
Valine	g	0.979			0.832	1.194	4.441
Arginine	g	1.137			0.966	1.387	5.157
Histidine	g	0.559			0.475	0.682	2.536
Alanine	g	1.149			0.977	1.402	5.212
Aspartic acid	g	1.945			1.653	2.373	8.823
Glutamic acid	g	2.835			2.410	3.459	12.860
Glycine	g	0.912			0.775	1.113	4.137
Proline	g	0.672			0.571	0.820	3.048
Serine	g	0.775			0.659	0.946	3.515

[1]Yield from 2 lb whole fish.

FINFISH
Dolphinfish, raw
Coryphaena hippurus **L.**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 204 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	77.55	2.950	2	65.92	158.20	351.77
Food energy	kcal	85			73	174	387
	kJ	357			303	728	1,619
Protein (N X6.25)	g	18.50		1	15.73	37.74	83.92
Total lipid (fat)	g	0.70		1	0.60	1.43	3.18
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.10		1	1.79	4.28	9.53
Minerals:							
Calcium	mg						
Iron	mg	1.13			0.96	2.31	5.13
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	416		1	354	849	1,887
Sodium	mg	88	10.500	2	74	179	397
Zinc	mg	0.46	0.035	65	0.39	0.93	2.07
Copper	mg	0.041	0.002	64	0.035	0.084	0.186
Manganese	mg	0.015			0.013	0.031	0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.188			0.160	0.384	0.853
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.001		1	0.001	0.002	0.005
14:0	g	0.014		3	0.012	0.029	0.064
16:0	g	0.120		3	0.102	0.245	0.544
18:0	g	0.046		3	0.039	0.094	0.209
Monounsaturated, total	g	0.121			0.103	0.247	0.549
16:1	g	0.023		3	0.020	0.047	0.104
18:1	g	0.086		3	0.073	0.175	0.390
20:1	g	0.003		2	0.003	0.006	0.014
22:1	g	0.009		2	0.008	0.018	0.041
Polyunsaturated, total	g	0.165			0.140	0.337	0.748
18:2	g	0.036		3	0.031	0.073	0.163
18:3	g	0.005		1	0.004	0.010	0.023
18:4	g	0.005		1	0.004	0.010	0.023
20:4	g	0.002		1	0.002	0.004	0.009
20:5	g	0.020		3	0.017	0.041	0.091
22:5	g	0.009		2	0.008	0.018	0.041
22:6	g	0.088		3	0.075	0.180	0.399
Cholesterol	mg	73		1	62	149	331
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.207			0.176	0.422	0.939
Threonine	g	0.811			0.689	1.654	3.679
Isoleucine	g	0.852			0.724	1.738	3.865
Leucine	g	1.504			1.278	3.068	6.822
Lysine	g	1.699			1.444	3.466	7.707
Methionine	g	0.548			0.466	1.118	2.486
Cystine	g	0.198			0.168	0.404	0.898
Phenylalanine	g	0.722			0.614	1.473	3.275
Tyrosine	g	0.625			0.531	1.275	2.835
Valine	g	0.953			0.810	1.944	4.323
Arginine	g	1.107			0.941	2.258	5.021
Histidine	g	0.545			0.463	1.112	2.472
Alanine	g	1.119			0.951	2.283	5.076
Aspartic acid	g	1.894			1.610	3.864	8.591
Glutamic acid	g	2.762			2.348	5.634	12.528
Glycine	g	0.888			0.755	1.812	4.028
Proline	g	0.654			0.556	1.334	2.967
Serine	g	0.755			0.642	1.540	3.425

[1] Yield from 3 lb whole fish.

FINFISH
Drum, Freshwater, raw
Aplodinotus grunniens **Rafinesque**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 198 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	77.33	0.125	650	65.73	153.10	350.75
Food energy	kcal	119			101	236	541
	kJ	499			424	989	2,265
Protein (N X6.25)	g	17.54	0.019	650	14.90	34.72	79.54
Total lipid (fat)	g	4.93	0.103	905	4.19	9.77	22.37
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.08	0.016	652	0.91	2.13	4.88
Minerals:							
Calcium	mg	60		1	51	119	272
Iron	mg	0.90		1	0.77	1.78	4.08
Magnesium	mg	30		1	26	59	136
Phosphorus	mg	180		1	153	356	816
Potassium	mg	275	1.857	189	234	544	1,247
Sodium	mg	75	0.644	163	64	149	340
Zinc	mg	0.66	0.156	4	0.56	1.30	2.97
Copper	mg	0.232	0.032	2	0.197	0.459	1.052
Manganese	mg	0.700		1	0.595	1.386	3.175
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	1.119			0.951	2.216	5.076
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.105		7	0.089	0.208	0.476
16:0	g	0.872		7	0.741	1.727	3.955
18:0	g	0.142		7	0.121	0.281	0.644
Monounsaturated, total	g	2.190			1.862	4.336	9.934
16:1	g	0.791		7	0.672	1.566	3.588
18:1	g	1.199		7	1.019	2.374	5.439
20:1	g	0.081		7	0.069	0.160	0.367
22:1	g	0.119		1	0.101	0.236	0.540
Polyunsaturated, total	g	1.154			0.981	2.285	5.235
18:2	g	0.155		7	0.132	0.307	0.703
18:3	g	0.114		6	0.097	0.226	0.517
18:4	g						
20:4	g	0.224		6	0.190	0.444	1.016
20:5	g	0.230		7	0.196	0.455	1.043
22:5	g	0.144		7	0.122	0.285	0.653
22:6	g	0.287		7	0.244	0.568	1.302
Cholesterol	mg	64		1	54	127	290
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.196			0.167	0.388	0.889
Threonine	g	0.769			0.654	1.523	3.488
Isoleucine	g	0.808			0.687	1.600	3.665
Leucine	g	1.425			1.211	2.822	6.464
Lysine	g	1.611			1.369	3.190	7.307
Methionine	g	0.519			0.441	1.028	2.354
Cystine	g	0.188			0.160	0.372	0.853
Phenylalanine	g	0.685			0.582	1.356	3.107
Tyrosine	g	0.592			0.503	1.172	2.685
Valine	g	0.904			0.768	1.790	4.101
Arginine	g	1.049			0.892	2.077	4.758
Histidine	g	0.516			0.439	1.022	2.341
Alanine	g	1.061			0.902	2.101	4.813
Aspartic acid	g	1.796			1.527	3.556	8.147
Glutamic acid	g	2.618			2.225	5.184	11.875
Glycine	g	0.842			0.716	1.667	3.819
Proline	g	0.620			0.527	1.228	2.812
Serine	g	0.716			0.609	1.418	3.248

[1] Yield from 2-1/2 lb whole fish.

FINFISH
Eel, Mixed species, raw
Anguilla **spp.**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 204 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	68.26		12	58.02	139.25	309.62
Food energy	kcal	184			156	375	834
	kJ	770			654	1,570	3,491
Protein (N X6.25)	g	18.44		12	15.68	37.63	83.66
Total lipid (fat)	g	11.66	0.885	14	9.91	23.79	52.90
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.41		11	1.20	2.87	6.38
Minerals:							
Calcium	mg	20		1	17	41	91
Iron	mg	0.50		1	0.43	1.02	2.27
Magnesium	mg						
Phosphorus	mg	216		2	183	440	979
Potassium	mg	272		5	232	556	1,236
Sodium	mg	51		4	43	104	231
Zinc	mg	1.62	0.076	40	1.38	3.30	7.34
Copper	mg	0.023	0.002	30	0.020	0.047	0.104
Manganese	mg	0.035			0.030	0.071	0.159
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.150	0.016	4	0.128	0.306	0.680
Riboflavin	mg	0.040		1	0.034	0.082	0.181
Niacin	mg	3.500		1	2.975	7.140	15.876
Pantothenic acid	mg	0.240		1	0.204	0.490	1.089
Vitamin B_6	mg	0.067	0.026	10	0.057	0.137	0.304
Folacin	mcg						
Vitamin B_{12}	mcg	3.000		1	2.550	6.120	13.608
Vitamin A	RE	1,043			886	2,127	4,729
	IU	3,475	1,525.000	2	2,954	7,089	15,763
Lipids:							
Fatty acids:							
Saturated, total	g	2.358			2.004	4.810	10.696
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.580		2	0.493	1.183	2.631
16:0	g	1.585		2	1.347	3.233	7.190
18:0	g	0.191		2	0.162	0.390	0.866
Monounsaturated, total	g	7.190			6.112	14.668	32.614
16:1	g	1.255		2	1.067	2.560	5.693
18:1	g	2.772		2	2.356	5.655	12.574
20:1	g	3.000		1	2.550	6.120	13.608
22:1	g						
Polyunsaturated, total	g	0.947			0.805	1.932	4.296
18:2	g	0.196		2	0.167	0.400	0.889
18:3	g	0.432		1	0.367	0.881	1.960
18:4	g						
20:4	g	0.095		2	0.081	0.194	0.431
20:5	g	0.084		1	0.071	0.171	0.381
22:5	g	0.074		1	0.063	0.151	0.336
22:6	g	0.063		2	0.054	0.129	0.286
Cholesterol	mg	126		2	107	257	571
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.207			0.176	0.422	0.939
Threonine	g	0.809			0.688	1.650	3.670
Isoleucine	g	0.850			0.723	1.734	3.856
Leucine	g	1.499			1.274	3.058	6.799
Lysine	g	1.694			1.440	3.456	7.684
Methionine	g	0.546			0.464	1.114	2.477
Cystine	g	0.198			0.168	0.404	0.898
Phenylalanine	g	0.720			0.612	1.469	3.266
Tyrosine	g	0.623			0.530	1.271	2.826
Valine	g	0.950			0.808	1.938	4.309
Arginine	g	1.104			0.938	2.252	5.008
Histidine	g	0.543			0.462	1.108	2.463
Alanine	g	1.115			0.948	2.275	5.058
Aspartic acid	g	1.889			1.606	3.854	8.569
Glutamic acid	g	2.753			2.340	5.616	12.488
Glycine	g	0.885			0.752	1.805	4.014
Proline	g	0.652			0.554	1.330	2.957
Serine	g	0.753			0.640	1.536	3.416

[1] Yield from 2 lb whole fish.

FINFISH
Eel, Mixed species, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 159 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.31			50.41	94.30	269.01
Food energy	kcal	236			200	375	1,070
	kJ	987			839	1,569	4,476
Protein (N X6.25)	g	23.65			20.10	37.60	107.26
Total lipid (fat)	g	14.95			12.71	23.78	67.83
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.80			1.53	2.87	8.18
Minerals:							
Calcium	mg	26			22	41	116
Iron	mg	0.64			0.54	1.02	2.91
Magnesium	mg						
Phosphorus	mg	277			235	440	1,255
Potassium	mg	349			297	555	1,584
Sodium	mg	65			55	104	296
Zinc	mg	2.08			1.76	3.30	9.42
Copper	mg	0.029			0.025	0.046	0.132
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.183			0.156	0.291	0.830
Riboflavin	mg	0.051			0.043	0.081	0.231
Niacin	mg	4.487			3.814	7.134	20.353
Pantothenic acid	mg						
Vitamin B_6	mg	0.077			0.065	0.122	0.349
Folacin	mcg						
Vitamin B_{12}	mcg	2.885			2.452	4.587	13.086
Vitamin A	RE	1,136			966	1,806	5,153
	IU	3,787			3,219	6,021	17,177
Lipids:							
Fatty acids:							
Saturated, total	g	3.023			2.570	4.807	13.712
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.740			0.629	1.177	3.357
16:0	g	2.032			1.727	3.231	9.217
18:0	g	0.245			0.208	0.390	1.111
Monounsaturated, total	g	9.218			7.835	14.657	41.813
16:1	g	1.609			1.368	2.558	7.298
18:1	g	3.554			3.021	5.651	16.121
20:1	g	3.846			3.269	6.115	17.445
22:1	g						
Polyunsaturated, total	g	1.214			1.032	1.930	5.507
18:2	g	0.251			0.213	0.399	1.139
18:3	g	0.554			0.471	0.881	2.513
18:4	g						
20:4	g	0.122			0.104	0.194	0.553
20:5	g	0.108			0.092	0.172	0.490
22:5	g	0.095			0.081	0.151	0.431
22:6	g	0.081			0.069	0.129	0.367
Cholesterol	mg	161			137	257	732
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.265			0.225	0.421	1.202
Threonine	g	1.037			0.881	1.649	4.704
Isoleucine	g	1.090			0.927	1.733	4.944
Leucine	g	1.922			1.634	3.056	8.718
Lysine	g	2.171			1.845	3.452	9.848
Methionine	g	0.700			0.595	1.113	3.175
Cystine	g	0.253			0.215	0.402	1.148
Phenylalanine	g	0.923			0.785	1.468	4.187
Tyrosine	g	0.798			0.678	1.269	3.620
Valine	g	1.218			1.035	1.937	5.525
Arginine	g	1.415			1.203	2.250	6.418
Histidine	g	0.696			0.592	1.107	3.157
Alanine	g	1.430			1.216	2.274	6.486
Aspartic acid	g	2.421			2.058	3.849	10.982
Glutamic acid	g	3.530			3.001	5.613	16.012
Glycine	g	1.135			0.965	1.805	5.148
Proline	g	0.836			0.711	1.329	3.792
Serine	g	0.965			0.820	1.534	4.377

[1] Yield from raw fillet.

FINFISH
Fish Portions and Sticks, frozen, reheated[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 stick[2] = 28 g	1 portion[3] = 57 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	46.32			12.97	26.40	210.13
Food energy	kcal	272			76	155	1,232
	kJ	1,136			318	648	5,154
Protein (N X6.13)	g	15.65			4.38	8.92	70.97
Total lipid (fat)	g	12.23			3.42	6.97	55.48
Carbohydrate, total	g	23.75			6.65	13.54	107.74
Crude fiber	g	0.45			0.12	0.25	2.02
Ash	g	2.63			0.74	1.50	11.95
Minerals:							
Calcium	mg	20		10	6	11	91
Iron	mg	0.74		11	0.21	0.42	3.36
Magnesium	mg	25		11	7	14	113
Phosphorus	mg	181		10	51	103	821
Potassium	mg	261			73	149	1,186
Sodium	mg	582			163	332	2,642
Zinc	mg	0.66			0.19	0.38	3.00
Copper	mg	0.101			0.028	0.058	0.458
Manganese	mg	0.236		7	0.066	0.135	1.070
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.127			0.036	0.072	0.576
Riboflavin	mg	0.178			0.050	0.101	0.807
Niacin	mg	2.129			0.596	1.214	9.657
Pantothenic acid	mg						
Vitamin B_6	mg	0.060			0.017	0.034	0.272
Folacin	mcg	18.2			5.1	10.4	82.7
Vitamin B_{12}	mcg	1.797			0.503	1.024	8.151
Vitamin A	RE	31			9	18	142
	IU	106			30	60	480
Lipids:							
Fatty acids:							
Saturated, total	g	3.149			0.882	1.795	14.284
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.069			0.019	0.039	0.313
16:0	g	1.868			0.523	1.065	8.473
18:0	g	1.184			0.332	0.675	5.371
Monounsaturated, total	g	5.067			1.419	2.888	22.984
16:1	g	0.058			0.016	0.033	0.263
18:1	g	4.989			1.397	2.844	22.630
20:1	g	0.010			0.003	0.006	0.045
22:1	g	0.002			0.001	0.001	0.009
Polyunsaturated, total	g	3.166			0.886	1.805	14.361
18:2	g	2.738			0.767	1.561	12.420
18:3	g	0.172			0.048	0.098	0.780
18:4	g						
20:4	g	0.018			0.005	0.010	0.082
20:5	g	0.086			0.024	0.049	0.390
22:5	g	0.006			0.002	0.003	0.027
22:6	g	0.128			0.036	0.073	0.581
Cholesterol	mg	112			31	64	507
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.194			0.054	0.111	0.880
Threonine	g	0.646			0.181	0.368	2.930
Isoleucine	g	0.745			0.209	0.425	3.379
Leucine	g	1.266			0.354	0.722	5.743
Lysine	g	1.123			0.314	0.640	5.094
Methionine	g	0.424			0.119	0.242	1.923
Cystine	g	0.227			0.064	0.129	1.030
Phenylalanine	g	0.699			0.196	0.398	3.171
Tyrosine	g	0.538			0.151	0.307	2.440
Valine	g	0.835			0.234	0.476	3.788
Arginine	g	0.847			0.237	0.483	3.842
Histidine	g	0.419			0.117	0.239	1.901
Alanine	g	0.832			0.233	0.474	3.774
Aspartic acid	g	1.373			0.384	0.783	6.228
Glutamic acid	g	3.180			0.890	1.813	14.424
Glycine	g	0.679			0.190	0.387	3.080
Proline	g	0.921			0.258	0.525	4.178
Serine	g	0.758			0.212	0.432	3.438

[1] Recipe: Walleye pollock, 53.1%; bread crumbs, 29.2%; egg, 11.7%; milk, 5.4%; and salt, 0.6%.
[2] 4 in long, 1 in wide, 1/2 in high.
[3] 4 in long, 2 in wide, 1/2 in high.

FINFISH
Flatfish, raw
Bothidae and Pleuronectidae

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 163 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	79.06	0.438	623	67.20	128.87	358.62
Food energy	kcal	91			78	149	414
	kJ	382			324	622	1,731
Protein (N X6.25)	g	18.84		595	16.02	30.71	85.47
Total lipid (fat)	g	1.19	0.039	596	1.01	1.94	5.40
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.20	0.012	597	1.02	1.95	5.43
Minerals:							
Calcium	mg	18		32	15	29	80
Iron	mg	0.36		9	0.30	0.58	1.62
Magnesium	mg	31		5	27	51	142
Phosphorus	mg	184		29	156	300	834
Potassium	mg	361		259	307	588	1,637
Sodium	mg	81		262	69	132	367
Zinc	mg	0.45	0.008	518	0.39	0.74	2.05
Copper	mg	0.032	0.002	507	0.027	0.052	0.145
Manganese	mg	0.017		3	0.014	0.028	0.077
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.089		14	0.076	0.145	0.404
Riboflavin	mg	0.076		17	0.065	0.124	0.345
Niacin	mg	2.899		17	2.464	4.725	13.150
Pantothenic acid	mg	0.503		4	0.428	0.820	2.282
Vitamin B_6	mg	0.208		8	0.177	0.339	0.943
Folacin	mcg						
Vitamin B_{12}	mcg	1.520		13	1.292	2.478	6.895
Vitamin A	RE	10			8	16	44
	IU	33	5.590	4	28	53	147
Lipids:							
Fatty acids:							
Saturated, total	g	0.283			0.241	0.461	1.284
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.048		8	0.041	0.078	0.218
16:0	g	0.158		8	0.134	0.258	0.717
18:0	g	0.071		8	0.060	0.116	0.322
Monounsaturated, total	g	0.233			0.198	0.380	1.057
16:1	g	0.080		8	0.068	0.130	0.363
18:1	g	0.120		8	0.102	0.196	0.544
20:1	g	0.028		7	0.024	0.046	0.127
22:1	g	0.008		8	0.007	0.013	0.036
Polyunsaturated, total	g	0.329			0.280	0.536	1.492
18:2	g	0.008		8	0.007	0.013	0.036
18:3	g	0.008		8	0.007	0.013	0.036
18:4	g	0.016		6	0.014	0.026	0.073
20:4	g	0.038		8	0.032	0.062	0.172
20:5	g	0.093		8	0.079	0.152	0.422
22:5	g	0.046		8	0.039	0.075	0.209
22:6	g	0.106		8	0.090	0.173	0.481
Cholesterol	mg	48		14	41	78	217
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.211			0.179	0.344	0.957
Threonine	g	0.826			0.702	1.346	3.747
Isoleucine	g	0.868			0.738	1.415	3.937
Leucine	g	1.532			1.302	2.497	6.949
Lysine	g	1.731			1.471	2.822	7.852
Methionine	g	0.558			0.474	0.910	2.531
Cystine	g	0.202			0.172	0.329	0.916
Phenylalanine	g	0.736			0.626	1.200	3.338
Tyrosine	g	0.636			0.541	1.037	2.885
Valine	g	0.971			0.825	1.583	4.404
Arginine	g	1.128			0.959	1.839	5.117
Histidine	g	0.555			0.472	0.905	2.517
Alanine	g	1.140			0.969	1.858	5.171
Aspartic acid	g	1.930			1.641	3.146	8.754
Glutamic acid	g	2.813			2.391	4.585	12.760
Glycine	g	0.905			0.769	1.475	4.105
Proline	g	0.666			0.566	1.086	3.021
Serine	g	0.769			0.654	1.253	3.488

[1] Yield from 2 lb whole fish.

FINFISH
Flatfish, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 127 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	73.16			62.18	92.91	331.83
Food energy	kcal	117			99	148	530
	kJ	489			416	621	2,219
Protein (N X6.25)	g	24.16			20.53	30.68	109.58
Total lipid (fat)	g	1.53			1.30	1.94	6.92
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.50	0.110	11	1.28	1.91	6.80
Minerals:							
Calcium	mg	18		11	16	23	83
Iron	mg	0.34	0.024	11	0.28	0.43	1.52
Magnesium	mg	58		11	50	74	265
Phosphorus	mg	289		11	246	368	1,313
Potassium	mg	344	23.500	11	292	436	1,558
Sodium	mg	105	13.100	11	89	133	474
Zinc	mg	0.63	0.057	11	0.53	0.80	2.85
Copper	mg	0.026		11	0.022	0.033	0.118
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.080	0.010	11	0.068	0.102	0.363
Riboflavin	mg	0.114	0.015	11	0.097	0.145	0.517
Niacin	mg	2.179	0.219	11	1.852	2.767	9.884
Pantothenic acid	mg						
Vitamin B_6	mg	0.240			0.204	0.305	1.089
Folacin	mcg						
Vitamin B_{12}	mcg	2.509	0.372	11	2.133	3.186	11.381
Vitamin A	RE	11			10	14	51
	IU	38			32	48	170
Lipids:							
Fatty acids:							
Saturated, total	g	0.363			0.309	0.461	1.647
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.057		11	0.048	0.072	0.259
16:0	g	0.226		11	0.192	0.287	1.025
18:0	g	0.055		11	0.047	0.070	0.249
Monounsaturated, total	g	0.309			0.263	0.392	1.402
16:1	g	0.067		11	0.057	0.085	0.304
18:1	g	0.154		11	0.131	0.196	0.699
20:1	g	0.035		11	0.030	0.044	0.159
22:1	g	0.020		11	0.017	0.025	0.091
Polyunsaturated, total	g	0.412			0.350	0.523	1.869
18:2	g	0.014		11	0.012	0.018	0.064
18:3	g	0.016		11	0.014	0.020	0.073
18:4	g						
20:4	g	0.048		11	0.041	0.061	0.218
20:5	g	0.243		11	0.207	0.309	1.102
22:5	g	0.046		11	0.039	0.058	0.209
22:6	g	0.258		11	0.219	0.328	1.170
Cholesterol	mg	68	3.510	11	58	86	308
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.271			0.230	0.344	1.229
Threonine	g	1.059			0.900	1.345	4.804
Isoleucine	g	1.113			0.946	1.414	5.049
Leucine	g	1.963			1.669	2.493	8.904
Lysine	g	2.219			1.886	2.818	10.065
Methionine	g	0.715			0.608	0.908	3.243
Cystine	g	0.259			0.220	0.329	1.175
Phenylalanine	g	0.943			0.802	1.198	4.277
Tyrosine	g	0.816			0.694	1.036	3.701
Valine	g	1.245			1.058	1.581	5.647
Arginine	g	1.446			1.229	1.836	6.559
Histidine	g	0.711			0.604	0.903	3.225
Alanine	g	1.461			1.242	1.855	6.627
Aspartic acid	g	2.474			2.103	3.142	11.222
Glutamic acid	g	3.606			3.065	4.580	16.357
Glycine	g	1.160			0.986	1.473	5.262
Proline	g	0.854			0.726	1.085	3.874
Serine	g	0.986			0.838	1.252	4.472

[1] Yield from raw fillet.

FINFISH
Gefiltefish, Commercial, sweet recipe[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 piece = 42 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	80.35		2	33.75		364.47
Food energy	kcal	84			35		381
	kJ	351			148		1,594
Protein (N X6.25)	g	9.07		2	3.81		41.14
Total lipid (fat)	g	1.73		2	0.73		7.85
Carbohydrate, total	g	7.41			3.11		33.61
Crude fiber	g	0.04			0.02		0.18
Ash	g	1.44		2	0.60		6.53
Minerals:							
Calcium	mg	23		2	10		105
Iron	mg	2.48		2	1.04		11.25
Magnesium	mg	9		2	4		41
Phosphorus	mg	73		2	31		331
Potassium	mg	91		2	38		411
Sodium	mg	524		2	220		2,377
Zinc	mg	0.82		2	0.35		3.73
Copper	mg	0.195		2	0.082		0.885
Manganese	mg	0.073		2	0.031		0.331
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.065		2	0.027		0.295
Riboflavin	mg	0.059		2	0.025		0.268
Niacin	mg						
Pantothenic acid	mg	0.200		2	0.084		0.907
Vitamin B_6	mg						
Folacin	mcg	2.8		2	1.2		12.8
Vitamin B_{12}	mcg	0.844		2	0.354		3.828
Vitamin A	RE	27			11		121
	IU	89		2	37		402
Lipids:							
Fatty acids:							
Saturated, total	g	0.412			0.173		1.869
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.056		2	0.024		0.254
16:0	g	0.300		2	0.126		1.361
18:0	g	0.056		2	0.024		0.254
Monounsaturated, total	g	0.824			0.346		3.738
16:1	g	0.257		2	0.108		1.166
18:1	g	0.407		2	0.171		1.846
20:1	g	0.109		2	0.046		0.494
22:1	g	0.051		2	0.021		0.231
Polyunsaturated, total	g	0.285			0.120		1.293
18:2	g	0.116		2	0.049		0.526
18:3	g						
18:4	g	0.022		2	0.009		0.100
20:4	g						
20:5	g	0.075		2	0.032		0.340
22:5	g	0.027		2	0.011		0.122
22:6	g	0.045		2	0.019		0.204
Cholesterol	mg	30		2	12		135
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.086		2	0.036		0.390
Threonine	g	0.488		2	0.205		2.214
Isoleucine	g	0.486		2	0.204		2.204
Leucine	g	0.810		2	0.340		3.674
Lysine	g	0.842		2	0.354		3.819
Methionine	g	0.255		2	0.107		1.157
Cystine	g	0.113		2	0.047		0.513
Phenylalanine	g	0.493		2	0.207		2.236
Tyrosine	g	0.380		2	0.160		1.724
Valine	g	0.548		2	0.230		2.486
Arginine	g	0.595		2	0.250		2.699
Histidine	g	0.261		2	0.110		1.184
Alanine	g	0.546		2	0.229		2.477
Aspartic acid	g	0.772		2	0.324		3.502
Glutamic acid	g	1.750		2	0.735		7.938
Glycine	g	0.403		2	0.169		1.828
Proline	g	0.341		2	0.143		1.547
Serine	g	0.473		2	0.199		2.146

[1] Values for gefiltefish with broth.

FINFISH
Grouper, Mixed species, raw
Epinephelus **spp.**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 259 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	79.22	0.478	6	67.34	205.18	359.34
Food energy	kcal	92			78	238	417
	kJ	385			327	996	1,744
Protein (N X6.25)	g	19.38	0.457	6	16.47	50.19	87.89
Total lipid (fat)	g	1.02		7	0.86	2.63	4.61
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.17	0.014	5	0.99	3.03	5.30
Minerals:							
Calcium	mg	27	4.075	5	23	70	123
Iron	mg	0.89	0.015	5	0.75	2.29	4.01
Magnesium	mg	31	0.580	3	26	79	139
Phosphorus	mg	162		5	138	421	737
Potassium	mg	483	9.220	3	410	1,250	2,189
Sodium	mg	53	9.409	4	45	136	239
Zinc	mg	0.48	0.030	51	0.41	1.25	2.20
Copper	mg	0.020	0.002	52	0.017	0.052	0.091
Manganese	mg	0.014	0.001	3	0.012	0.036	0.064
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.070	0.058	2	0.060	0.181	0.318
Riboflavin	mg	0.005	0.000	2	0.004	0.013	0.023
Niacin	mg	0.313		1	0.266	0.811	1.420
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	0.600		2	0.510	1.554	2.722
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.233			0.198	0.603	1.057
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.012		2	0.010	0.031	0.054
16:0	g	0.169		2	0.144	0.438	0.767
18:0	g	0.049		2	0.042	0.127	0.222
Monounsaturated, total	g	0.202			0.172	0.523	0.916
16:1	g	0.027		2	0.023	0.070	0.122
18:1	g	0.145		2	0.123	0.376	0.658
20:1	g	0.029		1	0.025	0.075	0.132
22:1	g	0.007		1	0.006	0.018	0.032
Polyunsaturated, total	g	0.321			0.273	0.831	1.456
18:2	g	0.012		2	0.010	0.031	0.054
18:3	g	0.010		1	0.009	0.026	0.045
18:4	g						
20:4	g	0.033		2	0.028	0.085	0.150
20:5	g	0.027		2	0.023	0.070	0.122
22:5	g	0.010		2	0.009	0.026	0.045
22:6	g	0.220		2	0.187	0.570	0.998
Cholesterol	mg	37		2	31	95	166
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.217			0.184	0.562	0.984
Threonine	g	0.849			0.722	2.199	3.851
Isoleucine	g	0.893			0.759	2.313	4.051
Leucine	g	1.575			1.339	4.079	7.144
Lysine	g	1.779			1.512	4.608	8.070
Methionine	g	0.574			0.488	1.487	2.604
Cystine	g	0.208			0.177	0.539	0.943
Phenylalanine	g	0.756			0.643	1.958	3.429
Tyrosine	g	0.654			0.556	1.694	2.967
Valine	g	0.998			0.848	2.585	4.527
Arginine	g	1.159			0.985	3.002	5.257
Histidine	g	0.570			0.485	1.476	2.586
Alanine	g	1.172			0.996	3.035	5.316
Aspartic acid	g	1.984			1.686	5.139	8.999
Glutamic acid	g	2.892			2.458	7.490	13.118
Glycine	g	0.930			0.791	2.409	4.218
Proline	g	0.685			0.582	1.774	3.107
Serine	g	0.791			0.672	2.049	3.588

[1] Yield from 3 lb whole fish.

FINFISH
Grouper, Mixed species, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 202 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	73.36			62.35	148.18	332.75
Food energy	kcal	118			100	238	535
	kJ	493			419	996	2,236
Protein (N X6.25)	g	24.84			21.12	50.18	112.68
Total lipid (fat)	g	1.30			1.11	2.63	5.91
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.41	0.055	2	1.19	2.84	6.37
Minerals:							
Calcium	mg	21	7.285	2	18	42	94
Iron	mg	1.14			0.96	2.29	5.15
Magnesium	mg	37	2.055	2	32	75	169
Phosphorus	mg	143	43.170	2	121	288	647
Potassium	mg	475	27.520	2	403	959	2,153
Sodium	mg	53	2.905	2	45	107	240
Zinc	mg	0.51	0.005	2	0.43	1.02	2.29
Copper	mg	0.045	0.005	2	0.038	0.091	0.204
Manganese	mg	0.012	0.001	2	0.010	0.024	0.054
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.081			0.069	0.164	0.367
Riboflavin	mg	0.006			0.005	0.012	0.027
Niacin	mg	0.381			0.324	0.770	1.728
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	0.692			0.588	1.398	3.139
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.299			0.254	0.604	1.356
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.025		2	0.021	0.051	0.113
16:0	g	0.140		2	0.119	0.283	0.635
18:0	g	0.059		2	0.050	0.119	0.268
Monounsaturated, total	g	0.268			0.228	0.541	1.216
16:1	g	0.026		2	0.022	0.053	0.118
18:1	g	0.086		2	0.073	0.174	0.390
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.403			0.343	0.814	1.828
18:2	g	0.018		2	0.015	0.036	0.082
18:3	g						
18:4	g						
20:4	g	0.057		2	0.048	0.115	0.259
20:5	g	0.035		2	0.030	0.071	0.159
22:5	g	0.017		2	0.014	0.034	0.077
22:6	g	0.213		2	0.181	0.430	0.966
Cholesterol	mg	47			40	95	213
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.278			0.236	0.562	1.261
Threonine	g	1.089			0.926	2.200	4.940
Isoleucine	g	1.145			0.973	2.313	5.194
Leucine	g	2.019			1.716	4.078	9.158
Lysine	g	2.282			1.940	4.610	10.351
Methionine	g	0.735			0.625	1.485	3.334
Cystine	g	0.266			0.226	0.537	1.207
Phenylalanine	g	0.970			0.825	1.959	4.400
Tyrosine	g	0.839			0.713	1.695	3.806
Valine	g	1.280			1.088	2.586	5.806
Arginine	g	1.487			1.264	3.004	6.745
Histidine	g	0.731			0.621	1.477	3.316
Alanine	g	1.503			1.278	3.036	6.818
Aspartic acid	g	2.544			2.162	5.139	11.540
Glutamic acid	g	3.709			3.153	7.492	16.824
Glycine	g	1.193			1.014	2.410	5.411
Proline	g	0.878			0.746	1.774	3.983
Serine	g	1.014			0.862	2.048	4.600

[1] Yield from raw fillet.

FINFISH
Haddock, raw
Melanogrammus aeglefinus **(L.)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 193 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	79.92	0.125	104	67.93	154.24	362.51
Food energy	kcal	87			74	168	396
	kJ	365			310	705	1,656
Protein (N X 6.25)	g	18.91	0.149	96	16.07	36.49	85.77
Total lipid (fat)	g	0.72	0.020	36	0.61	1.39	3.27
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.21	0.027	94	1.03	2.34	5.50
Minerals:							
Calcium	mg	33	6.142	25	28	64	150
Iron	mg	1.05	0.350	2	0.89	2.03	4.76
Magnesium	mg	39	15.085	2	33	75	177
Phosphorus	mg	188	10.886	31	160	362	851
Potassium	mg	311	13.336	16	264	600	1,411
Sodium	mg	68	9.327	9	58	132	310
Zinc	mg	0.37	0.015	101	0.32	0.72	1.69
Copper	mg	0.026	0.002	92	0.022	0.050	0.118
Manganese	mg	0.025			0.021	0.048	0.113
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.035	0.002	27	0.030	0.068	0.159
Riboflavin	mg	0.037	0.005	31	0.031	0.071	0.168
Niacin	mg	3.803	0.119	31	3.233	7.340	17.250
Pantothenic acid	mg	0.127	0.012	30	0.108	0.245	0.576
Vitamin B_6	mg	0.300	0.050	2	0.255	0.579	1.361
Folacin	mcg						
Vitamin B_{12}	mcg	1.202	0.072	50	1.022	2.320	5.452
Vitamin A	RE	17			14	32	75
	IU	55	25.000	2	47	106	249
Lipids:							
Fatty acids:							
Saturated, total	g	0.130			0.111	0.251	0.590
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.008		8	0.007	0.015	0.036
16:0	g	0.088		8	0.075	0.170	0.399
18:0	g	0.033		8	0.028	0.064	0.150
Monounsaturated, total	g	0.118			0.100	0.228	0.535
16:1	g	0.017		8	0.014	0.033	0.077
18:1	g	0.067		8	0.057	0.129	0.304
20:1	g	0.010		8	0.009	0.019	0.045
22:1	g	0.023		1	0.020	0.044	0.104
Polyunsaturated, total	g	0.241			0.205	0.465	1.093
18:2	g	0.009		8	0.008	0.017	0.041
18:3	g	0.002		7	0.002	0.004	0.009
18:4	g	0.003		7	0.003	0.006	0.014
20:4	g	0.023		8	0.020	0.044	0.104
20:5	g	0.059		8	0.050	0.114	0.268
22:5	g	0.019		8	0.016	0.037	0.086
22:6	g	0.126		8	0.107	0.243	0.572
Cholesterol	mg	57	9.688	4	49	111	261
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.212			0.180	0.409	0.962
Threonine	g	0.829			0.705	1.600	3.760
Isoleucine	g	0.871			0.740	1.681	3.951
Leucine	g	1.537			1.306	2.966	6.972
Lysine	g	1.736			1.476	3.350	7.874
Methionine	g	0.560			0.476	1.081	2.540
Cystine	g	0.203			0.173	0.392	0.921
Phenylalanine	g	0.738			0.627	1.424	3.348
Tyrosine	g	0.638			0.542	1.231	2.894
Valine	g	0.974			0.828	1.880	4.418
Arginine	g	1.131			0.961	2.183	5.130
Histidine	g	0.557			0.473	1.075	2.527
Alanine	g	1.143			0.972	2.206	5.185
Aspartic acid	g	1.936			1.646	3.736	8.782
Glutamic acid	g	2.822			2.399	5.446	12.801
Glycine	g	0.908			0.772	1.752	4.119
Proline	g	0.669			0.569	1.291	3.035
Serine	g	0.771			0.655	1.488	3.497

[1] Yield from 2-1/2 lb whole fish.

FINFISH
Haddock, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 150 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	74.25			63.12	111.38	336.82
Food energy	kcal	112			95	168	507
	kJ	468			398	702	2,123
Protein (N X6.25)	g	24.24			20.61	36.36	109.96
Total lipid (fat)	g	0.93			0.79	1.39	4.20
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.55			1.32	2.33	7.05
Minerals:							
Calcium	mg	42			36	64	193
Iron	mg	1.35			1.14	2.02	6.11
Magnesium	mg	50			43	75	227
Phosphorus	mg	241			205	361	1,092
Potassium	mg	399			339	598	1,809
Sodium	mg	87			74	131	397
Zinc	mg	0.48			0.41	0.72	2.17
Copper	mg	0.033			0.028	0.050	0.150
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.040			0.034	0.060	0.181
Riboflavin	mg	0.045			0.038	0.068	0.204
Niacin	mg	4.632			3.937	6.948	21.011
Pantothenic acid	mg						
Vitamin B_6	mg	0.346			0.294	0.519	1.569
Folacin	mcg						
Vitamin B_{12}	mcg	1.387			1.179	2.081	6.291
Vitamin A	RE	19			16	29	86
	IU	63			54	95	288
Lipids:							
Fatty acids:							
Saturated, total	g	0.167			0.142	0.251	0.758
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.010			0.009	0.015	0.045
16:0	g	0.113			0.096	0.170	0.513
18:0	g	0.042			0.036	0.063	0.191
Monounsaturated, total	g	0.151			0.128	0.227	0.685
16:1	g	0.022			0.019	0.033	0.100
18:1	g	0.086			0.073	0.129	0.390
20:1	g	0.013			0.011	0.020	0.059
22:1	g	0.029			0.025	0.044	0.132
Polyunsaturated, total	g	0.309			0.263	0.464	1.402
18:2	g	0.012			0.010	0.018	0.054
18:3	g	0.003			0.003	0.005	0.014
18:4	g	0.004			0.003	0.006	0.018
20:4	g	0.029			0.025	0.044	0.132
20:5	g	0.076			0.065	0.114	0.345
22:5	g	0.024			0.020	0.036	0.109
22:6	g	0.162			0.138	0.243	0.735
Cholesterol	mg	74			63	110	334
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.272			0.231	0.408	1.234
Threonine	g	1.063			0.904	1.595	4.822
Isoleucine	g	1.117			0.949	1.676	5.067
Leucine	g	1.971			1.675	2.957	8.940
Lysine	g	2.227			1.893	3.341	10.102
Methionine	g	0.718			0.610	1.077	3.257
Cystine	g	0.260			0.221	0.390	1.179
Phenylalanine	g	0.946			0.804	1.419	4.291
Tyrosine	g	0.818			0.695	1.227	3.710
Valine	g	1.249			1.062	1.874	5.665
Arginine	g	1.451			1.233	2.177	6.582
Histidine	g	0.714			0.607	1.071	3.239
Alanine	g	1.466			1.246	2.199	6.650
Aspartic acid	g	2.483			2.111	3.725	11.263
Glutamic acid	g	3.619			3.076	5.429	16.416
Glycine	g	1.164			0.989	1.746	5.280
Proline	g	0.857			0.728	1.286	3.887
Serine	g	0.989			0.841	1.484	4.486

[1] Yield from raw fillet.

FINFISH
Haddock, smoked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	71.48			20.01	60.76	324.23
Food energy	kcal	116			33	99	528
	kJ	487			136	414	2,209
Protein (N X6.25)	g	25.23			7.06	21.44	114.42
Total lipid (fat)	g	0.96			0.27	0.82	4.37
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.62			0.45	1.37	7.33
Minerals:							
Calcium	mg	49			14	41	220
Iron	mg	1.40			0.39	1.19	6.36
Magnesium	mg	54			15	46	246
Phosphorus	mg	251			70	214	1,141
Potassium	mg	415			116	353	1,883
Sodium	mg	763			214	649	3,462
Zinc	mg	0.50			0.14	0.42	2.26
Copper	mg	0.042			0.012	0.036	0.191
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.047			0.013	0.040	0.213
Riboflavin	mg	0.049			0.014	0.042	0.222
Niacin	mg	5.073			1.420	4.312	23.011
Pantothenic acid	mg						
Vitamin B_6	mg	0.400			0.112	0.340	1.814
Folacin	mcg						
Vitamin B_{12}	mcg	1.603			0.449	1.363	7.271
Vitamin A	RE	22			6	19	100
	IU	73			21	62	333
Lipids:							
Fatty acids:							
Saturated, total	g	0.173			0.048	0.147	0.785
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.011			0.003	0.009	0.050
16:0	g	0.117			0.033	0.099	0.531
18:0	g	0.044			0.012	0.037	0.200
Monounsaturated, total	g	0.157			0.044	0.133	0.712
16:1	g	0.023			0.006	0.020	0.104
18:1	g	0.089			0.025	0.076	0.404
20:1	g	0.013			0.004	0.011	0.059
22:1	g	0.031			0.009	0.026	0.141
Polyunsaturated, total	g	0.321			0.090	0.273	1.456
18:2	g	0.012			0.003	0.010	0.054
18:3	g	0.003			0.001	0.003	0.014
18:4	g	0.004			0.001	0.003	0.018
20:4	g	0.031			0.009	0.026	0.141
20:5	g	0.079			0.022	0.067	0.358
22:5	g	0.025			0.007	0.021	0.113
22:6	g	0.168			0.047	0.143	0.762
Cholesterol	mg	77			21	65	348
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.283			0.079	0.241	1.284
Threonine	g	1.106			0.310	0.940	5.017
Isoleucine	g	1.162			0.325	0.988	5.271
Leucine	g	2.050			0.574	1.743	9.299
Lysine	g	2.317			0.649	1.969	10.510
Methionine	g	0.747			0.209	0.635	3.388
Cystine	g	0.270			0.076	0.230	1.225
Phenylalanine	g	0.985			0.276	0.837	4.468
Tyrosine	g	0.852			0.239	0.724	3.865
Valine	g	1.300			0.364	1.105	5.897
Arginine	g	1.509			0.423	1.283	6.845
Histidine	g	0.743			0.208	0.632	3.370
Alanine	g	1.526			0.427	1.297	6.922
Aspartic acid	g	2.583			0.723	2.196	11.716
Glutamic acid	g	3.766			1.054	3.201	17.083
Glycine	g	1.211			0.339	1.029	5.493
Proline	g	0.892			0.250	0.758	4.046
Serine	g	1.029			0.288	0.875	4.668

This sheet contains corrected data for pages 53-54 in Agriculture Handbook No. 8-15, "Finfish and Shellfish Products."

FINFISH
Halibut, Atlantic and Pacific, raw
Hippoglossus hippoglossus **(L.) and** *H. stenolepis* **Schmidt**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] = 204 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	77.92	0.146	124	66.23	158.95	353.42
Food energy	kcal	110			93	223	497
	kJ	458			390	935	2,079
Protein (N X 6.25)	g	20.81	0.123	116	17.69	42.46	94.41
Total lipid (fat)	g	2.29	0.236	55	1.95	4.67	10.38
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.36	0.009	115	1.15	2.77	6.15
Minerals:							
Calcium	mg	47		14	40	95	212
Iron	mg	0.84			0.71	1.71	3.81
Magnesium	mg	83		1	71	169	377
Phosphorus	mg	222		17	189	454	1,009
Potassium	mg	450		93	382	917	2,039
Sodium	mg	54	1.576	102	46	110	245
Zinc	mg	0.42		39	0.35	0.85	1.89
Copper	mg	0.027		37	0.023	0.055	0.122
Manganese	mg	0.015			0.013	0.031	0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.060		1	0.051	0.122	0.272
Riboflavin	mg	0.075	0.025	2	0.064	0.153	0.340
Niacin	mg	5.848	1.277	5	4.971	11.930	26.527
Pantothenic acid	mg	0.329	0.030	2	0.280	0.671	1.492
Vitamin B_6	mg	0.344		1	0.292	0.702	1.560
Folacin	mcg						
Vitamin B_{12}	mcg	1.184	0.103	8	1.006	2.415	5.371
Vitamin A	RE	47			40	95	211
	IU	155	95.000	2	132	316	703
Lipids:							
Fatty acids:							
Saturated, total	g	0.325			0.276	0.663	1.474
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.056		16	0.048	0.114	0.254
16:0	g	0.212		16	0.180	0.432	0.962
18:0	g	0.049		16	0.042	0.100	0.222
Monounsaturated, total	g	0.652			0.554	1.330	2.957
16:1	g	0.163		16	0.139	0.333	0.739
18:1	g	0.361		16	0.307	0.736	1.637
20:1	g	0.124		16	0.105	0.253	0.562
22:1	g	0.102		1	0.087	0.208	0.463
Polyunsaturated, total	g	0.835			0.710	1.703	3.788
18:2	g	0.030		16	0.026	0.061	0.136
18:3	g	0.065		16	0.055	0.133	0.295
18:4	g	0.039		16	0.033	0.080	0.177
20:4	g	0.139		16	0.118	0.284	0.631
20:5	g	0.071		16	0.060	0.145	0.322
22:5	g	0.094		16	0.080	0.192	0.426
22:6	g	0.292		16	0.248	0.596	1.325
Cholesterol	mg	32		3	27	65	146
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.233			0.198	0.475	1.057
Threonine	g	0.912			0.775	1.860	4.137
Isoleucine	g	0.959			0.815	1.956	4.350
Leucine	g	1.692			1.438	3.452	7.675
Lysine	g	1.911			1.624	3.898	8.668
Methionine	g	0.616			0.524	1.257	2.794
Cystine	g	0.223			0.190	0.455	1.012
Phenylalanine	g	0.813			0.691	1.659	3.688
Tyrosine	g	0.703			0.598	1.434	3.189
Valine	g	1.072			0.911	2.187	4.863
Arginine	g	1.245			1.058	2.540	5.647
Histidine	g	0.613			0.521	1.251	2.781
Alanine	g	1.259			1.070	2.568	5.711
Aspartic acid	g	2.131			1.811	4.347	9.666
Glutamic acid	g	3.107			2.641	6.338	14.093
Glycine	g	0.999			0.849	2.038	4.531
Proline	g	0.736			0.626	1.501	3.338
Serine	g	0.849			0.722	1.732	3.851

[1] Yield from 5 lb whole fish.

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FINFISH
Halibut, Atlantic and Pacific, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] = 159 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	71.69			60.93	113.98	325.17
Food energy	kcal	140			119	223	637
	kJ	587			499	934	2,665
Protein (N X 6.25)	g	26.69			22.68	42.43	121.04
Total lipid (fat)	g	2.94			2.49	4.67	13.31
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.74			1.48	2.76	7.88
Minerals:							
Calcium	mg	60			51	95	272
Iron	mg	1.07			0.91	1.70	4.85
Magnesium	mg	107			91	169	483
Phosphorus	mg	285			242	453	1,294
Potassium	mg	576			490	916	2,614
Sodium	mg	69			59	110	314
Zinc	mg	0.53			0.45	0.85	2.42
Copper	mg	0.035			0.030	0.056	0.159
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.069			0.059	0.110	0.313
Riboflavin	mg	0.091			0.077	0.145	0.413
Niacin	mg	7.123			6.055	11.326	32.310
Pantothenic acid	mg						
Vitamin B_6	mg	0.397			0.337	0.631	1.801
Folacin	mcg						
Vitamin B_{12}	mcg	1.366			1.161	2.172	6.196
Vitamin A	RE	54			46	85	243
	IU	179			152	284	811
Lipids:							
Fatty acids:							
Saturated, total	g	0.417			0.354	0.663	1.892
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.072			0.061	0.114	0.327
16:0	g	0.272			0.231	0.432	1.234
18:0	g	0.063			0.054	0.100	0.286
Monounsaturated, total	g	0.967			0.822	1.538	4.386
16:1	g	0.209			0.178	0.332	0.948
18:1	g	0.463			0.394	0.736	2.100
20:1	g	0.159			0.135	0.253	0.721
22:1	g	0.131			0.111	0.208	0.594
Polyunsaturated, total	g	0.940			0.799	1.495	4.264
18:2	g	0.038			0.032	0.060	0.172
18:3	g	0.083			0.071	0.132	0.376
18:4	g	0.050			0.043	0.080	0.227
20:4	g	0.178			0.151	0.283	0.807
20:5	g	0.091			0.077	0.145	0.413
22:5	g	0.121			0.103	0.192	0.549
22:6	g	0.374			0.318	0.595	1.696
Cholesterol	mg	41			35	65	187
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.299			0.254	0.475	1.356
Threonine	g	1.170			0.995	1.860	5.307
Isoleucine	g	1.230			1.046	1.956	5.579
Leucine	g	2.169			1.844	3.449	9.839
Lysine	g	2.451			2.083	3.897	11.118
Methionine	g	0.790			0.672	1.256	3.583
Cystine	g	0.286			0.243	0.455	1.297
Phenylalanine	g	1.042			0.886	1.657	4.727
Tyrosine	g	0.901			0.766	1.433	4.087
Valine	g	1.375			1.169	2.186	6.237
Arginine	g	1.597			1.357	2.539	7.244
Histidine	g	0.786			0.668	1.250	3.565
Alanine	g	1.614			1.372	2.566	7.321
Aspartic acid	g	2.733			2.323	4.345	12.397
Glutamic acid	g	3.984			3.386	6.335	18.071
Glycine	g	1.281			1.089	2.037	5.811
Proline	g	0.944			0.802	1.501	4.282
Serine	g	1.089			0.926	1.732	4.940

[1] Yield from raw fillet.

FINFISH
Halibut, Greenland, raw
Reinhardtius hippoglossoides **(Walbaum)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] = 204 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70.27	1.361	19	59.73	143.36	318.76
Food energy	kcal	186			158	380	845
	kJ	779			662	1,589	3,534
Protein (N X6.25)	g	14.37	1.004	3	12.21	29.31	65.17
Total lipid (fat)	g	13.84	0.773	22	11.76	28.24	62.78
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.00	0.058	3	0.85	2.04	4.54
Minerals:							
Calcium	mg	3		1	3	6	14
Iron	mg	0.66			0.56	1.35	2.99
Magnesium	mg						
Phosphorus	mg	164		1	139	335	744
Potassium	mg	268		1	228	547	1,216
Sodium	mg	80		1	68	163	363
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.060		1	0.051	0.122	0.272
Riboflavin	mg	0.080		1	0.068	0.163	0.363
Niacin	mg	1.500		1	1.275	3.060	6.804
Pantothenic acid	mg	0.250		1	0.213	0.510	1.134
Vitamin B_6	mg						
Folacin	mcg	1.000		1	0.850	2.040	4.536
Vitamin B_{12}	mcg	1		1	1	2	5
Vitamin A	RE	17			14	34	75
	IU	55	15.000	2	47	112	249
Lipids:							
Fatty acids:							
Saturated, total	g	2.419			2.056	4.935	10.973
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.008		2	0.007	0.016	0.036
14:0	g	0.754		3	0.641	1.538	3.420
16:0	g	1.440		3	1.224	2.938	6.532
18:0	g	0.193		2	0.164	0.394	0.875
Monounsaturated, total	g	8.378			7.121	17.091	38.003
16:1	g	1.763		3	1.499	3.597	7.997
18:1	g	2.393		3	2.034	4.882	10.855
20:1	g	2.237		3	1.901	4.563	10.147
22:1	g	1.968		3	1.673	4.015	8.927
Polyunsaturated, total	g	1.367			1.162	2.789	6.201
18:2	g	0.123		2	0.105	0.251	0.558
18:3	g	0.043		2	0.037	0.088	0.195
18:4	g	0.132		2	0.112	0.269	0.599
20:4	g	0.061		2	0.052	0.124	0.277
20:5	g	0.526		3	0.447	1.073	2.386
22:5	g	0.089		2	0.076	0.182	0.404
22:6	g	0.393		3	0.334	0.802	1.783
Cholesterol	mg	46	0.733	9	39	94	209
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.161			0.137	0.328	0.730
Threonine	g	0.630			0.536	1.285	2.858
Isoleucine	g	0.662			0.563	1.350	3.003
Leucine	g	1.168			0.993	2.383	5.298
Lysine	g	1.320			1.122	2.693	5.988
Methionine	g	0.425			0.361	0.867	1.928
Cystine	g	0.154			0.131	0.314	0.699
Phenylalanine	g	0.561			0.477	1.144	2.545
Tyrosine	g	0.485			0.412	0.989	2.200
Valine	g	0.740			0.629	1.510	3.357
Arginine	g	0.860			0.731	1.754	3.901
Histidine	g	0.423			0.360	0.863	1.919
Alanine	g	0.869			0.739	1.773	3.942
Aspartic acid	g	1.471			1.250	3.001	6.672
Glutamic acid	g	2.145			1.823	4.376	9.730
Glycine	g	0.690			0.587	1.408	3.130
Proline	g	0.508			0.432	1.036	2.304
Serine	g	0.586			0.498	1.195	2.658

[1] Yield from 5 lb whole fish.

FINFISH
Herring, Atlantic, raw
Clupea harengus harengus **L.**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 184 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72.05	0.496	138	61.24	132.57	326.81
Food energy	kcal	158			134	291	718
	kJ	662			563	1,218	3,003
Protein (N X6.25)	g	17.96	0.235	59	15.27	33.05	81.48
Total lipid (fat)	g	9.04	0.091	2524	7.68	16.63	41.00
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.46	0.035	28	1.24	2.68	6.61
Minerals:							
Calcium	mg	57	16.753	3	49	106	260
Iron	mg	1.10		1	0.94	2.02	4.99
Magnesium	mg	32		1	27	59	144
Phosphorus	mg	236	33.702	4	201	435	1,072
Potassium	mg	327	50.952	5	278	601	1,481
Sodium	mg	90	4.019	7	76	165	407
Zinc	mg	0.99	0.073	56	0.84	1.83	4.51
Copper	mg	0.092	0.006	48	0.078	0.169	0.417
Manganese	mg	0.035			0.030	0.064	0.159
Vitamins:							
Ascorbic acid	mg	0.7	0.700	2	0.6	1.3	3.2
Thiamin	mg	0.092	0.007	43	0.078	0.169	0.417
Riboflavin	mg	0.233	0.031	32	0.198	0.429	1.057
Niacin	mg	3.217	0.166	34	2.734	5.919	14.592
Pantothenic acid	mg	0.645	0.098	12	0.548	1.187	2.926
Vitamin B_6	mg	0.302	0.022	17	0.257	0.556	1.370
Folacin	mcg						
Vitamin B_{12}	mcg	13.667	0.588	6	11.617	25.147	61.994
Vitamin A	RE	28			24	52	128
	IU	94	7.416	129	80	173	426
Lipids:							
Fatty acids:							
Saturated, total	g	2.040			1.734	3.754	9.253
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.005		12	0.004	0.009	0.023
12:0	g	0.012		20	0.010	0.022	0.054
14:0	g	0.554		24	0.471	1.019	2.513
16:0	g	1.353		24	1.150	2.490	6.137
18:0	g	0.109		24	0.093	0.201	0.494
Monounsaturated, total	g	3.736			3.176	6.874	16.946
16:1	g	0.622		24	0.529	1.144	2.821
18:1	g	1.516		24	1.289	2.789	6.877
20:1	g	0.721		24	0.613	1.327	3.270
22:1	g	0.840		24	0.714	1.546	3.810
Polyunsaturated, total	g	2.133			1.813	3.925	9.675
18:2	g	0.130		22	0.111	0.239	0.590
18:3	g	0.103		20	0.088	0.190	0.467
18:4	g	0.214		21	0.182	0.394	0.971
20:4	g	0.060		21	0.051	0.110	0.272
20:5	g	0.709		24	0.603	1.305	3.216
22:5	g	0.055		22	0.047	0.101	0.249
22:6	g	0.862		24	0.733	1.586	3.910
Cholesterol	mg	60	1.593	20	51	110	272
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.201			0.171	0.370	0.912
Threonine	g	0.787			0.669	1.448	3.570
Isoleucine	g	0.828			0.704	1.524	3.756
Leucine	g	1.460			1.241	2.686	6.623
Lysine	g	1.650			1.403	3.036	7.484
Methionine	g	0.532			0.452	0.979	2.413
Cystine	g	0.193			0.164	0.355	0.875
Phenylalanine	g	0.701			0.596	1.290	3.180
Tyrosine	g	0.606			0.515	1.115	2.749
Valine	g	0.925			0.786	1.702	4.196
Arginine	g	1.075			0.914	1.978	4.876
Histidine	g	0.529			0.450	0.973	2.400
Alanine	g	1.086			0.923	1.998	4.926
Aspartic acid	g	1.839			1.563	3.384	8.342
Glutamic acid	g	2.681			2.279	4.933	12.161
Glycine	g	0.862			0.733	1.586	3.910
Proline	g	0.635			0.540	1.168	2.880
Serine	g	0.733			0.623	1.349	3.325

[1] Yield from 1-1/2 lb whole fish.

FINFISH
Herring, Atlantic, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 143 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64.16			54.54	91.75	291.05
Food energy	kcal	203			172	290	920
	kJ	849			721	1,214	3,850
Protein (N X6.25)	g	23.03			19.57	32.93	104.46
Total lipid (fat)	g	11.59			9.85	16.57	52.56
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.87			1.59	2.67	8.47
Minerals:							
Calcium	mg	74			63	105	334
Iron	mg	1.41			1.20	2.02	6.40
Magnesium	mg	41			35	58	185
Phosphorus	mg	303			258	433	1,374
Potassium	mg	419			356	599	1,899
Sodium	mg	115			98	165	522
Zinc	mg	1.27			1.08	1.82	5.78
Copper	mg	0.118			0.100	0.169	0.535
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0.7			0.6	1.0	3.3
Thiamin	mg	0.112			0.095	0.160	0.508
Riboflavin	mg	0.299			0.254	0.428	1.356
Niacin	mg	4.124			3.505	5.897	18.706
Pantothenic acid	mg						
Vitamin B_6	mg	0.348			0.296	0.498	1.579
Folacin	mcg						
Vitamin B_{12}	mcg	13.141			11.170	18.792	59.608
Vitamin A	RE	31			26	44	139
	IU	102			87	146	464
Lipids:							
Fatty acids:							
Saturated, total	g	2.615			2.223	3.739	11.862
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.015			0.013	0.021	0.068
14:0	g	0.710			0.604	1.015	3.221
16:0	g	1.735			1.475	2.481	7.870
18:0	g	0.140			0.119	0.200	0.635
Monounsaturated, total	g	4.790			4.072	6.850	21.727
16:1	g	0.797			0.677	1.140	3.615
18:1	g	1.944			1.652	2.780	8.818
20:1	g	0.924			0.785	1.321	4.191
22:1	g	1.077			0.915	1.540	4.885
Polyunsaturated, total	g	2.735			2.325	3.911	12.406
18:2	g	0.167			0.142	0.239	0.758
18:3	g	0.132			0.112	0.189	0.599
18:4	g	0.274			0.233	0.392	1.243
20:4	g	0.077			0.065	0.110	0.349
20:5	g	0.909			0.773	1.300	4.123
22:5	g	0.071			0.060	0.102	0.322
22:6	g	1.105			0.939	1.580	5.012
Cholesterol	mg	77			65	110	349
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.258			0.219	0.369	1.170
Threonine	g	1.010			0.859	1.444	4.581
Isoleucine	g	1.061			0.902	1.517	4.813
Leucine	g	1.872			1.591	2.677	8.491
Lysine	g	2.115			1.798	3.024	9.594
Methionine	g	0.682			0.580	0.975	3.094
Cystine	g	0.247			0.210	0.353	1.120
Phenylalanine	g	0.899			0.764	1.286	4.078
Tyrosine	g	0.778			0.661	1.113	3.529
Valine	g	1.187			1.009	1.697	5.384
Arginine	g	1.378			1.171	1.971	6.251
Histidine	g	0.678			0.576	0.970	3.075
Alanine	g	1.393			1.184	1.992	6.319
Aspartic acid	g	2.358			2.004	3.372	10.696
Glutamic acid	g	3.438			2.922	4.916	15.595
Glycine	g	1.106			0.940	1.582	5.017
Proline	g	0.814			0.692	1.164	3.692
Serine	g	0.940			0.799	1.344	4.264

[1] Yield from raw fillet.

FINFISH
Herring, Atlantic, kippered

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 fillet[1] = 40 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.70			23.88		270.81
Food energy	kcal	217			87		982
	kJ	906			362		4,109
Protein (N X6.25)	g	24.58			9.83		111.49
Total lipid (fat)	g	12.37			4.95		56.10
Carbohydrate, total	g	0.00			0.00		0.00
Crude fiber	g	0.00			0.00		0.00
Ash	g	1.94			0.78		8.80
Minerals:							
Calcium	mg	84			33		380
Iron	mg	1.51			0.60		6.84
Magnesium	mg	46			18		208
Phosphorus	mg	325			130		1,472
Potassium	mg	447			179		2,027
Sodium	mg	918			367		4,166
Zinc	mg	1.36			0.54		6.17
Copper	mg	0.135			0.054		0.612
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	1.0			0.4		4.3
Thiamin	mg	0.126			0.050		0.572
Riboflavin	mg	0.319			0.128		1.447
Niacin	mg	4.402			1.761		19.967
Pantothenic acid	mg						
Vitamin B_6	mg	0.413			0.165		1.873
Folacin	mcg						
Vitamin B_{12}	mcg	18.701			7.480		84.828
Vitamin A	RE	39			15		175
	IU	128			51		583
Lipids:							
Fatty acids:							
Saturated, total	g	2.791			1.116		12.660
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.016			0.006		0.073
14:0	g	0.758			0.303		3.438
16:0	g	1.851			0.740		8.396
18:0	g	0.149			0.060		0.676
Monounsaturated, total	g	5.112			2.045		23.188
16:1	g	0.851			0.340		3.860
18:1	g	2.074			0.830		9.408
20:1	g	0.986			0.394		4.472
22:1	g	1.149			0.460		5.212
Polyunsaturated, total	g	2.919			1.168		13.241
18:2	g	0.178			0.071		0.807
18:3	g	0.141			0.056		0.640
18:4	g	0.293			0.117		1.329
20:4	g	0.082			0.033		0.372
20:5	g	0.970			0.388		4.400
22:5	g	0.075			0.030		0.340
22:6	g	1.179			0.472		5.348
Cholesterol	mg	82			33		373
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.275			0.110		1.247
Threonine	g	1.078			0.431		4.890
Isoleucine	g	1.133			0.453		5.139
Leucine	g	1.998			0.799		9.063
Lysine	g	2.258			0.903		10.242
Methionine	g	0.728			0.291		3.302
Cystine	g	0.264			0.106		1.198
Phenylalanine	g	0.960			0.384		4.355
Tyrosine	g	0.830			0.332		3.765
Valine	g	1.266			0.506		5.743
Arginine	g	1.471			0.588		6.672
Histidine	g	0.724			0.290		3.284
Alanine	g	1.487			0.595		6.745
Aspartic acid	g	2.517			1.007		11.417
Glutamic acid	g	3.669			1.468		16.643
Glycine	g	1.180			0.472		5.352
Proline	g	0.869			0.348		3.942
Serine	g	1.003			0.401		4.550

[1] 4-3/8 in long, 1-3/4 in wide, 1/4 in high.

FINFISH
Herring, Atlantic, pickled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 piece[1] = 15 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	55.22		2	8.28		250.48
Food energy	kcal	262			39		1,186
	kJ	1,094			164		4,963
Protein (N X6.25)	g	14.19		2	2.13		64.37
Total lipid (fat)	g	18.00		2	2.70		81.65
Carbohydrate, total	g	9.64			1.45		43.73
Crude fiber	g	0.00			0.00		0.00
Ash	g	2.95		2	0.44		13.38
Minerals:							
Calcium	mg	77		2	12		348
Iron	mg	1.22		2	0.18		5.53
Magnesium	mg	8		2	1		36
Phosphorus	mg	89		2	13		402
Potassium	mg	69		2	10		311
Sodium	mg	870		2	131		3,946
Zinc	mg	0.53		2	0.08		2.41
Copper	mg	0.105		2	0.016		0.476
Manganese	mg	0.040		2	0.006		0.181
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.036		2	0.005		0.163
Riboflavin	mg	0.139		2	0.021		0.631
Niacin	mg						
Pantothenic acid	mg	0.081		2	0.012		0.367
Vitamin B_6	mg						
Folacin	mcg	2.4		2	0.4		10.8
Vitamin B_{12}	mcg	4.270		2	0.641		19.369
Vitamin A	RE	258			39		1,172
	IU	861		2	129		3,905
Lipids:							
Fatty acids:							
Saturated, total	g	2.381			0.357		10.800
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.721		2	0.108		3.270
16:0	g	1.555		2	0.233		7.053
18:0	g	0.105		2	0.016		0.476
Monounsaturated, total	g	11.947			1.792		54.192
16:1	g	1.383		2	0.207		6.273
18:1	g	1.750		2	0.263		7.938
20:1	g	3.648		2	0.547		16.547
22:1	g	5.166		2	0.775		23.433
Polyunsaturated, total	g	1.679			0.252		7.616
18:2	g	0.211		2	0.032		0.957
18:3	g						
18:4	g						
20:4	g						
20:5	g	0.843		2	0.126		3.824
22:5	g	0.079		2	0.012		0.358
22:6	g	0.546		2	0.082		2.477
Cholesterol	mg	13		2	2		58
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.159			0.024		0.721
Threonine	g	0.622			0.093		2.821
Isoleucine	g	0.654			0.098		2.967
Leucine	g	1.153			0.173		5.230
Lysine	g	1.303			0.195		5.910
Methionine	g	0.420			0.063		1.905
Cystine	g	0.152			0.023		0.689
Phenylalanine	g	0.554			0.083		2.513
Tyrosine	g	0.479			0.072		2.173
Valine	g	0.731			0.110		3.316
Arginine	g	0.849			0.127		3.851
Histidine	g	0.418			0.063		1.896
Alanine	g	0.858			0.129		3.892
Aspartic acid	g	1.453			0.218		6.591
Glutamic acid	g	2.118			0.318		9.607
Glycine	g	0.681			0.102		3.089
Proline	g	0.502			0.075		2.277
Serine	g	0.579			0.087		2.626

[1] 1-3/4 in long, 7/8 in wide, 1/2 in high.

FINFISH
Herring, Pacific, raw
Clupea harengus pallasi **Valenciennes**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 184 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	71.52	0.477	84	60.79	131.60	324.43
Food energy	kcal	195			166	359	885
	kJ	817			694	1,503	3,704
Protein (N X 6.25)	g	16.39	0.133	70	13.93	30.16	74.36
Total lipid (fat)	g	13.88	0.475	128	11.80	25.54	62.95
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.37	0.031	71	2.01	4.36	10.74
Minerals:							
Calcium	mg						
Iron	mg	1.12		1	0.95	2.06	5.08
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	423	7.117	31	359	778	1,918
Sodium	mg	74	0.631	31	63	136	335
Zinc	mg	0.53	0.050	14	0.45	0.98	2.41
Copper	mg	0.078	0.006	18	0.066	0.144	0.354
Manganese	mg	0.045			0.038	0.083	0.204
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE	32			27	59	144
	IU	106	28.000	2	90	195	481
Lipids:							
Fatty acids:							
Saturated, total	g	3.257			2.768	5.993	14.774
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.913		3	0.776	1.680	4.141
16:0	g	2.023		3	1.720	3.722	9.176
18:0	g	0.257		3	0.218	0.473	1.166
Monounsaturated, total	g	6.872			5.841	12.644	31.171
16:1	g	1.057		3	0.898	1.945	4.795
18:1	g	2.913		3	2.476	5.360	13.213
20:1	g	1.359		2	1.155	2.501	6.164
22:1	g	1.492		2	1.268	2.745	6.768
Polyunsaturated, total	g	2.423			2.060	4.458	10.991
18:2	g	0.192		3	0.163	0.353	0.871
18:3	g	0.057		2	0.048	0.105	0.259
18:4	g	0.248		2	0.211	0.456	1.125
20:4	g	0.096		2	0.082	0.177	0.435
20:5	g	0.969		3	0.824	1.783	4.395
22:5	g	0.172		2	0.146	0.316	0.780
22:6	g	0.689		3	0.586	1.268	3.125
Cholesterol	mg	77	5.391	3	65	141	348
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.184			0.156	0.339	0.835
Threonine	g	0.719			0.611	1.323	3.261
Isoleucine	g	0.755			0.642	1.389	3.425
Leucine	g	1.332			1.132	2.451	6.042
Lysine	g	1.506			1.280	2.771	6.831
Methionine	g	0.485			0.412	0.892	2.200
Cystine	g	0.176			0.150	0.324	0.798
Phenylalanine	g	0.640			0.544	1.178	2.903
Tyrosine	g	0.553			0.470	1.018	2.508
Valine	g	0.845			0.718	1.555	3.833
Arginine	g	0.981			0.834	1.805	4.450
Histidine	g	0.483			0.411	0.889	2.191
Alanine	g	0.991			0.842	1.823	4.495
Aspartic acid	g	1.679			1.427	3.089	7.616
Glutamic acid	g	2.447			2.080	4.502	11.100
Glycine	g	0.787			0.669	1.448	3.570
Proline	g	0.580			0.493	1.067	2.631
Serine	g	0.669			0.569	1.231	3.035

[1] Yield from 1-1/2 lb whole fish.

FINFISH
Ling, raw
Molva molva **(L.)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 193 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	79.63	0.265	16	67.68	153.68	361.19
Food energy	kcal	87			74	168	394
	kJ	363			309	701	1,649
Protein (N X6.25)	g	18.99	0.281	10	16.14	36.65	86.14
Total lipid (fat)	g	0.64	0.105	7	0.54	1.24	2.91
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.40	0.103	6	1.19	2.70	6.35
Minerals:							
Calcium	mg	34	13.800	2	29	65	153
Iron	mg	0.65	0.050	2	0.55	1.25	2.95
Magnesium	mg	63		1	53	121	284
Phosphorus	mg	198	8.322	3	169	383	900
Potassium	mg	379		1	322	732	1,720
Sodium	mg	135		1	115	261	612
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.110	0.020	2	0.094	0.212	0.499
Riboflavin	mg	0.190	0.078	5	0.162	0.367	0.862
Niacin	mg	2.300	0.115	3	1.955	4.439	10.433
Pantothenic acid	mg	0.320	0.040	3	0.272	0.618	1.452
Vitamin B_6	mg	0.304	0.047	3	0.258	0.587	1.379
Folacin	mcg						
Vitamin B_{12}	mcg	0.560	0.068	5	0.476	1.081	2.540
Vitamin A	RE	30			26	58	136
	IU	100	65.064	3	85	193	454
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.213			0.181	0.411	0.966
Threonine	g	0.832			0.707	1.606	3.774
Isoleucine	g	0.875			0.744	1.689	3.969
Leucine	g	1.543			1.312	2.978	6.999
Lysine	g	1.744			1.482	3.366	7.911
Methionine	g	0.562			0.478	1.085	2.549
Cystine	g	0.204			0.173	0.394	0.925
Phenylalanine	g	0.741			0.630	1.430	3.361
Tyrosine	g	0.641			0.545	1.237	2.908
Valine	g	0.978			0.831	1.888	4.436
Arginine	g	1.136			0.966	2.192	5.153
Histidine	g	0.559			0.475	1.079	2.536
Alanine	g	1.148			0.976	2.216	5.207
Aspartic acid	g	1.944			1.652	3.752	8.818
Glutamic acid	g	2.834			2.409	5.470	12.855
Glycine	g	0.911			0.774	1.758	4.132
Proline	g	0.671			0.570	1.295	3.044
Serine	g	0.775			0.659	1.496	3.515

[1] Yield from 2-1/2 lb whole fish.

FINFISH
Lingocd, raw
Ophiodon elongatus **Girard**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] = 193 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	81.03	0.066	181	68.88	156.39	367.57
Food energy	kcal	85			72	164	385
	kJ	355			302	686	1,612
Protein (N X 6.25)	g	17.66	0.078	173	15.01	34.08	80.10
Total lipid (fat)	g	1.06	0.143	16	0.90	2.04	4.80
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.21	0.005	174	1.03	2.33	5.48
Minerals:							
Calcium	mg	14		1	12	27	63
Iron	mg	0.32	0.000	2	0.27	0.62	1.45
Magnesium	mg	26		1	22	51	119
Phosphorus	mg	201		1	171	388	912
Potassium	mg	437	2.904	95	371	844	1,982
Sodium	mg	59	1.020	95	50	113	266
Zinc	mg	0.45	0.013	78	0.39	0.87	2.05
Copper	mg	0.027	0.001	75	0.023	0.052	0.122
Manganese	mg	0.020		1	0.017	0.039	0.091
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.030	0.006	3	0.026	0.058	0.136
Riboflavin	mg	0.114	0.009	3	0.097	0.220	0.517
Niacin	mg	1.900	0.179	3	1.615	3.667	8.618
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.197			0.167	0.380	0.894
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.037		1	0.031	0.071	0.168
16:0	g	0.118		1	0.100	0.228	0.535
18:0	g	0.035		1	0.030	0.068	0.159
Monounsaturated, total	g	0.350			0.298	0.676	1.588
16:1	g	0.076		1	0.065	0.147	0.345
18:1	g	0.191		1	0.162	0.369	0.866
20:1	g	0.073		1	0.062	0.141	0.331
22:1	g						
Polyunsaturated, total	g	0.300			0.255	0.579	1.361
18:2	g	0.030		1	0.026	0.058	0.136
18:3	g						
18:4	g						
20:4	g	0.050		1	0.042	0.096	0.227
20:5	g	0.104		1	0.088	0.201	0.472
22:5	g	0.014		1	0.012	0.027	0.064
22:6	g	0.102		1	0.087	0.197	0.463
Cholesterol	mg	52		1	44	100	236
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.198			0.168	0.382	0.898
Threonine	g	0.774			0.658	1.494	3.511
Isoleucine	g	0.814			0.692	1.571	3.692
Leucine	g	1.435			1.220	2.770	6.509
Lysine	g	1.622			1.379	3.130	7.357
Methionine	g	0.523			0.445	1.009	2.372
Cystine	g	0.189			0.161	0.365	0.857
Phenylalanine	g	0.689			0.586	1.330	3.125
Tyrosine	g	0.596			0.507	1.150	2.703
Valine	g	0.910			0.774	1.756	4.128
Arginine	g	1.057			0.898	2.040	4.795
Histidine	g	0.520			0.442	1.004	2.359
Alanine	g	1.068			0.908	2.061	4.844
Aspartic acid	g	1.808			1.537	3.489	8.201
Glutamic acid	g	2.636			2.241	5.087	11.957
Glycine	g	0.848			0.721	1.637	3.847
Proline	g	0.624			0.530	1.204	2.830
Serine	g	0.720			0.612	1.390	3.266

[1] Yield from 5 lb whole fish.

FINFISH
Mackerel, Atlantic, raw
Scomber scombrus L.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 112 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	63.55	0.657	142	54.02	71.18	288.27
Food energy	kcal	205			174	229	929
	kJ	857			728	959	3,885
Protein (N X 6.25)	g	18.60	0.171	83	15.81	20.83	84.37
Total lipid (fat)	g	13.89	0.380	364	11.81	15.56	63.01
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.35	0.032	60	1.14	1.51	6.11
Minerals:							
Calcium	mg	12	2.437	7	10	13	54
Iron	mg	1.63	0.398	3	1.38	1.82	7.38
Magnesium	mg	76		1	64	85	344
Phosphorus	mg	217	11.557	8	184	243	983
Potassium	mg	314	19.569	10	267	352	1,425
Sodium	mg	90	7.283	14	76	101	408
Zinc	mg	0.63	0.017	82	0.53	0.70	2.84
Copper	mg	0.073	0.004	81	0.062	0.082	0.331
Manganese	mg	0.015			0.013	0.017	0.068
Vitamins:							
Ascorbic acid	mg	0.4	0.400	2	0.3	0.4	1.8
Thiamin	mg	0.176	0.050	6	0.150	0.197	0.798
Riboflavin	mg	0.312	0.032	7	0.265	0.349	1.415
Niacin	mg	9.080	1.278	11	7.718	10.170	41.187
Pantothenic acid	mg	0.856	0.113	7	0.728	0.959	3.883
Vitamin B_6	mg	0.399	0.045	16	0.339	0.447	1.810
Folacin	mcg						
Vitamin B_{12}	mcg	8.711	1.332	9	7.404	9.756	39.513
Vitamin A	RE	50			42	55	225
	IU	165	44.628	6	140	185	748
Lipids:							
Fatty acids:							
Saturated, total	g	3.257			2.768	3.648	14.774
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.017		18	0.014	0.019	0.077
14:0	g	0.674		29	0.573	0.755	3.057
16:0	g	2.125		29	1.806	2.380	9.639
18:0	g	0.423		29	0.360	0.474	1.919
Monounsaturated, total	g	4.058			3.449	4.545	18.407
16:1	g	0.727		29	0.618	0.814	3.298
18:1	g	2.283		29	1.941	2.557	10.356
20:1	g	1.039		29	0.883	1.164	4.713
22:1	g	1.407		29	1.196	1.576	6.382
Polyunsaturated, total	g	4.761			4.047	5.332	21.596
18:2	g	0.219		23	0.186	0.245	0.993
18:3	g	0.159		20	0.135	0.178	0.721
18:4	g	0.278		27	0.236	0.311	1.261
20:4	g	0.183		20	0.156	0.205	0.830
20:5	g	0.898		29	0.763	1.006	4.073
22:5	g	0.212		23	0.180	0.237	0.962
22:6	g	1.401		29	1.191	1.569	6.355
Cholesterol	mg	70	10.000	2	60	78	318
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.208			0.177	0.233	0.943
Threonine	g	0.815			0.693	0.913	3.697
Isoleucine	g	0.857			0.728	0.960	3.887
Leucine	g	1.512			1.285	1.693	6.858
Lysine	g	1.708			1.452	1.913	7.747
Methionine	g	0.551			0.468	0.617	2.499
Cystine	g	0.199			0.169	0.223	0.903
Phenylalanine	g	0.726			0.617	0.813	3.293
Tyrosine	g	0.628			0.534	0.703	2.849
Valine	g	0.958			0.814	1.073	4.345
Arginine	g	1.113			0.946	1.247	5.049
Histidine	g	0.548			0.466	0.614	2.486
Alanine	g	1.125			0.956	1.260	5.103
Aspartic acid	g	1.905			1.619	2.134	8.641
Glutamic acid	g	2.777			2.360	3.110	12.596
Glycine	g	0.893			0.759	1.000	4.051
Proline	g	0.658			0.559	0.737	2.985
Serine	g	0.759			0.645	0.850	3.443

[1]Yield from 1-1/2 lb whole fish.

FINFISH
Mackerel, Atlantic, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 88 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	53.27			45.28	46.88	241.64
Food energy	kcal	262			223	231	1,190
	kJ	1,098			933	966	4,981
Protein (N X6.25)	g	23.85			20.27	20.98	108.16
Total lipid (fat)	g	17.81			15.14	15.67	80.78
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.53	0.070	10	1.30	1.35	6.94
Minerals:							
Calcium	mg	15			13	13	69
Iron	mg	1.57	0.080	10	1.33	1.38	7.12
Magnesium	mg	97			83	85	441
Phosphorus	mg	278			236	244	1,260
Potassium	mg	401	15.900	10	341	353	1,817
Sodium	mg	83	8.200	10	71	73	378
Zinc	mg	0.94	0.060	10	0.80	0.83	4.26
Copper	mg	0.094			0.080	0.083	0.426
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0.4			0.3	0.4	1.9
Thiamin	mg	0.159	0.006	10	0.135	0.140	0.721
Riboflavin	mg	0.412	0.013	10	0.350	0.363	1.869
Niacin	mg	6.850	0.470	10	5.823	6.028	31.072
Pantothenic acid	mg						
Vitamin B_6	mg	0.460			0.391	0.405	2.087
Folacin	mcg						
Vitamin B_{12}	mcg	19.000	1.610	10	16.150	16.720	86.184
Vitamin A	RE	54			46	47	245
	IU	180			153	158	816
Lipids:							
Fatty acids:							
Saturated, total	g	4.176			3.550	3.675	18.942
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.592		10	0.503	0.521	2.685
16:0	g	1.375		10	1.169	1.210	6.237
18:0	g	0.256		10	0.218	0.225	1.161
Monounsaturated, total	g	7.006			5.955	6.165	31.779
16:1	g	0.534		10	0.454	0.470	2.422
18:1	g	1.202		10	1.022	1.058	5.452
20:1	g	1.598		10	1.358	1.406	7.249
22:1	g	2.498		10	2.123	2.198	11.331
Polyunsaturated, total	g	4.300			3.655	3.784	19.505
18:2	g	0.147		10	0.125	0.129	0.667
18:3	g	0.113		10	0.096	0.099	0.513
18:4	g						
20:4	g	0.051		10	0.043	0.045	0.231
20:5	g	0.504		10	0.428	0.444	2.286
22:5	g	0.106		10	0.090	0.093	0.481
22:6	g	0.699		10	0.594	0.615	3.171
Cholesterol	mg	75	2.940	10	64	66	339
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.267			0.227	0.235	1.211
Threonine	g	1.045			0.888	0.920	4.740
Isoleucine	g	1.099			0.934	0.967	4.985
Leucine	g	1.938			1.647	1.705	8.791
Lysine	g	2.190			1.862	1.927	9.934
Methionine	g	0.706			0.600	0.621	3.202
Cystine	g	0.256			0.218	0.225	1.161
Phenylalanine	g	0.931			0.791	0.819	4.223
Tyrosine	g	0.805			0.684	0.708	3.651
Valine	g	1.228			1.044	1.081	5.570
Arginine	g	1.427			1.213	1.256	6.473
Histidine	g	0.702			0.597	0.618	3.184
Alanine	g	1.442			1.226	1.269	6.541
Aspartic acid	g	2.442			2.076	2.149	11.077
Glutamic acid	g	3.559			3.025	3.132	16.144
Glycine	g	1.145			0.973	1.008	5.194
Proline	g	0.843			0.717	0.742	3.824
Serine	g	0.973			0.827	0.856	4.414

[1] Yield from raw fillet.

FINFISH
Mackerel, Jack, canned, drained solids
Trachurus symmetricus **(Ayres)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 c = 190 g	1 can[1] = 361 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	69.17		2	131.42	249.70	313.76
Food energy	kcal	156			296	563	707
	kJ	652			1,239	2,354	2,958
Protein (N X6.25)	g	23.19		2	44.06	83.72	105.19
Total lipid (fat)	g	6.30		2	11.97	22.74	28.58
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.73		2	3.29	6.25	7.85
Minerals:							
Calcium	mg	241		2	458	870	1,093
Iron	mg	2.04		2	3.88	7.36	9.25
Magnesium	mg	37		2	70	133	167
Phosphorus	mg	301		2	572	1,087	1,365
Potassium	mg	194		2	369	700	880
Sodium	mg	379		2	720	1,368	1,719
Zinc	mg	1.02		2	1.94	3.68	4.63
Copper	mg	0.147		2	0.279	0.531	0.667
Manganese	mg	0.040		2	0.076	0.144	0.181
Vitamins:							
Ascorbic acid	mg	0.9		2	1.7	3.2	4.1
Thiamin	mg	0.040		2	0.076	0.144	0.181
Riboflavin	mg	0.212		2	0.403	0.765	0.962
Niacin	mg	6.180		2	11.742	22.310	28.032
Pantothenic acid	mg	0.305		2	0.580	1.101	1.383
Vitamin B_6	mg	0.210		2	0.399	0.758	0.953
Folacin	mcg	5.4		2	10.2	19.5	24.4
Vitamin B_{12}	mcg	6.940		2	13.186	25.053	31.480
Vitamin A	RE	130			247	470	591
	IU	434		2	825	1,567	1,969
Lipids:							
Fatty acids:							
Saturated, total	g	1.783			3.388	6.437	8.088
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.382		2	0.726	1.379	1.733
16:0	g	1.010		2	1.919	3.646	4.581
18:0	g	0.391		2	0.743	1.412	1.774
Monounsaturated, total	g	2.717			5.162	9.808	12.324
16:1	g	0.463		2	0.880	1.671	2.100
18:1	g	0.928		2	1.763	3.350	4.209
20:1	g	0.534		2	1.015	1.928	2.422
22:1	g	0.792		2	1.505	2.859	3.593
Polyunsaturated, total	g	0.087			0.165	0.314	0.395
18:2	g	0.087		2	0.165	0.314	0.395
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	79		2	150	285	358
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.260			0.494	0.939	1.179
Threonine	g	1.017			1.932	3.671	4.613
Isoleucine	g	1.068			2.029	3.855	4.844
Leucine	g	1.885			3.582	6.805	8.550
Lysine	g	2.130			4.047	7.689	9.662
Methionine	g	0.686			1.303	2.476	3.112
Cystine	g	0.249			0.473	0.899	1.129
Phenylalanine	g	0.905			1.720	3.267	4.105
Tyrosine	g	0.783			1.488	2.827	3.552
Valine	g	1.195			2.271	4.314	5.421
Arginine	g	1.388			2.637	5.011	6.296
Histidine	g	0.683			1.298	2.466	3.098
Alanine	g	1.402			2.664	5.061	6.359
Aspartic acid	g	2.374			4.511	8.570	10.768
Glutamic acid	g	3.461			6.576	12.494	15.699
Glycine	g	1.113			2.115	4.018	5.049
Proline	g	0.820			1.558	2.960	3.720
Serine	g	0.946			1.797	3.415	4.291

[1] Can size: 300 x 407 (No. 300).

FINFISH
Mackerel, King, raw
Scombermorus cavalla **(Cuvier)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] = 198 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	75.85	0.456	6	64.47	150.18	344.06
Food energy	kcal	105			89	207	475
	kJ	438			372	867	1,986
Protein (N X6.25)	g	20.28	0.786	6	17.24	40.16	92.00
Total lipid (fat)	g	2.00	0.188	6	1.70	3.96	9.07
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.28	0.017	6	1.09	2.54	5.82
Minerals:							
Calcium	mg	31		2	26	61	140
Iron	mg	1.78		2	1.51	3.52	8.07
Magnesium	mg	32		2	27	64	147
Phosphorus	mg	248		2	211	491	1,125
Potassium	mg	435		2	370	861	1,973
Sodium	mg	158		2	134	313	717
Zinc	mg	0.56	0.018	106	0.48	1.11	2.54
Copper	mg	0.026	0.001	107	0.022	0.051	0.118
Manganese	mg	0.005			0.004	0.010	0.023
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.100		2	0.085	0.198	0.454
Riboflavin	mg	0.476		2	0.405	0.942	2.159
Niacin	mg	8.590		2	7.302	17.008	38.964
Pantothenic acid	mg	0.839		2	0.713	1.661	3.806
Vitamin B_6	mg	0.442		2	0.376	0.875	2.005
Folacin	mcg	7.6		2	6.4	14.9	34.2
Vitamin B_{12}	mcg	15.600		2	13.260	30.888	70.762
Vitamin A	RE	218			185	432	989
	IU	727		2	618	1,439	3,298
Lipids:							
Fatty acids:							
Saturated, total	g	0.363			0.309	0.719	1.647
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.082		2	0.070	0.162	0.372
16:0	g	0.242		2	0.206	0.479	1.098
18:0	g	0.039		2	0.033	0.077	0.177
Monounsaturated, total	g	0.764			0.649	1.513	3.466
16:1	g	0.118		2	0.100	0.234	0.535
18:1	g	0.311		2	0.264	0.616	1.411
20:1	g	0.122		2	0.104	0.242	0.553
22:1	g	0.213		2	0.181	0.422	0.966
Polyunsaturated, total	g	0.460			0.391	0.911	2.087
18:2	g	0.040		2	0.034	0.079	0.181
18:3	g						
18:4	g	0.090		2	0.077	0.178	0.408
20:4	g						
20:5	g	0.136		2	0.116	0.269	0.617
22:5	g	0.017		2	0.014	0.034	0.077
22:6	g	0.177		2	0.150	0.350	0.803
Cholesterol	mg	53		2	45	106	242
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.227			0.193	0.449	1.030
Threonine	g	0.889			0.756	1.760	4.033
Isoleucine	g	0.935			0.795	1.851	4.241
Leucine	g	1.648			1.401	3.263	7.475
Lysine	g	1.863			1.584	3.689	8.451
Methionine	g	0.600			0.510	1.188	2.722
Cystine	g	0.217			0.184	0.430	0.984
Phenylalanine	g	0.792			0.673	1.568	3.593
Tyrosine	g	0.685			0.582	1.356	3.107
Valine	g	1.045			0.888	2.069	4.740
Arginine	g	1.214			1.032	2.404	5.507
Histidine	g	0.597			0.507	1.182	2.708
Alanine	g	1.227			1.043	2.429	5.566
Aspartic acid	g	2.077			1.765	4.112	9.421
Glutamic acid	g	3.028			2.574	5.995	13.735
Glycine	g	0.974			0.828	1.929	4.418
Proline	g	0.717			0.609	1.420	3.252
Serine	g	0.827			0.703	1.637	3.751

[1] Yield from 5 lb whole fish.

FINFISH
Mackerel, Pacific and Jack, Mixed species, raw
Scomber **spp. and** *Trachurus* **spp.**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 225 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70.15	2.322	12	59.63	157.84	318.20
Food energy	kcal	157			133	353	712
	kJ	656			558	1,477	2,977
Protein (N X6.25)	g	20.07		11	17.06	45.15	91.02
Total lipid (fat)	g	7.89	0.865	126	6.71	17.76	35.80
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.62		6	1.38	3.65	7.36
Minerals:							
Calcium	mg	23		1	19	51	103
Iron	mg	1.16	0.143	4	0.99	2.61	5.27
Magnesium	mg	28		1	24	63	126
Phosphorus	mg	125		1	106	281	567
Potassium	mg	406	8.686	3	345	913	1,840
Sodium	mg	86	1.938	3	73	194	391
Zinc	mg	0.67	0.028	63	0.57	1.51	3.05
Copper	mg	0.093	0.006	56	0.079	0.209	0.422
Manganese	mg	0.015			0.013	0.034	0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.111		2	0.094	0.250	0.503
Riboflavin	mg	0.421		5	0.358	0.947	1.910
Niacin	mg	8.320		3	7.072	18.720	37.740
Pantothenic acid	mg	0.316	0.075	12	0.269	0.711	1.433
Vitamin B_6	mg	0.330	0.029	11	0.281	0.743	1.497
Folacin	mcg	1.9	0.060	5	1.6	4.2	8.5
Vitamin B_{12}	mcg	4.404		4	3.743	9.909	19.977
Vitamin A	RE	13			11	29	59
	IU	43		4	37	98	197
Lipids:							
Fatty acids:							
Saturated, total	g	2.247			1.910	5.056	10.192
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.009		11	0.008	0.020	0.041
14:0	g	0.340		83	0.289	0.765	1.542
16:0	g	1.389		83	1.181	3.125	6.301
18:0	g	0.441		83	0.375	0.992	2.000
Monounsaturated, total	g	2.144			1.822	4.824	9.725
16:1	g	0.470		83	0.400	1.058	2.132
18:1	g	1.328		83	1.129	2.988	6.024
20:1	g	0.325		65	0.276	0.731	1.474
22:1	g	0.485		41	0.412	1.091	2.200
Polyunsaturated, total	g	2.425			2.061	5.456	11.000
18:2	g	0.116		83	0.099	0.261	0.526
18:3	g	0.050		42	0.043	0.113	0.227
18:4	g	0.125		33	0.106	0.281	0.567
20:4	g	0.081		58	0.069	0.182	0.367
20:5	g	0.509		83	0.433	1.145	2.309
22:5	g	0.123		60	0.105	0.277	0.558
22:6	g	0.932		82	0.792	2.097	4.228
Cholesterol	mg	47		6	40	106	213
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.225			0.191	0.506	1.021
Threonine	g	0.880			0.748	1.980	3.992
Isoleucine	g	0.924			0.785	2.079	4.191
Leucine	g	1.631			1.386	3.670	7.398
Lysine	g	1.843			1.567	4.147	8.360
Methionine	g	0.594			0.505	1.337	2.694
Cystine	g	0.215			0.183	0.484	0.975
Phenylalanine	g	0.783			0.666	1.762	3.552
Tyrosine	g	0.677			0.575	1.523	3.071
Valine	g	1.034			0.879	2.327	4.690
Arginine	g	1.201			1.021	2.702	5.448
Histidine	g	0.591			0.502	1.330	2.681
Alanine	g	1.213			1.031	2.729	5.502
Aspartic acid	g	2.054			1.746	4.622	9.317
Glutamic acid	g	2.995			2.546	6.739	13.585
Glycine	g	0.963			0.819	2.167	4.368
Proline	g	0.709			0.603	1.595	3.216
Serine	g	0.819			0.696	1.843	3.715

[1] Yield from 3 lb whole fish.

FINFISH
Mackerel, Spanish, raw
Scombermorus maculatus **(Mitchill)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 187 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	71.67	4.380	3	60.92	134.02	325.10
Food energy	kcal	139		3	118	260	631
	kJ	582			495	1,089	2,642
Protein (N X 6.25)	g	19.29	1.200	3	16.40	36.07	87.50
Total lipid (fat)	g	6.30	3.810	3	5.36	11.78	28.58
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.27	0.080	3	1.08	2.37	5.76
Minerals:							
Calcium	mg	11	0.950	3	10	21	52
Iron	mg	0.44	0.120	3	0.37	0.82	2.00
Magnesium	mg	33	1.670	3	28	62	151
Phosphorus	mg	205	31.300	3	175	384	931
Potassium	mg	446	32.480	3	379	834	2,022
Sodium	mg	59	7.090	3	50	110	266
Zinc	mg	0.49	0.030	3	0.42	0.92	2.22
Copper	mg	0.055	0.005	3	0.047	0.103	0.249
Manganese	mg	0.014	0.001	3	0.012	0.026	0.064
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.130		1	0.111	0.243	0.590
Riboflavin	mg	0.170		1	0.145	0.318	0.771
Niacin	mg	2.300		1	1.955	4.301	10.433
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	2.400		1	2.040	4.488	10.886
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	1.828			1.554	3.418	8.292
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.173		3	0.147	0.324	0.785
16:0	g	1.239		3	1.053	2.317	5.620
18:0	g	0.416		3	0.354	0.778	1.887
Monounsaturated, total	g	1.530			1.301	2.861	6.940
16:1	g	0.291		3	0.247	0.544	1.320
18:1	g	1.117		3	0.949	2.089	5.067
20:1	g	0.072		3	0.061	0.135	0.327
22:1	g	0.050		3	0.043	0.094	0.227
Polyunsaturated, total	g	1.739			1.478	3.252	7.888
18:2	g	0.097		3	0.082	0.181	0.440
18:3	g	0.034		3	0.029	0.064	0.154
18:4	g						
20:4	g	0.166		3	0.141	0.310	0.753
20:5	g	0.329		3	0.280	0.615	1.492
22:5	g	0.101		3	0.086	0.189	0.458
22:6	g	1.012		3	0.860	1.892	4.590
Cholesterol	mg	76		1	65	142	345
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.216			0.184	0.404	0.980
Threonine	g	0.846			0.719	1.582	3.837
Isoleucine	g	0.889			0.756	1.662	4.033
Leucine	g	1.568			1.333	2.932	7.112
Lysine	g	1.771			1.505	3.312	8.033
Methionine	g	0.571			0.485	1.068	2.590
Cystine	g	0.207			0.176	0.387	0.939
Phenylalanine	g	0.753			0.640	1.408	3.416
Tyrosine	g	0.651			0.553	1.217	2.953
Valine	g	0.994			0.845	1.859	4.509
Arginine	g	1.154			0.981	2.158	5.235
Histidine	g	0.568			0.483	1.062	2.576
Alanine	g	1.167			0.992	2.182	5.294
Aspartic acid	g	1.975			1.679	3.693	8.959
Glutamic acid	g	2.879			2.447	5.384	13.059
Glycine	g	0.926			0.787	1.732	4.200
Proline	g	0.682			0.580	1.275	3.094
Serine	g	0.787			0.669	1.472	3.570

[1] Yield from 2-1/2 lb whole fish.

FINFISH
Mackerel, Spanish, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 146 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	68.46		3	58.19	99.95	310.53
Food energy	kcal	158			134	230	716
	kJ	660			561	964	2,994
Protein (N X6.25)	g	23.59		3	20.05	34.44	107.00
Total lipid (fat)	g	6.32		3	5.37	9.23	28.67
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.53		3	1.30	2.23	6.94
Minerals:							
Calcium	mg	13	2.230	2	11	19	59
Iron	mg	0.74		3	0.63	1.08	3.36
Magnesium	mg	38	1.595	2	32	55	172
Phosphorus	mg	271	74.770	2	231	396	1,231
Potassium	mg	554		3	471	808	2,512
Sodium	mg	66		3	56	96	297
Zinc	mg	0.62		3	0.53	0.91	2.81
Copper	mg	0.065	0.002	2	0.055	0.095	0.295
Manganese	mg	0.012		2	0.010	0.018	0.054
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.130		1	0.111	0.190	0.590
Riboflavin	mg	0.210		1	0.179	0.307	0.953
Niacin	mg	5.000		1	4.250	7.300	22.680
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	7.000		1	5.950	10.220	31.752
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	1.801			1.531	2.629	8.169
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.204		3	0.173	0.298	0.925
16:0	g	1.155		3	0.982	1.686	5.239
18:0	g	0.442		3	0.376	0.645	2.005
Monounsaturated, total	g	2.139			1.818	3.123	9.703
16:1	g	0.309		3	0.263	0.451	1.402
18:1	g	1.104		3	0.938	1.612	5.008
20:1	g	0.123		3	0.105	0.180	0.558
22:1	g	0.070		3	0.060	0.102	0.318
Polyunsaturated, total	g	1.805			1.534	2.635	8.187
18:2	g	0.108		3	0.092	0.158	0.490
18:3	g	0.116		3	0.099	0.169	0.526
18:4	g						
20:4	g	0.159		3	0.135	0.232	0.721
20:5	g	0.294		3	0.250	0.429	1.334
22:5	g	0.095		3	0.081	0.139	0.431
22:6	g	0.952		3	0.809	1.390	4.318
Cholesterol	mg	73		1	62	107	331
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.264			0.224	0.385	1.198
Threonine	g	1.034			0.879	1.510	4.690
Isoleucine	g	1.087			0.924	1.587	4.931
Leucine	g	1.917			1.629	2.799	8.696
Lysine	g	2.166			1.841	3.162	9.825
Methionine	g	0.698			0.593	1.019	3.166
Cystine	g	0.253			0.215	0.369	1.148
Phenylalanine	g	0.921			0.783	1.345	4.178
Tyrosine	g	0.796			0.677	1.162	3.611
Valine	g	1.215			1.033	1.774	5.511
Arginine	g	1.411			1.199	2.060	6.400
Histidine	g	0.694			0.590	1.013	3.148
Alanine	g	1.427			1.213	2.083	6.473
Aspartic acid	g	2.415			2.053	3.526	10.954
Glutamic acid	g	3.521			2.993	5.141	15.971
Glycine	g	1.132			0.962	1.653	5.135
Proline	g	0.834			0.709	1.218	3.783
Serine	g	0.962			0.818	1.405	4.364

[1] Yield from raw fillet.

FINFISH
Milkfish, raw
Chanos chanos **(Forskaal)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70.85	1.250	2	60.22		321.38
Food energy	kcal	148			126		673
	kJ	621			528		2,816
Protein (N X6.25)	g	20.53		1	17.45		93.13
Total lipid (fat)	g	6.73	0.570	2	5.72		30.53
Carbohydrate, total	g	0.00			0.00		0.00
Crude fiber	g	0.00			0.00		0.00
Ash	g	1.14		1	0.97		5.17
Minerals:							
Calcium	mg	51		1	43		232
Iron	mg	0.32		1	0.27		1.45
Magnesium	mg						
Phosphorus	mg	162		1	138		737
Potassium	mg						
Sodium	mg						
Zinc	mg	0.82	0.040	40	0.70		3.73
Copper	mg	0.034	0.002	41	0.029		0.154
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.013		1	0.011		0.059
Riboflavin	mg	0.054		1	0.046		0.245
Niacin	mg	6.440		1	5.474		29.212
Pantothenic acid	mg						
Vitamin B_6	mg	0.423		1	0.360		1.919
Folacin	mcg						
Vitamin B_{12}	mcg	3.400		1	2.890		15.422
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	52		1	44		235
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.230			0.196		1.043
Threonine	g	0.900			0.765		4.082
Isoleucine	g	0.946			0.804		4.291
Leucine	g	1.669			1.419		7.571
Lysine	g	1.886			1.603		8.555
Methionine	g	0.608			0.517		2.758
Cystine	g	0.220			0.187		0.998
Phenylalanine	g	0.802			0.682		3.638
Tyrosine	g	0.693			0.589		3.143
Valine	g	1.058			0.899		4.799
Arginine	g	1.229			1.045		5.575
Histidine	g	0.604			0.513		2.740
Alanine	g	1.242			1.056		5.634
Aspartic acid	g	2.102			1.787		9.535
Glutamic acid	g	3.065			2.605		13.903
Glycine	g	0.986			0.838		4.472
Proline	g	0.726			0.617		3.293
Serine	g	0.838			0.712		3.801

FINFISH
Monkfish, raw
Lophius piscatorius **L.**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	83.24		2	70.75		377.58
Food energy	kcal	76			64		343
	kJ	316			269		1,434
Protein (N X6.25)	g	14.48		2	12.31		65.68
Total lipid (fat)	g	1.52		2	1.29		6.89
Carbohydrate, total	g	0.00			0.00		0.00
Crude fiber	g	0.00			0.00		0.00
Ash	g	1.21		1	1.03		5.49
Minerals:							
Calcium	mg	8		1	7		37
Iron	mg	0.32		1	0.27		1.46
Magnesium	mg	21		1	18		95
Phosphorus	mg						
Potassium	mg						
Sodium	mg	18		1	16		84
Zinc	mg	0.41		1	0.35		1.86
Copper	mg	0.028		1	0.024		0.127
Manganese	mg	0.024		1	0.020		0.109
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.025		1	0.021		0.113
Riboflavin	mg	0.060		1	0.051		0.272
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	25		1	21		115
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.162			0.138		0.735
Threonine	g	0.635			0.540		2.880
Isoleucine	g	0.667			0.567		3.026
Leucine	g	1.177			1.000		5.339
Lysine	g	1.330			1.131		6.033
Methionine	g	0.429			0.365		1.946
Cystine	g	0.155			0.132		0.703
Phenylalanine	g	0.565			0.480		2.563
Tyrosine	g	0.489			0.416		2.218
Valine	g	0.746			0.634		3.384
Arginine	g	0.867			0.737		3.933
Histidine	g	0.426			0.362		1.932
Alanine	g	0.876			0.745		3.974
Aspartic acid	g	1.483			1.261		6.727
Glutamic acid	g	2.162			1.838		9.807
Glycine	g	0.695			0.591		3.153
Proline	g	0.512			0.435		2.322
Serine	g	0.591			0.502		2.681

FINFISH
Mullet, Striped, raw
Mugil cephalus **L.**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 119 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	77.01	0.631	18	65.46	91.64	349.31
Food energy	kcal	117			99	139	530
	kJ	489			415	582	2,217
Protein (N X6.25)	g	19.35	0.523	16	16.45	23.03	87.77
Total lipid (fat)	g	3.79	0.357	43	3.22	4.51	17.19
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.20	0.038	14	1.02	1.43	5.45
Minerals:							
Calcium	mg	41	7.422	6	34	48	184
Iron	mg	1.02	0.091	11	0.87	1.22	4.64
Magnesium	mg	29	0.795	6	24	34	130
Phosphorus	mg	221	8.792	7	188	263	1,004
Potassium	mg	357	19.552	10	304	425	1,620
Sodium	mg	65	3.466	12	55	77	294
Zinc	mg	0.52	0.015	200	0.44	0.62	2.37
Copper	mg	0.051	0.003	202	0.043	0.061	0.231
Manganese	mg	0.016	0.002	6	0.014	0.019	0.073
Vitamins:							
Ascorbic acid	mg	1.2	0.071	8	1.0	1.4	5.4
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg	0.760	0.070	2	0.646	0.904	3.447
Vitamin B_6	mg	0.425	0.005	2	0.361	0.506	1.928
Folacin	mcg	8.5	2.500	2	7.2	10.1	38.6
Vitamin B_{12}	mcg						
Vitamin A	RE	37			31	44	166
	IU	122		1	104	145	553
Lipids:							
Fatty acids:							
Saturated, total	g	1.116			0.949	1.328	5.062
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.003		2	0.003	0.004	0.014
14:0	g	0.245		24	0.208	0.292	1.111
16:0	g	0.747		25	0.635	0.889	3.388
18:0	g	0.100		25	0.085	0.119	0.454
Monounsaturated, total	g	1.078			0.916	1.283	4.890
16:1	g	0.564		24	0.479	0.671	2.558
18:1	g	0.293		24	0.249	0.349	1.329
20:1	g	0.023		3	0.020	0.027	0.104
22:1	g	0.031		2	0.026	0.037	0.141
Polyunsaturated, total	g	0.715			0.608	0.851	3.243
18:2	g	0.088		25	0.075	0.105	0.399
18:3	g	0.025		22	0.021	0.030	0.113
18:4	g	0.082		23	0.070	0.098	0.372
20:4	g	0.096		25	0.082	0.114	0.435
20:5	g	0.217		25	0.184	0.258	0.984
22:5	g	0.099		25	0.084	0.118	0.449
22:6	g	0.108		25	0.092	0.129	0.490
Cholesterol	mg	49		1	42	59	224
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.217			0.184	0.258	0.984
Threonine	g	0.848			0.721	1.009	3.847
Isoleucine	g	0.892			0.758	1.061	4.046
Leucine	g	1.573			1.337	1.872	7.135
Lysine	g	1.777			1.510	2.115	8.060
Methionine	g	0.573			0.487	0.682	2.599
Cystine	g	0.207			0.176	0.246	0.939
Phenylalanine	g	0.755			0.642	0.898	3.425
Tyrosine	g	0.653			0.555	0.777	2.962
Valine	g	0.997			0.847	1.186	4.522
Arginine	g	1.158			0.984	1.378	5.253
Histidine	g	0.570			0.485	0.678	2.586
Alanine	g	1.170			0.995	1.392	5.307
Aspartic acid	g	1.981			1.684	2.357	8.986
Glutamic acid	g	2.889			2.456	3.438	13.105
Glycine	g	0.929			0.790	1.106	4.214
Proline	g	0.684			0.581	0.814	3.103
Serine	g	0.789			0.671	0.939	3.579

[1] Yield from 1-1/2 lb whole fish.

FINFISH
Mullet, Striped, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 93 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70.52			59.94	65.59	319.89
Food energy	kcal	150			127	139	679
	kJ	627			533	583	2,842
Protein (N X6.25)	g	24.81			21.09	23.07	112.53
Total lipid (fat)	g	4.86			4.13	4.52	22.04
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.34	0.075	2	1.13	1.24	6.06
Minerals:							
Calcium	mg	31	0.850	2	26	29	141
Iron	mg	1.41	0.060	2	1.20	1.31	6.40
Magnesium	mg	33	1.475	2	28	31	151
Phosphorus	mg	244	40.235	2	207	227	1,105
Potassium	mg	458	4.670	2	389	426	2,076
Sodium	mg	71	5.065	2	61	66	323
Zinc	mg	0.88	0.250	2	0.75	0.82	3.99
Copper	mg	0.141	0.066	2	0.120	0.131	0.640
Manganese	mg	0.022	0.009	2	0.019	0.020	0.100
Vitamins:							
Ascorbic acid	mg	1.2			1.0	1.1	5.6
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg	0.490			0.417	0.456	2.223
Folacin	mcg	9.8			8.3	9.1	44.5
Vitamin B_{12}	mcg						
Vitamin A	RE	42			36	39	192
	IU	141			120	131	639
Lipids:							
Fatty acids:							
Saturated, total	g	1.431			1.216	1.331	6.491
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.062		2	0.053	0.058	0.281
16:0	g	0.291		2	0.247	0.271	1.320
18:0	g	0.096		2	0.082	0.089	0.435
Monounsaturated, total	g	1.382			1.175	1.285	6.269
16:1	g	0.177		2	0.150	0.165	0.803
18:1	g	0.196		2	0.167	0.182	0.889
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.917			0.779	0.853	4.160
18:2	g	0.094		2	0.080	0.087	0.426
18:3	g						
18:4	g						
20:4	g	0.097		2	0.082	0.090	0.440
20:5	g	0.180		2	0.153	0.167	0.816
22:5	g	0.092		2	0.078	0.086	0.417
22:6	g	0.148		2	0.126	0.138	0.671
Cholesterol	mg	63			54	59	288
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.278			0.236	0.259	1.261
Threonine	g	1.088			0.925	1.012	4.935
Isoleucine	g	1.143			0.972	1.063	5.185
Leucine	g	2.016			1.714	1.875	9.145
Lysine	g	2.278			1.936	2.119	10.333
Methionine	g	0.734			0.624	0.683	3.329
Cystine	g	0.266			0.226	0.247	1.207
Phenylalanine	g	0.968			0.823	0.900	4.391
Tyrosine	g	0.837			0.711	0.778	3.797
Valine	g	1.278			1.086	1.189	5.797
Arginine	g	1.484			1.261	1.380	6.731
Histidine	g	0.730			0.621	0.679	3.311
Alanine	g	1.500			1.275	1.395	6.804
Aspartic acid	g	2.540			2.159	2.362	11.521
Glutamic acid	g	3.703			3.148	3.444	16.797
Glycine	g	1.191			1.012	1.108	5.402
Proline	g	0.877			0.745	0.816	3.978
Serine	g	1.012			0.860	0.941	4.590

[1] Yield from raw fillet.

FINFISH
Ocean Perch, Atlantic, raw
Sebastes marinus **(L.)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 fillet[1] = 64 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	78.70	0.129	183	50.37	66.89	356.97
Food energy	kcal	94			60	80	427
	kJ	394			252	335	1,788
Protein (N X6.25)	g	18.62	0.137	135	11.92	15.83	84.48
Total lipid (fat)	g	1.63	0.092	208	1.04	1.39	7.40
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.20	0.021	115	0.77	1.02	5.43
Minerals:							
Calcium	mg	107	8.118	50	69	91	486
Iron	mg	0.92	0.047	24	0.59	0.78	4.18
Magnesium	mg	30	2.809	24	19	26	138
Phosphorus	mg	216	6.315	29	138	184	979
Potassium	mg	273	26.229	6	175	232	1,240
Sodium	mg	75	9.236	5	48	64	339
Zinc	mg	0.48	0.043	105	0.31	0.41	2.17
Copper	mg	0.026	0.003	79	0.017	0.022	0.118
Manganese	mg	0.015			0.010	0.013	0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg	0.110		1	0.070	0.094	0.499
Niacin	mg	2.000		1	1.280	1.700	9.072
Pantothenic acid	mg	0.360		1	0.230	0.306	1.633
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	1.000		1	.640	.850	4.536
Vitamin A	RE	12			8	10	54
	IU	40	10.000	2	26	34	181
Lipids:							
Fatty acids:							
Saturated, total	g	0.244			0.156	0.207	1.107
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.003		1	0.002	0.003	0.014
14:0	g	0.063		21	0.040	0.054	0.286
16:0	g	0.139		21	0.089	0.118	0.631
18:0	g	0.034		21	0.022	0.029	0.154
Monounsaturated, total	g	0.625			0.400	0.531	2.835
16:1	g	0.086		21	0.055	0.073	0.390
18:1	g	0.207		21	0.132	0.176	0.939
20:1	g	0.100		20	0.064	0.085	0.454
22:1	g	0.229		21	0.147	0.195	1.039
Polyunsaturated, total	g	0.427			0.273	0.363	1.937
18:2	g	0.028		21	0.018	0.024	0.127
18:3	g	0.057		21	0.036	0.048	0.259
18:4	g	0.024		19	0.015	0.020	0.109
20:4	g	0.004		21	0.003	0.003	0.018
20:5	g	0.080		21	0.051	0.068	0.363
22:5	g	0.023		21	0.015	0.020	0.104
22:6	g	0.211		21	0.135	0.179	0.957
Cholesterol	mg	42	2.380	10	27	36	191
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.209			0.134	0.178	0.948
Threonine	g	0.817			0.523	0.694	3.706
Isoleucine	g	0.858			0.549	0.729	3.892
Leucine	g	1.514			0.969	1.287	6.868
Lysine	g	1.711			1.095	1.454	7.761
Methionine	g	0.551			0.353	0.468	2.499
Cystine	g	0.200			0.128	0.170	0.907
Phenylalanine	g	0.727			0.465	0.618	3.298
Tyrosine	g	0.629			0.403	0.535	2.853
Valine	g	0.960			0.614	0.816	4.355
Arginine	g	1.115			0.714	0.948	5.058
Histidine	g	0.548			0.351	0.466	2.486
Alanine	g	1.126			0.721	0.957	5.108
Aspartic acid	g	1.907			1.220	1.621	8.650
Glutamic acid	g	2.780			1.779	2.363	12.610
Glycine	g	0.894			0.572	0.760	4.055
Proline	g	0.659			0.422	0.560	2.989
Serine	g	0.760			0.486	0.646	3.447

[1] Yield from 1 lb whole fish.

FINFISH
Ocean Perch, Atlantic, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 fillet[1] = 50 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72.69			36.34	61.78	329.71
Food energy	kcal	121			60	103	548
	kJ	505			253	430	2,293
Protein (N X6.25)	g	23.88			11.94	20.30	108.31
Total lipid (fat)	g	2.09			1.05	1.78	9.48
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.54			0.77	1.31	6.97
Minerals:							
Calcium	mg	137			69	117	623
Iron	mg	1.18			0.59	1.00	5.36
Magnesium	mg	39			19	33	176
Phosphorus	mg	277			138	235	1,256
Potassium	mg	350			175	298	1,589
Sodium	mg	96			48	82	435
Zinc	mg	0.61			0.31	0.52	2.79
Copper	mg	0.033			0.017	0.028	0.150
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg	0.134			0.067	0.114	0.608
Niacin	mg	2.436			1.218	2.071	11.050
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	1.154			0.577	0.981	5.235
Vitamin A	RE	14			7	12	63
	IU	46			23	39	209
Lipids:							
Fatty acids:							
Saturated, total	g	0.313			0.157	0.266	1.420
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.004			0.002	0.003	0.018
14:0	g	0.081			0.041	0.069	0.367
16:0	g	0.178			0.089	0.151	0.807
18:0	g	0.044			0.022	0.037	0.200
Monounsaturated, total	g	0.801			0.401	0.681	3.633
16:1	g	0.110			0.055	0.094	0.499
18:1	g	0.265			0.133	0.225	1.202
20:1	g	0.128			0.064	0.109	0.581
22:1	g	0.294			0.147	0.250	1.334
Polyunsaturated, total	g	0.547			0.274	0.465	2.481
18:2	g	0.036			0.018	0.031	0.163
18:3	g	0.073			0.037	0.062	0.331
18:4	g	0.031			0.016	0.026	0.141
20:4	g	0.005			0.003	0.004	0.023
20:5	g	0.103			0.052	0.088	0.467
22:5	g	0.029			0.015	0.025	0.132
22:6	g	0.271			0.136	0.230	1.229
Cholesterol	mg	54			27	46	244
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.267			0.134	0.227	1.211
Threonine	g	1.047			0.524	0.890	4.749
Isoleucine	g	1.100			0.550	0.935	4.990
Leucine	g	1.941			0.971	1.650	8.804
Lysine	g	2.193			1.097	1.864	9.947
Methionine	g	0.707			0.354	0.601	3.207
Cystine	g	0.256			0.128	0.218	1.161
Phenylalanine	g	0.932			0.466	0.792	4.228
Tyrosine	g	0.806			0.403	0.685	3.656
Valine	g	1.230			0.615	1.046	5.579
Arginine	g	1.429			0.715	1.215	6.482
Histidine	g	0.703			0.352	0.598	3.189
Alanine	g	1.444			0.722	1.227	6.550
Aspartic acid	g	2.445			1.223	2.078	11.091
Glutamic acid	g	3.564			1.782	3.029	16.166
Glycine	g	1.146			0.573	0.974	5.198
Proline	g	0.844			0.422	0.717	3.828
Serine	g	0.974			0.487	0.828	4.418

[1] Yield from raw fillet.

FINFISH
Perch, Mixed species, raw
Morone americana **(Gmelin) and** *Perca flavescens* **(Mitchill)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 fillet[1] = 60 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	79.13	0.128	38	47.48	67.26	358.94
Food energy	kcal	91			55	77	413
	kJ	381			229	324	1,728
Protein (N X 6.25)	g	19.39	0.172	39	11.63	16.48	87.94
Total lipid (fat)	g	0.92	0.049	24	0.55	0.78	4.17
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.24	0.068	39	0.75	1.06	5.64
Minerals:							
Calcium	mg	80		2	48	68	362
Iron	mg	0.90		2	0.54	0.77	4.09
Magnesium	mg	30		2	18	26	136
Phosphorus	mg	200		2	120	170	908
Potassium	mg	269		4	161	228	1,219
Sodium	mg	62		4	37	52	280
Zinc	mg	1.11	0.153	53	0.67	0.95	5.05
Copper	mg	0.150	0.006	80	0.090	0.128	0.680
Manganese	mg	0.700		2	0.420	0.595	3.175
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.185			0.111	0.157	0.839
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.013		16	0.008	0.011	0.059
16:0	g	0.140		16	0.084	0.119	0.635
18:0	g	0.031		16	0.019	0.026	0.141
Monounsaturated, total	g	0.152			0.091	0.129	0.689
16:1	g	0.057		16	0.034	0.048	0.259
18:1	g	0.070		16	0.042	0.060	0.318
20:1	g	0.024		6	0.014	0.020	0.109
22:1	g						
Polyunsaturated, total	g	0.368			0.221	0.313	1.669
18:2	g	0.011		16	0.007	0.009	0.050
18:3	g	0.012		16	0.007	0.010	0.054
18:4	g	0.008		16	0.005	0.007	0.036
20:4	g	0.052		16	0.031	0.044	0.236
20:5	g	0.079		16	0.047	0.067	0.358
22:5	g	0.028		16	0.017	0.024	0.127
22:6	g	0.174		16	0.104	0.148	0.789
Cholesterol	mg	90		2	54	76	407
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.217			0.130	0.184	0.984
Threonine	g	0.850			0.510	0.723	3.856
Isoleucine	g	0.893			0.536	0.759	4.051
Leucine	g	1.576			0.946	1.340	7.149
Lysine	g	1.781			1.069	1.514	8.079
Methionine	g	0.574			0.344	0.488	2.604
Cystine	g	0.208			0.125	0.177	0.943
Phenylalanine	g	0.757			0.454	0.643	3.434
Tyrosine	g	0.655			0.393	0.557	2.971
Valine	g	0.999			0.599	0.849	4.531
Arginine	g	1.160			0.696	0.986	5.262
Histidine	g	0.571			0.343	0.485	2.590
Alanine	g	1.173			0.704	0.997	5.321
Aspartic acid	g	1.985			1.191	1.687	9.004
Glutamic acid	g	2.894			1.736	2.460	13.127
Glycine	g	0.931			0.559	0.791	4.223
Proline	g	0.686			0.412	0.583	3.112
Serine	g	0.791			0.475	0.672	3.588

[1]Yield from 3/4 lb whole fish.

FINFISH
Perch, Mixed species, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 fillet[1] = 46 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	73.25			33.69	62.26	332.24
Food energy	kcal	117			54	99	530
	kJ	489			225	415	2,216
Protein (N X6.25)	g	24.86			11.43	21.13	112.74
Total lipid (fat)	g	1.18			0.54	1.00	5.34
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.59			0.73	1.35	7.23
Minerals:							
Calcium	mg	102			47	87	464
Iron	mg	1.16			0.53	0.98	5.24
Magnesium	mg	38			18	33	174
Phosphorus	mg	257			118	218	1,164
Potassium	mg	344			158	293	1,562
Sodium	mg	79			36	67	359
Zinc	mg	1.43			0.66	1.21	6.48
Copper	mg	0.192			0.088	0.163	0.871
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.237			0.109	0.201	1.075
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.017			0.008	0.014	0.077
16:0	g	0.179			0.082	0.152	0.812
18:0	g	0.040			0.018	0.034	0.181
Monounsaturated, total	g	0.195			0.090	0.166	0.885
16:1	g	0.073			0.034	0.062	0.331
18:1	g	0.090			0.041	0.077	0.408
20:1	g	0.031			0.014	0.026	0.141
22:1	g						
Polyunsaturated, total	g	0.472			0.217	0.401	2.141
18:2	g	0.014			0.006	0.012	0.064
18:3	g	0.015			0.007	0.013	0.068
18:4	g	0.010			0.005	0.009	0.045
20:4	g	0.067			0.031	0.057	0.304
20:5	g	0.101			0.046	0.086	0.458
22:5	g	0.036			0.017	0.031	0.163
22:6	g	0.223			0.103	0.190	1.012
Cholesterol	mg	115			53	98	522
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.278			0.128	0.236	1.261
Threonine	g	1.090			0.501	0.927	4.944
Isoleucine	g	1.145			0.527	0.973	5.194
Leucine	g	2.020			0.929	1.717	9.163
Lysine	g	2.283			1.050	1.941	10.356
Methionine	g	0.736			0.339	0.626	3.338
Cystine	g	0.266			0.122	0.226	1.207
Phenylalanine	g	0.970			0.446	0.825	4.400
Tyrosine	g	0.839			0.386	0.713	3.806
Valine	g	1.281			0.589	1.089	5.811
Arginine	g	1.487			0.684	1.264	6.745
Histidine	g	0.732			0.337	0.622	3.320
Alanine	g	1.503			0.691	1.278	6.818
Aspartic acid	g	2.545			1.171	2.163	11.544
Glutamic acid	g	3.711			1.707	3.154	16.833
Glycine	g	1.193			0.549	1.014	5.411
Proline	g	0.879			0.404	0.747	3.987
Serine	g	1.014			0.466	0.862	4.600

[1]Yield from raw fillet.

FINFISH
Pike, Northern, raw
Esox lucius **L.**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] = 198 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	78.92	0.059	238	67.08	156.25	357.96
Food energy	kcal	88			75	175	401
	kJ	370			314	732	1,678
Protein (N X6.25)	g	19.26	0.046	236	16.37	38.12	87.34
Total lipid (fat)	g	0.69	0.005	224	0.58	1.36	3.12
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.20	0.089	16	1.02	2.38	5.46
Minerals:							
Calcium	mg	57	15.246	3	48	112	257
Iron	mg	0.55	0.150	2	0.47	1.09	2.49
Magnesium	mg						
Phosphorus	mg	220	23.024	3	187	435	996
Potassium	mg	259	35.500	2	220	512	1,173
Sodium	mg	39			33	77	177
Zinc	mg	0.67	0.053	59	0.57	1.32	3.03
Copper	mg	0.051	0.019	8	0.043	0.101	0.231
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	3.8	0.854	4	3.2	7.4	17.0
Thiamin	mg	0.058	0.011	4	0.049	0.115	0.263
Riboflavin	mg	0.063	0.013	3	0.054	0.125	0.286
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg	0.117	0.024	3	0.099	0.232	0.531
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE	21			18	42	95
	IU	70		1	60	139	318
Lipids:							
Fatty acids:							
Saturated, total	g	0.118			0.100	0.234	0.535
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.001		1	0.001	0.002	0.005
14:0	g	0.018		4	0.015	0.036	0.082
16:0	g	0.078		4	0.066	0.154	0.354
18:0	g	0.018		4	0.015	0.036	0.082
Monounsaturated, total	g	0.157			0.133	0.311	0.712
16:1	g	0.056		4	0.048	0.111	0.254
18:1	g	0.079		4	0.067	0.156	0.358
20:1	g	0.013		3	0.011	0.026	0.059
22:1	g	0.005		3	0.004	0.010	0.023
Polyunsaturated, total	g	0.202			0.172	0.400	0.916
18:2	g	0.032		4	0.027	0.063	0.145
18:3	g	0.021		3	0.018	0.042	0.095
18:4	g						
20:4	g	0.028		3	0.024	0.055	0.127
20:5	g	0.033		4	0.028	0.065	0.150
22:5	g	0.014		4	0.012	0.028	0.064
22:6	g	0.074		4	0.063	0.147	0.336
Cholesterol	mg	39		1	33	77	177
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.216			0.184	0.428	0.980
Threonine	g	0.844			0.717	1.671	3.828
Isoleucine	g	0.887			0.754	1.756	4.023
Leucine	g	1.565			1.330	3.099	7.099
Lysine	g	1.768			1.503	3.501	8.020
Methionine	g	0.570			0.485	1.129	2.586
Cystine	g	0.206			0.175	0.408	0.934
Phenylalanine	g	0.752			0.639	1.489	3.411
Tyrosine	g	0.650			0.553	1.287	2.948
Valine	g	0.992			0.843	1.964	4.500
Arginine	g	1.152			0.979	2.281	5.225
Histidine	g	0.567			0.482	1.123	2.572
Alanine	g	1.165			0.990	2.307	5.284
Aspartic acid	g	1.972			1.676	3.905	8.945
Glutamic acid	g	2.875			2.444	5.693	13.041
Glycine	g	0.924			0.785	1.830	4.191
Proline	g	0.681			0.579	1.348	3.089
Serine	g	0.786			0.668	1.556	3.565

[1]Yield from 5 lb whole fish.

FINFISH
Pike, Northern, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] = 155 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72.97			62.02	113.10	330.99
Food energy	kcal	113			96	176	514
	kJ	474			403	735	2,151
Protein (N X 6.25)	g	24.69			20.98	38.26	111.98
Total lipid (fat)	g	0.88			0.75	1.37	4.00
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.54			1.31	2.39	7.00
Minerals:							
Calcium	mg	73			62	113	330
Iron	mg	0.71			0.60	1.09	3.20
Magnesium	mg						
Phosphorus	mg	282			239	437	1,277
Potassium	mg	331			282	514	1,503
Sodium	mg	49			42	76	222
Zinc	mg	0.86			0.73	1.33	3.88
Copper	mg	0.065			0.055	0.101	0.295
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	3.8			3.3	6.0	17.4
Thiamin	mg	0.067			0.057	0.104	0.304
Riboflavin	mg	0.077			0.065	0.119	0.349
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg	0.135			0.115	0.209	0.612
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE	24			21	38	110
	IU	81			69	125	366
Lipids:							
Fatty acids:							
Saturated, total	g	0.151			0.128	0.234	0.685
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.001			0.001	0.002	0.005
14:0	g	0.023			0.020	0.036	0.104
16:0	g	0.100			0.085	0.155	0.454
18:0	g	0.023			0.020	0.036	0.104
Monounsaturated, total	g	0.201			0.171	0.312	0.912
16:1	g	0.072			0.061	0.112	0.327
18:1	g	0.101			0.086	0.157	0.458
20:1	g	0.017			0.014	0.026	0.077
22:1	g	0.006			0.005	0.009	0.027
Polyunsaturated, total	g	0.259			0.220	0.401	1.175
18:2	g	0.041			0.035	0.064	0.186
18:3	g	0.027			0.023	0.042	0.122
18:4	g						
20:4	g	0.036			0.031	0.056	0.163
20:5	g	0.042			0.036	0.065	0.191
22:5	g	0.018			0.015	0.028	0.082
22:6	g	0.095			0.081	0.147	0.431
Cholesterol	mg	50			43	78	227
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.277			0.235	0.429	1.256
Threonine	g	1.082			0.920	1.677	4.908
Isoleucine	g	1.138			0.967	1.764	5.162
Leucine	g	2.007			1.706	3.111	9.104
Lysine	g	2.267			1.927	3.514	10.283
Methionine	g	0.731			0.621	1.133	3.316
Cystine	g	0.265			0.225	0.411	1.202
Phenylalanine	g	0.964			0.819	1.494	4.373
Tyrosine	g	0.833			0.708	1.291	3.778
Valine	g	1.272			1.081	1.972	5.770
Arginine	g	1.477			1.255	2.289	6.700
Histidine	g	0.727			0.618	1.127	3.298
Alanine	g	1.493			1.269	2.314	6.772
Aspartic acid	g	2.528			2.149	3.918	11.467
Glutamic acid	g	3.685			3.132	5.712	16.715
Glycine	g	1.185			1.007	1.837	5.375
Proline	g	0.873			0.742	1.353	3.960
Serine	g	1.007			0.856	1.561	4.568

[1]Yield from raw fillet.

FINFISH
Pike, Walleye, raw
Stizostedion vitreum vitreum **(Mitchill)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 159 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	79.31	0.210	28	67.41	126.10	359.74
Food energy	kcal	93			79	147	420
	kJ	388			330	617	1,759
Protein (N X6.25)	g	19.14	0.106	29	16.27	30.43	86.81
Total lipid (fat)	g	1.22	0.162	14	1.03	1.93	5.51
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.20	0.018	29	1.02	1.91	5.44
Minerals:							
Calcium	mg	110		1	94	175	499
Iron	mg	1.30		1	1.11	2.07	5.90
Magnesium	mg	30		1	26	48	136
Phosphorus	mg	210		1	179	334	953
Potassium	mg	389	70.392	3	331	619	1,766
Sodium	mg	51	0.667	3	43	81	230
Zinc	mg	0.62	0.070	28	0.53	0.99	2.81
Copper	mg	0.178	0.111	3	0.151	0.283	0.807
Manganese	mg	0.800		1	0.680	1.272	3.629
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.249			0.212	0.396	1.129
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.018		7	0.015	0.029	0.082
16:0	g	0.197		7	0.167	0.313	0.894
18:0	g	0.034		7	0.029	0.054	0.154
Monounsaturated, total	g	0.294			0.250	0.467	1.334
16:1	g	0.098		7	0.083	0.156	0.445
18:1	g	0.196		7	0.167	0.312	0.889
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.447			0.380	0.711	2.028
18:2	g	0.026		7	0.022	0.041	0.118
18:3	g	0.014		7	0.012	0.022	0.064
18:4	g						
20:4	g	0.058		7	0.049	0.092	0.263
20:5	g	0.086		7	0.073	0.137	0.390
22:5	g	0.038		7	0.032	0.060	0.172
22:6	g	0.225		7	0.191	0.358	1.021
Cholesterol	mg	86		1	73	137	390
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.214			0.182	0.340	0.971
Threonine	g	0.839			0.713	1.334	3.806
Isoleucine	g	0.882			0.750	1.402	4.001
Leucine	g	1.555			1.322	2.472	7.053
Lysine	g	1.758			1.494	2.795	7.974
Methionine	g	0.566			0.481	0.900	2.567
Cystine	g	0.205			0.174	0.326	0.930
Phenylalanine	g	0.747			0.635	1.188	3.388
Tyrosine	g	0.646			0.549	1.027	2.930
Valine	g	0.986			0.838	1.568	4.472
Arginine	g	1.145			0.973	1.821	5.194
Histidine	g	0.563			0.479	0.895	2.554
Alanine	g	1.157			0.983	1.840	5.248
Aspartic acid	g	1.960			1.666	3.116	8.891
Glutamic acid	g	2.857			2.428	4.543	12.959
Glycine	g	0.919			0.781	1.461	4.169
Proline	g	0.677			0.575	1.076	3.071
Serine	g	0.781			0.664	1.242	3.543

[1] Yield from 2 lb whole fish.

FINFISH
Pollock, Atlantic, raw
Pollachius virens **(L.)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] 193 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	78.18	0.171	62	66.45	150.89	354.63
Food energy	kcal	92			78	177	416
	kJ	384			327	741	1,742
Protein (N X 6.25)	g	19.44	0.214	61	16.52	37.52	88.18
Total lipid (fat)	g	0.98	0.027	14	0.83	1.88	4.42
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.41	0.029	56	1.20	2.71	6.38
Minerals:							
Calcium	mg	60	11.988	17	51	116	272
Iron	mg	0.46			0.39	0.89	2.09
Magnesium	mg	67		1	57	129	304
Phosphorus	mg	221	8.557	22	188	426	1,002
Potassium	mg	356	9.510	30	302	687	1,614
Sodium	mg	86	5.136	28	73	166	391
Zinc	mg	0.47	0.016	84	0.40	0.90	2.11
Copper	mg	0.050	0.003	75	0.043	0.097	0.227
Manganese	mg	0.015			0.013	0.029	0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.047	0.003	2	0.040	0.091	0.213
Riboflavin	mg	0.185	0.023	10	0.157	0.357	0.839
Niacin	mg	3.270	0.231	10	2.780	6.311	14.833
Pantothenic acid	mg	0.358	0.020	10	0.304	0.691	1.624
Vitamin B_6	mg	0.287	0.002	2	0.244	0.554	1.302
Folacin	mcg						
Vitamin B_{12}	mcg	3.191	0.350	11	2.712	6.159	14.474
Vitamin A	RE	11			9	20	48
	IU	35	5.000	2	30	68	159
Lipids:							
Fatty acids:							
Saturated, total	g	0.135			0.115	0.261	0.612
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.005		1	0.004	0.010	0.023
16:0	g	0.084		1	0.071	0.162	0.381
18:0	g	0.043		1	0.037	0.083	0.195
Monounsaturated, total	g	0.112			0.095	0.216	0.508
16:1	g	0.012		1	0.010	0.023	0.054
18:1	g	0.067		1	0.057	0.129	0.304
20:1	g	0.022		1	0.019	0.042	0.100
22:1	g	0.010		1	0.009	0.019	0.045
Polyunsaturated, total	g	0.483			0.411	0.932	2.191
18:2	g	0.009		1	0.008	0.017	0.041
18:3	g						
18:4	g	0.005		1	0.004	0.010	0.023
20:4	g	0.026		1	0.022	0.050	0.118
20:5	g	0.071		1	0.060	0.137	0.322
22:5	g	0.022		1	0.019	0.042	0.100
22:6	g	0.350		1	0.298	0.676	1.588
Cholesterol	mg	71		1	60	136	320
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.218			0.185	0.421	0.989
Threonine	g	0.852			0.724	1.644	3.865
Isoleucine	g	0.896			0.762	1.729	4.064
Leucine	g	1.580			1.343	3.049	7.167
Lysine	g	1.786			1.518	3.447	8.101
Methionine	g	0.576			0.490	1.112	2.613
Cystine	g	0.208			0.177	0.401	0.943
Phenylalanine	g	0.759			0.645	1.465	3.443
Tyrosine	g	0.656			0.558	1.266	2.976
Valine	g	1.002			0.852	1.934	4.545
Arginine	g	1.164			0.989	2.247	5.280
Histidine	g	0.572			0.486	1.104	2.595
Alanine	g	1.176			1.000	2.270	5.334
Aspartic acid	g	1.991			1.692	3.843	9.031
Glutamic acid	g	2.903			2.468	5.603	13.168
Glycine	g	0.933			0.793	1.801	4.232
Proline	g	0.688			0.585	1.328	3.121
Serine	g	0.793			0.674	1.530	3.597

[1]Yield from 5 lb whole fish.

FINFISH
Pollock, Walleye, raw
Theragra chalcogramma **(Pallas)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 fillet[1] = 77 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	81.56	0.431	7	62.80	69.33	369.97
Food energy	kcal	81			62	68	365
	kJ	337			260	287	1,529
Protein (N X 6.25)	g	17.18	0.461	6	13.23	14.60	77.92
Total lipid (fat)	g	0.80	0.030	11	0.62	0.68	3.63
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.21	0.104	6	0.93	1.03	5.50
Minerals:							
Calcium	mg	5	0.346	3	4	4	22
Iron	mg	0.23	0.030	11	0.18	0.20	1.04
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	326	21.200	11	251	277	1,477
Sodium	mg	99	6.100	11	76	84	449
Zinc	mg	0.44	0.018	48	0.34	0.37	1.99
Copper	mg	0.043	0.005	49	0.033	0.037	0.195
Manganese	mg	0.015			0.012	0.013	0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.065	0.003	11	0.050	0.055	0.295
Riboflavin	mg	0.058	0.005	11	0.045	0.049	0.263
Niacin	mg	1.290	0.070	11	0.993	1.097	5.851
Pantothenic acid	mg	0.140	0.040	2	0.108	0.119	0.635
Vitamin B_6	mg	0.060	0.016	4	0.046	0.051	0.272
Folacin	mcg	3.1	0.400	2	2.4	2.6	14.1
Vitamin B_{12}	mcg	3.100	0.360	11	2.387	2.635	14.062
Vitamin A	RE	20			15	17	90
	IU	66	26.000	2	51	56	299
Lipids:							
Fatty acids:							
Saturated, total	g	0.164			0.126	0.139	0.744
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.008		11	0.006	0.007	0.036
16:0	g	0.123		11	0.095	0.105	0.558
18:0	g	0.028		11	0.022	0.024	0.127
Monounsaturated, total	g	0.125			0.096	0.106	0.567
16:1	g	0.011		11	0.008	0.009	0.050
18:1	g	0.092		11	0.071	0.078	0.417
20:1	g	0.018		11	0.014	0.015	0.082
22:1	g	0.004		11	0.003	0.003	0.018
Polyunsaturated, total	g	0.412			0.317	0.350	1.869
18:2	g	0.009		11	0.007	0.008	0.041
18:3	g	0.004		11	0.003	0.003	0.018
18:4	g						
20:4	g	0.011		11	0.008	0.009	0.050
20:5	g	0.150		11	0.116	0.128	0.680
22:5	g	0.011		11	0.008	0.009	0.050
22:6	g	0.222		11	0.171	0.189	1.007
Cholesterol	mg	71	4.200	11	55	61	323
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.192			0.148	0.163	0.871
Threonine	g	0.753			0.580	0.640	3.416
Isoleucine	g	0.792			0.610	0.673	3.593
Leucine	g	1.396			1.075	1.187	6.332
Lysine	g	1.578			1.215	1.341	7.158
Methionine	g	0.509			0.392	0.433	2.309
Cystine	g	0.184			0.142	0.156	0.835
Phenylalanine	g	0.671			0.517	0.570	3.044
Tyrosine	g	0.580			0.447	0.493	2.631
Valine	g	0.885			0.681	0.752	4.014
Arginine	g	1.028			0.792	0.874	4.663
Histidine	g	0.506			0.390	0.430	2.295
Alanine	g	1.039			0.800	0.883	4.713
Aspartic acid	g	1.759			1.354	1.495	7.979
Glutamic acid	g	2.565			1.975	2.180	11.635
Glycine	g	0.825			0.635	0.701	3.742
Proline	g	0.608			0.468	0.517	2.758
Serine	g	0.701			0.540	0.596	3.180

[1]Yield from 1 lb whole fish.

FINFISH
Pollock, Walleye, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 fillet[1] = 60 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	74.06	0.340	11	44.44	62.95	335.94
Food energy	kcal	113			68	96	512
	kJ	472			283	401	2,141
Protein (N X 6.25)	g	23.51	0.700	11	14.11	19.98	106.64
Total lipid (fat)	g	1.12	0.040	11	0.67	0.95	5.08
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.48	0.070	11	0.89	1.26	6.71
Minerals:							
Calcium	mg	6			4	5	29
Iron	mg	0.28	0.030	11	0.17	0.24	1.27
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	387	24.300	11	232	329	1,757
Sodium	mg	116	6.600	11	69	98	524
Zinc	mg	0.60	0.000	11	0.36	0.51	2.72
Copper	mg	0.055			0.033	0.047	0.249
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.074	0.005	11	0.044	0.063	0.336
Riboflavin	mg	0.076	0.005	11	0.046	0.065	0.345
Niacin	mg	1.650	1.000	11	0.990	1.403	7.484
Pantothenic acid	mg						
Vitamin B_6	mg	0.069			0.041	0.059	0.313
Folacin	mcg	3.6			2.1	3.0	16.2
Vitamin B_{12}	mcg	4.200	0.400	11	2.520	3.570	19.051
Vitamin A	RE	23			14	19	104
	IU	76			46	65	345
Lipids:							
Fatty acids:							
Saturated, total	g	0.231			0.139	0.196	1.048
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.014		11	0.008	0.012	0.064
16:0	g	0.173		11	0.104	0.147	0.785
18:0	g	0.038		11	0.023	0.032	0.172
Monounsaturated, total	g	0.174			0.104	0.148	0.789
16:1	g	0.019		11	0.011	0.016	0.086
18:1	g	0.124		11	0.074	0.105	0.562
20:1	g	0.024		11	0.014	0.020	0.109
22:1	g	0.008		11	0.005	0.007	0.036
Polyunsaturated, total	g	0.524			0.314	0.445	2.377
18:2	g	0.012		11	0.007	0.010	0.054
18:3	g	0.008		11	0.005	0.007	0.036
18:4	g						
20:4	g	0.016		11	0.010	0.014	0.073
20:5	g	0.185		11	0.111	0.157	0.839
22:5	g	0.016		11	0.010	0.014	0.073
22:6	g	0.283		11	0.170	0.241	1.284
Cholesterol	mg	96	5.870	11	58	82	435
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.263			0.158	0.224	1.193
Threonine	g	1.031			0.619	0.876	4.677
Isoleucine	g	1.083			0.650	0.921	4.912
Leucine	g	1.911			1.147	1.624	8.668
Lysine	g	2.159			1.295	1.835	9.793
Methionine	g	0.696			0.418	0.592	3.157
Cystine	g	0.252			0.151	0.214	1.143
Phenylalanine	g	0.918			0.551	0.780	4.164
Tyrosine	g	0.794			0.476	0.675	3.602
Valine	g	1.211			0.727	1.029	5.493
Arginine	g	1.407			0.844	1.196	6.382
Histidine	g	0.692			0.415	0.588	3.139
Alanine	g	1.422			0.853	1.209	6.450
Aspartic acid	g	2.408			1.445	2.047	10.923
Glutamic acid	g	3.510			2.106	2.984	15.921
Glycine	g	1.129			0.677	0.960	5.121
Proline	g	0.831			0.499	0.706	3.769
Serine	g	0.959			0.575	0.815	4.350

[1]Yield from raw fillet.

FINFISH
Pompano, Florida, raw
Trachinotus carolinus (L.)

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 112 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	71.12	1.704	6	60.45	79.65	322.58
Food energy	kcal	164			140	184	745
	kJ	687			584	770	3,118
Protein (N X 6.25)	g	18.48	0.842	6	15.71	20.70	83.82
Total lipid (fat)	g	9.47	2.259	7	8.05	10.60	42.94
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.10	0.033	6	0.94	1.23	4.99
Minerals:							
Calcium	mg	22	3.899	6	19	25	101
Iron	mg	0.60	0.046	6	0.51	0.67	2.72
Magnesium	mg	27	1.354	6	23	30	121
Phosphorus	mg	195	19.532	6	166	219	887
Potassium	mg	381	39.072	7	324	427	1,728
Sodium	mg	65	3.496	7	55	73	294
Zinc	mg	0.72	0.022	65	0.61	0.80	3.26
Copper	mg	0.038	0.010	64	0.032	0.043	0.172
Manganese	mg	0.013	0.002	6	0.011	0.015	0.059
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	3.509			2.983	3.930	15.917
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.410		2	0.349	0.459	1.860
16:0	g	2.217		2	1.884	2.483	10.056
18:0	g	0.824		2	0.700	0.923	3.738
Monounsaturated, total	g	2.586			2.198	2.896	11.730
16:1	g	0.563		2	0.479	0.631	2.554
18:1	g	2.023		2	1.720	2.266	9.176
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.137			0.966	1.273	5.157
18:2	g	0.121		2	0.103	0.136	0.549
18:3	g						
18:4	g						
20:4	g	0.246		2	0.209	0.276	1.116
20:5	g	0.175		2	0.149	0.196	0.794
22:5	g	0.202		2	0.172	0.226	0.916
22:6	g	0.393		2	0.334	0.440	1.783
Cholesterol	mg	50		1	43	56	227
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.207			0.176	0.232	0.939
Threonine	g	0.810			0.689	0.907	3.674
Isoleucine	g	0.851			0.723	0.953	3.860
Leucine	g	1.502			1.277	1.682	6.813
Lysine	g	1.697			1.442	1.901	7.698
Methionine	g	0.547			0.465	0.613	2.481
Cystine	g	0.198			0.168	0.222	0.898
Phenylalanine	g	0.721			0.613	0.808	3.270
Tyrosine	g	0.624			0.530	0.699	2.830
Valine	g	0.952			0.809	1.066	4.318
Arginine	g	1.106			0.940	1.239	5.017
Histidine	g	0.544			0.462	0.609	2.468
Alanine	g	1.117			0.949	1.251	5.067
Aspartic acid	g	1.892			1.608	2.119	8.582
Glutamic acid	g	2.758			2.344	3.089	12.510
Glycine	g	0.887			0.754	0.993	4.023
Proline	g	0.653			0.555	0.731	2.962
Serine	g	0.754			0.641	0.844	3.420

[1]Yield from 1-1/2 lb whole fish.

FINFISH
Pompano, Florida, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 88 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	62.97			53.52	55.41	285.62
Food energy	kcal	211			179	185	955
	kJ	881			749	775	3,997
Protein (N X 6.25)	g	23.69			20.14	20.85	107.46
Total lipid (fat)	g	12.14			10.32	10.68	55.05
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.38		1	1.17	1.21	6.26
Minerals:							
Calcium	mg	43		1	36	37	193
Iron	mg	0.67		1	0.57	0.59	3.04
Magnesium	mg	31		1	27	27	142
Phosphorus	mg	341		1	290	300	1,548
Potassium	mg	636		1	541	560	2,885
Sodium	mg	76		1	65	67	347
Zinc	mg	0.69		1	0.59	0.61	3.13
Copper	mg	0.078		1	0.066	0.069	0.354
Manganese	mg	0.025		1	0.021	0.022	0.113
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	4.499			3.824	3.959	20.407
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.208		1	0.177	0.183	0.943
16:0	g	0.949		1	0.807	0.835	4.305
18:0	g	0.350		1	0.298	0.308	1.588
Monounsaturated, total	g	3.315			2.818	2.917	15.037
16:1	g	0.251		1	0.213	0.221	1.139
18:1	g	0.747		1	0.635	0.657	3.388
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.458			1.239	1.283	6.613
18:2	g	0.055		1	0.047	0.048	0.249
18:3	g						
18:4	g						
20:4	g	0.141		1	0.120	0.124	0.640
20:5	g	0.131		1	0.111	0.115	0.594
22:5	g	0.114		1	0.097	0.100	0.517
22:6	g	0.028		1	0.024	0.025	0.127
Cholesterol	mg	64			54	56	291
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.265			0.225	0.233	1.202
Threonine	g	1.038			0.882	0.913	4.708
Isoleucine	g	1.092			0.928	0.961	4.953
Leucine	g	1.925			1.636	1.694	8.732
Lysine	g	2.175			1.849	1.914	9.866
Methionine	g	0.701			0.596	0.617	3.180
Cystine	g	0.254			0.216	0.224	1.152
Phenylalanine	g	0.925			0.786	0.814	4.196
Tyrosine	g	0.800			0.680	0.704	3.629
Valine	g	1.220			1.037	1.074	5.534
Arginine	g	1.417			1.204	1.247	6.428
Histidine	g	0.697			0.592	0.613	3.162
Alanine	g	1.433			1.218	1.261	6.500
Aspartic acid	g	2.426			2.062	2.135	11.004
Glutamic acid	g	3.536			3.006	3.112	16.039
Glycine	g	1.137			0.966	1.001	5.157
Proline	g	0.838			0.712	0.737	3.801
Serine	g	0.966			0.821	0.850	4.382

[1]Yield from raw fillet.

FINFISH
Pout, Ocean, raw
Macrozoarces americanus **(Schneider)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] = 176 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	81.36	0.695	6	69.15	143.19	369.04
Food energy	kcal	79			67	140	360
	kJ	332			282	584	1,505
Protein (N X6.25)	g	16.64	0.676	5	14.14	29.28	75.47
Total lipid (fat)	g	0.91	0.096	5	0.78	1.61	4.14
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.13	0.022	5	0.96	1.99	5.13
Minerals:							
Calcium	mg	10		1	8	17	44
Iron	mg	0.28		1	0.24	0.49	1.27
Magnesium	mg	13		1	11	22	58
Phosphorus	mg						
Potassium	mg						
Sodium	mg	61		1	52	107	277
Zinc	mg	1.03	0.055	34	0.88	1.81	4.68
Copper	mg	0.032	0.003	34	0.027	0.056	0.145
Manganese	mg	0.015		1	0.013	0.026	0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.320			0.272	0.563	1.452
4:0	g						
6:0	g						
8:0	g	0.057		1	0.048	0.100	0.259
10:0	g						
12:0	g						
14:0	g	0.031		1	0.026	0.055	0.141
16:0	g	0.176		1	0.150	0.310	0.798
18:0	g	0.056		1	0.048	0.099	0.254
Monounsaturated, total	g	0.329			0.280	0.579	1.492
16:1	g	0.082		1	0.070	0.144	0.372
18:1	g	0.247		1	0.210	0.435	1.120
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.032			0.027	0.056	0.145
18:2	g	0.032		1	0.027	0.056	0.145
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	52		1	44	92	236
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.186			0.158	0.327	0.844
Threonine	g	0.729			0.620	1.283	3.307
Isoleucine	g	0.767			0.652	1.350	3.479
Leucine	g	1.352			1.149	2.380	6.133
Lysine	g	1.528			1.299	2.689	6.931
Methionine	g	0.492			0.418	0.866	2.232
Cystine	g	0.178			0.151	0.313	0.807
Phenylalanine	g	0.650			0.553	1.144	2.948
Tyrosine	g	0.562			0.478	0.989	2.549
Valine	g	0.857			0.728	1.508	3.887
Arginine	g	0.996			0.847	1.753	4.518
Histidine	g	0.490			0.417	0.862	2.223
Alanine	g	1.006			0.855	1.771	4.563
Aspartic acid	g	1.704			1.448	2.999	7.729
Glutamic acid	g	2.484			2.111	4.372	11.267
Glycine	g	0.799			0.679	1.406	3.624
Proline	g	0.588			0.500	1.035	2.667
Serine	g	0.679			0.577	1.195	3.080

[1]Yield from 5 lb whole fish.

FINFISH
Rockfish, Pacific, Mixed species, raw
Sebastes **spp.**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 191 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	79.26		159	67.37	151.38	359.51
Food energy	kcal	94			80	180	427
	kJ	394			335	753	1,788
Protein (N X 6.25)	g	18.75	0.071	144	15.94	35.81	85.05
Total lipid (fat)	g	1.57		81	1.33	3.00	7.12
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.20	0.004	146	1.02	2.29	5.43
Minerals:							
Calcium	mg	9		1	8	18	42
Iron	mg	0.41	0.020	2	0.35	0.78	1.86
Magnesium	mg	26		1	22	50	119
Phosphorus	mg	178		1	151	340	807
Potassium	mg	405	2.351	140	344	774	1,838
Sodium	mg	60	0.684	141	51	114	272
Zinc	mg	0.41	0.017	119	0.35	0.79	1.86
Copper	mg	0.029	0.002	117	0.025	0.055	0.132
Manganese	mg	0.016		1	0.014	0.031	0.073
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.038	0.003	6	0.032	0.073	0.172
Riboflavin	mg	0.069	0.007	6	0.059	0.132	0.313
Niacin	mg	3.218	0.422	6	2.735	6.146	14.597
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE	57			48	109	259
	IU	190		1	162	363	862
Lipids:							
Fatty acids:							
Saturated, total	g	0.370			0.315	0.707	1.678
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.040		1	0.034	0.076	0.181
14:0	g	0.060		2	0.051	0.115	0.272
16:0	g	0.192		2	0.163	0.367	0.871
18:0	g	0.076		2	0.065	0.145	0.345
Monounsaturated, total	g	0.330			0.281	0.630	1.497
16:1	g	0.081		2	0.069	0.155	0.367
18:1	g	0.219		2	0.186	0.418	0.993
20:1	g	0.029		2	0.025	0.055	0.132
22:1	g	0.019		2	0.016	0.036	0.086
Polyunsaturated, total	g	0.482			0.410	0.921	2.186
18:2	g	0.030		2	0.026	0.057	0.136
18:3	g	0.017		2	0.014	0.032	0.077
18:4	g	0.016		2	0.014	0.031	0.073
20:4	g	0.016		2	0.014	0.031	0.073
20:5	g	0.141		2	0.120	0.269	0.640
22:5	g	0.036		2	0.031	0.069	0.163
22:6	g	0.204		2	0.173	0.390	0.925
Cholesterol	mg	35	3.500	2	29	66	156
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.210			0.179	0.401	0.953
Threonine	g	0.822			0.699	1.570	3.729
Isoleucine	g	0.864			0.734	1.650	3.919
Leucine	g	1.524			1.295	2.911	6.913
Lysine	g	1.722			1.464	3.289	7.811
Methionine	g	0.555			0.472	1.060	2.517
Cystine	g	0.201			0.171	0.384	0.912
Phenylalanine	g	0.732			0.622	1.398	3.320
Tyrosine	g	0.633			0.538	1.209	2.871
Valine	g	0.966			0.821	1.845	4.382
Arginine	g	1.122			0.954	2.143	5.089
Histidine	g	0.552			0.469	1.054	2.504
Alanine	g	1.134			0.964	2.166	5.144
Aspartic acid	g	1.920			1.632	3.667	8.709
Glutamic acid	g	2.799			2.379	5.346	12.696
Glycine	g	0.900			0.765	1.719	4.082
Proline	g	0.663			0.564	1.266	3.007
Serine	g	0.765			0.650	1.461	3.470

[1]Yield from 3 lb whole fish.

FINFISH
Rockfish, Pacific, Mixed species, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 149 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	73.41			62.40	109.38	332.98
Food energy	kcal	121			103	180	548
	kJ	505			430	753	2,292
Protein (N X 6.25)	g	24.04			20.43	35.82	109.05
Total lipid (fat)	g	2.01			1.71	3.00	9.13
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.54			1.30	2.29	6.96
Minerals:							
Calcium	mg	12			10	18	54
Iron	mg	0.53			0.45	0.78	2.39
Magnesium	mg	34			29	50	153
Phosphorus	mg	228			194	340	1,035
Potassium	mg	520			442	774	2,357
Sodium	mg	77			65	114	348
Zinc	mg	0.53			0.45	0.79	2.39
Copper	mg	0.037			0.031	0.055	0.168
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.044			0.037	0.066	0.200
Riboflavin	mg	0.084			0.071	0.125	0.381
Niacin	mg	3.919			3.331	5.839	17.777
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE	66			56	98	298
	IU	219			186	327	994
Lipids:							
Fatty acids:							
Saturated, total	g	0.474			0.403	0.706	2.150
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.051			0.043	0.076	0.231
14:0	g	0.077			0.065	0.115	0.349
16:0	g	0.246			0.209	0.367	1.116
18:0	g	0.097			0.082	0.145	0.440
Monounsaturated, total	g	0.447			0.380	0.666	2.028
16:1	g	0.104			0.088	0.155	0.472
18:1	g	0.281			0.239	0.419	1.275
20:1	g	0.037			0.031	0.055	0.168
22:1	g	0.024			0.020	0.036	0.109
Polyunsaturated, total	g	0.594			0.505	0.885	2.694
18:2	g	0.038			0.032	0.057	0.172
18:3	g	0.022			0.019	0.033	0.100
18:4	g	0.021			0.018	0.031	0.095
20:4	g	0.021			0.018	0.031	0.095
20:5	g	0.181			0.154	0.270	0.821
22:5	g	0.046			0.039	0.069	0.209
22:6	g	0.262			0.223	0.390	1.188
Cholesterol	mg	44			38	66	201
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.269			0.229	0.401	1.220
Threonine	g	1.054			0.896	1.570	4.781
Isoleucine	g	1.108			0.942	1.651	5.026
Leucine	g	1.954			1.661	2.911	8.863
Lysine	g	2.208			1.877	3.290	10.015
Methionine	g	0.712			0.605	1.061	3.230
Cystine	g	0.258			0.219	0.384	1.170
Phenylalanine	g	0.938			0.797	1.398	4.255
Tyrosine	g	0.812			0.690	1.210	3.683
Valine	g	1.238			1.052	1.845	5.616
Arginine	g	1.438			1.222	2.143	6.523
Histidine	g	0.708			0.602	1.055	3.211
Alanine	g	1.454			1.236	2.166	6.595
Aspartic acid	g	2.461			2.092	3.667	11.163
Glutamic acid	g	3.588			3.050	5.346	16.275
Glycine	g	1.154			0.981	1.719	5.235
Proline	g	0.850			0.723	1.267	3.856
Serine	g	0.981			0.834	1.462	4.450

[1] Yield from raw fillet.

FINFISH
Roe, Mixed species, raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	67.73		8	18.96	57.57	307.20
Food energy	kcal	140			39	119	635
	kJ	586			164	498	2,658
Protein (N X 6.25)	g	22.32		8	6.25	18.97	101.22
Total lipid (fat)	g	6.42		8	1.80	5.46	29.12
Carbohydrate, total	g	1.50			0.42	1.28	6.80
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.37		3	0.38	1.16	6.21
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	1.456			0.408	1.238	6.604
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.076		1	0.021	0.065	0.345
16:0	g	1.275		1	0.357	1.084	5.783
18:0	g	0.105		1	0.029	0.089	0.476
Monounsaturated, total	g	1.661			0.465	1.412	7.534
16:1	g	0.374		1	0.105	0.318	1.696
18:1	g	1.135		1	0.318	0.965	5.148
20:1	g	0.111		1	0.031	0.094	0.503
22:1	g	0.041		1	0.011	0.035	0.186
Polyunsaturated, total	g	2.656			0.744	2.258	12.048
18:2	g	0.029		1	0.008	0.025	0.132
18:3	g	0.006		1	0.002	0.005	0.027
18:4	g	0.012		1	0.003	0.010	0.054
20:4	g	0.181		1	0.051	0.154	0.821
20:5	g	0.983		1	0.275	0.836	4.459
22:5	g	0.082		1	0.023	0.070	0.372
22:6	g	1.363		1	0.382	1.159	6.183
Cholesterol	mg	374		5	105	318	1,696
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.293		12	0.082	0.249	1.329
Threonine	g	1.017		26	0.285	0.864	4.613
Isoleucine	g	1.142		26	0.320	0.971	5.180
Leucine	g	1.956		26	0.548	1.663	8.872
Lysine	g	1.699		26	0.476	1.444	7.707
Methionine	g	0.553		26	0.155	0.470	2.508
Cystine	g	0.389		26	0.109	0.331	1.765
Phenylalanine	g	1.092		26	0.306	0.928	4.953
Tyrosine	g	1.121		26	0.314	0.953	5.085
Valine	g	1.307		26	0.366	1.111	5.929
Arginine	g	1.278		26	0.358	1.086	5.797
Histidine	g	0.607		25	0.170	0.516	2.753
Alanine	g	1.428		26	0.400	1.214	6.477
Aspartic acid	g	1.789		26	0.501	1.521	8.115
Glutamic acid	g	2.670		26	0.748	2.270	12.111
Glycine	g	0.650		26	0.182	0.553	2.948
Proline	g	1.189		26	0.333	1.011	5.393
Serine	g	0.975		26	0.273	0.829	4.423

FINFISH
Roughy, Orange, raw
Hoplostethus atlanticus

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	75.90		1	64.52		344.28
Food energy[1]	kcal	126			107		571
	kJ	527			448		2,390
Protein (N X 6.25)	g	14.70		1	12.50		66.68
Total lipid (fat)[2]	g	7.00		1	5.95		31.75
Carbohydrate, total	g	0.00			0.00		0.00
Crude fiber	g	0.00			0.00		0.00
Ash	g	0.90		1	0.77		4.08
Minerals:							
Calcium	mg						
Iron	mg	0.18		1	0.15		0.82
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	63		1	54		286
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.130			0.111		0.590
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.040		1	0.034		0.181
16:0	g	0.070		1	0.060		0.318
18:0	g	0.020		1	0.017		0.091
Monounsaturated, total	g	3.410			2.899		15.468
16:1	g	0.410		1	0.349		1.860
18:1	g	1.990		1	1.692		9.027
20:1	g	0.660		1	0.561		2.994
22:1	g	0.280		1	0.238		1.270
Polyunsaturated, total	g	0.090			0.077		0.408
18:2	g	0.050		1	0.043		0.227
18:3	g	0.010		1	0.009		0.045
18:4	g	0.010		1	0.009		0.045
20:4	g	0.010		1	0.009		0.045
20:5	g	0.010		1	0.009		0.045
22:5	g						
22:6	g						
Cholesterol	mg	20			17		91
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.165			0.140		0.748
Threonine	g	0.644			0.547		2.921
Isoleucine	g	0.677			0.575		3.071
Leucine	g	1.195			1.016		5.421
Lysine	g	1.350			1.148		6.124
Methionine	g	0.435			0.370		1.973
Cystine	g	0.158			0.134		0.717
Phenylalanine	g	0.574			0.488		2.604
Tyrosine	g	0.496			0.422		2.250
Valine	g	0.757			0.643		3.434
Arginine	g	0.880			0.748		3.992
Histidine	g	0.433			0.368		1.964
Alanine	g	0.889			0.756		4.033
Aspartic acid	g	1.505			1.279		6.827
Glutamic acid	g	2.194			1.865		9.952
Glycine	g	0.706			0.600		3.202
Proline	g	0.520			0.442		2.359
Serine	g	0.600			0.510		2.722

[1]May be considerably lower due to wax ester content of total lipid.
[2]More than 90% is wax ester and may not be metabolized.

FINFISH
Sablefish, raw
Anoplopoma fimbria **(Pallas)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] = 193 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	71.02	0.294	169	60.36	137.06	322.12
Food energy	kcal	195			166	377	886
	kJ	817			695	1,577	3,706
Protein (N X 6.25)	g	13.41	0.089	169	11.40	25.89	60.84
Total lipid (fat)	g	15.30	0.314	178	13.01	29.53	69.41
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.05	0.016	169	0.89	2.03	4.77
Minerals:							
Calcium	mg						
Iron	mg	1.28			1.09	2.47	5.81
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	358	2.652	56	304	691	1,624
Sodium	mg	56	1.253	56	48	108	254
Zinc	mg	0.32	0.012	103	0.28	0.63	1.47
Copper	mg	0.022	0.001	100	0.019	0.042	0.100
Manganese	mg	0.015			0.013	0.029	0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	3.201			2.721	6.178	14.520
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.009		1	0.008	0.017	0.041
14:0	g	0.719		3	0.611	1.388	3.261
16:0	g	2.054		3	1.746	3.964	9.317
18:0	g	0.408		3	0.347	0.787	1.851
Monounsaturated, total	g	8.057			6.848	15.550	36.547
16:1	g	1.223		3	1.040	2.360	5.548
18:1	g	4.074		3	3.463	7.863	18.480
20:1	g	1.421		3	1.208	2.743	6.446
22:1	g	1.304		3	1.108	2.517	5.915
Polyunsaturated, total	g	2.042			1.736	3.941	9.263
18:2	g	0.165		3	0.140	0.318	0.748
18:3	g	0.095		3	0.081	0.183	0.431
18:4	g	0.114		2	0.097	0.220	0.517
20:4	g	0.104		3	0.088	0.201	0.472
20:5	g	0.677		3	0.575	1.307	3.071
22:5	g	0.169		2	0.144	0.326	0.767
22:6	g	0.718		3	0.610	1.386	3.257
Cholesterol	mg	49		1	42	95	222
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.150			0.128	0.290	0.680
Threonine	g	0.588			0.500	1.135	2.667
Isoleucine	g	0.618			0.525	1.193	2.803
Leucine	g	1.090			0.927	2.104	4.944
Lysine	g	1.232			1.047	2.378	5.588
Methionine	g	0.397			0.337	0.766	1.801
Cystine	g	0.144			0.122	0.278	0.653
Phenylalanine	g	0.524			0.445	1.011	2.377
Tyrosine	g	0.453			0.385	0.874	2.055
Valine	g	0.691			0.587	1.334	3.134
Arginine	g	0.803			0.683	1.550	3.642
Histidine	g	0.395			0.336	0.762	1.792
Alanine	g	0.811			0.689	1.565	3.679
Aspartic acid	g	1.373			1.167	2.650	6.228
Glutamic acid	g	2.002			1.702	3.864	9.081
Glycine	g	0.644			0.547	1.243	2.921
Proline	g	0.474			0.403	0.915	2.150
Serine	g	0.547			0.465	1.056	2.481

[1]Yield from 5 lb whole fish.

FINFISH
Sablefish, smoked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.14			16.84	51.12	272.80
Food energy	kcal	257			72	218	1,166
	kJ	1,076			301	914	4,879
Protein (N X 6.25)	g	17.65			4.94	15.01	80.08
Total lipid (fat)	g	20.14			5.64	17.12	91.36
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.38			0.39	1.18	6.27
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	471			132	401	2,138
Sodium	mg	737			206	626	3,343
Zinc	mg	0.43			0.12	0.36	1.93
Copper	mg	0.036			0.010	0.031	0.163
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	4.213			1.180	3.581	19.110
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.012			0.003	0.010	0.054
14:0	g	0.946			0.265	0.804	4.291
16:0	g	2.703			0.757	2.298	12.261
18:0	g	0.537			0.150	0.456	2.436
Monounsaturated, total	g	10.605			2.969	9.014	48.104
16:1	g	1.609			0.451	1.368	7.298
18:1	g	5.361			1.501	4.557	24.317
20:1	g	1.870			0.524	1.590	8.482
22:1	g	1.716			0.480	1.459	7.784
Polyunsaturated, total	g	2.688			0.753	2.285	12.193
18:2	g	0.217			0.061	0.184	0.984
18:3	g	0.125			0.035	0.106	0.567
18:4	g	0.150			0.042	0.128	0.680
20:4	g	0.137			0.038	0.116	0.621
20:5	g	0.891			0.249	0.757	4.042
22:5	g	0.222			0.062	0.189	1.007
22:6	g	0.945			0.265	0.803	4.287
Cholesterol	mg	64			18	55	293
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.198			0.055	0.168	0.898
Threonine	g	0.774			0.217	0.658	3.511
Isoleucine	g	0.814			0.228	0.692	3.692
Leucine	g	1.435			0.402	1.220	6.509
Lysine	g	1.622			0.454	1.379	7.357
Methionine	g	0.523			0.146	0.445	2.372
Cystine	g	0.189			0.053	0.161	0.857
Phenylalanine	g	0.689			0.193	0.586	3.125
Tyrosine	g	0.596			0.167	0.507	2.703
Valine	g	0.910			0.255	0.774	4.128
Arginine	g	1.057			0.296	0.898	4.795
Histidine	g	0.520			0.146	0.442	2.359
Alanine	g	1.068			0.299	0.908	4.844
Aspartic acid	g	1.808			0.506	1.537	8.201
Glutamic acid	g	2.636			0.738	2.241	11.957
Glycine	g	0.848			0.237	0.721	3.847
Proline	g	0.624			0.175	0.530	2.830
Serine	g	0.720			0.202	0.612	3.266

FINFISH
Salmon, Atlantic, raw
Salmo salar **L.**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] = 198 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	68.50	1.146	21	58.22	135.62	310.69
Food energy	kcal	142			121	281	644
	kJ	594			505	1,176	2,694
Protein (N X 6.25)	g	19.84	0.662	9	16.87	39.29	90.01
Total lipid (fat)	g	6.34	1.772	7	5.39	12.56	28.77
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.54	0.894	6	2.16	5.04	11.54
Minerals:							
Calcium	mg	12	4.117	3	10	23	53
Iron	mg	0.80		1	0.68	1.58	3.63
Magnesium	mg						
Phosphorus	mg	200		1	170	396	907
Potassium	mg	490	30.234	3	417	971	2,224
Sodium	mg	44	0.050	2	37	87	198
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.226	0.038	11	0.192	0.447	1.025
Riboflavin	mg	0.380	0.147	6	0.323	0.752	1.724
Niacin	mg	7.860	0.618	13	6.681	15.563	35.653
Pantothenic acid	mg	1.664	0.375	5	1.414	3.295	7.548
Vitamin B_6	mg	0.818	0.035	4	0.695	1.620	3.710
Folacin	mcg						
Vitamin B_{12}	mcg	3.176	0.312	10	2.700	6.288	14.406
Vitamin A	RE	12			10	24	54
	IU	40		1	34	79	181
Lipids:							
Fatty acids:							
Saturated, total	g	0.981			0.834	1.942	4.450
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.137		2	0.116	0.271	0.621
16:0	g	0.632		2	0.537	1.251	2.867
18:0	g	0.212		2	0.180	0.420	0.962
Monounsaturated, total	g	2.104			1.788	4.166	9.544
16:1	g	0.251		2	0.213	0.497	1.139
18:1	g	1.351		2	1.148	2.675	6.128
20:1	g	0.223		2	0.190	0.442	1.012
22:1	g	0.279		1	0.237	0.552	1.266
Polyunsaturated, total	g	2.540			2.159	5.029	11.521
18:2	g	0.172		2	0.146	0.341	0.780
18:3	g	0.295		1	0.251	0.584	1.338
18:4	g	0.083		1	0.071	0.164	0.376
20:4	g	0.267		2	0.227	0.529	1.211
20:5	g	0.321		2	0.273	0.636	1.456
22:5	g	0.287		2	0.244	0.568	1.302
22:6	g	1.115		2	0.948	2.208	5.058
Cholesterol	mg	55			47	109	249
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.222			0.189	0.440	1.007
Threonine	g	0.870			0.740	1.723	3.946
Isoleucine	g	0.914			0.777	1.810	4.146
Leucine	g	1.613			1.371	3.194	7.317
Lysine	g	1.822			1.549	3.608	8.265
Methionine	g	0.587			0.499	1.162	2.663
Cystine	g	0.213			0.181	0.422	0.966
Phenylalanine	g	0.775			0.659	1.535	3.515
Tyrosine	g	0.670			0.570	1.327	3.039
Valine	g	1.022			0.869	2.024	4.636
Arginine	g	1.187			1.009	2.350	5.384
Histidine	g	0.584			0.496	1.156	2.649
Alanine	g	1.200			1.020	2.376	5.443
Aspartic acid	g	2.032			1.727	4.023	9.217
Glutamic acid	g	2.962			2.518	5.865	13.436
Glycine	g	0.953			0.810	1.887	4.323
Proline	g	0.702			0.597	1.390	3.184
Serine	g	0.810			0.689	1.604	3.674

[1]Yield from 5 lb whole fish.

FINFISH
Salmon, Chinook, raw
Oncorhynchus tshawytscha **(Walbaum)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] = 198 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	73.17	1.473	7	62.20	144.88	331.91
Food energy	kcal	180			153	356	816
	kJ	752			640	1,490	3,413
Protein (N X6.25)	g	20.06	0.487	7	17.05	39.71	90.98
Total lipid (fat)	g	10.44	1.692	10	8.88	20.68	47.37
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.37	0.092	7	1.16	2.71	6.20
Minerals:							
Calcium	mg	22		1	19	44	100
Iron	mg	0.71			0.60	1.41	3.22
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	394	3.781	77	335	780	1,787
Sodium	mg	47	1.113	77	40	93	213
Zinc	mg	0.44	0.013	110	0.38	0.88	2.01
Copper	mg	0.041	0.003	63	0.035	0.081	0.186
Manganese	mg	0.015			0.013	0.030	0.068
Vitamins:							
Ascorbic acid	mg	4.0		1	3.4	7.9	18.1
Thiamin	mg	0.036	0.013	7	0.031	0.071	0.163
Riboflavin	mg	0.120	0.011	7	0.102	0.238	0.544
Niacin	mg	7.835	0.407	6	6.660	15.513	35.540
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	2.507			2.131	4.964	11.372
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.355		1	0.302	0.703	1.610
16:0	g	1.595		1	1.356	3.158	7.235
18:0	g	0.557		1	0.473	1.103	2.527
Monounsaturated, total	g	4.478			3.806	8.866	20.312
16:1	g	0.884		1	0.751	1.750	4.010
18:1	g	2.796		1	2.377	5.536	12.683
20:1	g	0.452		1	0.384	0.895	2.050
22:1	g	0.346		1	0.294	0.685	1.569
Polyunsaturated, total	g	2.076			1.765	4.110	9.417
18:2	g	0.106		1	0.090	0.210	0.481
18:3	g	0.086		1	0.073	0.170	0.390
18:4	g	0.144		1	0.122	0.285	0.653
20:4	g	0.154		1	0.131	0.305	0.699
20:5	g	0.788		1	0.670	1.560	3.574
22:5	g	0.231		1	0.196	0.457	1.048
22:6	g	0.567		1	0.482	1.123	2.572
Cholesterol	mg	66		1	56	131	299
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.225			0.191	0.446	1.021
Threonine	g	0.879			0.747	1.740	3.987
Isoleucine	g	0.924			0.785	1.830	4.191
Leucine	g	1.630			1.386	3.227	7.394
Lysine	g	1.842			1.566	3.647	8.355
Methionine	g	0.594			0.505	1.176	2.694
Cystine	g	0.215			0.183	0.426	0.975
Phenylalanine	g	0.783			0.666	1.550	3.552
Tyrosine	g	0.677			0.575	1.340	3.071
Valine	g	1.033			0.878	2.045	4.686
Arginine	g	1.200			1.020	2.376	5.443
Histidine	g	0.590			0.502	1.168	2.676
Alanine	g	1.213			1.031	2.402	5.502
Aspartic acid	g	2.054			1.746	4.067	9.317
Glutamic acid	g	2.994			2.545	5.928	13.581
Glycine	g	0.963			0.819	1.907	4.368
Proline	g	0.709			0.603	1.404	3.216
Serine	g	0.818			0.695	1.620	3.710

[1] Yield from 5 lb whole fish.

FINFISH
Salmon, Chinook, smoked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72.00		2	20.16	61.20	326.59
Food energy	kcal	117			33	99	531
	kJ	490			137	416	2,221
Protein (N X6.25)	g	18.28		2	5.12	15.54	82.92
Total lipid (fat)	g	4.32		2	1.21	3.67	19.60
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.62		2	0.73	2.23	11.88
Minerals:							
Calcium	mg	11		2	3	9	48
Iron	mg	0.85		2	0.24	0.72	3.85
Magnesium	mg	18		2	5	15	82
Phosphorus	mg	164		2	46	139	744
Potassium	mg	175		2	49	149	794
Sodium[1]	mg	784		2	220	666	3,556
Zinc	mg	0.31		2	0.09	0.26	1.41
Copper	mg	0.230		2	0.064	0.196	1.043
Manganese	mg	0.017		2	0.005	0.014	0.077
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.023		2	0.006	0.020	0.104
Riboflavin	mg	0.101		2	0.028	0.086	0.458
Niacin	mg	4.720		2	1.322	4.012	21.410
Pantothenic acid	mg	0.870		2	0.244	0.740	3.946
Vitamin B_6	mg	0.278		2	0.078	0.236	1.261
Folacin	mcg	1.9		2	0.5	1.6	8.8
Vitamin B_{12}	mcg	3.260		2	0.913	2.771	14.787
Vitamin A	RE	26			7	22	120
	IU	88		2	25	75	400
Lipids:							
Fatty acids:							
Saturated, total	g	0.929			0.260	0.790	4.214
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.183		2	0.051	0.156	0.830
16:0	g	0.560		2	0.157	0.476	2.540
18:0	g	0.186		2	0.052	0.158	0.844
Monounsaturated, total	g	2.023			0.566	1.720	9.176
16:1	g	0.305		2	0.085	0.259	1.383
18:1	g	0.949		2	0.266	0.807	4.305
20:1	g	0.468		2	0.131	0.398	2.123
22:1	g	0.301		2	0.084	0.256	1.365
Polyunsaturated, total	g	0.995			0.279	0.846	4.513
18:2	g	0.472		2	0.132	0.401	2.141
18:3	g						
18:4	g						
20:4	g						
20:5	g	0.183		2	0.051	0.156	0.830
22:5	g	0.073		2	0.020	0.062	0.331
22:6	g	0.267		2	0.075	0.227	1.211
Cholesterol	mg	23		2	7	20	106
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.205			0.057	0.174	0.930
Threonine	g	0.801			0.224	0.681	3.633
Isoleucine	g	0.842			0.236	0.716	3.819
Leucine	g	1.486			0.416	1.263	6.740
Lysine	g	1.679			0.470	1.427	7.616
Methionine	g	0.541			0.151	0.460	2.454
Cystine	g	0.196			0.055	0.167	0.889
Phenylalanine	g	0.714			0.200	0.607	3.239
Tyrosine	g	0.617			0.173	0.524	2.799
Valine	g	0.942			0.264	0.801	4.273
Arginine	g	1.094			0.306	0.930	4.962
Histidine	g	0.538			0.151	0.457	2.440
Alanine	g	1.106			0.310	0.940	5.017
Aspartic acid	g	1.872			0.524	1.591	8.491
Glutamic acid	g	2.729			0.764	2.320	12.379
Glycine	g	0.878			0.246	0.746	3.983
Proline	g	0.646			0.181	0.549	2.930
Serine	g	0.746			0.209	0.634	3.384

[1]Value for regular lox is approximately 2,000 mg per 100 g.

FINFISH
Salmon, Chum, raw
Oncorhynchus keta **(Walbaum)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] = 198 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	75.38	1.391	8	64.07	149.24	341.90
Food energy	kcal	120			102	237	544
	kJ	502			427	994	2,276
Protein (N X 6.25)	g	20.14	1.222	8	17.12	39.87	91.34
Total lipid (fat)	g	3.77	0.650	13	3.20	7.45	17.08
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.18	0.035	7	1.00	2.34	5.35
Minerals:							
Calcium	mg	11		1	9	22	50
Iron	mg	0.55			0.47	1.09	2.49
Magnesium	mg						
Phosphorus	mg	283		1	241	560	1,284
Potassium	mg	429	5.797	6	365	849	1,946
Sodium	mg	50	1.029	6	42	98	225
Zinc	mg	0.47	0.015	56	0.40	0.93	2.13
Copper	mg	0.055	0.002	57	0.047	0.109	0.249
Manganese	mg	0.015			0.013	0.030	0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.080		1	0.068	0.158	0.363
Riboflavin	mg	0.180		1	0.153	0.356	0.816
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE	30			25	59	135
	IU	99		1	84	196	449
Lipids:							
Fatty acids:							
Saturated, total	g	0.840			0.714	1.663	3.810
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.150		2	0.128	0.297	0.680
16:0	g	0.586		2	0.498	1.160	2.658
18:0	g	0.104		2	0.088	0.206	0.472
Monounsaturated, total	g	1.541			1.310	3.051	6.990
16:1	g	0.221		2	0.188	0.438	1.002
18:1	g	0.816		2	0.694	1.616	3.701
20:1	g	0.184		1	0.156	0.364	0.835
22:1	g	0.320		1	0.272	0.634	1.452
Polyunsaturated, total	g	0.898			0.763	1.778	4.073
18:2	g	0.060		2	0.051	0.119	0.272
18:3	g	0.034		1	0.029	0.067	0.154
18:4	g	0.068		1	0.058	0.135	0.308
20:4	g	0.030		1	0.026	0.059	0.136
20:5	g	0.233		2	0.198	0.461	1.057
22:5	g	0.079		1	0.067	0.156	0.358
22:6	g	0.394		2	0.335	0.780	1.787
Cholesterol	mg	74	32.000	2	63	147	336
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.226			0.192	0.447	1.025
Threonine	g	0.883			0.751	1.748	4.005
Isoleucine	g	0.928			0.789	1.837	4.209
Leucine	g	1.637			1.391	3.241	7.425
Lysine	g	1.849			1.572	3.661	8.387
Methionine	g	0.596			0.507	1.180	2.703
Cystine	g	0.216			0.184	0.428	0.980
Phenylalanine	g	0.786			0.668	1.556	3.565
Tyrosine	g	0.680			0.578	1.346	3.084
Valine	g	1.037			0.881	2.053	4.704
Arginine	g	1.205			1.024	2.386	5.466
Histidine	g	0.593			0.504	1.174	2.690
Alanine	g	1.218			1.035	2.412	5.525
Aspartic acid	g	2.062			1.753	4.083	9.353
Glutamic acid	g	3.006			2.555	5.952	13.635
Glycine	g	0.967			0.822	1.915	4.386
Proline	g	0.712			0.605	1.410	3.230
Serine	g	0.822			0.699	1.628	3.729

[1]Yield from 5 lb whole fish.

FINFISH
Salmon, Chum, canned, drained solids with bone

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 can[1] = 369 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70.77	0.102	6	60.15	261.13	321.00
Food energy	kcal	141			120	521	640
	kJ	590			502	2,179	2,678
Protein (N X 6.25)	g	21.43	0.105	6	18.22	79.09	97.22
Total lipid (fat)	g	5.50	0.202	7	4.68	20.30	24.95
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.47	0.111	6	2.10	9.10	11.19
Minerals:							
Calcium[2]	mg	249	1.174	6	212	920	1,131
Iron	mg						
Magnesium	mg						
Phosphorus	mg	354	2.352	6	301	1,306	1,606
Potassium	mg						
Sodium[3]	mg	487		1	414	1,797	2,209
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE	18			15	67	82
	IU	61	1.335	6	51	223	274
Lipids:							
Fatty acids:							
Saturated, total	g	1.486			1.263	5.483	6.740
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.482		1	0.410	1.779	2.186
16:0	g	0.816		1	0.694	3.011	3.701
18:0	g	0.188		1	0.160	0.694	0.853
Monounsaturated, total	g	1.919			1.631	7.081	8.705
16:1	g	0.237		1	0.201	0.875	1.075
18:1	g	1.159		1	0.985	4.277	5.257
20:1	g	0.278		1	0.236	1.026	1.261
22:1	g	0.245		2	0.208	0.904	1.111
Polyunsaturated, total	g	1.517			1.289	5.598	6.881
18:2	g	0.057		1	0.048	0.210	0.259
18:3	g	0.049		2	0.042	0.181	0.222
18:4	g	0.073		1	0.062	0.269	0.331
20:4	g	0.073		1	0.062	0.269	0.331
20:5	g	0.473		2	0.402	1.745	2.146
22:5	g	0.090		2	0.077	0.332	0.408
22:6	g	0.702		1	0.597	2.590	3.184
Cholesterol	mg	39		1	33	144	177
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.240			0.204	0.886	1.089
Threonine	g	0.940			0.799	3.469	4.264
Isoleucine	g	0.988			0.840	3.646	4.482
Leucine	g	1.742			1.481	6.428	7.902
Lysine	g	1.968			1.673	7.262	8.927
Methionine	g	0.634			0.539	2.339	2.876
Cystine	g	0.230			0.196	0.849	1.043
Phenylalanine	g	0.837			0.711	3.089	3.797
Tyrosine	g	0.724			0.615	2.672	3.284
Valine	g	1.104			0.938	4.074	5.008
Arginine	g	1.282			1.090	4.731	5.815
Histidine	g	0.631			0.536	2.328	2.862
Alanine	g	1.296			1.102	4.782	5.879
Aspartic acid	g	2.195			1.866	8.100	9.957
Glutamic acid	g	3.199			2.719	11.804	14.511
Glycine	g	1.029			0.875	3.797	4.668
Proline	g	0.758			0.644	2.797	3.438
Serine	g	0.874			0.743	3.225	3.964

[1]Can size: 301 x 411 (No. 1 Tall).
[2]If bones are discarded, value will be greatly reduced.
[3]Value is for product with salt added; if no salt is added, sodium = 75 mg per 100 g.

FINFISH
Salmon, Coho, raw
Oncorhynchus kisutch **(Walbaum)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] = 198 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72.63	0.163	176	61.73	143.80	329.44
Food energy	kcal	146			124	289	662
	kJ	611			519	1,209	2,771
Protein (N X 6.25)	g	21.62	0.044	176	18.37	42.80	98.05
Total lipid (fat)	g	5.95	0.162	217	5.06	11.79	27.00
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.21	0.004	176	1.03	2.39	5.47
Minerals:							
Calcium	mg						
Iron	mg	0.70			0.60	1.39	3.18
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	422	2.710	45	359	835	1,914
Sodium	mg	46	1.109	45	39	92	211
Zinc	mg	0.41	0.017	72	0.35	0.82	1.87
Copper	mg	0.051	0.003	67	0.043	0.101	0.231
Manganese	mg	0.015			0.013	0.030	0.068
Vitamins:							
Ascorbic acid	mg	1.0	0.200	2	0.9	2.0	4.5
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	1.102			0.937	2.182	4.999
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.273		4	0.232	0.541	1.238
16:0	g	0.622		4	0.529	1.232	2.821
18:0	g	0.191		4	0.162	0.378	0.866
Monounsaturated, total	g	2.064			1.754	4.087	9.362
16:1	g	0.537		4	0.456	1.063	2.436
18:1	g	1.199		4	1.019	2.374	5.439
20:1	g	0.187		4	0.159	0.370	0.848
22:1	g	0.118		3	0.100	0.234	0.535
Polyunsaturated, total	g	1.742			1.481	3.449	7.902
18:2	g	0.255		4	0.217	0.505	1.157
18:3	g	0.188		4	0.160	0.372	0.853
18:4	g	0.131		4	0.111	0.259	0.594
20:4	g	0.141		4	0.120	0.279	0.640
20:5	g	0.327		4	0.278	0.647	1.483
22:5	g	0.213		4	0.181	0.422	0.966
22:6	g	0.487		4	0.414	0.964	2.209
Cholesterol	mg	39			33	77	177
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.242			0.206	0.479	1.098
Threonine	g	0.947			0.805	1.875	4.296
Isoleucine	g	0.996			0.847	1.972	4.518
Leucine	g	1.757			1.493	3.479	7.970
Lysine	g	1.985			1.687	3.930	9.004
Methionine	g	0.640			0.544	1.267	2.903
Cystine	g	0.232			0.197	0.459	1.052
Phenylalanine	g	0.844			0.717	1.671	3.828
Tyrosine	g	0.730			0.621	1.445	3.311
Valine	g	1.113			0.946	2.204	5.049
Arginine	g	1.293			1.099	2.560	5.865
Histidine	g	0.636			0.541	1.259	2.885
Alanine	g	1.307			1.111	2.588	5.929
Aspartic acid	g	2.213			1.881	4.382	10.038
Glutamic acid	g	3.226			2.742	6.387	14.633
Glycine	g	1.037			0.881	2.053	4.704
Proline	g	0.764			0.649	1.513	3.466
Serine	g	0.882			0.750	1.746	4.001

[1]Yield from 5 lb whole fish.

FINFISH
Salmon, Coho, cooked, moist heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] = 155 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	65.35			55.55	101.30	296.44
Food energy	kcal	185			157	286	838
	kJ	773			657	1,198	3,507
Protein (N X 6.25)	g	27.36			23.26	42.41	124.11
Total lipid (fat)	g	7.54			6.40	11.68	34.18
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.53			1.30	2.37	6.93
Minerals:							
Calcium	mg						
Iron	mg	0.89			0.76	1.38	4.04
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	534			454	828	2,422
Sodium	mg	59			50	91	266
Zinc	mg	0.52			0.44	0.81	2.37
Copper	mg	0.065			0.055	0.101	0.295
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	1.0			0.9	1.6	4.6
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	1.395			1.186	2.162	6.328
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.346			0.294	0.536	1.569
16:0	g	0.787			0.669	1.220	3.570
18:0	g	0.242			0.206	0.375	1.098
Monounsaturated, total	g	2.613			2.221	4.050	11.853
16:1	g	0.680			0.578	1.054	3.084
18:1	g	1.518			1.290	2.353	6.886
20:1	g	0.237			0.201	0.367	1.075
22:1	g	0.149			0.127	0.231	0.676
Polyunsaturated, total	g	2.205			1.874	3.418	10.002
18:2	g	0.323			0.275	0.501	1.465
18:3	g	0.238			0.202	0.369	1.080
18:4	g	0.166			0.141	0.257	0.753
20:4	g	0.178			0.151	0.276	0.807
20:5	g	0.414			0.352	0.642	1.878
22:5	g	0.270			0.230	0.419	1.225
22:6	g	0.616			0.524	0.955	2.794
Cholesterol	mg	49			42	76	222
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.306			0.260	0.474	1.388
Threonine	g	1.200			1.020	1.860	5.443
Isoleucine	g	1.261			1.072	1.955	5.720
Leucine	g	2.224			1.890	3.447	10.088
Lysine	g	2.513			2.136	3.895	11.399
Methionine	g	0.810			0.689	1.256	3.674
Cystine	g	0.293			0.249	0.454	1.329
Phenylalanine	g	1.068			0.908	1.655	4.844
Tyrosine	g	0.924			0.785	1.432	4.191
Valine	g	1.410			1.199	2.186	6.396
Arginine	g	1.637			1.391	2.537	7.425
Histidine	g	0.806			0.685	1.249	3.656
Alanine	g	1.655			1.407	2.565	7.507
Aspartic acid	g	2.802			2.382	4.343	12.710
Glutamic acid	g	4.085			3.472	6.332	18.530
Glycine	g	1.313			1.116	2.035	5.956
Proline	g	0.968			0.823	1.500	4.391
Serine	g	1.116			0.949	1.730	5.062

[1]Yield from raw fillet.

FINFISH
Salmon, Pink, raw
Oncorhynchus gorbuscha **(Walbaum)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] = 159 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	76.35	0.160	141	64.90	121.40	346.33
Food energy	kcal	116			99	185	527
	kJ	486			413	773	2,206
Protein (N X 6.25)	g	19.94	0.126	141	16.95	31.70	90.43
Total lipid (fat)	g	3.45	0.141	144	2.93	5.48	15.64
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.22	0.014	141	1.04	1.94	5.53
Minerals:							
Calcium	mg						
Iron	mg	0.77			0.65	1.22	3.49
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	323	4.635	100	274	513	1,463
Sodium	mg	67	1.516	101	57	106	302
Zinc	mg	0.55	0.025	27	0.46	0.87	2.48
Copper	mg	0.077	0.005	27	0.065	0.122	0.349
Manganese	mg	0.015			0.013	0.024	0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE	35			30	56	161
	IU	118		1	100	188	535
Lipids:							
Fatty acids:							
Saturated, total	g	0.558			0.474	0.887	2.531
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.105		1	0.089	0.167	0.476
16:0	g	0.316		1	0.269	0.502	1.433
18:0	g	0.137		1	0.116	0.218	0.621
Monounsaturated, total	g	0.934			0.794	1.485	4.237
16:1	g	0.155		1	0.132	0.246	0.703
18:1	g	0.546		1	0.464	0.868	2.477
20:1	g	0.124		1	0.105	0.197	0.562
22:1	g	0.109		1	0.093	0.173	0.494
Polyunsaturated, total	g	1.353			1.150	2.151	6.137
18:2	g	0.050		1	0.043	0.080	0.227
18:3	g	0.034		1	0.029	0.054	0.154
18:4	g	0.090		1	0.077	0.143	0.408
20:4	g	0.078		1	0.066	0.124	0.354
20:5	g	0.419		1	0.356	0.666	1.901
22:5	g	0.096		1	0.082	0.153	0.435
22:6	g	0.586		1	0.498	0.932	2.658
Cholesterol	mg	52			44	83	236
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.223			0.190	0.355	1.012
Threonine	g	0.874			0.743	1.390	3.964
Isoleucine	g	0.919			0.781	1.461	4.169
Leucine	g	1.621			1.378	2.577	7.353
Lysine	g	1.831			1.556	2.911	8.305
Methionine	g	0.590			0.502	0.938	2.676
Cystine	g	0.214			0.182	0.340	0.971
Phenylalanine	g	0.778			0.661	1.237	3.529
Tyrosine	g	0.673			0.572	1.070	3.053
Valine	g	1.027			0.873	1.633	4.658
Arginine	g	1.193			1.014	1.897	5.411
Histidine	g	0.587			0.499	0.933	2.663
Alanine	g	1.206			1.025	1.918	5.470
Aspartic acid	g	2.042			1.736	3.247	9.263
Glutamic acid	g	2.976			2.530	4.732	13.499
Glycine	g	0.957			0.813	1.522	4.341
Proline	g	0.705			0.599	1.121	3.198
Serine	g	0.813			0.691	1.293	3.688

[1] Yield from 4 lb whole fish.

FINFISH
Salmon, Pink, canned, solids with bone and liquid

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 can[1] = 454 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	68.81	0.743	28	58.49	312.41	312.14
Food energy	kcal	139			118	631	631
	kJ	582			494	2,640	2,638
Protein (N X 6.25)	g	19.78	0.164	25	16.82	89.82	89.74
Total lipid (fat)	g	6.05		26	5.14	27.44	27.42
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.60	0.046	25	2.21	11.82	11.81
Minerals:							
Calcium[2]	mg	213	12.474	25	181	969	968
Iron	mg	0.84	0.044	25	0.72	3.83	3.82
Magnesium	mg	34	0.961	25	29	152	152
Phosphorus	mg	329	7.235	25	279	1,492	1,491
Potassium	mg	326	7.284	25	277	1,482	1,480
Sodium[3]	mg	554	16.815	25	471	2,514	2,512
Zinc	mg	0.92	0.028	25	0.78	4.19	4.18
Copper	mg	0.102	0.004	25	0.087	0.463	0.463
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0.0	0.000	22	0.0	0.0	0.0
Thiamin	mg	0.023	0.000	36	0.020	0.104	0.104
Riboflavin	mg	0.186	0.007	36	0.158	0.844	0.844
Niacin	mg	6.536	0.333	25	5.556	29.673	29.647
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg	15.4	0.621	3	13.1	69.8	69.7
Vitamin B_{12}	mcg						
Vitamin A	RE	17			14	75	75
	IU	55	3.780	14	47	250	249
Lipids:							
Fatty acids:							
Saturated, total	g	1.535			1.305	6.969	6.963
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.048		1	0.041	0.218	0.218
16:0	g	1.350		1	1.148	6.129	6.124
18:0	g	0.135		1	0.115	0.613	0.612
Monounsaturated, total	g	1.807			1.536	8.204	8.197
16:1	g	0.466		1	0.396	2.116	2.114
18:1	g	1.068		1	0.908	4.849	4.844
20:1	g	0.272		1	0.231	1.235	1.234
22:1	g	0.018		2	0.015	0.082	0.082
Polyunsaturated, total	g	2.049			1.742	9.302	9.294
18:2	g	0.058		1	0.049	0.263	0.263
18:3	g	0.058		2	0.049	0.263	0.263
18:4	g	0.135		1	0.115	0.613	0.612
20:4	g	0.077		1	0.065	0.350	0.349
20:5	g	0.845		2	0.718	3.836	3.833
22:5	g	0.048		2	0.041	0.218	0.218
22:6	g	0.806		1	0.685	3.659	3.656
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.222			0.189	1.008	1.007
Threonine	g	0.867			0.737	3.936	3.933
Isoleucine	g	0.912			0.775	4.140	4.137
Leucine	g	1.608			1.367	7.300	7.294
Lysine	g	1.817			1.544	8.249	8.242
Methionine	g	0.586			0.498	2.660	2.658
Cystine	g	0.212			0.180	0.962	0.962
Phenylalanine	g	0.772			0.656	3.505	3.502
Tyrosine	g	0.668			0.568	3.033	3.030
Valine	g	1.019			0.866	4.626	4.622
Arginine	g	1.184			1.006	5.375	5.371
Histidine	g	0.582			0.495	2.642	2.640
Alanine	g	1.196			1.017	5.430	5.425
Aspartic acid	g	2.026			1.722	9.198	9.190
Glutamic acid	g	2.953			2.510	13.407	13.395
Glycine	g	0.950			0.808	4.313	4.309
Proline	g	0.699			0.594	3.173	3.171
Serine	g	0.807			0.686	3.664	3.661

[1]Can size: 301 x 411 (No. 1 Tall).
[2]If bones are discarded, value will be greatly reduced.
[3]Value is for product with salt added; if no salt is added, sodium = 75 mg per 100 g.

FINFISH
Salmon, Sockeye, raw
Oncorhynchus nerka **(Walbaum)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] = 198 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70.24	0.645	48	59.70	139.07	318.60
Food energy	kcal	168			143	333	763
	kJ	703			598	1,393	3,191
Protein (N X 6.25)	g	21.30	0.209	45	18.11	42.17	96.62
Total lipid (fat)	g	8.56	0.392	48	7.27	16.94	38.81
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.18	0.010	45	1.00	2.33	5.34
Minerals:							
Calcium	mg	6		1	5	11	25
Iron	mg	0.47	0.030	11	0.40	0.93	2.13
Magnesium	mg	24		1	20	48	109
Phosphorus	mg	215	4.060	17	183	426	976
Potassium	mg	391	3.210	46	332	773	1,772
Sodium	mg	47	0.874	46	40	92	211
Zinc	mg	0.54	0.022	62	0.45	1.06	2.43
Copper	mg	0.052	0.003	61	0.044	0.103	0.236
Manganese	mg	0.014		1	0.012	0.028	0.064
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.203	0.007	11	0.173	0.402	0.921
Riboflavin	mg	0.149	0.006	11	0.127	0.295	0.676
Niacin	mg	5.780	0.183	11	4.913	11.444	26.218
Pantothenic acid	mg	0.610	0.017	51	0.519	1.208	2.767
Vitamin B_6	mg	0.190	0.013	41	0.162	0.376	0.862
Folacin	mcg						
Vitamin B_{12}	mcg	0.276	0.043	51	0.235	0.546	1.252
Vitamin A	RE	58			49	114	261
	IU	192		1	163	380	871
Lipids:							
Fatty acids:							
Saturated, total	g	1.495			1.271	2.960	6.781
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.290		3	0.247	0.574	1.315
16:0	g	1.011		3	0.859	2.002	4.586
18:0	g	0.155		3	0.132	0.307	0.703
Monounsaturated, total	g	4.126			3.507	8.169	18.716
16:1	g	0.523		3	0.445	1.036	2.372
18:1	g	1.382		3	1.175	2.736	6.269
20:1	g	1.334		2	1.134	2.641	6.051
22:1	g	0.848		2	0.721	1.679	3.847
Polyunsaturated, total	g	1.879			1.597	3.720	8.523
18:2	g	0.380		3	0.323	0.752	1.724
18:3	g	0.092		3	0.078	0.182	0.417
18:4	g	0.102		2	0.087	0.202	0.463
20:4	g	0.094		2	0.080	0.186	0.426
20:5	g	0.519		3	0.441	1.028	2.354
22:5	g	0.039		2	0.033	0.077	0.177
22:6	g	0.653		3	0.555	1.293	2.962
Cholesterol	mg	62	3.400	11	53	123	283
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.239			0.203	0.473	1.084
Threonine	g	0.934			0.794	1.849	4.237
Isoleucine	g	0.982			0.835	1.944	4.454
Leucine	g	1.731			1.471	3.427	7.852
Lysine	g	1.956			1.663	3.873	8.872
Methionine	g	0.630			0.536	1.247	2.858
Cystine	g	0.228			0.194	0.451	1.034
Phenylalanine	g	0.832			0.707	1.647	3.774
Tyrosine	g	0.719			0.611	1.424	3.261
Valine	g	1.097			0.932	2.172	4.976
Arginine	g	1.275			1.084	2.525	5.783
Histidine	g	0.627			0.533	1.241	2.844
Alanine	g	1.288			1.095	2.550	5.842
Aspartic acid	g	2.181			1.854	4.318	9.893
Glutamic acid	g	3.180			2.703	6.296	14.424
Glycine	g	1.022			0.869	2.024	4.636
Proline	g	0.753			0.640	1.491	3.416
Serine	g	0.869			0.739	1.721	3.942

[1]Yield from 5 lb whole fish.

FINFISH
Salmon, Sockeye, canned, drained solids with bone

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 can[1] = 369 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	68.72	0.213	44	58.41	253.57	311.71
Food energy	kcal	153			130	566	696
	kJ	642			545	2,367	2,910
Protein (N X 6.25)	g	20.47	0.086	45	17.40	75.53	92.85
Total lipid (fat)	g	7.31	0.145	1689	6.21	26.97	33.16
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.70	0.062	42	2.30	9.97	12.26
Minerals:							
Calcium[2]	mg	239	6.835	26	203	883	1,086
Iron	mg	1.06		20	0.90	3.90	4.80
Magnesium	mg	29		20	25	107	131
Phosphorus	mg	326	4.988	43	277	1,202	1,477
Potassium	mg	377		23	321	1,392	1,712
Sodium[3]	mg	538	20.580	20	458	1,987	2,442
Zinc	mg	1.02		20	0.86	3.75	4.61
Copper	mg	0.084		20	0.071	0.310	0.381
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	0.0	0.000	11	0.0	0.0	0.0
Thiamin	mg	0.016	0.001	19	0.014	0.059	0.073
Riboflavin	mg	0.193	0.008	19	0.164	0.712	0.875
Niacin	mg	5.480	0.189	20	4.658	20.221	24.857
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg	9.8	1.062	3	8.3	36.2	44.5
Vitamin B_{12}	mcg						
Vitamin A	RE	53			45	194	239
	IU	176	10.422	32	149	648	796
Lipids:							
Fatty acids:							
Saturated, total	g	1.644			1.397	6.066	7.457
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.359		2	0.305	1.325	1.628
16:0	g	1.079		2	0.917	3.982	4.894
18:0	g	0.205		2	0.174	0.756	0.930
Monounsaturated, total	g	2.776			2.360	10.243	12.592
16:1	g	0.406		2	0.345	1.498	1.842
18:1	g	1.451		2	1.233	5.354	6.582
20:1	g	0.918		2	0.780	3.387	4.164
22:1	g	0.387		2	0.329	1.428	1.755
Polyunsaturated, total	g	2.277			1.935	8.402	10.328
18:2	g	0.085		2	0.072	0.314	0.386
18:3	g	0.090		2	0.077	0.332	0.408
18:4	g	0.106		1	0.090	0.391	0.481
20:4	g	0.374		2	0.318	1.380	1.696
20:5	g	0.492		2	0.418	1.815	2.232
22:5	g	0.077		2	0.065	0.284	0.349
22:6	g	0.664		2	0.564	2.450	3.012
Cholesterol	mg	44	11.721	3	37	161	198
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.229			0.195	0.845	1.039
Threonine	g	0.897			0.762	3.310	4.069
Isoleucine	g	0.943			0.802	3.480	4.277
Leucine	g	1.664			1.414	6.140	7.548
Lysine	g	1.880			1.598	6.937	8.528
Methionine	g	0.606			0.515	2.236	2.749
Cystine	g	0.219			0.186	0.808	0.993
Phenylalanine	g	0.799			0.679	2.948	3.624
Tyrosine	g	0.691			0.587	2.550	3.134
Valine	g	1.055			0.897	3.893	4.785
Arginine	g	1.225			1.041	4.520	5.557
Histidine	g	0.603			0.513	2.225	2.735
Alanine	g	1.238			1.052	4.568	5.616
Aspartic acid	g	2.096			1.782	7.734	9.507
Glutamic acid	g	3.056			2.598	11.277	13.862
Glycine	g	0.983			0.836	3.627	4.459
Proline	g	0.724			0.615	2.672	3.284
Serine	g	0.835			0.710	3.081	3.788

[1]Can size: 301 x 411 (No. 1 Tall).
[2]If bones are discarded, value will be greatly reduced.
[3]Value is for product with salt added; if no salt is added, sodium = 75 mg per 100 g.

FINFISH
Salmon, Sockeye, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] = 155 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61.84			52.57	95.86	280.52
Food energy	kcal	216			183	334	978
	kJ	902			767	1,398	4,091
Protein (N X 6.25)	g	27.31			23.21	42.33	123.87
Total lipid (fat)	g	10.97			9.32	17.00	49.76
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.37	0.010	11	1.16	2.12	6.21
Minerals:							
Calcium	mg	7			6	11	32
Iron	mg	0.55	0.020	11	0.47	0.85	2.49
Magnesium	mg	31			26	48	140
Phosphorus	mg	276			234	427	1,251
Potassium	mg	375	18.500	11	319	582	1,703
Sodium	mg	66	5.500	11	56	102	298
Zinc	mg	0.51	0.030	11	0.43	0.79	2.31
Copper	mg	0.067			0.057	0.104	0.304
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.215	0.008	11	0.183	0.333	0.975
Riboflavin	mg	0.171	0.003	11	0.145	0.265	0.776
Niacin	mg	6.670	0.220	11	5.670	10.339	30.255
Pantothenic acid	mg						
Vitamin B_6	mg	0.219			0.186	0.339	0.993
Folacin	mcg						
Vitamin B_{12}	mcg	5.800	1.020	11	4.930	8.990	26.309
Vitamin A	RE	63			53	97	285
	IU	209			178	324	949
Lipids:							
Fatty acids:							
Saturated, total	g	1.917			1.629	2.971	8.696
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.258		10	0.219	0.400	1.170
16:0	g	1.005		10	0.854	1.558	4.559
18:0	g	0.158		10	0.134	0.245	0.717
Monounsaturated, total	g	5.290			4.497	8.200	23.995
16:1	g	0.321		10	0.273	0.498	1.456
18:1	g	1.338		10	1.137	2.074	6.069
20:1	g	0.922		10	0.784	1.429	4.182
22:1	g	0.664		10	0.564	1.029	3.012
Polyunsaturated, total	g	2.409			2.048	3.734	10.927
18:2	g	0.113		10	0.096	0.175	0.513
18:3	g	0.062		10	0.053	0.096	0.281
18:4	g						
20:4	g	0.030		10	0.026	0.047	0.136
20:5	g	0.530		10	0.451	0.822	2.404
22:5	g	0.132		10	0.112	0.205	0.599
22:6	g	0.700		10	0.595	1.085	3.175
Cholesterol	mg	87	4.340	11	74	135	394
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.306			0.260	0.474	1.388
Threonine	g	1.197			1.017	1.855	5.430
Isoleucine	g	1.258			1.069	1.950	5.706
Leucine	g	2.219			1.886	3.439	10.065
Lysine	g	2.508			2.132	3.887	11.376
Methionine	g	0.808			0.687	1.252	3.665
Cystine	g	0.293			0.249	0.454	1.329
Phenylalanine	g	1.066			0.906	1.652	4.835
Tyrosine	g	0.922			0.784	1.429	4.182
Valine	g	1.407			1.196	2.181	6.382
Arginine	g	1.634			1.389	2.533	7.412
Histidine	g	0.804			0.683	1.246	3.647
Alanine	g	1.651			1.403	2.559	7.489
Aspartic acid	g	2.796			2.377	4.334	12.683
Glutamic acid	g	4.076			3.465	6.318	18.489
Glycine	g	1.311			1.114	2.032	5.947
Proline	g	0.966			0.821	1.497	4.382
Serine	g	1.114			0.947	1.727	5.053

[1]Yield from raw fillet.

FINFISH
Sardine, Atlantic, canned in oil, drained solids with bone[1]
Clupea harengus harengus L.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 2 sardines[2] = 24 g	1 can[3] = 92 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.61	0.643	13	14.31	54.84	270.38
Food energy	kcal	208			50	192	945
	kJ	872			209	802	3,955
Protein (N X 6.25)	g	24.62	0.452	13	5.91	22.65	111.65
Total lipid (fat)	g	11.45	0.310	13	2.75	10.53	51.93
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	3.38	0.135	35	0.81	3.11	15.32
Minerals:							
Calcium[4]	mg	382	14.917	22	92	351	1,730
Iron	mg	2.92	0.225	7	0.70	2.68	13.23
Magnesium	mg	39		2	9	36	177
Phosphorus	mg	490	15.351	22	118	451	2,221
Potassium	mg	397		1	95	365	1,801
Sodium	mg	505		1	121	465	2,291
Zinc	mg	1.31		2	0.31	1.21	5.94
Copper	mg	0.186		2	0.045	0.171	0.844
Manganese	mg	0.108		2	0.026	0.099	0.490
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.080	0.031	9	0.019	0.074	0.363
Riboflavin	mg	0.227	0.045	7	0.054	0.209	1.030
Niacin	mg	5.245	0.066	4	1.259	4.825	23.791
Pantothenic acid	mg	0.642		2	0.154	0.591	2.912
Vitamin B_6	mg	0.167	0.022	3	0.040	0.154	0.758
Folacin	mcg	11.8		2	2.8	10.9	53.5
Vitamin B_{12}	mcg	8.940		2	2.146	8.225	40.552
Vitamin A	RE	67			16	62	304
	IU	224	2.124	6	54	206	1,015
Lipids:							
Fatty acids:							
Saturated, total	g	1.528			0.367	1.406	6.931
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.192		2	0.046	0.177	0.871
16:0	g	0.993		2	0.238	0.914	4.504
18:0	g	0.343		2	0.082	0.316	1.556
Monounsaturated, total	g	3.869			0.929	3.559	17.550
16:1	g	0.220		2	0.053	0.202	0.998
18:1	g	2.145		2	0.515	1.973	9.730
20:1	g	0.423		1	0.102	0.389	1.919
22:1	g	1.081		2	0.259	0.995	4.903
Polyunsaturated, total	g	5.148			1.236	4.736	23.351
18:2	g	3.543		2	0.850	3.260	16.071
18:3	g	0.498		1	0.120	0.458	2.259
18:4	g	0.125		2	0.030	0.115	0.567
20:4	g						
20:5	g	0.473		2	0.114	0.435	2.146
22:5	g						
22:6	g	0.509		2	0.122	0.468	2.309
Cholesterol	mg	142	7.364	4	34	131	645
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.276			0.066	0.254	1.252
Threonine	g	1.079			0.259	0.993	4.894
Isoleucine	g	1.134			0.272	1.043	5.144
Leucine	g	2.001			0.480	1.841	9.077
Lysine	g	2.260			0.542	2.079	10.251
Methionine	g	0.729			0.175	0.671	3.307
Cystine	g	0.264			0.063	0.243	1.198
Phenylalanine	g	0.961			0.231	0.884	4.359
Tyrosine	g	0.831			0.199	0.765	3.769
Valine	g	1.268			0.304	1.167	5.752
Arginine	g	1.473			0.354	1.355	6.682
Histidine	g	0.725			0.174	0.667	3.289
Alanine	g	1.489			0.357	1.370	6.754
Aspartic acid	g	2.520			0.605	2.318	11.431
Glutamic acid	g	3.674			0.882	3.380	16.665
Glycine	g	1.181			0.283	1.087	5.357
Proline	g	0.870			0.209	0.800	3.946
Serine	g	1.004			0.241	0.924	4.554

[1]Canned in soybean oil.
[2]3 in long, 1 in wide, 1/2 in thick.
[3]Can size: 405 x 301 x 014 (No. 1/4 Oil).
[4]If bones are discarded, value will be greatly reduced.

FINFISH
Sardine, Pacific, canned in tomato sauce, drained solids with bone
Sardinops **spp.**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 sardine[1] = 38 g	1 can[2] = 370 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	68.30		3	25.95	252.71	309.81
Food energy	kcal	178			68	658	807
	kJ	744			283	2,753	3,375
Protein (N X6.25)	g	16.35		3	6.21	60.50	74.16
Total lipid (fat)	g	11.98	0.972	4	4.55	44.31	54.32
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.03			0.01	0.13	0.15
Ash	g	3.70		4	1.41	13.69	16.78
Minerals:							
Calcium[3]	mg	240	36.085	3	91	887	1,087
Iron	mg	2.30	0.400	2	0.87	8.51	10.43
Magnesium	mg	34		1	13	126	154
Phosphorus	mg	366	54.026	3	139	1,353	1,659
Potassium	mg	341		1	130	1,262	1,547
Sodium	mg	414		1	157	1,532	1,878
Zinc	mg	1.40		2	0.53	5.18	6.35
Copper	mg	0.272		2	0.103	1.006	1.234
Manganese	mg	0.206		2	0.078	0.762	0.934
Vitamins:							
Ascorbic acid	mg	1.0		2	0.4	3.8	4.6
Thiamin	mg	0.044		4	0.017	0.163	0.200
Riboflavin	mg	0.233	0.035	3	0.089	0.862	1.057
Niacin	mg	4.200	1.600	2	1.596	15.540	19.051
Pantothenic acid	mg	0.730		1	0.277	2.701	3.311
Vitamin B_6	mg	0.123		1	0.047	0.455	0.558
Folacin	mcg	24.3		2	9.2	89.9	110.2
Vitamin B_{12}	mcg	9.000		1	3.420	33.300	40.824
Vitamin A	RE	70			26	257	315
	IU	365		2	139	1,351	1,656
Lipids:							
Fatty acids:							
Saturated, total	g	3.087			1.173	11.422	14.003
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.807		1	0.307	2.986	3.661
16:0	g	1.997		1	0.759	7.389	9.058
18:0	g	0.281		1	0.107	1.040	1.275
Monounsaturated, total	g	3.672			1.395	13.586	16.656
16:1	g	0.728		1	0.277	2.694	3.302
18:1	g	2.126		1	0.808	7.866	9.644
20:1	g	0.816		1	0.310	3.019	3.701
22:1	g	1.867		1	0.709	6.908	8.469
Polyunsaturated, total	g	4.295			1.632	15.892	19.482
18:2	g	0.141		1	0.054	0.522	0.640
18:3	g	0.270		1	0.103	0.999	1.225
18:4	g						
20:4	g	0.341		1	0.130	1.262	1.547
20:5	g	0.611		1	0.232	2.261	2.771
22:5	g	0.070		1	0.027	0.259	0.318
22:6	g	0.993		1	0.377	3.674	4.504
Cholesterol	mg	61		2	23	225	276
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.157		2	0.060	0.581	0.712
Threonine	g	0.795		2	0.302	2.942	3.606
Isoleucine	g	0.795		2	0.302	2.942	3.606
Leucine	g	1.358		2	0.516	5.025	6.160
Lysine	g	1.400		2	0.532	5.180	6.350
Methionine	g	0.476		2	0.181	1.761	2.159
Cystine	g	0.139		2	0.053	0.514	0.631
Phenylalanine	g	0.793		2	0.301	2.934	3.597
Tyrosine	g	0.625		2	0.238	2.313	2.835
Valine	g	0.926		2	0.352	3.426	4.200
Arginine	g	1.049		2	0.399	3.881	4.758
Histidine	g	0.680		2	0.258	2.516	3.084
Alanine	g	1.005		2	0.382	3.719	4.559
Aspartic acid	g	1.666		2	0.633	6.164	7.557
Glutamic acid	g	2.307		2	0.877	8.536	10.465
Glycine	g	0.827		2	0.314	3.060	3.751
Proline	g	0.651		2	0.247	2.409	2.953
Serine	g	0.727		2	0.276	2.690	3.298

[1] 4-3/4 in long, 1-1/8 in wide, 5/8 in thick.
[2] Can size: 300 x 407 (No. 300).
[3] If bones are discarded, value will be greatly reduced.

FINFISH
Scup, raw
Stenotomus chrysops **(L.)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 64 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	75.37	0.342	25	64.06	48.24	341.87
Food energy	kcal	105			89	67	477
	kJ	440			374	282	1,997
Protein (N X 6.25)	g	18.88	0.110	25	16.04	12.08	85.62
Total lipid (fat)	g	2.73	0.450	15	2.32	1.75	12.38
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.21	0.020	26	1.03	0.77	5.49
Minerals:							
Calcium	mg	40		1	34	26	183
Iron	mg	0.53		1	0.45	0.34	2.40
Magnesium	mg	23		1	19	15	104
Phosphorus	mg						
Potassium	mg	287		1	244	184	1,302
Sodium	mg	42	20.950	2	36	27	191
Zinc	mg	0.48	0.047	71	0.41	0.31	2.20
Copper	mg	0.051	0.003	70	0.043	0.033	0.231
Manganese	mg	0.035		1	0.030	0.022	0.159
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.211			0.179	0.135	0.957
Threonine	g	0.827			0.703	0.529	3.751
Isoleucine	g	0.870			0.740	0.557	3.946
Leucine	g	1.534			1.304	0.982	6.958
Lysine	g	1.733			1.473	1.109	7.861
Methionine	g	0.559			0.475	0.358	2.536
Cystine	g	0.202			0.172	0.129	0.916
Phenylalanine	g	0.737			0.626	0.472	3.343
Tyrosine	g	0.637			0.541	0.408	2.889
Valine	g	0.972			0.826	0.622	4.409
Arginine	g	1.129			0.960	0.723	5.121
Histidine	g	0.556			0.473	0.356	2.522
Alanine	g	1.142			0.971	0.731	5.180
Aspartic acid	g	1.933			1.643	1.237	8.768
Glutamic acid	g	2.818			2.395	1.804	12.782
Glycine	g	0.906			0.770	0.580	4.110
Proline	g	0.667			0.567	0.427	3.026
Serine	g	0.770			0.655	0.493	3.493

[1]Yield from 1 lb whole fish.

FINFISH
Sea Bass, Mixed species, raw
Centropristes striata **(L.) and** *Lateolabrax japonicus* **(Cuvier)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 129 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	78.27	0.199	35	66.53	100.97	355.03
Food energy	kcal	97			82	125	439
	kJ	405			344	522	1,836
Protein (N X 6.25)	g	18.43	0.108	33	15.67	23.78	83.61
Total lipid (fat)	g	2.00	0.221	40	1.70	2.58	9.07
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.09	0.022	34	0.93	1.41	4.95
Minerals:							
Calcium	mg	10		1	9	13	47
Iron	mg	0.29		1	0.25	0.37	1.31
Magnesium	mg	41		1	35	53	188
Phosphorus	mg	194		1	165	250	879
Potassium	mg	256		1	218	330	1,161
Sodium	mg	68		1	58	88	308
Zinc	mg	0.40		34	0.34	0.52	1.83
Copper	mg	0.019	0.002	34	0.016	0.025	0.086
Manganese	mg	0.015		1	0.013	0.019	0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE	55			47	71	251
	IU	184	5.365	3	157	238	836
Lipids:							
Fatty acids:							
Saturated, total	g	0.511			0.434	0.659	2.318
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.049		2	0.042	0.063	0.222
16:0	g	0.322		2	0.274	0.415	1.461
18:0	g	0.138		2	0.117	0.178	0.626
Monounsaturated, total	g	0.424			0.360	0.547	1.923
16:1	g	0.130		2	0.111	0.168	0.590
18:1	g	0.294		2	0.250	0.379	1.334
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.743			0.632	0.958	3.370
18:2	g	0.024		2	0.020	0.031	0.109
18:3	g						
18:4	g	0.046		1	0.039	0.059	0.209
20:4	g						
20:5	g	0.161		2	0.137	0.208	0.730
22:5	g	0.076		2	0.065	0.098	0.345
22:6	g	0.434		2	0.369	0.560	1.969
Cholesterol	mg	41	3.000	2	35	53	186
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.206			0.175	0.266	0.934
Threonine	g	0.808			0.687	1.042	3.665
Isoleucine	g	0.849			0.722	1.095	3.851
Leucine	g	1.498			1.273	1.932	6.795
Lysine	g	1.693			1.439	2.184	7.679
Methionine	g	0.546			0.464	0.704	2.477
Cystine	g	0.198			0.168	0.255	0.898
Phenylalanine	g	0.720			0.612	0.929	3.266
Tyrosine	g	0.622			0.529	0.802	2.821
Valine	g	0.950			0.808	1.226	4.309
Arginine	g	1.103			0.938	1.423	5.003
Histidine	g	0.543			0.462	0.700	2.463
Alanine	g	1.115			0.948	1.438	5.058
Aspartic acid	g	1.887			1.604	2.434	8.559
Glutamic acid	g	2.751			2.338	3.549	12.479
Glycine	g	0.885			0.752	1.142	4.014
Proline	g	0.652			0.554	0.841	2.957
Serine	g	0.752			0.639	0.970	3.411

[1]Yield from 1-1/2 lb whole fish.

FINFISH
Sea Bass, Mixed species, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 101 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72.14			61.32	72.86	327.23
Food energy	kcal	124			105	125	563
	kJ	519			441	524	2,354
Protein (N X6.25)	g	23.63			20.09	23.87	107.19
Total lipid (fat)	g	2.56			2.18	2.59	11.63
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.40			1.19	1.41	6.35
Minerals:							
Calcium	mg	13			11	13	60
Iron	mg	0.37			0.32	0.37	1.68
Magnesium	mg	53			45	54	241
Phosphorus	mg	248			211	251	1,126
Potassium	mg	328			279	331	1,489
Sodium	mg	87			74	88	395
Zinc	mg	0.52			0.44	0.52	2.35
Copper	mg	0.024			0.020	0.024	0.109
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE	64			54	64	289
	IU	213			181	215	965
Lipids:							
Fatty acids:							
Saturated, total	g	0.655			0.557	0.662	2.971
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.063			0.054	0.064	0.286
16:0	g	0.413			0.351	0.417	1.873
18:0	g	0.177			0.150	0.179	0.803
Monounsaturated, total	g	0.544			0.462	0.549	2.468
16:1	g	0.167			0.142	0.169	0.758
18:1	g	0.377			0.320	0.381	1.710
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.953			0.810	0.963	4.323
18:2	g	0.031			0.026	0.031	0.141
18:3	g						
18:4	g	0.059			0.050	0.060	0.268
20:4	g						
20:5	g	0.206			0.175	0.208	0.934
22:5	g	0.097			0.082	0.098	0.440
22:6	g	0.556			0.473	0.562	2.522
Cholesterol	mg	53			45	53	238
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.265			0.225	0.268	1.202
Threonine	g	1.036			0.881	1.046	4.699
Isoleucine	g	1.089			0.926	1.100	4.940
Leucine	g	1.921			1.633	1.940	8.714
Lysine	g	2.170			1.845	2.192	9.843
Methionine	g	0.699			0.594	0.706	3.171
Cystine	g	0.253			0.215	0.256	1.148
Phenylalanine	g	0.923			0.785	0.932	4.187
Tyrosine	g	0.798			0.678	0.806	3.620
Valine	g	1.217			1.034	1.229	5.520
Arginine	g	1.414			1.202	1.428	6.414
Histidine	g	0.696			0.592	0.703	3.157
Alanine	g	1.429			1.215	1.443	6.482
Aspartic acid	g	2.420			2.057	2.444	10.977
Glutamic acid	g	3.528			2.999	3.563	16.003
Glycine	g	1.134			0.964	1.145	5.144
Proline	g	0.836			0.711	0.844	3.792
Serine	g	0.964			0.819	0.974	4.373

[1]Yield from raw fillet.

FINFISH
Seatrout, Mixed species, raw
Cynoscion **spp.**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 238 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	78.09	0.426	14	66.38	185.86	354.23
Food energy	kcal	104			88	248	472
	kJ	435			370	1,036	1,975
Protein (N X 6.25)	g	16.74	0.412	14	14.23	39.85	75.95
Total lipid (fat)	g	3.61	0.595	14	3.07	8.60	16.38
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.26	0.058	15	1.07	2.99	5.70
Minerals:							
Calcium	mg	17	3.238	6	15	41	78
Iron	mg	0.27	0.036	6	0.23	0.63	1.20
Magnesium	mg	31	0.849	6	27	75	143
Phosphorus	mg	250	14.089	6	212	594	1,132
Potassium	mg	341		8	290	812	1,547
Sodium	mg	58		8	49	138	263
Zinc	mg	0.45	0.012	172	0.38	1.07	2.04
Copper	mg	0.030	0.001	172	0.026	0.071	0.136
Manganese	mg	0.015	0.006	3	0.013	0.036	0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	1.009			0.858	2.401	4.577
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.074		3	0.063	0.176	0.336
16:0	g	0.640		3	0.544	1.523	2.903
18:0	g	0.167		3	0.142	0.397	0.758
Monounsaturated, total	g	0.884			0.751	2.104	4.010
16:1	g	0.362		3	0.308	0.862	1.642
18:1	g	0.470		3	0.400	1.119	2.132
20:1	g	0.050		1	0.043	0.119	0.227
22:1	g						
Polyunsaturated, total	g	0.725			0.616	1.726	3.289
18:2	g	0.069		3	0.059	0.164	0.313
18:3	g	0.004		1	0.003	0.010	0.018
18:4	g	0.008		1	0.007	0.019	0.036
20:4	g	0.193		2	0.164	0.459	0.875
20:5	g	0.165		3	0.140	0.393	0.748
22:5	g	0.076		3	0.065	0.181	0.345
22:6	g	0.207		3	0.176	0.493	0.939
Cholesterol	mg	83		1	71	198	376
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.188			0.160	0.447	0.853
Threonine	g	0.734			0.624	1.747	3.329
Isoleucine	g	0.772			0.656	1.837	3.502
Leucine	g	1.361			1.157	3.239	6.173
Lysine	g	1.538			1.307	3.660	6.976
Methionine	g	0.496			0.422	1.180	2.250
Cystine	g	0.179			0.152	0.426	0.812
Phenylalanine	g	0.654			0.556	1.557	2.967
Tyrosine	g	0.565			0.480	1.345	2.563
Valine	g	0.863			0.734	2.054	3.915
Arginine	g	1.002			0.852	2.385	4.545
Histidine	g	0.493			0.419	1.173	2.236
Alanine	g	1.013			0.861	2.411	4.595
Aspartic acid	g	1.715			1.458	4.082	7.779
Glutamic acid	g	2.500			2.125	5.950	11.340
Glycine	g	0.804			0.683	1.914	3.647
Proline	g	0.592			0.503	1.409	2.685
Serine	g	0.683			0.581	1.626	3.098

[1]Yield from 3 lb whole fish.

FINFISH
Shad, American, raw
Alosa sapidissima **(Wilson)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 184 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	68.19	0.802	13	57.96	125.46	309.29
Food energy	kcal	197			167	362	891
	kJ	822			699	1,513	3,730
Protein (N X 6.25)	g	16.93	0.621	11	14.39	31.15	76.80
Total lipid (fat)	g	13.77	1.004	11	11.71	25.34	62.47
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.32	0.033	11	1.12	2.43	6.00
Minerals:							
Calcium	mg	47		1	40	87	214
Iron	mg	0.97	0.005	2	0.82	1.78	4.38
Magnesium	mg	30		1	26	55	137
Phosphorus	mg	272		1	231	500	1,234
Potassium	mg	384	53.500	2	326	706	1,740
Sodium	mg	51	2.550	2	44	95	233
Zinc	mg	0.37	0.010	60	0.31	0.68	1.66
Copper	mg	0.064	0.003	61	0.054	0.118	0.290
Manganese	mg	0.042		1	0.036	0.077	0.191
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.190			0.162	0.350	0.862
Threonine	g	0.742			0.631	1.365	3.366
Isoleucine	g	0.780			0.663	1.435	3.538
Leucine	g	1.376			1.170	2.532	6.242
Lysine	g	1.555			1.322	2.861	7.053
Methionine	g	0.501			0.426	0.922	2.273
Cystine	g	0.182			0.155	0.335	0.826
Phenylalanine	g	0.661			0.562	1.216	2.998
Tyrosine	g	0.572			0.486	1.052	2.595
Valine	g	0.872			0.741	1.604	3.955
Arginine	g	1.013			0.861	1.864	4.595
Histidine	g	0.498			0.423	0.916	2.259
Alanine	g	1.024			0.870	1.884	4.645
Aspartic acid	g	1.734			1.474	3.191	7.865
Glutamic acid	g	2.527			2.148	4.650	11.462
Glycine	g	0.813			0.691	1.496	3.688
Proline	g	0.599			0.509	1.102	2.717
Serine	g	0.691			0.587	1.271	3.134

[1]Yield from 1-1/2 lb whole fish.

FINFISH[1]
Shark, Mixed species, raw
Squaliformes

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	73.58	0.283	29	62.54		333.74
Food energy	kcal	130			111		591
	kJ	545			463		2,472
Protein (N X6.25)	g	20.98	0.256	16	17.83		95.16
Total lipid (fat)	g	4.51		52	3.83		20.46
Carbohydrate, total	g	0.00			0.00		0.00
Crude fiber	g	0.00			0.00		0.00
Ash	g	1.39		15	1.18		6.31
Minerals:							
Calcium	mg	34	1.800	4	29		153
Iron	mg	0.84	0.000	2	0.71		3.81
Magnesium	mg	49	11.955	2	42		222
Phosphorus	mg	210		3	179		955
Potassium	mg	160	11.730	2	136		727
Sodium	mg	79	12.650	2	67		360
Zinc	mg	0.43	0.009	223	0.36		1.95
Copper	mg	0.033	0.001	211	0.028		0.150
Manganese	mg	0.015			0.013		0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.042		5	0.036		0.191
Riboflavin	mg	0.062	0.012	6	0.053		0.281
Niacin	mg	2.938		5	2.497		13.327
Pantothenic acid	mg	0.695		3	0.591		3.153
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	1.488		6	1.265		6.750
Vitamin A	RE	70			60		318
	IU	233	33.333	3	198		1,058
Lipids:							
Fatty acids:							
Saturated, total	g	0.925			0.786		4.196
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.080		4	0.068		0.363
16:0	g	0.726		4	0.617		3.293
18:0	g	0.117		4	0.099		0.531
Monounsaturated, total	g	1.508			1.282		6.840
16:1	g	0.253		4	0.215		1.148
18:1	g	0.979		4	0.832		4.441
20:1	g	0.266		2	0.226		1.207
22:1	g	0.310		2	0.264		1.406
Polyunsaturated, total	g	1.508			1.282		6.840
18:2	g	0.076		4	0.065		0.345
18:3	g	0.028		2	0.024		0.127
18:4	g	0.031		2	0.026		0.141
20:4	g	0.108		1	0.092		0.490
20:5	g	0.316		4	0.269		1.433
22:5	g	0.109		4	0.093		0.494
22:6	g	0.527		4	0.448		2.390
Cholesterol	mg	51		5	43		232
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.235			0.200		1.066
Threonine	g	0.920			0.782		4.173
Isoleucine	g	0.967			0.822		4.386
Leucine	g	1.705			1.449		7.734
Lysine	g	1.926			1.637		8.736
Methionine	g	0.621			0.528		2.817
Cystine	g	0.225			0.191		1.021
Phenylalanine	g	0.819			0.696		3.715
Tyrosine	g	0.708			0.602		3.211
Valine	g	1.081			0.919		4.903
Arginine	g	1.255			1.067		5.693
Histidine	g	0.618			0.525		2.803
Alanine	g	1.269			1.079		5.756
Aspartic acid	g	2.148			1.826		9.743
Glutamic acid	g	3.131			2.661		14.202
Glycine	g	1.007			0.856		4.568
Proline	g	0.742			0.631		3.366
Serine	g	0.856			0.728		3.883

[1]Values are based primarily on data for dogfish.

FINFISH
Shark, Mixed species, cooked, batter-dipped and fried[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.09			51.07		272.55
Food energy	kcal	228			194		1,036
	kJ	956			812		4,335
Protein (N X 6.23)	g	18.62			15.83		84.45
Total lipid (fat)	g	13.82			11.75		62.70
Carbohydrate, total	g	6.39			5.43		29.00
Crude fiber	g	0.18			0.15		0.82
Ash	g	1.25			1.06		5.67
Minerals:							
Calcium	mg	50			42		226
Iron	mg	1.11			0.94		5.01
Magnesium	mg	43			37		196
Phosphorus	mg	194			165		879
Potassium	mg	155			132		702
Sodium	mg	122			103		552
Zinc	mg	0.48			0.41		2.18
Copper	mg	0.042			0.036		0.191
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.072			0.061		0.327
Riboflavin	mg	0.097			0.082		0.440
Niacin	mg	2.783			2.366		12.624
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	1.211			1.029		5.493
Vitamin A	RE	54			46		245
	IU	180			153		816
Lipids:							
Fatty acids:							
Saturated, total	g	3.205			2.724		14.538
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.102			0.087		0.463
16:0	g	2.008			1.707		9.108
18:0	g	1.092			0.928		4.953
Monounsaturated, total	g	5.935			5.045		26.921
16:1	g	0.223			0.190		1.012
18:1	g	5.216			4.434		23.660
20:1	g	0.217			0.184		0.984
22:1	g	0.253			0.215		1.148
Polyunsaturated, total	g	3.701			3.146		16.788
18:2	g	2.600			2.210		11.794
18:3	g	0.190			0.162		0.862
18:4	g	0.025			0.021		0.113
20:4	g	0.092			0.078		0.417
20:5	g	0.258			0.219		1.170
22:5	g	0.089			0.076		0.404
22:6	g	0.431			0.366		1.955
Cholesterol	mg	59			50		268
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.212			0.180		0.962
Threonine	g	0.843			0.717		3.824
Isoleucine	g	0.867			0.737		3.933
Leucine	g	1.515			1.288		6.872
Lysine	g	1.634			1.389		7.412
Methionine	g	0.541			0.460		2.454
Cystine	g	0.212			0.180		0.962
Phenylalanine	g	0.750			0.638		3.402
Tyrosine	g	0.633			0.538		2.871
Valine	g	0.965			0.820		4.377
Arginine	g	1.094			0.930		4.962
Histidine	g	0.538			0.457		2.440
Alanine	g	1.097			0.932		4.976
Aspartic acid	g	1.850			1.573		8.392
Glutamic acid	g	2.970			2.525		13.472
Glycine	g	0.872			0.741		3.955
Proline	g	0.744			0.632		3.375
Serine	g	0.789			0.671		3.579

[1] Recipe: Fish, 75.2% and batter mixture (water, flour, oil, egg, milk, baking powder, and salt), 24.8%.

FINFISH
Sheepshead, raw
Archosargus probatocephalus **(Walbaum)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 238 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	77.97	0.731	5	66.27	185.56	353.66
Food energy	kcal	108			92	257	490
	kJ	452			384	1,076	2,051
Protein (N X6.25)	g	20.21	2.337	5	17.18	48.10	91.68
Total lipid (fat)	g	2.41	0.404	5	2.05	5.74	10.93
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.09	0.073	5	0.92	2.59	4.94
Minerals:							
Calcium	mg	21	7.900	3	18	50	95
Iron	mg	0.46	0.090	3	0.39	1.09	2.09
Magnesium	mg	32	1.840	3	27	76	144
Phosphorus	mg	313	25.350	3	266	744	1,418
Potassium	mg	404	63.321	4	344	962	1,834
Sodium	mg	71	11.174	4	61	170	324
Zinc	mg	0.39	0.013	62	0.33	0.92	1.75
Copper	mg	0.031	0.002	63	0.026	0.074	0.141
Manganese	mg	0.013	0.003	3	0.011	0.031	0.059
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.609			0.518	1.449	2.762
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.076		2	0.065	0.181	0.345
16:0	g	0.406		2	0.345	0.966	1.842
18:0	g	0.114		2	0.097	0.271	0.517
Monounsaturated, total	g	0.728			0.619	1.733	3.302
16:1	g	0.201		2	0.171	0.478	0.912
18:1	g	0.458		2	0.389	1.090	2.077
20:1	g	0.069		1	0.059	0.164	0.313
22:1	g						
Polyunsaturated, total	g	0.518			0.440	1.233	2.350
18:2	g	0.044		2	0.037	0.105	0.200
18:3	g	0.006		1	0.005	0.014	0.027
18:4	g	0.027		1	0.023	0.064	0.122
20:4	g	0.106		2	0.090	0.252	0.481
20:5	g	0.138		2	0.117	0.328	0.626
22:5	g	0.074		2	0.063	0.176	0.336
22:6	g	0.123		2	0.105	0.293	0.558
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.226			0.192	0.538	1.025
Threonine	g	0.886			0.753	2.109	4.019
Isoleucine	g	0.931			0.791	2.216	4.223
Leucine	g	1.643			1.397	3.910	7.453
Lysine	g	1.856			1.578	4.417	8.419
Methionine	g	0.598			0.508	1.423	2.713
Cystine	g	0.217			0.184	0.516	0.984
Phenylalanine	g	0.789			0.671	1.878	3.579
Tyrosine	g	0.682			0.580	1.623	3.094
Valine	g	1.041			0.885	2.478	4.722
Arginine	g	1.210			1.029	2.880	5.489
Histidine	g	0.595			0.506	1.416	2.699
Alanine	g	1.222			1.039	2.908	5.543
Aspartic acid	g	2.070			1.760	4.927	9.390
Glutamic acid	g	3.017			2.564	7.180	13.685
Glycine	g	0.970			0.825	2.309	4.400
Proline	g	0.715			0.608	1.702	3.243
Serine	g	0.825			0.701	1.964	3.742

[1]Yield from 3 lb whole fish.

FINFISH
Sheepshead, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 186 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	69.04		1	58.68	128.41	313.17
Food energy	kcal	126			107	234	571
	kJ	526			447	979	2,388
Protein (N X 6.25)	g	26.02		1	22.12	48.40	118.03
Total lipid (fat)	g	1.63		1	1.39	3.03	7.39
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.44		1	1.22	2.68	6.53
Minerals:							
Calcium	mg	37		1	32	70	170
Iron	mg	0.67		1	0.57	1.25	3.04
Magnesium	mg	35		1	30	66	160
Phosphorus	mg	350		1	297	651	1,587
Potassium	mg	512		1	435	952	2,321
Sodium	mg	73		1	62	136	331
Zinc	mg	0.63		1	0.54	1.17	2.86
Copper	mg	0.122		1	0.104	0.227	0.553
Manganese	mg	0.021		1	0.018	0.039	0.095
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.360			0.306	0.670	1.633
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.044		1	0.037	0.082	0.200
16:0	g	0.227		1	0.193	0.422	1.030
18:0	g	0.089		1	0.076	0.166	0.404
Monounsaturated, total	g	0.350			0.298	0.651	1.588
16:1	g	0.107		1	0.091	0.199	0.485
18:1	g	0.243		1	0.207	0.452	1.102
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.382			0.325	0.711	1.733
18:2	g	0.042		1	0.036	0.078	0.191
18:3	g						
18:4	g						
20:4	g	0.110		1	0.094	0.205	0.499
20:5	g	0.083		1	0.071	0.154	0.376
22:5	g	0.040		1	0.034	0.074	0.181
22:6	g	0.107		1	0.091	0.199	0.485
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.291			0.247	0.541	1.320
Threonine	g	1.141			0.970	2.122	5.176
Isoleucine	g	1.199			1.019	2.230	5.439
Leucine	g	2.115			1.798	3.934	9.594
Lysine	g	2.390			2.032	4.445	10.841
Methionine	g	0.770			0.655	1.432	3.493
Cystine	g	0.279			0.237	0.519	1.266
Phenylalanine	g	1.016			0.864	1.890	4.609
Tyrosine	g	0.878			0.746	1.633	3.983
Valine	g	1.340			1.139	2.492	6.078
Arginine	g	1.557			1.323	2.896	7.063
Histidine	g	0.766			0.651	1.425	3.475
Alanine	g	1.574			1.338	2.928	7.140
Aspartic acid	g	2.664			2.264	4.955	12.084
Glutamic acid	g	3.884			3.301	7.224	17.618
Glycine	g	1.249			1.062	2.323	5.665
Proline	g	0.920			0.782	1.711	4.173
Serine	g	1.062			0.903	1.975	4.817

[1]Yield from raw fillet.

FINFISH
Smelt, Rainbow, raw
Osmerus mordax **(Mitchill)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	78.77	0.229	47	66.96		357.31
Food energy	kcal	97			83		440
	kJ	406			345		1,843
Protein (N X 6.25)	g	17.63	0.222	47	14.99		79.97
Total lipid (fat)	g	2.42	0.107	52	2.06		10.97
Carbohydrate, total	g	0.00			0.00		0.00
Crude fiber	g	0.00			0.00		0.00
Ash	g	1.40	0.074	46	1.19		6.34
Minerals:							
Calcium	mg	60		1	51		272
Iron	mg	0.90		1	0.77		4.08
Magnesium	mg	30		1	26		136
Phosphorus	mg	230		1	196		1,043
Potassium	mg	290		1	247		1,315
Sodium	mg	60		1	51		272
Zinc	mg	1.65	0.350	2	1.40		7.48
Copper	mg	0.139	0.061	2	0.118		0.631
Manganese	mg	0.700		1	0.595		3.175
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg	0.120		1	0.102		0.544
Niacin	mg	1.450		1	1.233		6.577
Pantothenic acid	mg	0.638		1	0.542		2.894
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	3.440	0.728	4	2.924		15.604
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.452			0.384		2.050
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.002		1	0.002		0.009
14:0	g	0.078		12	0.066		0.354
16:0	g	0.328		12	0.279		1.488
18:0	g	0.041		12	0.035		0.186
Monounsaturated, total	g	0.641			0.545		2.908
16:1	g	0.199		12	0.169		0.903
18:1	g	0.407		12	0.346		1.846
20:1	g	0.028		6	0.024		0.127
22:1	g	0.001		4	0.001		0.005
Polyunsaturated, total	g	0.885			0.752		4.014
18:2	g	0.045		12	0.038		0.204
18:3	g	0.049		12	0.042		0.222
18:4	g	0.025		12	0.021		0.113
20:4	g	0.055		12	0.047		0.249
20:5	g	0.275		12	0.234		1.247
22:5	g	0.018		12	0.015		0.082
22:6	g	0.418		12	0.355		1.896
Cholesterol	mg	70		1	60		318
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.197			0.167		0.894
Threonine	g	0.773			0.657		3.506
Isoleucine	g	0.812			0.690		3.683
Leucine	g	1.433			1.218		6.500
Lysine	g	1.619			1.376		7.344
Methionine	g	0.522			0.444		2.368
Cystine	g	0.189			0.161		0.857
Phenylalanine	g	0.688			0.585		3.121
Tyrosine	g	0.595			0.506		2.699
Valine	g	0.908			0.772		4.119
Arginine	g	1.055			0.897		4.785
Histidine	g	0.519			0.441		2.354
Alanine	g	1.066			0.906		4.835
Aspartic acid	g	1.805			1.534		8.187
Glutamic acid	g	2.632			2.237		11.939
Glycine	g	0.846			0.719		3.837
Proline	g	0.623			0.530		2.826
Serine	g	0.719			0.611		3.261

FINFISH
Smelt, Rainbow, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72.79			61.87		330.15
Food energy	kcal	124			106		565
	kJ	521			443		2,363
Protein (N X 6.25)	g	22.60			19.21		102.53
Total lipid (fat)	g	3.10			2.64		14.07
Carbohydrate, total	g	0.00			0.00		0.00
Crude fiber	g	0.00			0.00		0.00
Ash	g	1.79			1.52		8.12
Minerals:							
Calcium	mg	77			65		349
Iron	mg	1.15			0.98		5.23
Magnesium	mg	38			33		174
Phosphorus	mg	295			251		1,338
Potassium	mg	372			316		1,686
Sodium	mg	77			65		349
Zinc	mg	2.12			1.80		9.59
Copper	mg	0.178			0.151		0.807
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg	0.146			0.124		0.662
Niacin	mg	1.766			1.501		8.011
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	3.969			3.374		18.003
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.579			0.492		2.626
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.003			0.003		0.014
14:0	g	0.100			0.085		0.454
16:0	g	0.421			0.358		1.910
18:0	g	0.053			0.045		0.240
Monounsaturated, total	g	0.822			0.699		3.729
16:1	g	0.255			0.217		1.157
18:1	g	0.522			0.444		2.368
20:1	g	0.036			0.031		0.163
22:1	g	0.001			0.001		0.005
Polyunsaturated, total	g	1.135			0.965		5.148
18:2	g	0.058			0.049		0.263
18:3	g	0.063			0.054		0.286
18:4	g	0.032			0.027		0.145
20:4	g	0.071			0.060		0.322
20:5	g	0.353			0.300		1.601
22:5	g	0.023			0.020		0.104
22:6	g	0.536			0.456		2.431
Cholesterol	mg	90			76		407
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.253			0.215		1.148
Threonine	g	0.991			0.842		4.495
Isoleucine	g	1.041			0.885		4.722
Leucine	g	1.837			1.561		8.333
Lysine	g	2.076			1.765		9.417
Methionine	g	0.669			0.569		3.035
Cystine	g	0.242			0.206		1.098
Phenylalanine	g	0.882			0.750		4.001
Tyrosine	g	0.763			0.649		3.461
Valine	g	1.164			0.989		5.280
Arginine	g	1.352			1.149		6.133
Histidine	g	0.665			0.565		3.016
Alanine	g	1.367			1.162		6.201
Aspartic acid	g	2.314			1.967		10.496
Glutamic acid	g	3.374			2.868		15.304
Glycine	g	1.085			0.922		4.922
Proline	g	0.799			0.679		3.624
Serine	g	0.922			0.784		4.182

FINFISH
Snapper, Mixed species, raw
Lutjanidae

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 218 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	76.87		60	65.34	167.58	348.70
Food energy	kcal	100			85	217	452
	kJ	417			354	909	1,892
Protein (N X 6.25)	g	20.51		59	17.43	44.71	93.03
Total lipid (fat)	g	1.34		55	1.14	2.92	6.08
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.31		52	1.11	2.85	5.93
Minerals:							
Calcium	mg	32		22	27	69	143
Iron	mg	0.18		7	0.15	0.38	0.79
Magnesium	mg	32	0.636	6	27	70	146
Phosphorus	mg	198		28	169	432	899
Potassium	mg	417		16	355	910	1,894
Sodium	mg	64		19	54	140	291
Zinc	mg	0.36	0.010	242	0.30	0.77	1.61
Copper	mg	0.028	0.001	244	0.024	0.061	0.127
Manganese	mg	0.013	0.002	6	0.011	0.028	0.059
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.046		1	0.039	0.100	0.209
Riboflavin	mg	0.003		1	0.003	0.007	0.014
Niacin	mg	0.284		1	0.241	0.619	1.288
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.285			0.242	0.621	1.293
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.036		16	0.031	0.078	0.163
16:0	g	0.162		16	0.138	0.353	0.735
18:0	g	0.081		16	0.069	0.177	0.367
Monounsaturated, total	g	0.251			0.213	0.547	1.139
16:1	g	0.060		16	0.051	0.131	0.272
18:1	g	0.165		16	0.140	0.360	0.748
20:1	g	0.021		14	0.018	0.046	0.095
22:1	g						
Polyunsaturated, total	g	0.459			0.390	1.001	2.082
18:2	g	0.019		16	0.016	0.041	0.086
18:3	g	0.004		14	0.003	0.009	0.018
18:4	g	0.009		14	0.008	0.020	0.041
20:4	g	0.049		16	0.042	0.107	0.222
20:5	g	0.051		16	0.043	0.111	0.231
22:5	g	0.065		16	0.055	0.142	0.295
22:6	g	0.260		16	0.221	0.567	1.179
Cholesterol	mg	37			31	81	168
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.230			0.196	0.501	1.043
Threonine	g	0.899			0.764	1.960	4.078
Isoleucine	g	0.945			0.803	2.060	4.287
Leucine	g	1.667			1.417	3.634	7.562
Lysine	g	1.883			1.601	4.105	8.541
Methionine	g	0.607			0.516	1.323	2.753
Cystine	g	0.220			0.187	0.480	0.998
Phenylalanine	g	0.801			0.681	1.746	3.633
Tyrosine	g	0.692			0.588	1.509	3.139
Valine	g	1.056			0.898	2.302	4.790
Arginine	g	1.227			1.043	2.675	5.566
Histidine	g	0.604			0.513	1.317	2.740
Alanine	g	1.240			1.054	2.703	5.625
Aspartic acid	g	2.100			1.785	4.578	9.526
Glutamic acid	g	3.061			2.602	6.673	13.885
Glycine	g	0.984			0.836	2.145	4.463
Proline	g	0.725			0.616	1.581	3.289
Serine	g	0.837			0.711	1.825	3.797

[1]Yield from 3 lb whole fish.

FINFISH
Snapper, Mixed species, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz ≅ 85 g	1 fillet[1] = 170 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70.35			59.80	119.60	319.11
Food energy	kcal	128			109	217	580
	kJ	535			454	909	2,425
Protein (N X 6.25)	g	26.30			22.35	44.70	119.27
Total lipid (fat)	g	1.72			1.46	2.92	7.80
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.41	0.035	2	1.19	2.39	6.37
Minerals:							
Calcium	mg	40			34	69	183
Iron	mg	0.24	0.020	2	0.20	0.41	1.09
Magnesium	mg	37	0.515	2	31	62	166
Phosphorus	mg	201	75.695	2	171	342	912
Potassium	mg	522	2.345	2	444	887	2,367
Sodium	mg	57	2.255	2	48	96	256
Zinc	mg	0.44	0.030	2	0.37	0.75	2.00
Copper	mg	0.046	0.006	2	0.039	0.078	0.209
Manganese	mg	0.017	0.003	2	0.014	0.029	0.077
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.053			0.045	0.090	0.240
Riboflavin	mg	0.004			0.003	0.007	0.018
Niacin	mg	0.346			0.294	0.588	1.569
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.365			0.310	0.621	1.656
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.053		2	0.045	0.090	0.240
16:0	g	0.190		2	0.162	0.323	0.862
18:0	g	0.070		2	0.060	0.119	0.318
Monounsaturated, total	g	0.322			0.274	0.547	1.461
16:1	g	0.048		2	0.041	0.082	0.218
18:1	g	0.123		2	0.105	0.209	0.558
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.588			0.500	1.000	2.667
18:2	g	0.025		2	0.021	0.043	0.113
18:3	g						
18:4	g						
20:4	g	0.044		2	0.037	0.075	0.200
20:5	g	0.048		2	0.041	0.082	0.218
22:5	g	0.022		2	0.019	0.037	0.100
22:6	g	0.273		2	0.232	0.464	1.238
Cholesterol	mg	47			40	80	213
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.294			0.250	0.500	1.334
Threonine	g	1.153			0.980	1.960	5.230
Isoleucine	g	1.212			1.030	2.060	5.498
Leucine	g	2.137			1.816	3.633	9.693
Lysine	g	2.415			2.053	4.106	10.954
Methionine	g	0.778			0.661	1.323	3.529
Cystine	g	0.282			0.240	0.479	1.279
Phenylalanine	g	1.027			0.873	1.746	4.658
Tyrosine	g	0.888			0.755	1.510	4.028
Valine	g	1.355			1.152	2.304	6.146
Arginine	g	1.573			1.337	2.674	7.135
Histidine	g	0.774			0.658	1.316	3.511
Alanine	g	1.590			1.352	2.703	7.212
Aspartic acid	g	2.692			2.288	4.576	12.211
Glutamic acid	g	3.925			3.336	6.673	17.804
Glycine	g	1.262			1.073	2.145	5.724
Proline	g	0.930			0.791	1.581	4.218
Serine	g	1.073			0.912	1.824	4.867

[1]Yield from raw fillet.

FINFISH
Spot, raw
Leiostomus xanthuras **Lacepede**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 fillet[1] = 64 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	75.95	3.586	10	48.61	64.56	344.51
Food energy	kcal	123			79	105	559
	kJ	516			330	438	2,339
Protein (N X6.25)	g	18.51	0.228	10	11.85	15.73	83.96
Total lipid (fat)	g	4.90	2.928	10	3.14	4.17	22.23
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.06	0.003	10	0.68	0.90	4.81
Minerals:							
Calcium	mg	14		1	9	12	65
Iron	mg	0.32		1	0.20	0.27	1.45
Magnesium	mg	42		1	27	36	190
Phosphorus	mg	186		1	119	158	844
Potassium	mg	496		1	318	422	2,250
Sodium	mg	29		1	18	24	130
Zinc	mg	0.51	0.013	52	0.32	0.43	2.30
Copper	mg	0.046	0.003	54	0.029	0.039	0.209
Manganese	mg	0.035		1	0.022	0.030	0.159
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	1.450			0.928	1.233	6.577
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.110		1	0.070	0.094	0.499
16:0	g	1.030		1	0.659	0.876	4.672
18:0	g	0.310		1	0.198	0.264	1.406
Monounsaturated, total	g	1.330			0.851	1.131	6.033
16:1	g	0.460		1	0.294	0.391	2.087
18:1	g	0.870		1	0.557	0.740	3.946
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.090			0.698	0.927	4.944
18:2	g	0.040		1	0.026	0.034	0.181
18:3	g	0.020		1	0.013	0.017	0.091
18:4	g	0.160		1	0.102	0.136	0.726
20:4	g	0.120		1	0.077	0.102	0.544
20:5	g	0.220		1	0.141	0.187	0.998
22:5	g	0.120		1	0.077	0.102	0.544
22:6	g	0.410		1	0.262	0.349	1.860
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.207			0.132	0.176	0.939
Threonine	g	0.812			0.520	0.690	3.683
Isoleucine	g	0.853			0.546	0.725	3.869
Leucine	g	1.505			0.963	1.279	6.827
Lysine	g	1.700			1.088	1.445	7.711
Methionine	g	0.548			0.351	0.466	2.486
Cystine	g	0.198			0.127	0.168	0.898
Phenylalanine	g	0.723			0.463	0.615	3.280
Tyrosine	g	0.625			0.400	0.531	2.835
Valine	g	0.954			0.611	0.811	4.327
Arginine	g	1.108			0.709	0.942	5.026
Histidine	g	0.545			0.349	0.463	2.472
Alanine	g	1.120			0.717	0.952	5.080
Aspartic acid	g	1.896			1.213	1.612	8.600
Glutamic acid	g	2.764			1.769	2.349	12.538
Glycine	g	0.889			0.569	0.756	4.033
Proline	g	0.655			0.419	0.557	2.971
Serine	g	0.755			0.483	0.642	3.425

[1]Yield from 1 lb whole fish.

FINFISH
Sturgeon, Mixed species, raw
Acipenser **spp.**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	76.55		2	65.07		347.23
Food energy	kcal	105			90		478
	kJ	441			375		2,000
Protein (N X6.25)	g	16.14		2	13.72		73.22
Total lipid (fat)	g	4.04		7	3.43		18.33
Carbohydrate, total	g	0.00			0.00		0.00
Crude fiber	g	0.00			0.00		0.00
Ash	g	1.10		1	0.94		4.99
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	284		1	241		1,288
Sodium	mg						
Zinc	mg	0.42	0.032	10	0.36		1.92
Copper	mg	0.041	0.007	10	0.035		0.186
Manganese	mg	0.025			0.021		0.113
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE	210			179		953
	IU	700		1	595		3,175
Lipids:							
Fatty acids:							
Saturated, total	g	0.915			0.778		4.150
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.154		6	0.131		0.699
16:0	g	0.685		6	0.582		3.107
18:0	g	0.076		6	0.065		0.345
Monounsaturated, total	g	1.939			1.648		8.795
16:1	g	0.408		6	0.347		1.851
18:1	g	1.433		6	1.218		6.500
20:1	g	0.054		6	0.046		0.245
22:1	g	0.023		4	0.020		0.104
Polyunsaturated, total	g	0.690			0.587		3.130
18:2	g	0.068		6	0.058		0.308
18:3	g	0.100		6	0.085		0.454
18:4	g	0.128		3	0.109		0.581
20:4	g	0.062		6	0.053		0.281
20:5	g	0.194		6	0.165		0.880
22:5	g	0.045		5	0.038		0.204
22:6	g	0.093		6	0.079		0.422
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.181			0.154		0.821
Threonine	g	0.708			0.602		3.211
Isoleucine	g	0.744			0.632		3.375
Leucine	g	1.312			1.115		5.951
Lysine	g	1.483			1.261		6.727
Methionine	g	0.478			0.406		2.168
Cystine	g	0.173			0.147		0.785
Phenylalanine	g	0.630			0.536		2.858
Tyrosine	g	0.545			0.463		2.472
Valine	g	0.832			0.707		3.774
Arginine	g	0.966			0.821		4.382
Histidine	g	0.475			0.404		2.155
Alanine	g	0.976			0.830		4.427
Aspartic acid	g	1.653			1.405		7.498
Glutamic acid	g	2.410			2.049		10.932
Glycine	g	0.775			0.659		3.515
Proline	g	0.571			0.485		2.590
Serine	g	0.659			0.560		2.989

FINFISH
Sturgeon, Mixed species, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	69.94			59.45		317.23
Food energy	kcal	135			115		613
	kJ	565			480		2,564
Protein (N X 6.25)	g	20.70			17.59		93.88
Total lipid (fat)	g	5.18			4.40		23.49
Carbohydrate, total	g	0.00			0.00		0.00
Crude fiber	g	0.00			0.00		0.00
Ash	g	1.41			1.20		6.40
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	364			309		1,652
Sodium	mg						
Zinc	mg	0.54			0.46		2.46
Copper	mg	0.053			0.045		0.240
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE	242			206		1,099
	IU	808			687		3,664
Lipids:							
Fatty acids:							
Saturated, total	g	1.173			0.997		5.321
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.197			0.167		0.894
16:0	g	0.878			0.746		3.983
18:0	g	0.097			0.082		0.440
Monounsaturated, total	g	2.486			2.113		11.276
16:1	g	0.523			0.445		2.372
18:1	g	1.837			1.561		8.333
20:1	g	0.069			0.059		0.313
22:1	g	0.029			0.025		0.132
Polyunsaturated, total	g	0.885			0.752		4.014
18:2	g	0.087			0.074		0.395
18:3	g	0.128			0.109		0.581
18:4	g	0.164			0.139		0.744
20:4	g	0.079			0.067		0.358
20:5	g	0.249			0.212		1.129
22:5	g	0.058			0.049		0.263
22:6	g	0.119			0.101		0.540
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.232			0.197		1.052
Threonine	g	0.907			0.771		4.114
Isoleucine	g	0.954			0.811		4.327
Leucine	g	1.682			1.430		7.630
Lysine	g	1.901			1.616		8.623
Methionine	g	0.613			0.521		2.781
Cystine	g	0.222			0.189		1.007
Phenylalanine	g	0.808			0.687		3.665
Tyrosine	g	0.699			0.594		3.171
Valine	g	1.066			0.906		4.835
Arginine	g	1.238			1.052		5.616
Histidine	g	0.609			0.518		2.762
Alanine	g	1.252			1.064		5.679
Aspartic acid	g	2.119			1.801		9.612
Glutamic acid	g	3.089			2.626		14.012
Glycine	g	0.993			0.844		4.504
Proline	g	0.732			0.622		3.320
Serine	g	0.844			0.717		3.828

FINFISH
Sturgeon, Mixed species, smoked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	62.50		1	17.50	53.13	283.50
Food energy	kcal	173			48	147	784
	kJ	723			203	615	3,281
Protein (N X 6.25)	g	31.20		1	8.74	26.52	141.52
Total lipid (fat)	g	4.40		1	1.23	3.74	19.96
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.90		1	0.53	1.62	8.62
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	1.037			0.290	0.881	4.704
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.177		1	0.050	0.150	0.803
16:0	g	0.761		1	0.213	0.647	3.452
18:0	g	0.099		1	0.028	0.084	0.449
Monounsaturated, total	g	2.356			0.660	2.003	10.687
16:1	g	0.440		1	0.123	0.374	1.996
18:1	g	1.858		1	0.520	1.579	8.428
20:1	g	0.033		1	0.009	0.028	0.150
22:1	g						
Polyunsaturated, total	g	0.436			0.122	0.371	1.978
18:2	g	0.062		1	0.017	0.053	0.281
18:3	g	0.115		1	0.032	0.098	0.522
18:4	g						
20:4	g	0.053		1	0.015	0.045	0.240
20:5	g	0.082		1	0.023	0.070	0.372
22:5	g	0.029		1	0.008	0.025	0.132
22:6	g	0.095		1	0.027	0.081	0.431
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.349			0.098	0.297	1.583
Threonine	g	1.368			0.383	1.163	6.205
Isoleucine	g	1.438			0.403	1.222	6.523
Leucine	g	2.536			0.710	2.156	11.503
Lysine	g	2.865			0.802	2.435	12.996
Methionine	g	0.924			0.259	0.785	4.191
Cystine	g	0.334			0.094	0.284	1.515
Phenylalanine	g	1.218			0.341	1.035	5.525
Tyrosine	g	1.053			0.295	0.895	4.776
Valine	g	1.607			0.450	1.366	7.289
Arginine	g	1.867			0.523	1.587	8.469
Histidine	g	0.919			0.257	0.781	4.169
Alanine	g	1.887			0.528	1.604	8.559
Aspartic acid	g	3.195			0.895	2.716	14.493
Glutamic acid	g	4.658			1.304	3.959	21.129
Glycine	g	1.498			0.419	1.273	6.795
Proline	g	1.103			0.309	0.938	5.003
Serine	g	1.273			0.356	1.082	5.774

FINFISH
Sucker, White, raw
Catostomus commersoni **(Lacepede)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 159 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	79.71	0.147	148	67.76	126.74	361.57
Food energy	kcal	92			79	147	419
	kJ	387			329	615	1,755
Protein (N X6.25)	g	16.76	0.270	18	14.24	26.64	76.00
Total lipid (fat)	g	2.32	0.069	157	1.97	3.69	10.52
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.46	0.179	16	1.24	2.33	6.64
Minerals:							
Calcium	mg	70		1	60	111	318
Iron	mg	1.30		1	1.11	2.07	5.90
Magnesium	mg	30		1	26	48	136
Phosphorus	mg	210		1	179	334	953
Potassium	mg	380		1	323	604	1,724
Sodium	mg	40		1	34	64	181
Zinc	mg	0.75	0.258	3	0.64	1.19	3.40
Copper	mg	0.195	0.106	2	0.166	0.310	0.885
Manganese	mg	0.600		1	0.510	0.954	2.722
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.452			0.384	0.719	2.050
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.048		18	0.041	0.076	0.218
16:0	g	0.333		18	0.283	0.529	1.510
18:0	g	0.066		18	0.056	0.105	0.299
Monounsaturated, total	g	0.706			0.600	1.123	3.202
16:1	g	0.382		18	0.325	0.607	1.733
18:1	g	0.303		18	0.258	0.482	1.374
20:1	g	0.014		18	0.012	0.022	0.064
22:1	g						
Polyunsaturated, total	g	0.807			0.686	1.283	3.661
18:2	g	0.068		18	0.058	0.108	0.308
18:3	g	0.052		18	0.044	0.083	0.236
18:4	g	0.032		17	0.027	0.051	0.145
20:4	g	0.103		18	0.088	0.164	0.467
20:5	g	0.190		18	0.162	0.302	0.862
22:5	g	0.073		18	0.062	0.116	0.331
22:6	g	0.289		18	0.246	0.460	1.311
Cholesterol	mg	41	5.877	5	35	66	187
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.188			0.160	0.299	0.853
Threonine	g	0.735			0.625	1.169	3.334
Isoleucine	g	0.772			0.656	1.227	3.502
Leucine	g	1.362			1.158	2.166	6.178
Lysine	g	1.539			1.308	2.447	6.981
Methionine	g	0.496			0.422	0.789	2.250
Cystine	g	0.180			0.153	0.286	0.816
Phenylalanine	g	0.654			0.556	1.040	2.967
Tyrosine	g	0.566			0.481	0.900	2.567
Valine	g	0.863			0.734	1.372	3.915
Arginine	g	1.003			0.853	1.595	4.550
Histidine	g	0.493			0.419	0.784	2.236
Alanine	g	1.013			0.861	1.611	4.595
Aspartic acid	g	1.716			1.459	2.728	7.784
Glutamic acid	g	2.501			2.126	3.977	11.345
Glycine	g	0.804			0.683	1.278	3.647
Proline	g	0.593			0.504	0.943	2.690
Serine	g	0.684			0.581	1.088	3.103

[1]Yield from 2 lb whole fish.

FINFISH
Sunfish, Pumpkinseed, raw
Lepomis gibbosus **(L.)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 fillet[1] = 48 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	79.50	0.212	8	38.16	67.58	360.61
Food energy	kcal	89			43	76	404
	kJ	373			179	317	1,692
Protein (N X 6.25)	g	19.40	0.141	8	9.31	16.49	88.00
Total lipid (fat)	g	0.70	0.071	8	0.34	0.60	3.18
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.10	0.035	8	0.53	0.94	4.99
Minerals:							
Calcium	mg	80		1	38	68	363
Iron	mg	1.20		1	0.58	1.02	5.44
Magnesium	mg	30		1	14	26	136
Phosphorus	mg	180		1	86	153	816
Potassium	mg	350		1	168	298	1,588
Sodium	mg	80		1	38	68	363
Zinc	mg	1.55	0.150	2	0.74	1.32	7.03
Copper	mg	0.300		1	0.144	0.255	1.361
Manganese	mg	0.700		1	0.336	0.595	3.175
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.139			0.067	0.118	0.631
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.012		8	0.006	0.010	0.054
16:0	g	0.099		8	0.048	0.084	0.449
18:0	g	0.028		8	0.013	0.024	0.127
Monounsaturated, total	g	0.117			0.056	0.099	0.531
16:1	g	0.042		8	0.020	0.036	0.191
18:1	g	0.070		8	0.034	0.060	0.318
20:1	g	0.005		8	0.002	0.004	0.023
22:1	g						
Polyunsaturated, total	g	0.246			0.118	0.209	1.116
18:2	g	0.015		8	0.007	0.013	0.068
18:3	g	0.010		8	0.005	0.009	0.045
18:4	g						
20:4	g	0.079		8	0.038	0.067	0.358
20:5	g	0.037		8	0.018	0.031	0.168
22:5	g	0.033		8	0.016	0.028	0.150
22:6	g	0.072		8	0.035	0.061	0.327
Cholesterol	mg	67		1	32	57	304
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.217			0.104	0.184	0.984
Threonine	g	0.850			0.408	0.723	3.856
Isoleucine	g	0.894			0.429	0.760	4.055
Leucine	g	1.577			0.757	1.340	7.153
Lysine	g	1.782			0.855	1.515	8.083
Methionine	g	0.574			0.276	0.488	2.604
Cystine	g	0.208			0.100	0.177	0.943
Phenylalanine	g	0.757			0.363	0.643	3.434
Tyrosine	g	0.655			0.314	0.557	2.971
Valine	g	0.999			0.480	0.849	4.531
Arginine	g	1.161			0.557	0.987	5.266
Histidine	g	0.571			0.274	0.485	2.590
Alanine	g	1.173			0.563	0.997	5.321
Aspartic acid	g	1.987			0.954	1.689	9.013
Glutamic acid	g	2.896			1.390	2.462	13.136
Glycine	g	0.931			0.447	0.791	4.223
Proline	g	0.686			0.329	0.583	3.112
Serine	g	0.792			0.380	0.673	3.593

[1]Yield from 3/4 lb whole fish.

FINFISH
Surimi[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	76.34	1.288	3	21.38	64.89	346.28
Food energy	kcal	99			28	84	449
	kJ	414			116	352	1,878
Protein (N X6.25)	g	15.18	0.548	3	4.25	12.90	68.86
Total lipid (fat)	g	0.90	0.144	3	0.25	0.77	4.08
Carbohydrate, total	g	6.85			1.92	5.82	31.07
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.72	0.040	3	0.20	0.61	3.27
Minerals:							
Calcium	mg	9	2.829	3	2	7	39
Iron	mg	0.26	0.087	3	0.07	0.22	1.18
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	112	3.465	2	31	95	508
Sodium	mg	143	16.166	3	40	122	649
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.020	0.007	3	0.006	0.017	0.091
Riboflavin	mg	0.021	0.003	3	0.006	0.018	0.095
Niacin	mg	0.220	0.035	3	0.062	0.187	0.998
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	30	1.848	3	8	25	135
Phytosterols	mg						
Amino acids:[2]							
Tryptophan	g	0.092		1	0.026	0.078	0.417
Threonine	g	0.734		3	0.206	0.624	3.329
Isoleucine	g	0.709		3	0.199	0.603	3.216
Leucine	g	1.202		3	0.337	1.022	5.452
Lysine	g	1.387		3	0.388	1.179	6.291
Methionine	g	0.515		3	0.144	0.438	2.336
Cystine[3]	g	0.163			0.046	0.139	0.739
Phenylalanine	g	0.595		3	0.167	0.506	2.699
Tyrosine	g	0.612		3	0.171	0.520	2.776
Valine	g	0.770		3	0.216	0.655	3.493
Arginine	g	1.008		3	0.282	0.857	4.572
Histidine	g	0.350		3	0.098	0.298	1.588
Alanine	g	0.891		3	0.249	0.757	4.042
Aspartic acid	g	1.518		3	0.425	1.290	6.886
Glutamic acid	g	2.397		3	0.671	2.037	10.873
Glycine	g	0.588		3	0.165	0.500	2.667
Proline	g	0.566		3	0.158	0.481	2.567
Serine	g	0.663		3	0.186	0.564	3.007

[1] Product was processed from walleye (Alaska) pollock.
[2] Values based on data for washed, minced fish flesh.
[3] Value based on data for finfish.

FINFISH
Swordfish, raw
Xiphias gladius **L.**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 piece[1] = 136 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	75.62	0.859	6	64.28	102.85	343.02
Food energy	kcal	121			103	164	548
	kJ	505			429	687	2,291
Protein (N X 6.25)	g	19.80	0.356	6	16.83	26.93	89.82
Total lipid (fat)	g	4.01	0.946	7	3.41	5.45	18.18
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.48	0.246	4	1.25	2.01	6.69
Minerals:							
Calcium	mg	4		2	4	6	20
Iron	mg	0.81		1	0.69	1.10	3.67
Magnesium	mg	27		2	23	37	122
Phosphorus	mg	263		2	224	358	1,193
Potassium	mg	288		2	245	392	1,306
Sodium	mg	90			76	122	408
Zinc	mg	1.15	0.176	2	0.97	1.56	5.20
Copper	mg	0.126	0.006	2	0.107	0.171	0.572
Manganese	mg	0.019		2	0.016	0.026	0.086
Vitamins:							
Ascorbic acid	mg	1.1		2	0.9	1.4	4.8
Thiamin	mg	0.037		2	0.031	0.050	0.168
Riboflavin	mg	0.095		2	0.081	0.129	0.431
Niacin	mg	9.680		2	8.228	13.165	43.908
Pantothenic acid	mg	0.412		2	0.350	0.560	1.869
Vitamin B_6	mg	0.330		2	0.281	0.449	1.497
Folacin	mcg						
Vitamin B_{12}	mcg	1.750		2	1.488	2.380	7.938
Vitamin A	RE	36			30	49	162
	IU	119		2	101	162	540
Lipids:							
Fatty acids:							
Saturated, total	g	1.097			0.932	1.492	4.976
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.108		1	0.092	0.147	0.490
16:0	g	0.753		1	0.640	1.024	3.416
18:0	g	0.211		1	0.179	0.287	0.957
Monounsaturated, total	g	1.545			1.313	2.101	7.008
16:1	g	0.251		1	0.213	0.341	1.139
18:1	g	1.086		1	0.923	1.477	4.926
20:1	g	0.122		1	0.104	0.166	0.553
22:1	g	0.086		1	0.073	0.117	0.390
Polyunsaturated, total	g	0.922			0.784	1.254	4.182
18:2	g	0.029		1	0.025	0.039	0.132
18:3	g	0.186		1	0.158	0.253	0.844
18:4	g						
20:4	g	0.068		1	0.058	0.092	0.308
20:5	g	0.108		1	0.092	0.147	0.490
22:5	g						
22:6	g	0.531		1	0.451	0.722	2.409
Cholesterol	mg	39		2	33	54	178
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.222			0.189	0.302	1.007
Threonine	g	0.868			0.738	1.180	3.937
Isoleucine	g	0.912			0.775	1.240	4.137
Leucine	g	1.609			1.368	2.188	7.298
Lysine	g	1.818			1.545	2.472	8.246
Methionine	g	0.586			0.498	0.797	2.658
Cystine	g	0.212			0.180	0.288	0.962
Phenylalanine	g	0.773			0.657	1.051	3.506
Tyrosine	g	0.668			0.568	0.908	3.030
Valine	g	1.020			0.867	1.387	4.627
Arginine	g	1.185			1.007	1.612	5.375
Histidine	g	0.583			0.496	0.793	2.644
Alanine	g	1.198			1.018	1.629	5.434
Aspartic acid	g	2.028			1.724	2.758	9.199
Glutamic acid	g	2.956			2.513	4.020	13.408
Glycine	g	0.950			0.808	1.292	4.309
Proline	g	0.700			0.595	0.952	3.175
Serine	g	0.808			0.687	1.099	3.665

[1]4-1/2 in long, 2-1/8 in wide, 7/8 in high.

FINFISH
Swordfish, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 piece[1] = 106 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	68.75			58.43	72.87	311.83
Food energy	kcal	155			132	164	702
	kJ	648			550	686	2,937
Protein (N X 6.25)	g	25.39			21.58	26.91	115.16
Total lipid (fat)	g	5.14			4.37	5.45	23.32
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.89			1.61	2.00	8.58
Minerals:							
Calcium	mg	6			5	6	25
Iron	mg	1.04			0.88	1.10	4.71
Magnesium	mg	34			29	37	156
Phosphorus	mg	337			287	357	1,529
Potassium	mg	369			314	391	1,675
Sodium	mg	115			98	122	522
Zinc	mg	1.47			1.25	1.56	6.66
Copper	mg	0.162			0.138	0.172	0.735
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	1.1			0.9	1.1	4.9
Thiamin	mg	0.043			0.037	0.046	0.195
Riboflavin	mg	0.116			0.099	0.123	0.526
Niacin	mg	11.790			10.022	12.497	53.479
Pantothenic acid	mg						
Vitamin B_6	mg	0.381			0.324	0.404	1.728
Folacin	mcg						
Vitamin B_{12}	mcg	2.019			1.716	2.140	9.158
Vitamin A	RE	41			35	44	187
	IU	137			117	146	623
Lipids:							
Fatty acids:							
Saturated, total	g	1.406			1.195	1.490	6.378
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.138			0.117	0.146	0.626
16:0	g	0.965			0.820	1.023	4.377
18:0	g	0.271			0.230	0.287	1.229
Monounsaturated, total	g	1.981			1.684	2.100	8.986
16:1	g	0.322			0.274	0.341	1.461
18:1	g	1.392			1.183	1.476	6.314
20:1	g	0.156			0.133	0.165	0.708
22:1	g	0.110			0.094	0.117	0.499
Polyunsaturated, total	g	1.182			1.005	1.253	5.362
18:2	g	0.037			0.031	0.039	0.168
18:3	g	0.238			0.202	0.252	1.080
18:4	g						
20:4	g	0.087			0.074	0.092	0.395
20:5	g	0.138			0.117	0.146	0.626
22:5	g						
22:6	g	0.681			0.579	0.722	3.089
Cholesterol	mg	50			43	53	229
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.284			0.241	0.301	1.288
Threonine	g	1.113			0.946	1.180	5.049
Isoleucine	g	1.170			0.995	1.240	5.307
Leucine	g	2.063			1.754	2.187	9.358
Lysine	g	2.332			1.982	2.472	10.578
Methionine	g	0.751			0.638	0.796	3.407
Cystine	g	0.272			0.231	0.288	1.234
Phenylalanine	g	0.991			0.842	1.050	4.495
Tyrosine	g	0.857			0.728	0.908	3.887
Valine	g	1.308			1.112	1.386	5.933
Arginine	g	1.519			1.291	1.610	6.890
Histidine	g	0.747			0.635	0.792	3.388
Alanine	g	1.535			1.305	1.627	6.963
Aspartic acid	g	2.600			2.210	2.756	11.794
Glutamic acid	g	3.790			3.222	4.017	17.191
Glycine	g	1.219			1.036	1.292	5.529
Proline	g	0.898			0.763	0.952	4.073
Serine	g	1.036			0.881	1.098	4.699

[1] Yield from raw piece.

FINFISH
Tilefish, raw
Lopholatilus chamaeleonticeps **Goode and Bean**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] = 193 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	78.90	0.740	2	67.07	152.28	357.89
Food energy	kcal	96			81	184	433
	kJ	400			340	772	1,814
Protein (N X 6.25)	g	17.50	0.080	2	14.88	33.78	79.38
Total lipid (fat)	g	2.31	0.370	2	1.96	4.46	10.48
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.14	0.030	2	0.97	2.20	5.17
Minerals:							
Calcium	mg	26	5.690	2	22	50	117
Iron	mg	0.25	0.040	2	0.21	0.48	1.13
Magnesium	mg	28	1.720	2	24	55	128
Phosphorus	mg	187	3.850	2	159	361	850
Potassium	mg	433	5.010	2	368	836	1,965
Sodium	mg	53	1.730	2	45	102	239
Zinc	mg	0.37	0.030	2	0.31	0.71	1.68
Copper	mg	0.041	0.008	2	0.035	0.079	0.186
Manganese	mg	0.010	0.000	2	0.009	0.019	0.045
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.441			0.375	0.851	2.000
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.073		2	0.062	0.141	0.331
16:0	g	0.285		2	0.242	0.550	1.293
18:0	g	0.082		2	0.070	0.158	0.372
Monounsaturated, total	g	0.571			0.485	1.102	2.590
16:1	g	0.134		2	0.114	0.259	0.608
18:1	g	0.388		2	0.330	0.749	1.760
20:1	g						
22:1	g	0.049		2	0.042	0.095	0.222
Polyunsaturated, total	g	0.599			0.509	1.156	2.717
18:2	g	0.037		2	0.031	0.071	0.168
18:3	g						
18:4	g						
20:4	g	0.066		2	0.056	0.127	0.299
20:5	g	0.085		2	0.072	0.164	0.386
22:5	g	0.066		2	0.056	0.127	0.299
22:6	g	0.345		2	0.293	0.666	1.565
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.196			0.167	0.378	0.889
Threonine	g	0.767			0.652	1.480	3.479
Isoleucine	g	0.806			0.685	1.556	3.656
Leucine	g	1.422			1.209	2.744	6.450
Lysine	g	1.607			1.366	3.102	7.289
Methionine	g	0.518			0.440	1.000	2.350
Cystine	g	0.188			0.160	0.363	0.853
Phenylalanine	g	0.683			0.581	1.318	3.098
Tyrosine	g	0.591			0.502	1.141	2.681
Valine	g	0.902			0.767	1.741	4.091
Arginine	g	1.047			0.890	2.021	4.749
Histidine	g	0.515			0.438	0.994	2.336
Alanine	g	1.058			0.899	2.042	4.799
Aspartic acid	g	1.792			1.523	3.459	8.129
Glutamic acid	g	2.612			2.220	5.041	11.848
Glycine	g	0.840			0.714	1.621	3.810
Proline	g	0.619			0.526	1.195	2.808
Serine	g	0.714			0.607	1.378	3.239

[1]Yield from 5 lb whole fish.

FINFISH
Tilefish, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] = 150 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70.24		1	59.70	105.36	318.61
Food energy	kcal	147			125	220	666
	kJ	614			522	922	2,787
Protein (N X 6.25)	g	24.49		1	20.81	36.73	111.07
Total lipid (fat)	g	4.69		1	3.99	7.04	21.27
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.36		1	1.16	2.04	6.17
Minerals:							
Calcium	mg	26		1	22	39	118
Iron	mg	0.31		1	0.26	0.47	1.41
Magnesium	mg	33		1	28	49	149
Phosphorus	mg	236		1	201	355	1,072
Potassium	mg	512		1	435	768	2,322
Sodium	mg	59		1	50	88	268
Zinc	mg	0.53		1	0.45	0.80	2.40
Copper	mg	0.052		1	0.044	0.078	0.236
Manganese	mg	0.015		1	0.013	0.023	0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.868			0.738	1.302	3.937
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.135		1	0.115	0.203	0.612
16:0	g	0.526		1	0.447	0.789	2.386
18:0	g	0.181		1	0.154	0.272	0.821
Monounsaturated, total	g	1.332			1.132	1.998	6.042
16:1	g	0.333		1	0.283	0.500	1.510
18:1	g	0.944		1	0.802	1.416	4.282
20:1	g						
22:1	g	0.055		1	0.047	0.083	0.249
Polyunsaturated, total	g	1.246			1.059	1.869	5.652
18:2	g	0.048		1	0.041	0.072	0.218
18:3	g						
18:4	g						
20:4	g	0.150		1	0.128	0.225	0.680
20:5	g	0.172		1	0.146	0.258	0.780
22:5	g	0.143		1	0.122	0.215	0.649
22:6	g	0.733		1	0.623	1.100	3.325
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.274			0.233	0.411	1.243
Threonine	g	1.074			0.913	1.611	4.872
Isoleucine	g	1.128			0.959	1.692	5.117
Leucine	g	1.990			1.692	2.985	9.027
Lysine	g	2.249			1.912	3.374	10.201
Methionine	g	0.725			0.616	1.088	3.289
Cystine	g	0.263			0.224	0.395	1.193
Phenylalanine	g	0.956			0.813	1.434	4.336
Tyrosine	g	0.827			0.703	1.241	3.751
Valine	g	1.262			1.073	1.893	5.724
Arginine	g	1.465			1.245	2.198	6.645
Histidine	g	0.721			0.613	1.082	3.270
Alanine	g	1.481			1.259	2.222	6.718
Aspartic acid	g	2.508			2.132	3.762	11.376
Glutamic acid	g	3.655			3.107	5.483	16.579
Glycine	g	1.175			0.999	1.763	5.330
Proline	g	0.866			0.736	1.299	3.928
Serine	g	0.999			0.849	1.499	4.531

[1] Yield from raw fillet.

FINFISH
Trout, Mixed species, raw
Salmonidae

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 fillet[1] = 79 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	71.42	0.615	95	56.42	60.70	323.94
Food energy	kcal	148			117	126	673
	kJ	620			490	527	2,814
Protein (N X 6.25)	g	20.77	0.620	58	16.40	17.65	94.19
Total lipid (fat)	g	6.61		111	5.22	5.62	29.98
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.17	0.023	54	0.93	1.00	5.31
Minerals:							
Calcium	mg	43		15	34	36	194
Iron	mg	1.50		3	1.18	1.27	6.80
Magnesium	mg	22	1.296	19	18	19	101
Phosphorus	mg	245		3	193	208	1,110
Potassium	mg	361	11.057	20	285	307	1,636
Sodium	mg	52	3.843	25	41	44	236
Zinc	mg	0.66		18	0.52	0.56	3.00
Copper	mg	0.188		13	0.149	0.160	0.853
Manganese	mg	0.851		2	0.672	0.723	3.860
Vitamins:							
Ascorbic acid	mg	0.5		1	0.4	0.4	2.2
Thiamin	mg	0.350		1	0.277	0.298	1.588
Riboflavin	mg	0.330		1	0.261	0.281	1.497
Niacin	mg						
Pantothenic acid	mg	1.940		1	1.533	1.649	8.800
Vitamin B_6	mg						
Folacin	mcg	13.3		1	10.5	11.3	60.3
Vitamin B_{12}	mcg	7.790		1	6.154	6.622	35.335
Vitamin A	RE	17			14	15	79
	IU	58	17.856	7	46	49	262
Lipids:							
Fatty acids:							
Saturated, total	g	1.149			0.908	0.977	5.212
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.185		17	0.146	0.157	0.839
16:0	g	0.815		18	0.644	0.693	3.697
18:0	g	0.148		17	0.117	0.126	0.671
Monounsaturated, total	g	2.423			1.914	2.060	10.991
16:1	g	0.701		18	0.554	0.596	3.180
18:1	g	1.440		18	1.138	1.224	6.532
20:1	g	0.280		9	0.221	0.238	1.270
22:1	g	0.830		1	0.656	0.706	3.765
Polyunsaturated, total	g	2.329			1.840	1.980	10.564
18:2	g	0.175		18	0.138	0.149	0.794
18:3	g	0.155		17	0.122	0.132	0.703
18:4	g	0.064		17	0.051	0.054	0.290
20:4	g	0.189		17	0.149	0.161	0.857
20:5	g	0.202		17	0.160	0.172	0.916
22:5	g	0.183		17	0.145	0.156	0.830
22:6	g	0.528		18	0.417	0.449	2.395
Cholesterol	mg	58		6	46	49	264
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.233			0.184	0.198	1.057
Threonine	g	0.910			0.719	0.774	4.128
Isoleucine	g	0.957			0.756	0.813	4.341
Leucine	g	1.688			1.334	1.435	7.657
Lysine	g	1.907			1.507	1.621	8.650
Methionine	g	0.615			0.486	0.523	2.790
Cystine	g	0.223			0.176	0.190	1.012
Phenylalanine	g	0.811			0.641	0.689	3.679
Tyrosine	g	0.701			0.554	0.596	3.180
Valine	g	1.070			0.845	0.910	4.854
Arginine	g	1.242			0.981	1.056	5.634
Histidine	g	0.611			0.483	0.519	2.771
Alanine	g	1.256			0.992	1.068	5.697
Aspartic acid	g	2.126			1.680	1.807	9.644
Glutamic acid	g	3.099			2.448	2.634	14.057
Glycine	g	0.997			0.788	0.847	4.522
Proline	g	0.734			0.580	0.624	3.329
Serine	g	0.847			0.669	0.720	3.842

[1] Yield from 1 lb whole fish.

FINFISH
Trout, Rainbow, raw
Salmo gairdneri **Richardson**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 fillet[1] = 79 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	71.48	0.924	26	56.47	60.75	324.21
Food energy	kcal	118			93	100	535
	kJ	494			390	420	2,240
Protein (N X6.25)	g	20.55	0.356	24	16.23	17.46	93.19
Total lipid (fat)	g	3.36	0.235	46	2.65	2.85	15.23
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.30	0.020	23	1.03	1.11	5.91
Minerals:							
Calcium	mg	67	13.000	2	53	57	304
Iron	mg	1.90		1	1.50	1.62	8.62
Magnesium	mg	31	0.452	18	24	26	139
Phosphorus	mg	250		1	198	213	1,134
Potassium	mg	495	5.216	18	391	421	2,244
Sodium	mg	27	1.123	18	21	23	122
Zinc	mg	1.09	0.045	168	0.86	0.92	4.92
Copper	mg	0.110	0.026	165	0.087	0.094	0.499
Manganese	mg	0.700		1	0.553	0.595	3.175
Vitamins:							
Ascorbic acid	mg	3.6	1.400	2	2.8	3.1	16.3
Thiamin	mg	0.074		1	0.058	0.063	0.336
Riboflavin	mg	0.185		1	0.146	0.157	0.839
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE	19			15	17	88
	IU	65	8.764	18	51	55	294
Lipids:							
Fatty acids:							
Saturated, total	g	0.649			0.513	0.552	2.944
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.010		1	0.008	0.009	0.045
14:0	g	0.068		15	0.054	0.058	0.308
16:0	g	0.384		16	0.303	0.326	1.742
18:0	g	0.132		16	0.104	0.112	0.599
Monounsaturated, total	g	1.035			0.818	0.880	4.695
16:1	g	0.158		16	0.125	0.134	0.717
18:1	g	0.618		16	0.488	0.525	2.803
20:1	g	0.128		8	0.101	0.109	0.581
22:1	g	0.131		3	0.103	0.111	0.594
Polyunsaturated, total	g	1.199			0.947	1.019	5.439
18:2	g	0.249		16	0.197	0.212	1.129
18:3	g	0.119		11	0.094	0.101	0.540
18:4	g	0.048		13	0.038	0.041	0.218
20:4	g	0.114		14	0.090	0.097	0.517
20:5	g	0.138		13	0.109	0.117	0.626
22:5	g	0.101		14	0.080	0.086	0.458
22:6	g	0.430		16	0.340	0.366	1.950
Cholesterol	mg	57	6.667	3	45	48	257
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.230			0.182	0.196	1.043
Threonine	g	0.901			0.712	0.766	4.087
Isoleucine	g	0.947			0.748	0.805	4.296
Leucine	g	1.670			1.319	1.420	7.575
Lysine	g	1.887			1.491	1.604	8.559
Methionine	g	0.608			0.480	0.517	2.758
Cystine	g	0.220			0.174	0.187	0.998
Phenylalanine	g	0.802			0.634	0.682	3.638
Tyrosine	g	0.694			0.548	0.590	3.148
Valine	g	1.058			0.836	0.899	4.799
Arginine	g	1.229			0.971	1.045	5.575
Histidine	g	0.605			0.478	0.514	2.744
Alanine	g	1.242			0.981	1.056	5.634
Aspartic acid	g	2.104			1.662	1.788	9.544
Glutamic acid	g	3.067			2.423	2.607	13.912
Glycine	g	0.986			0.779	0.838	4.472
Proline	g	0.726			0.574	0.617	3.293
Serine	g	0.838			0.662	0.712	3.801

[1]Yield from 1 lb whole fish.

FINFISH
Trout, Rainbow, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 fillet[1] = 62 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	63.43			39.33	53.91	287.71
Food energy	kcal	151			94	129	686
	kJ	633			392	538	2,872
Protein (N X 6.25)	g	26.34			16.33	22.39	119.48
Total lipid (fat)	g	4.31			2.67	3.66	19.53
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.67			1.04	1.42	7.58
Minerals:							
Calcium	mg	86			53	73	390
Iron	mg	2.44			1.51	2.07	11.05
Magnesium	mg	39			24	33	178
Phosphorus	mg	321			199	272	1,454
Potassium	mg	634			393	539	2,877
Sodium	mg	34			21	29	156
Zinc	mg	1.39			0.86	1.18	6.31
Copper	mg	0.141			0.087	0.120	0.640
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	3.7			2.3	3.1	16.7
Thiamin	mg	0.085			0.053	0.072	0.386
Riboflavin	mg	0.225			0.140	0.191	1.021
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE	22			14	19	102
	IU	75			46	63	339
Lipids:							
Fatty acids:							
Saturated, total	g	0.832			0.516	0.707	3.774
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.013			0.008	0.011	0.059
14:0	g	0.087			0.054	0.074	0.395
16:0	g	0.492			0.305	0.418	2.232
18:0	g	0.169			0.105	0.144	0.767
Monounsaturated, total	g	1.327			0.823	1.128	6.019
16:1	g	0.203			0.126	0.173	0.921
18:1	g	0.792			0.491	0.673	3.593
20:1	g	0.164			0.102	0.139	0.744
22:1	g	0.168			0.104	0.143	0.762
Polyunsaturated, total	g	1.537			0.953	1.306	6.972
18:2	g	0.319			0.198	0.271	1.447
18:3	g	0.153			0.095	0.130	0.694
18:4	g	0.062			0.038	0.053	0.281
20:4	g	0.146			0.091	0.124	0.662
20:5	g	0.177			0.110	0.150	0.803
22:5	g	0.129			0.080	0.110	0.585
22:6	g	0.551			0.342	0.468	2.499
Cholesterol	mg	73			45	62	330
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.295			0.183	0.251	1.338
Threonine	g	1.155			0.716	0.982	5.239
Isoleucine	g	1.214			0.753	1.032	5.507
Leucine	g	2.141			1.327	1.820	9.712
Lysine	g	2.419			1.500	2.056	10.973
Methionine	g	0.780			0.484	0.663	3.538
Cystine	g	0.282			0.175	0.240	1.279
Phenylalanine	g	1.028			0.637	0.874	4.663
Tyrosine	g	0.889			0.551	0.756	4.033
Valine	g	1.357			0.841	1.153	6.155
Arginine	g	1.576			0.977	1.340	7.149
Histidine	g	0.775			0.481	0.659	3.515
Alanine	g	1.593			0.988	1.354	7.226
Aspartic acid	g	2.697			1.672	2.292	12.234
Glutamic acid	g	3.932			2.438	3.342	17.836
Glycine	g	1.264			0.784	1.074	5.734
Proline	g	0.931			0.577	0.791	4.223
Serine	g	1.075			0.667	0.914	4.876

[1]Yield from raw fillet.

FINFISH
Tuna, Light, canned in oil, drained solids[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 can[2] = 171 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.83	0.557	9	50.86	102.31	271.40
Food energy	kcal	198			169	339	900
	kJ	830			706	1,420	3,767
Protein (N X 6.25)	g	29.13	0.365	6	24.76	49.82	132.15
Total lipid (fat)	g	8.21	0.139	7	6.98	14.05	37.26
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.76	0.295	9	2.34	4.71	12.50
Minerals:							
Calcium	mg	13	2.415	9	11	23	60
Iron	mg	1.39	0.081	8	1.18	2.38	6.31
Magnesium	mg	31	1.591	8	26	53	140
Phosphorus	mg	311	18.785	9	265	532	1,412
Potassium	mg	207			176	354	938
Sodium[3]	mg	354			301	606	1,608
Zinc	mg	0.90	0.106	8	0.77	1.54	4.08
Copper	mg	0.071			0.060	0.121	0.322
Manganese	mg	0.015	0.002	8	0.013	0.026	0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.038		1	0.032	0.065	0.172
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg	0.110		1	0.094	0.188	0.499
Folacin	mcg	5.3	1.445	3	4.5	9.0	24.0
Vitamin B_{12}	mcg						
Vitamin A	RE	23			20	40	106
	IU	78	1.352	6	66	134	355
Lipids:							
Fatty acids:							
Saturated, total	g	1.534			1.304	2.623	6.958
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.027		1	0.023	0.046	0.122
16:0	g	1.415		1	1.203	2.420	6.418
18:0	g	0.092		1	0.078	0.157	0.417
Monounsaturated, total	g	2.949			2.507	5.043	13.377
16:1	g	0.083		1	0.071	0.142	0.376
18:1	g	2.839		1	2.413	4.855	12.878
20:1	g	0.027		1	0.023	0.046	0.122
22:1	g						
Polyunsaturated, total	g	2.885			2.452	4.933	13.086
18:2	g	2.683		1	2.281	4.588	12.170
18:3	g	0.074		1	0.063	0.127	0.336
18:4	g						
20:4	g						
20:5	g	0.027		1	0.023	0.046	0.122
22:5	g						
22:6	g	0.101		1	0.086	0.173	0.458
Cholesterol	mg	18		1	15	30	80
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.326			0.277	0.557	1.479
Threonine	g	1.277			1.085	2.184	5.792
Isoleucine	g	1.342			1.141	2.295	6.087
Leucine	g	2.368			2.013	4.049	10.741
Lysine	g	2.675			2.274	4.574	12.134
Methionine	g	0.862			0.733	1.474	3.910
Cystine	g	0.312			0.265	0.534	1.415
Phenylalanine	g	1.137			0.966	1.944	5.157
Tyrosine	g	0.983			0.836	1.681	4.459
Valine	g	1.501			1.276	2.567	6.809
Arginine	g	1.743			1.482	2.981	7.906
Histidine	g	0.858			0.729	1.467	3.892
Alanine	g	1.762			1.498	3.013	7.992
Aspartic acid	g	2.983			2.536	5.101	13.531
Glutamic acid	g	4.349			3.697	7.437	19.727
Glycine	g	1.398			1.188	2.391	6.341
Proline	g	1.030			0.876	1.761	4.672
Serine	g	1.189			1.011	2.033	5.393

[1] Canned in soybean oil.
[2] Can size: 307 x 113 (No. 1/2).
[3] Value is for product with salt added; if no salt is added, sodium = 50 mg per 100 g.

FINFISH
Tuna, Light, canned in water, drained solids

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 can[1] = 165 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	71.26	1.290	5	60.57	117.58	323.24
Food energy	kcal	131			111	216	593
	kJ	547			465	903	2,483
Protein (N X 6.25)	g	29.58	0.144	2	25.14	48.81	134.18
Total lipid (fat)	g	0.50		1	0.43	0.83	2.27
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.40		1	1.19	2.31	6.35
Minerals:							
Calcium	mg	12		1	10	20	54
Iron	mg	3.20		1	2.72	5.28	14.52
Magnesium	mg	29	6.450	2	25	49	134
Phosphorus	mg	186	1.500	2	158	306	841
Potassium	mg	314	16.000	2	267	518	1,424
Sodium[2]	mg	356			303	588	1,616
Zinc	mg	0.44		1	0.37	0.73	2.00
Copper	mg	0.011		1	0.009	0.018	0.050
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg	0.378			0.321	0.624	1.715
Folacin	mcg	4.7	1.334	3	4.0	7.8	21.4
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.160			0.136	0.264	0.726
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.026			0.022	0.043	0.118
16:0	g	0.112			0.095	0.185	0.508
18:0	g	0.022			0.019	0.036	0.100
Monounsaturated, total	g	0.143			0.122	0.236	0.649
16:1	g	0.028			0.024	0.046	0.127
18:1	g	0.073			0.062	0.120	0.331
20:1	g	0.024			0.020	0.040	0.109
22:1	g	0.017			0.014	0.028	0.077
Polyunsaturated, total	g	0.131			0.111	0.216	0.594
18:2	g	0.001			0.001	0.002	0.005
18:3	g						
18:4	g	0.008			0.007	0.013	0.036
20:4	g	0.005			0.004	0.008	0.023
20:5	g	0.044			0.037	0.073	0.200
22:5	g	0.006			0.005	0.010	0.027
22:6	g	0.067			0.057	0.111	0.304
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.331			0.281	0.546	1.501
Threonine	g	1.297			1.102	2.140	5.883
Isoleucine	g	1.363			1.159	2.249	6.183
Leucine	g	2.404			2.043	3.967	10.905
Lysine	g	2.717			2.309	4.483	12.324
Methionine	g	0.876			0.745	1.445	3.974
Cystine	g	0.317			0.269	0.523	1.438
Phenylalanine	g	1.155			0.982	1.906	5.239
Tyrosine	g	0.999			0.849	1.648	4.531
Valine	g	1.524			1.295	2.515	6.913
Arginine	g	1.770			1.505	2.921	8.029
Histidine	g	0.871			0.740	1.437	3.951
Alanine	g	1.789			1.521	2.952	8.115
Aspartic acid	g	3.029			2.575	4.998	13.740
Glutamic acid	g	4.416			3.754	7.286	20.031
Glycine	g	1.420			1.207	2.343	6.441
Proline	g	1.046			0.889	1.726	4.745
Serine	g	1.207			1.026	1.992	5.475

[1]Can size: 307 x 113 (No. 1/2).
[2]Value is for product with salt added; if no salt is added, sodium = 50 mg per 100 g.

FINFISH
Tuna, White, canned in oil, drained solids[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 can[2] = 178 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64.02		1	54.41	113.95	290.38
Food energy	kcal	186			158	331	845
	kJ	779			662	1,387	3,534
Protein (N X 6.25)	g	26.53		1	22.55	47.22	120.34
Total lipid (fat)	g	8.08		1	6.87	14.39	36.67
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.18		1	1.85	3.87	9.87
Minerals:							
Calcium	mg	4			4	8	20
Iron	mg	0.65			0.56	1.16	2.96
Magnesium	mg	34			29	60	152
Phosphorus	mg	267			227	475	1,210
Potassium	mg	333			283	593	1,511
Sodium[3]	mg	396			336	704	1,794
Zinc	mg	0.47			0.40	0.84	2.14
Copper	mg	0.130			0.111	0.231	0.590
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.017			0.014	0.030	0.077
Riboflavin	mg	0.079			0.067	0.141	0.358
Niacin	mg	11.698			9.943	20.822	53.062
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg	4.6	0.670	3	3.9	8.1	20.7
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	31	3.493	6	26	55	139
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.297			0.252	0.529	1.347
Threonine	g	1.163			0.989	2.070	5.275
Isoleucine	g	1.223			1.040	2.177	5.548
Leucine	g	2.156			1.833	3.838	9.780
Lysine	g	2.437			2.071	4.338	11.054
Methionine	g	0.785			0.667	1.397	3.561
Cystine	g	0.284			0.241	0.506	1.288
Phenylalanine	g	1.036			0.881	1.844	4.699
Tyrosine	g	0.896			0.762	1.595	4.064
Valine	g	1.367			1.162	2.433	6.201
Arginine	g	1.588			1.350	2.827	7.203
Histidine	g	0.781			0.664	1.390	3.543
Alanine	g	1.605			1.364	2.857	7.280
Aspartic acid	g	2.717			2.309	4.836	12.324
Glutamic acid	g	3.961			3.367	7.051	17.967
Glycine	g	1.274			1.083	2.268	5.779
Proline	g	0.938			0.797	1.670	4.255
Serine	g	1.082			0.920	1.926	4.908

[1]Canned in soybean oil.
[2]Can size: 307 x 113 (No. 1/2).
[3]Value is for product with salt added; if no salt is added, sodium = 50 mg per 100 g.

FINFISH
Tuna, White, canned in water, drained solids

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 can[1] = 172 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	69.48		1	59.06	119.51	315.16
Food energy	kcal	136			116	234	617
	kJ	569			484	979	2,582
Protein (N x 6.25)	g	26.66		1	22.66	45.86	120.93
Total lipid (fat)	g	2.46		1	2.09	4.23	11.16
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.58		1	1.34	2.72	7.17
Minerals:							
Calcium	mg						
Iron	mg	0.60			0.51	1.03	2.72
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	283		1	241	487	1,284
Sodium[2]	mg	392			333	673	1,776
Zinc	mg						
Copper	mg	0.192			0.163	0.330	0.871
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.003			0.003	0.005	0.014
Riboflavin	mg	0.046			0.039	0.079	0.209
Niacin	mg	5.799			4.929	9.974	26.304
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg	4.1	0.401	3	3.5	7.1	18.6
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.654			0.556	1.125	2.967
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.067			0.057	0.115	0.304
16:0	g	0.485			0.412	0.834	2.200
18:0	g	0.097			0.082	0.167	0.440
Monounsaturated, total	g	0.648			0.551	1.115	2.939
16:1	g	0.118			0.100	0.203	0.535
18:1	g	0.424			0.360	0.729	1.923
20:1	g	0.064			0.054	0.110	0.290
22:1	g	0.036			0.031	0.062	0.163
Polyunsaturated, total	g	0.918			0.780	1.579	4.164
18:2	g	0.045			0.038	0.077	0.204
18:3	g	0.058			0.049	0.100	0.263
18:4	g	0.042			0.036	0.072	0.191
20:4	g	0.042			0.036	0.072	0.191
20:5	g	0.191			0.162	0.329	0.866
22:5	g	0.015			0.013	0.026	0.068
22:6	g	0.515			0.438	0.886	2.336
Cholesterol	mg	42	1.225	4	35	72	189
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.299			0.254	0.514	1.356
Threonine	g	1.169			0.994	2.011	5.303
Isoleucine	g	1.229			1.045	2.114	5.575
Leucine	g	2.167			1.842	3.727	9.830
Lysine	g	2.449			2.082	4.212	11.109
Methionine	g	0.789			0.671	1.357	3.579
Cystine	g	0.286			0.243	0.492	1.297
Phenylalanine	g	1.041			0.885	1.791	4.722
Tyrosine	g	0.900			0.765	1.548	4.082
Valine	g	1.374			1.168	2.363	6.232
Arginine	g	1.595			1.356	2.743	7.235
Histidine	g	0.785			0.667	1.350	3.561
Alanine	g	1.613			1.371	2.774	7.317
Aspartic acid	g	2.730			2.321	4.696	12.383
Glutamic acid	g	3.980			3.383	6.846	18.053
Glycine	g	1.280			1.088	2.202	5.806
Proline	g	0.943			0.802	1.622	4.277
Serine	g	1.088			0.925	1.871	4.935

[1]Can size: 307 x 113 (No. 1/2).
[2]Value is for product with no salt added; if salt is added, sodium = 50 mg per 100 g.

FINFISH
Tuna, Bluefin, fresh, raw
Thunnus thynnus **(L.)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	68.09	0.781	26	57.87		308.85
Food energy	kcal	144			122		652
	kJ	602			511		2,729
Protein (N X 6.25)	g	23.33	0.377	18	19.83		105.82
Total lipid (fat)	g	4.90	0.971	7	4.17		22.23
Carbohydrate, total	g	0.00			0.00		0.00
Crude fiber	g	0.00			0.00		0.00
Ash	g	1.18	0.020	25	1.00		5.35
Minerals:							
Calcium	mg						
Iron	mg	1.02	0.034	5	0.87		4.62
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	252	41.695	4	214		1,143
Sodium	mg	39		1	33		177
Zinc	mg	0.60	0.039	10	0.51		2.72
Copper	mg	0.086	0.013	16	0.073		0.390
Manganese	mg	0.015			0.013		0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.241	0.023	11	0.205		1.093
Riboflavin	mg	0.251	0.055	17	0.213		1.139
Niacin	mg	8.654	0.627	16	7.356		39.255
Pantothenic acid	mg	1.054	0.247	17	0.896		4.781
Vitamin B_6	mg	0.455	0.085	2	0.387		2.064
Folacin	mcg						
Vitamin B_{12}	mcg	9.428	2.381	18	8.014		42.765
Vitamin A	RE	655			557		2,971
	IU	2,184	417.378	11	1,856		9,905
Lipids:							
Fatty acids:							
Saturated, total	g	1.257			1.068		5.702
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.139		2	0.118		0.631
16:0	g	0.810		2	0.689		3.674
18:0	g	0.307		2	0.261		1.393
Monounsaturated, total	g	1.364			1.159		6.187
16:1	g	0.162		2	0.138		0.735
18:1	g	0.924		2	0.785		4.191
20:1	g	0.277		1	0.235		1.256
22:1	g	0.237		2	0.201		1.075
Polyunsaturated, total	g	1.675			1.424		7.598
18:2	g	0.053		2	0.045		0.240
18:3	g						
18:4	g	0.039		1	0.033		0.177
20:4	g	0.043		1	0.037		0.195
20:5	g	0.283		3	0.241		1.284
22:5	g	0.125		3	0.106		0.567
22:6	g	0.890		2	0.757		4.037
Cholesterol	mg	38	2.987	3	32		173
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.261			0.222		1.184
Threonine	g	1.023			0.870		4.640
Isoleucine	g	1.075			0.914		4.876
Leucine	g	1.896			1.612		8.600
Lysine	g	2.142			1.821		9.716
Methionine	g	0.690			0.587		3.130
Cystine	g	0.250			0.213		1.134
Phenylalanine	g	0.911			0.774		4.132
Tyrosine	g	0.787			0.669		3.570
Valine	g	1.202			1.022		5.452
Arginine	g	1.396			1.187		6.332
Histidine	g	0.687			0.584		3.116
Alanine	g	1.411			1.199		6.400
Aspartic acid	g	2.388			2.030		10.832
Glutamic acid	g	3.482			2.960		15.794
Glycine	g	1.120			0.952		5.080
Proline	g	0.825			0.701		3.742
Serine	g	0.952			0.809		4.318

FINFISH
Tuna, Bluefin, fresh, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.09			50.22		268.02
Food energy	kcal	184			157		836
	kJ	771			656		3,499
Protein (N X 6.25)	g	29.91			25.42		135.66
Total lipid (fat)	g	6.28			5.34		28.50
Carbohydrate, total	g	0.00			0.00		0.00
Crude fiber	g	0.00			0.00		0.00
Ash	g	1.51			1.29		6.86
Minerals:							
Calcium	mg						
Iron	mg	1.31			1.11		5.92
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	323			275		1,465
Sodium	mg	50			43		227
Zinc	mg	0.77			0.65		3.49
Copper	mg	0.110			0.094		0.499
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.278			0.236		1.261
Riboflavin	mg	0.306			0.260		1.388
Niacin	mg	10.540			8.959		47.809
Pantothenic acid	mg						
Vitamin B_6	mg	0.525			0.446		2.381
Folacin	mcg						
Vitamin B_{12}	mcg	10.878			9.246		49.343
Vitamin A	RE	756			642		3,429
	IU	2,520			2,142		11,429
Lipids:							
Fatty acids:							
Saturated, total	g	1.612			1.370		7.312
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.178			0.151		0.807
16:0	g	1.038			0.882		4.708
18:0	g	0.394			0.335		1.787
Monounsaturated, total	g	2.053			1.745		9.312
16:1	g	0.208			0.177		0.943
18:1	g	1.185			1.007		5.375
20:1	g	0.355			0.302		1.610
22:1	g	0.304			0.258		1.379
Polyunsaturated, total	g	1.844			1.567		8.364
18:2	g	0.068			0.058		0.308
18:3	g						
18:4	g	0.050			0.043		0.227
20:4	g	0.055			0.047		0.249
20:5	g	0.363			0.309		1.647
22:5	g	0.160			0.136		0.726
22:6	g	1.141			0.970		5.176
Cholesterol	mg	49			42		222
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.335			0.285		1.520
Threonine	g	1.311			1.114		5.947
Isoleucine	g	1.378			1.171		6.251
Leucine	g	2.431			2.066		11.027
Lysine	g	2.747			2.335		12.460
Methionine	g	0.885			0.752		4.014
Cystine	g	0.321			0.273		1.456
Phenylalanine	g	1.168			0.993		5.298
Tyrosine	g	1.010			0.859		4.581
Valine	g	1.541			1.310		6.990
Arginine	g	1.790			1.522		8.119
Histidine	g	0.880			0.748		3.992
Alanine	g	1.809			1.538		8.206
Aspartic acid	g	3.062			2.603		13.889
Glutamic acid	g	4.464			3.794		20.249
Glycine	g	1.436			1.221		6.514
Proline	g	1.057			0.898		4.795
Serine	g	1.220			1.037		5.534

FINFISH
Tuna, Skipjack, fresh, raw
Euthynnus pelamis **(L.)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] =198 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70.58	0.429	15	59.99	139.75	320.15
Food energy	kcal	103			88	204	468
	kJ	431			367	854	1,956
Protein (N X6.25)	g	22.00	1.245	9	18.70	43.56	99.79
Total lipid (fat)	g	1.01	0.060	5	0.86	2.01	4.60
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.30		1	1.11	2.57	5.90
Minerals:							
Calcium	mg	29	5.534	3	24	57	131
Iron	mg	1.25	0.024	24	1.06	2.48	5.67
Magnesium	mg	34	4.241	3	29	68	155
Phosphorus	mg	222	6.657	8	188	439	1,005
Potassium	mg	407		1	346	806	1,846
Sodium	mg	37	5.234	4	31	73	167
Zinc	mg	0.82	0.064	70	0.70	1.62	3.72
Copper	mg	0.086	0.004	93	0.073	0.170	0.390
Manganese	mg	0.015			0.013	0.030	0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.033		1	0.028	0.065	0.150
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg	0.850	0.300	2	0.723	1.683	3.856
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE	16			13	31	71
	IU	52	22.716	3	44	103	236
Lipids:							
Fatty acids:							
Saturated, total	g	0.328			0.279	0.649	1.488
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.040		2	0.034	0.079	0.181
16:0	g	0.233		2	0.198	0.461	1.057
18:0	g	0.055		2	0.047	0.109	0.249
Monounsaturated, total	g	0.190			0.162	0.376	0.862
16:1	g	0.036		2	0.031	0.071	0.163
18:1	g	0.131		2	0.111	0.259	0.594
20:1	g	0.017		1	0.014	0.034	0.077
22:1	g	0.006		1	0.005	0.012	0.027
Polyunsaturated, total	g	0.315			0.268	0.624	1.429
18:2	g	0.016		2	0.014	0.032	0.073
18:3	g						
18:4	g	0.004		1	0.003	0.008	0.018
20:4	g	0.026		1	0.022	0.051	0.118
20:5	g	0.071		3	0.060	0.141	0.322
22:5	g	0.013		2	0.011	0.026	0.059
22:6	g	0.185		2	0.157	0.366	0.839
Cholesterol	mg	47	0.000	2	40	93	213
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.246			0.209	0.487	1.116
Threonine	g	0.964			0.819	1.909	4.373
Isoleucine	g	1.014			0.862	2.008	4.600
Leucine	g	1.788			1.520	3.540	8.110
Lysine	g	2.020			1.717	4.000	9.163
Methionine	g	0.651			0.553	1.289	2.953
Cystine	g	0.236			0.201	0.467	1.070
Phenylalanine	g	0.859			0.730	1.701	3.896
Tyrosine	g	0.743			0.632	1.471	3.370
Valine	g	1.133			0.963	2.243	5.139
Arginine	g	1.316			1.119	2.606	5.969
Histidine	g	0.648			0.551	1.283	2.939
Alanine	g	1.331			1.131	2.635	6.037
Aspartic acid	g	2.253			1.915	4.461	10.220
Glutamic acid	g	3.284			2.791	6.502	14.896
Glycine	g	1.056			0.898	2.091	4.790
Proline	g	0.778			0.661	1.540	3.529
Serine	g	0.898			0.763	1.778	4.073

[1]Yield from 5 lb whole fish.

FINFISH
Tuna, Yellowfin, fresh, raw
Thunnus albacares **(Bonnaterre)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70.99	0.338	24	60.34		322.01
Food energy	kcal	108			92		492
	kJ	453			385		2,057
Protein (N X6.25)	g	23.38	0.687	2	19.87		106.03
Total lipid (fat)	g	0.95	0.282	7	0.81		4.30
Carbohydrate, total	g	0.00			0.00		0.00
Crude fiber	g	0.00			0.00		0.00
Ash	g	1.34		1	1.14		6.08
Minerals:							
Calcium	mg	16		1	14		74
Iron	mg	0.73	0.023	131	0.62		3.30
Magnesium	mg						
Phosphorus	mg	191		1	163		868
Potassium	mg						
Sodium	mg	37		1	31		168
Zinc	mg	0.52	0.033	100	0.45		2.38
Copper	mg	0.064	0.004	110	0.054		0.290
Manganese	mg	0.015			0.013		0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.434		1	0.369		1.969
Riboflavin	mg	0.047		1	0.040		0.213
Niacin	mg	9.800		1	8.330		44.453
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE	18			15		80
	IU	59	28.000	2	50		268
Lipids:							
Fatty acids:							
Saturated, total	g	0.235			0.200		1.066
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.009		1	0.008		0.041
14:0	g	0.011		3	0.009		0.050
16:0	g	0.156		3	0.133		0.708
18:0	g	0.051		3	0.043		0.231
Monounsaturated, total	g	0.154			0.131		0.699
16:1	g	0.025		3	0.021		0.113
18:1	g	0.108		3	0.092		0.490
20:1	g	0.007		2	0.006		0.032
22:1	g	0.014		1	0.012		0.064
Polyunsaturated, total	g	0.284			0.241		1.288
18:2	g	0.008		3	0.007		0.036
18:3	g	0.012		1	0.010		0.054
18:4	g	0.005		1	0.004		0.023
20:4	g	0.028		3	0.024		0.127
20:5	g	0.037		3	0.031		0.168
22:5	g	0.013		3	0.011		0.059
22:6	g	0.181		3	0.154		0.821
Cholesterol	mg	45	9.650	2	38		203
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.262			0.223		1.188
Threonine	g	1.025			0.871		4.649
Isoleucine	g	1.077			0.915		4.885
Leucine	g	1.900			1.615		8.618
Lysine	g	2.147			1.825		9.739
Methionine	g	0.692			0.588		3.139
Cystine	g	0.251			0.213		1.139
Phenylalanine	g	0.913			0.776		4.141
Tyrosine	g	0.789			0.671		3.579
Valine	g	1.204			1.023		5.461
Arginine	g	1.399			1.189		6.346
Histidine	g	0.688			0.585		3.121
Alanine	g	1.414			1.202		6.414
Aspartic acid	g	2.394			2.035		10.859
Glutamic acid	g	3.489			2.966		15.826
Glycine	g	1.122			0.954		5.089
Proline	g	0.827			0.703		3.751
Serine	g	0.954			0.811		4.327

FINFISH
Tuna Salad[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 c = 205 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	63.16			53.68	129.47	286.48
Food energy	kcal	187			159	383	847
	kJ	781			664	1,601	3,544
Protein (N X6.25)	g	16.04			13.63	32.88	72.74
Total lipid (fat)	g	9.26			7.87	18.97	41.99
Carbohydrate, total	g	9.41			8.00	19.30	42.70
Crude fiber	g	0.54			0.46	1.11	2.45
Ash	g	2.14			1.82	4.38	9.69
Minerals:							
Calcium	mg	17			15	35	78
Iron	mg	1.00			0.85	2.04	4.51
Magnesium	mg	19			16	40	88
Phosphorus	mg	178			151	365	807
Potassium	mg	178			151	365	808
Sodium	mg	402			342	824	1,824
Zinc	mg	0.56			0.48	1.15	2.55
Copper	mg	0.145			0.123	0.297	0.658
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	2.2			1.9	4.5	9.9
Thiamin	mg	0.031			0.026	0.064	0.141
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg	0.081			0.069	0.166	0.367
Folacin	mcg	7.3			6.2	14.9	33.0
Vitamin B_{12}	mcg						
Vitamin A	RE	27			23	55	122
	IU	97			82	199	440
Lipids:							
Fatty acids:							
Saturated, total	g	1.544			1.312	3.165	7.004
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.014			0.012	0.029	0.064
16:0	g	1.280			1.088	2.624	5.806
18:0	g	0.249			0.212	0.510	1.129
Monounsaturated, total	g	2.887			2.454	5.918	13.095
16:1	g	0.045			0.038	0.092	0.204
18:1	g	2.828			2.404	5.797	12.828
20:1	g	0.014			0.012	0.029	0.064
22:1	g						
Polyunsaturated, total	g	4.122			3.504	8.450	18.697
18:2	g	3.722			3.164	7.630	16.883
18:3	g	0.332			0.282	0.681	1.506
18:4	g						
20:4	g						
20:5	g	0.014			0.012	0.029	0.064
22:5	g						
22:6	g	0.055			0.047	0.113	0.249
Cholesterol	mg	13			11	27	60
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.180			0.153	0.369	0.816
Threonine	g	0.701			0.596	1.437	3.180
Isoleucine	g	0.739			0.628	1.515	3.352
Leucine	g	1.293			1.099	2.651	5.865
Lysine	g	1.457			1.238	2.987	6.609
Methionine	g	0.470			0.400	0.964	2.132
Cystine	g	0.172			0.146	0.353	0.780
Phenylalanine	g	0.626			0.532	1.283	2.840
Tyrosine	g	0.539			0.458	1.105	2.445
Valine	g	0.824			0.700	1.689	3.738
Arginine	g	0.967			0.822	1.982	4.386
Histidine	g	0.467			0.397	0.957	2.118
Alanine	g	0.962			0.818	1.972	4.364
Aspartic acid	g	1.632			1.387	3.346	7.403
Glutamic acid	g	2.402			2.042	4.924	10.895
Glycine	g	0.767			0.652	1.572	3.479
Proline	g	0.565			0.480	1.158	2.563
Serine	g	0.657			0.558	1.347	2.980

[1]Recipe: Light tuna in oil, 53.8%; pickle relish, 14.7%; salad dressing, 14.1%; onion, 10.2%; and celery, 7.2%.

FINFISH
Turbot, European, raw
Scophthalmus maximus **(L.)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] = 204 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	76.95	1.150	2	65.41	156.98	349.05
Food energy	kcal	95			81	194	432
	kJ	398			338	812	1,806
Protein (N X 6.25)	g	16.05	0.050	2	13.64	32.74	72.80
Total lipid (fat)	g	2.95	0.250	2	2.51	6.02	13.38
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.10	1.000	2	1.79	4.28	9.53
Minerals:							
Calcium	mg	18		1	15	36	80
Iron	mg						
Magnesium	mg	51		1	44	105	232
Phosphorus	mg	129		1	109	262	583
Potassium	mg	238	47.215	2	202	486	1,081
Sodium	mg	150		1	127	305	678
Zinc	mg	0.22	0.028	2	0.19	0.45	1.01
Copper	mg	0.037	0.000	2	0.031	0.075	0.168
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.066		1	0.056	0.135	0.299
Riboflavin	mg	0.080		1	0.068	0.163	0.363
Niacin	mg	2.200		1	1.870	4.488	9.979
Pantothenic acid	mg	0.570		1	0.485	1.163	2.586
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	2.200		1	1.870	4.488	9.979
Vitamin A	RE	11			9	21	48
	IU	35	15.000	2	30	71	159
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.180			0.153	0.367	0.816
Threonine	g	0.704			0.598	1.436	3.193
Isoleucine	g	0.740			0.629	1.510	3.357
Leucine	g	1.305			1.109	2.662	5.919
Lysine	g	1.474			1.253	3.007	6.686
Methionine	g	0.475			0.404	0.969	2.155
Cystine	g	0.172			0.146	0.351	0.780
Phenylalanine	g	0.627			0.533	1.279	2.844
Tyrosine	g	0.542			0.461	1.106	2.459
Valine	g	0.827			0.703	1.687	3.751
Arginine	g	0.960			0.816	1.958	4.355
Histidine	g	0.473			0.402	0.965	2.146
Alanine	g	0.971			0.825	1.981	4.404
Aspartic acid	g	1.644			1.397	3.354	7.457
Glutamic acid	g	2.396			2.037	4.888	10.868
Glycine	g	0.770			0.655	1.571	3.493
Proline	g	0.568			0.483	1.159	2.576
Serine	g	0.655			0.557	1.336	2.971

[1]Yield from 5 lb whole fish.

FINFISH
Whitefish, Mixed species, raw
Coregonus **spp.**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 198 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72.77	0.642	37	61.86	144.09	330.10
Food energy	kcal	134			114	266	610
	kJ	562			478	1,113	2,550
Protein (N X6.25)	g	19.09	0.239	42	16.22	37.79	86.58
Total lipid (fat)	g	5.86	0.451	68	4.98	11.61	26.59
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.12	0.014	34	0.96	2.23	5.10
Minerals:							
Calcium	mg						
Iron	mg	0.37			0.31	0.73	1.68
Magnesium	mg	33		1	28	65	150
Phosphorus	mg						
Potassium	mg	317		1	269	628	1,438
Sodium	mg	51	1.004	17	43	101	232
Zinc	mg	0.99	0.319	3	0.84	1.95	4.48
Copper	mg	0.072	0.022	2	0.061	0.143	0.327
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.906			0.770	1.794	4.110
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.109		1	0.093	0.216	0.494
16:0	g	0.599		1	0.509	1.186	2.717
18:0	g	0.198		1	0.168	0.392	0.898
Monounsaturated, total	g	1.996			1.697	3.952	9.054
16:1	g	0.520		1	0.442	1.030	2.359
18:1	g	1.347		1	1.145	2.667	6.110
20:1	g	0.104		1	0.088	0.206	0.472
22:1	g	0.025		1	0.021	0.050	0.113
Polyunsaturated, total	g	2.149			1.827	4.255	9.748
18:2	g	0.272		1	0.231	0.539	1.234
18:3	g	0.183		1	0.156	0.362	0.830
18:4	g	0.050		1	0.043	0.099	0.227
20:4	g	0.223		1	0.190	0.442	1.012
20:5	g	0.317		1	0.269	0.628	1.438
22:5	g	0.163		1	0.139	0.323	0.739
22:6	g	0.941		1	0.800	1.863	4.268
Cholesterol	mg	60	1.186	24	51	119	272
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.214			0.182	0.424	0.971
Threonine	g	0.837			0.711	1.657	3.797
Isoleucine	g	0.880			0.748	1.742	3.992
Leucine	g	1.551			1.318	3.071	7.035
Lysine	g	1.753			1.490	3.471	7.952
Methionine	g	0.565			0.480	1.119	2.563
Cystine	g	0.205			0.174	0.406	0.930
Phenylalanine	g	0.745			0.633	1.475	3.379
Tyrosine	g	0.644			0.547	1.275	2.921
Valine	g	0.983			0.836	1.946	4.459
Arginine	g	1.142			0.971	2.261	5.180
Histidine	g	0.562			0.478	1.113	2.549
Alanine	g	1.154			0.981	2.285	5.235
Aspartic acid	g	1.955			1.662	3.871	8.868
Glutamic acid	g	2.849			2.422	5.641	12.923
Glycine	g	0.916			0.779	1.814	4.155
Proline	g	0.675			0.574	1.337	3.062
Serine	g	0.779			0.662	1.542	3.534

[1]Yield from 2-1/2 lb whole fish.

FINFISH
Whitefish, Mixed species, smoked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70.83		2	19.83	60.21	321.28
Food energy	kcal	108			30	92	491
	kJ	453			127	385	2,056
Protein (N X6.25)	g	23.40		2	6.55	19.89	106.14
Total lipid (fat)	g	0.93		2	0.26	0.79	4.22
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	5.06		2	1.42	4.30	22.95
Minerals:							
Calcium	mg	18		2	5	15	81
Iron	mg	0.50		2	0.14	0.43	2.27
Magnesium	mg	23		2	6	19	103
Phosphorus	mg	132		2	37	112	599
Potassium	mg	423		2	118	360	1,919
Sodium	mg	1,019		2	285	866	4,622
Zinc	mg	0.49		2	0.14	0.41	2.21
Copper	mg	0.315		2	0.088	0.268	1.429
Manganese	mg	0.034		2	0.010	0.029	0.154
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.032		2	0.009	0.027	0.145
Riboflavin	mg	0.101		2	0.028	0.086	0.458
Niacin	mg	2.400		2	0.672	2.040	10.886
Pantothenic acid	mg	0.104		2	0.029	0.088	0.472
Vitamin B_6	mg	0.389		2	0.109	0.331	1.765
Folacin	mcg	7.3		2	2.0	6.2	33.1
Vitamin B_{12}	mcg	3.260		2	0.913	2.771	14.787
Vitamin A	RE	57			16	48	259
	IU	190		2	53	162	862
Lipids:							
Fatty acids:							
Saturated, total	g	0.228			0.064	0.194	1.034
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.007		2	0.002	0.006	0.032
16:0	g	0.177		2	0.050	0.150	0.803
18:0	g	0.044		2	0.012	0.037	0.200
Monounsaturated, total	g	0.278			0.078	0.236	1.261
16:1	g	0.026		2	0.007	0.022	0.118
18:1	g	0.205		2	0.057	0.174	0.930
20:1	g	0.023		2	0.006	0.020	0.104
22:1	g	0.024		2	0.007	0.020	0.109
Polyunsaturated, total	g	0.293			0.082	0.249	1.329
18:2	g	0.084		2	0.024	0.071	0.381
18:3	g						
18:4	g						
20:4	g						
20:5	g	0.048		2	0.013	0.041	0.218
22:5	g	0.005		2	0.001	0.004	0.023
22:6	g	0.156		2	0.044	0.133	0.708
Cholesterol	mg	33		2	9	28	151
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.262			0.073	0.223	1.188
Threonine	g	1.026			0.287	0.872	4.654
Isoleucine	g	1.078			0.302	0.916	4.890
Leucine	g	1.902			0.533	1.617	8.627
Lysine	g	2.149			0.602	1.827	9.748
Methionine	g	0.693			0.194	0.589	3.143
Cystine	g	0.251			0.070	0.213	1.139
Phenylalanine	g	0.914			0.256	0.777	4.146
Tyrosine	g	0.790			0.221	0.672	3.583
Valine	g	1.206			0.338	1.025	5.470
Arginine	g	1.400			0.392	1.190	6.350
Histidine	g	0.689			0.193	0.586	3.125
Alanine	g	1.415			0.396	1.203	6.418
Aspartic acid	g	2.396			0.671	2.037	10.868
Glutamic acid	g	3.493			0.978	2.969	15.844
Glycine	g	1.123			0.314	0.955	5.094
Proline	g	0.827			0.232	0.703	3.751
Serine	g	0.955			0.267	0.812	4.332

FINFISH
Whiting, Mixed species, raw
Gadidae

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 fillet[1] = 92 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	80.27		61	68.23	73.85	364.12
Food energy	kcal	90			77	83	408
	kJ	377			320	347	1,709
Protein (N X6.25)	g	18.31		77	15.57	16.85	83.07
Total lipid (fat)	g	1.31		185	1.12	1.21	5.96
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.30		57	1.10	1.19	5.88
Minerals:							
Calcium	mg	48		12	41	44	219
Iron	mg	0.34	0.030	11	0.29	0.31	1.54
Magnesium	mg	21		2	18	19	94
Phosphorus	mg	222	11.000	13	189	204	1,007
Potassium	mg	249	10.668	32	212	229	1,131
Sodium	mg	72		34	61	66	326
Zinc	mg	0.88	0.045	88	0.75	0.81	4.01
Copper	mg	0.031	0.002	83	0.026	0.029	0.141
Manganese	mg	0.104		2	0.088	0.096	0.472
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.056	0.008	11	0.048	0.052	0.254
Riboflavin	mg	0.046	0.301	11	0.039	0.042	0.209
Niacin	mg	1.300	0.090	11	1.105	1.196	5.897
Pantothenic acid	mg	0.216		2	0.184	0.199	0.980
Vitamin B_6	mg	0.156		2	0.133	0.144	0.708
Folacin	mcg	13.0		2	11.1	12.0	59.0
Vitamin B_{12}	mcg	2.300	0.330	11	1.955	2.116	10.433
Vitamin A	RE	30			25	27	135
	IU	99		2	84	91	450
Lipids:							
Fatty acids:							
Saturated, total	g	0.247			0.210	0.227	1.120
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.045		6	0.038	0.041	0.204
16:0	g	0.158		6	0.134	0.145	0.717
18:0	g	0.032		6	0.027	0.029	0.145
Monounsaturated, total	g	0.279			0.237	0.257	1.266
16:1	g	0.082		6	0.070	0.075	0.372
18:1	g	0.162		6	0.138	0.149	0.735
20:1	g	0.030		6	0.026	0.028	0.136
22:1	g	0.004		6	0.003	0.004	0.018
Polyunsaturated, total	g	0.422			0.359	0.388	1.914
18:2	g	0.020		6	0.017	0.018	0.091
18:3	g	0.034		6	0.029	0.031	0.154
18:4	g	0.041		5	0.035	0.038	0.186
20:4	g	0.078		6	0.066	0.072	0.354
20:5	g	0.093		6	0.079	0.086	0.422
22:5	g	0.018		6	0.015	0.017	0.082
22:6	g	0.131		6	0.111	0.121	0.594
Cholesterol	mg	67	2.940	11	57	61	303
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.205			0.174	0.189	0.930
Threonine	g	0.803			0.683	0.739	3.642
Isoleucine	g	0.844			0.717	0.776	3.828
Leucine	g	1.488			1.265	1.369	6.750
Lysine	g	1.682			1.430	1.547	7.630
Methionine	g	0.542			0.461	0.499	2.459
Cystine	g	0.196			0.167	0.180	0.889
Phenylalanine	g	0.715			0.608	0.658	3.243
Tyrosine	g	0.618			0.525	0.569	2.803
Valine	g	0.943			0.802	0.868	4.277
Arginine	g	1.096			0.932	1.008	4.971
Histidine	g	0.539			0.458	0.496	2.445
Alanine	g	1.108			0.942	1.019	5.026
Aspartic acid	g	1.875			1.594	1.725	8.505
Glutamic acid	g	2.734			2.324	2.515	12.401
Glycine	g	0.879			0.747	0.809	3.987
Proline	g	0.648			0.551	0.596	2.939
Serine	g	0.747			0.635	0.687	3.388

[1]Yield from 1-1/2 lb whole fish.

FINFISH
Whiting, Mixed species, cooked, dry heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 fillet[1] = 72 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	74.71			53.79	63.50	338.88
Food energy	kcal	115			83	98	524
	kJ	483			348	411	2,191
Protein (N X6.25)	g	23.48			16.90	19.96	106.50
Total lipid (fat)	g	1.69			1.21	1.43	7.64
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.46	0.030	11	1.05	1.24	6.62
Minerals:							
Calcium	mg	62			45	53	281
Iron	mg	0.42	0.040	11	0.30	0.36	1.91
Magnesium	mg	27			19	23	120
Phosphorus	mg	285			205	242	1,291
Potassium	mg	434	9.800	11	313	369	1,969
Sodium	mg	132	9.190	11	95	113	601
Zinc	mg	0.53	0.020	11	0.38	0.45	2.40
Copper	mg	0.040			0.029	0.034	0.181
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.068	0.010	11	0.049	0.058	0.308
Riboflavin	mg	0.060	0.010	11	0.043	0.051	0.272
Niacin	mg	1.670	0.080	11	1.202	1.420	7.575
Pantothenic acid	mg						
Vitamin B_6	mg	0.180			0.130	0.153	0.816
Folacin	mcg	15.0			10.8	12.8	68.0
Vitamin B_{12}	mcg	2.600	0.200	11	1.872	2.210	11.794
Vitamin A	RE	34			25	29	156
	IU	114			82	97	519
Lipids:							
Fatty acids:							
Saturated, total	g	0.317			0.228	0.269	1.438
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.114		11	0.082	0.097	0.517
16:0	g	0.475		11	0.342	0.404	2.155
18:0	g	0.079		11	0.057	0.067	0.358
Monounsaturated, total	g	0.363			0.261	0.309	1.647
16:1	g	1.358		11	0.978	1.154	6.160
18:1	g	0.451		11	0.325	0.383	2.046
20:1	g	0.045		11	0.032	0.038	0.204
22:1	g	0.033		11	0.024	0.028	0.150
Polyunsaturated, total	g	0.536			0.386	0.456	2.431
18:2	g	0.033		11	0.024	0.028	0.150
18:3	g	0.022		11	0.016	0.019	0.100
18:4	g						
20:4	g	0.033		11	0.024	0.028	0.150
20:5	g	0.471		11	0.339	0.400	2.136
22:5	g	0.028		11	0.020	0.024	0.127
22:6	g	0.391		11	0.282	0.332	1.774
Cholesterol	mg	84	3.700	11	60	71	379
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.263			0.189	0.224	1.193
Threonine	g	1.029			0.741	0.875	4.668
Isoleucine	g	1.082			0.779	0.920	4.908
Leucine	g	1.909			1.374	1.623	8.659
Lysine	g	2.157			1.553	1.833	9.784
Methionine	g	0.695			0.500	0.591	3.153
Cystine	g	0.252			0.181	0.214	1.143
Phenylalanine	g	0.917			0.660	0.779	4.160
Tyrosine	g	0.793			0.571	0.674	3.597
Valine	g	1.210			0.871	1.029	5.489
Arginine	g	1.405			1.012	1.194	6.373
Histidine	g	0.691			0.498	0.587	3.134
Alanine	g	1.420			1.022	1.207	6.441
Aspartic acid	g	2.404			1.731	2.043	10.905
Glutamic acid	g	3.505			2.524	2.979	15.899
Glycine	g	1.127			0.811	0.958	5.112
Proline	g	0.830			0.598	0.706	3.765
Serine	g	0.958			0.690	0.814	4.345

[1]Yield from raw fillet.

FINFISH
Wolffish, Atlantic, raw
Anarhichas lupus **L.**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] = 153 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	79.90	0.764	9	67.92	122.25	362.43
Food energy	kcal	96			82	147	437
	kJ	403			342	616	1,827
Protein (N X 6.25)	g	17.50	1.000	2	14.88	26.78	79.38
Total lipid (fat)	g	2.39	0.542	4	2.03	3.66	10.84
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.16		1	0.99	1.77	5.26
Minerals:							
Calcium	mg						
Iron	mg	0.09		1	0.08	0.14	0.41
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	85		1	72	130	386
Zinc	mg	0.78	0.033	60	0.66	1.19	3.54
Copper	mg	0.029	0.003	58	0.025	0.044	0.132
Manganese	mg	0.015			0.013	0.023	0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.180	0.021	3	0.153	0.275	0.816
Riboflavin	mg	0.080	0.006	3	0.068	0.122	0.363
Niacin	mg	2.133	0.203	3	1.813	3.263	9.675
Pantothenic acid	mg	0.570	0.040	3	0.485	0.872	2.586
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	2.033	0.145	3	1.728	3.110	9.222
Vitamin A	RE	113			96	172	510
	IU	375	65.000	2	319	574	1,701
Lipids:							
Fatty acids:							
Saturated, total	g	0.365			0.310	0.558	1.656
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.066		1	0.056	0.101	0.299
16:0	g	0.253		1	0.215	0.387	1.148
18:0	g	0.046		1	0.039	0.070	0.209
Monounsaturated, total	g	0.837			0.711	1.281	3.797
16:1	g	0.189		1	0.161	0.289	0.857
18:1	g	0.516		1	0.439	0.789	2.341
20:1	g	0.114		1	0.097	0.174	0.517
22:1	g	0.018		1	0.015	0.028	0.082
Polyunsaturated, total	g	0.845			0.718	1.293	3.833
18:2	g	0.020		1	0.017	0.031	0.091
18:3	g	0.009		1	0.008	0.014	0.041
18:4	g	0.061		1	0.052	0.093	0.277
20:4	g	0.089		1	0.076	0.136	0.404
20:5	g	0.307		1	0.261	0.470	1.393
22:5	g	0.043		1	0.037	0.066	0.195
22:6	g	0.316		1	0.269	0.483	1.433
Cholesterol	mg	46			39	70	209
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.196			0.167	0.300	0.889
Threonine	g	0.767			0.652	1.174	3.479
Isoleucine	g	0.806			0.685	1.233	3.656
Leucine	g	1.422			1.209	2.176	6.450
Lysine	g	1.607			1.366	2.459	7.289
Methionine	g	0.518			0.440	0.793	2.350
Cystine	g	0.188			0.160	0.288	0.853
Phenylalanine	g	0.683			0.581	1.045	3.098
Tyrosine	g	0.591			0.502	0.904	2.681
Valine	g	0.902			0.767	1.380	4.091
Arginine	g	1.047			0.890	1.602	4.749
Histidine	g	0.515			0.438	0.788	2.336
Alanine	g	1.058			0.899	1.619	4.799
Aspartic acid	g	1.792			1.523	2.742	8.129
Glutamic acid	g	2.612			2.220	3.996	11.848
Glycine	g	0.840			0.714	1.285	3.810
Proline	g	0.619			0.526	0.947	2.808
Serine	g	0.714			0.607	1.092	3.239

[1]Yield from 5 lb whole fish.

FINFISH
Yellowtail, Mixed species, raw
Seriola **spp.**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1/2 fillet[1] = 187 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	74.52		32	63.34	139.36	338.04
Food energy	kcal	146			124	273	662
	kJ	611			519	1,143	2,772
Protein (N X6.25)	g	23.14	0.217	29	19.67	43.28	104.97
Total lipid (fat)	g	5.24	0.295	39	4.45	9.79	23.75
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.09		1	0.93	2.04	4.94
Minerals:							
Calcium	mg						
Iron	mg	0.49		1	0.41	0.91	2.20
Magnesium	mg						
Phosphorus	mg	157		1	133	294	712
Potassium	mg						
Sodium	mg	39		1	33	73	177
Zinc	mg	0.52	0.068	26	0.44	0.97	2.35
Copper	mg	0.045		26	0.038	0.084	0.204
Manganese	mg	0.015			0.013	0.028	0.068
Vitamins:							
Ascorbic acid	mg	2.8		1	2.4	5.2	12.7
Thiamin	mg	0.144		1	0.122	0.269	0.653
Riboflavin	mg	0.040		1	0.034	0.075	0.181
Niacin	mg	6.800		1	5.780	12.716	30.845
Pantothenic acid	mg	0.590	0.102	3	0.502	1.103	2.676
Vitamin B_6	mg	0.160	0.030	2	0.136	0.299	0.726
Folacin	mcg	3.7	1.292	3	3.1	6.9	16.6
Vitamin B_{12}	mcg	1.300		1	1.105	2.431	5.897
Vitamin A	RE	29			24	53	129
	IU	95		1	81	178	431
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.259			0.220	0.484	1.175
Threonine	g	1.015			0.863	1.898	4.604
Isoleucine	g	1.066			0.906	1.993	4.835
Leucine	g	1.881			1.599	3.517	8.532
Lysine	g	2.126			1.807	3.976	9.644
Methionine	g	0.685			0.582	1.281	3.107
Cystine	g	0.248			0.211	0.464	1.125
Phenylalanine	g	0.904			0.768	1.690	4.101
Tyrosine	g	0.781			0.664	1.460	3.543
Valine	g	1.192			1.013	2.229	5.407
Arginine	g	1.385			1.177	2.590	6.282
Histidine	g	0.681			0.579	1.273	3.089
Alanine	g	1.400			1.190	2.618	6.350
Aspartic acid	g	2.370			2.015	4.432	10.750
Glutamic acid	g	3.455			2.937	6.461	15.672
Glycine	g	1.111			0.944	2.078	5.039
Proline	g	0.818			0.695	1.530	3.710
Serine	g	0.944			0.802	1.765	4.282

[1]Yield from 5 lb whole fish.

CRUSTACEANS
Crab, Alaska King, raw
Paralithodes camtschatica **(Tilesius)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 leg[1] = 172 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	79.57	0.466	54	67.63	136.86	360.92
Food energy	kcal	84			71	144	379
	kJ	349			297	601	1,585
Protein (N X6.25)	g	18.29	0.383	51	15.55	31.46	82.97
Total lipid (fat)	g	0.60	0.049	54	0.51	1.03	2.72
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.80	0.042	50	1.53	3.10	8.18
Minerals:							
Calcium	mg	46	2.587	36	39	80	210
Iron	mg	0.59	0.075	3	0.50	1.01	2.68
Magnesium	mg						
Phosphorus	mg	219	7.187	43	186	376	992
Potassium	mg	204	5.774	3	173	351	925
Sodium	mg	836	40.992	3	711	1,438	3,792
Zinc	mg	5.95	0.516	29	5.05	10.23	26.97
Copper	mg	0.922	0.110	29	0.784	1.586	4.182
Manganese	mg	0.035		1	0.030	0.060	0.159
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.043	0.006	3	0.037	0.074	0.195
Riboflavin	mg	0.043	0.003	3	0.037	0.074	0.195
Niacin	mg	1.100	0.029	3	0.935	1.892	4.990
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE	7			6	12	33
	IU	24		1	20	41	109
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	42	0.808	3	35	72	189
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.255		23	0.217	0.439	1.157
Threonine	g	0.741		27	0.630	1.275	3.361
Isoleucine	g	0.887		27	0.754	1.526	4.023
Leucine	g	1.452		27	1.234	2.497	6.586
Lysine	g	1.592		29	1.353	2.738	7.221
Methionine	g	0.515		28	0.438	0.886	2.336
Cystine	g	0.205		24	0.174	0.353	0.930
Phenylalanine	g	0.773		27	0.657	1.330	3.506
Tyrosine	g	0.609		27	0.518	1.047	2.762
Valine	g	0.861		27	0.732	1.481	3.905
Arginine	g	1.598		21	1.358	2.749	7.249
Histidine	g	0.372		27	0.316	0.640	1.687
Alanine	g	1.036		21	0.881	1.782	4.699
Aspartic acid	g	1.891		21	1.607	3.253	8.578
Glutamic acid	g	3.120		21	2.652	5.366	14.152
Glycine	g	1.103		21	0.938	1.897	5.003
Proline	g	0.603		21	0.513	1.037	2.735
Serine	g	0.720		21	0.612	1.238	3.266

[1]Yield from 1 lb leg.

CRUSTACEANS
Crab, Alaska King, cooked, moist heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 leg[1] = 134 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	77.55	0.606	4	65.92	103.92	351.77
Food energy	kcal	97			82	129	438
	kJ	404			343	541	1,832
Protein (N X6.25)	g	19.35	0.779	4	16.45	25.93	87.77
Total lipid (fat)	g	1.54	0.082	18	1.31	2.06	6.99
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.85	0.050	2	1.57	2.48	8.39
Minerals:							
Calcium	mg	59			50	80	269
Iron	mg	0.76			0.64	1.01	3.43
Magnesium	mg						
Phosphorus	mg	280			238	376	1,272
Potassium	mg	262			222	350	1,186
Sodium	mg	1,072			911	1,436	4,862
Zinc	mg	7.62			6.48	10.21	34.57
Copper	mg	1.182			1.005	1.584	5.362
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.053			0.045	0.071	0.240
Riboflavin	mg	0.055			0.047	0.074	0.249
Niacin	mg	1.340			1.139	1.796	6.078
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE	9			7	12	40
	IU	29			25	39	133
Lipids:							
Fatty acids:							
Saturated, total	g	0.133			0.113	0.178	0.603
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.003		2	0.003	0.004	0.014
12:0	g	0.004		2	0.003	0.005	0.018
14:0	g	0.015		10	0.013	0.020	0.068
16:0	g	0.087		10	0.074	0.117	0.395
18:0	g	0.019		14	0.016	0.025	0.086
Monounsaturated, total	g	0.185			0.157	0.248	0.839
16:1	g	0.041		10	0.035	0.055	0.186
18:1	g	0.089		12	0.076	0.119	0.404
20:1	g	0.014		12	0.012	0.019	0.064
22:1	g	0.038		4	0.032	0.051	0.172
Polyunsaturated, total	g	0.536			0.456	0.718	2.431
18:2	g	0.020		12	0.017	0.027	0.091
18:3	g	0.014		10	0.012	0.019	0.064
18:4	g	0.015		14	0.013	0.020	0.068
20:4	g	0.043		10	0.037	0.058	0.195
20:5	g	0.295		12	0.251	0.395	1.338
22:5	g	0.031		12	0.026	0.042	0.141
22:6	g	0.118		10	0.100	0.158	0.535
Cholesterol	mg	53			45	72	243
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.269			0.229	0.360	1.220
Threonine	g	0.783			0.666	1.049	3.552
Isoleucine	g	0.938			0.797	1.257	4.255
Leucine	g	1.536			1.306	2.058	6.967
Lysine	g	1.684			1.431	2.257	7.639
Methionine	g	0.545			0.463	0.730	2.472
Cystine	g	0.217			0.184	0.291	0.984
Phenylalanine	g	0.817			0.694	1.095	3.706
Tyrosine	g	0.644			0.547	0.863	2.921
Valine	g	0.910			0.774	1.219	4.128
Arginine	g	1.690			1.437	2.265	7.666
Histidine	g	0.393			0.334	0.527	1.783
Alanine	g	1.096			0.932	1.469	4.971
Aspartic acid	g	2.000			1.700	2.680	9.072
Glutamic acid	g	3.300			2.805	4.422	14.969
Glycine	g	1.167			0.992	1.564	5.294
Proline	g	0.638			0.542	0.855	2.894
Serine	g	0.762			0.648	1.021	3.456

[1]Yield from raw leg.

CRUSTACEANS
Crab, Alaska King, imitation, made from surimi

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	73.70	0.606	3	62.65		334.30
Food energy	kcal	102			87		463
	kJ	427			363		1,935
Protein (N X6.25)	g	12.02	0.092	3	10.22		54.52
Total lipid (fat)	g	1.31	0.098	3	1.11		5.94
Carbohydrate, total	g	10.22			8.69		46.36
Crude fiber	g	0.00			0.00		0.00
Ash	g	2.75	0.329	3	2.34		12.47
Minerals:							
Calcium	mg	13	4.734	3	11		61
Iron	mg	0.39	0.052	3	0.33		1.77
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	90	2.309	3	77		408
Sodium	mg	841	158.776	3	715		3,815
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.032	0.009	3	0.027		0.145
Riboflavin	mg	0.027	0.008	3	0.023		0.122
Niacin	mg	0.180	0.012	3	0.153		0.816
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	20	1.386	3	17		89
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.073			0.062		0.331
Threonine	g	0.581			0.494		2.635
Isoleucine	g	0.562			0.478		2.549
Leucine	g	0.952			0.809		4.318
Lysine	g	1.098			0.933		4.981
Methionine	g	0.408			0.347		1.851
Cystine	g	0.129			0.110		0.585
Phenylalanine	g	0.471			0.400		2.136
Tyrosine	g	0.485			0.412		2.200
Valine	g	0.610			0.519		2.767
Arginine	g	0.798			0.678		3.620
Histidine	g	0.277			0.235		1.256
Alanine	g	0.706			0.600		3.202
Aspartic acid	g	1.202			1.022		5.452
Glutamic acid	g	1.898			1.613		8.609
Glycine	g	0.465			0.395		2.109
Proline	g	0.448			0.381		2.032
Serine	g	0.525			0.446		2.381

CRUSTACEANS
Crab, Blue, raw
Callinectes sapidus **Rathbun**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 crab[1] = 21 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	79.02	0.388	47	16.59	67.17	358.43
Food energy	kcal	87			18	74	395
	kJ	364			76	309	1,651
Protein (N X 6.25)	g	18.06	0.347	43	3.79	15.35	81.90
Total lipid (fat)	g	1.08	0.044	44	0.23	0.92	4.90
Carbohydrate, total	g	0.04			0.01	0.03	0.17
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.81	0.055	39	0.38	1.54	8.20
Minerals:							
Calcium	mg	89	7.939	30	19	76	404
Iron	mg	0.74	0.077	17	0.15	0.63	3.34
Magnesium	mg	34	1.468	17	7	29	154
Phosphorus	mg	229	10.139	37	48	195	1,039
Potassium	mg	329	17.242	15	69	280	1,494
Sodium	mg	293	19.212	15	62	249	1,329
Zinc	mg	3.54	0.181	112	0.74	3.00	16.03
Copper	mg	0.669	0.035	113	0.140	0.569	3.035
Manganese	mg	0.150			0.032	0.128	0.680
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.222			0.047	0.189	1.007
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.141		3	0.030	0.120	0.640
18:0	g	0.081		3	0.017	0.069	0.367
Monounsaturated, total	g	0.192			0.040	0.163	0.871
16:1	g	0.059		3	0.012	0.050	0.268
18:1	g	0.104		3	0.022	0.088	0.472
20:1	g	0.029		3	0.006	0.025	0.132
22:1	g						
Polyunsaturated, total	g	0.387			0.081	0.329	1.755
18:2	g	0.012		3	0.003	0.010	0.054
18:3	g						
18:4	g						
20:4	g	0.055		3	0.012	0.047	0.249
20:5	g	0.170		3	0.036	0.145	0.771
22:5	g						
22:6	g	0.150		3	0.032	0.128	0.680
Cholesterol	mg	78	8.431	6	16	66	355
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.251			0.053	0.213	1.139
Threonine	g	0.731			0.154	0.621	3.316
Isoleucine	g	0.875			0.184	0.744	3.969
Leucine	g	1.433			0.301	1.218	6.500
Lysine	g	1.572			0.330	1.336	7.131
Methionine	g	0.508			0.107	0.432	2.304
Cystine	g	0.202			0.042	0.172	0.916
Phenylalanine	g	0.763			0.160	0.649	3.461
Tyrosine	g	0.601			0.126	0.511	2.726
Valine	g	0.849			0.178	0.722	3.851
Arginine	g	1.577			0.331	1.340	7.153
Histidine	g	0.367			0.077	0.312	1.665
Alanine	g	1.023			0.215	0.870	4.640
Aspartic acid	g	1.866			0.392	1.586	8.464
Glutamic acid	g	3.080			0.647	2.618	13.971
Glycine	g	1.089			0.229	0.926	4.940
Proline	g	0.595			0.125	0.506	2.699
Serine	g	0.711			0.149	0.604	3.225

[1]Yield from 1/3 lb whole crab.

CRUSTACEANS
Crab, Blue, canned[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 c[2] = 135 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	76.16			64.73	102.81	345.45
Food energy	kcal	99			84	133	448
	kJ	414			352	558	1,876
Protein (N X6.25)	g	20.52			17.44	27.70	93.07
Total lipid (fat)	g	1.23			1.04	1.66	5.57
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.05			1.75	2.77	9.31
Minerals:							
Calcium	mg	101			86	137	459
Iron	mg	0.84			0.71	1.13	3.79
Magnesium	mg	39			33	52	175
Phosphorus	mg	260			221	351	1,181
Potassium	mg	374			318	505	1,698
Sodium	mg	333			283	450	1,511
Zinc	mg	4.02			3.41	5.42	18.22
Copper	mg	0.760			0.646	1.026	3.447
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg	0.084		1	0.071	0.113	0.381
Niacin	mg	1.370		1	1.165	1.850	6.214
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	0.460		1	0.391	0.621	2.087
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.252			0.214	0.340	1.143
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	0.160			0.136	0.216	0.726
18:0	g	0.092			0.078	0.124	0.417
Monounsaturated, total	g	0.218			0.185	0.294	0.989
16:1	g	0.067			0.057	0.090	0.304
18:1	g	0.118			0.100	0.159	0.535
20:1	g	0.033			0.028	0.045	0.150
22:1	g						
Polyunsaturated, total	g	0.440			0.374	0.594	1.996
18:2	g	0.014			0.012	0.019	0.064
18:3	g						
18:4	g						
20:4	g	0.063			0.054	0.085	0.286
20:5	g	0.193			0.164	0.261	0.875
22:5	g						
22:6	g	0.170			0.145	0.230	0.771
Cholesterol	mg	89			76	120	403
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.286			0.243	0.386	1.297
Threonine	g	0.831			0.706	1.122	3.769
Isoleucine	g	0.995			0.846	1.343	4.513
Leucine	g	1.628			1.384	2.198	7.385
Lysine	g	1.786			1.518	2.411	8.101
Methionine	g	0.578			0.491	0.780	2.622
Cystine	g	0.230			0.196	0.311	1.043
Phenylalanine	g	0.867			0.737	1.170	3.933
Tyrosine	g	0.683			0.581	0.922	3.098
Valine	g	0.965			0.820	1.303	4.377
Arginine	g	1.793			1.524	2.421	8.133
Histidine	g	0.417			0.354	0.563	1.892
Alanine	g	1.162			0.988	1.569	5.271
Aspartic acid	g	2.121			1.803	2.863	9.621
Glutamic acid	g	3.500			2.975	4.725	15.876
Glycine	g	1.238			1.052	1.671	5.616
Proline	g	0.676			0.575	0.913	3.066
Serine	g	0.808			0.687	1.091	3.665

[1]Dry pack or drained solids of wet pack.
[2]Unpacked meat.

CRUSTACEANS
Crab, Blue, cooked, moist heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 c[1] = 135 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	77.43	0.801	11	65.82	104.53	351.23
Food energy	kcal	102			87	138	464
	kJ	428			364	578	1,941
Protein (N X 6.25)	g	20.20		1	17.17	27.27	91.63
Total lipid (fat)	g	1.77	0.102	16	1.51	2.39	8.05
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.00		1	1.70	2.70	9.07
Minerals:							
Calcium	mg	104	16.042	10	88	140	470
Iron	mg	0.91	0.044	10	0.77	1.22	4.11
Magnesium	mg	33	1.289	10	28	45	151
Phosphorus	mg	206	5.981	10	175	278	934
Potassium	mg	324	12.190	10	275	437	1,467
Sodium	mg	279	9.935	10	237	376	1,263
Zinc	mg	4.22	0.184	10	3.58	5.69	19.12
Copper	mg	0.645	0.046	10	0.548	0.871	2.926
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	7.300	0.085	6	6.205	9.855	33.113
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.228			0.194	0.308	1.034
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.018		10	0.015	0.024	0.082
16:0	g	0.144		16	0.122	0.194	0.653
18:0	g	0.061		16	0.052	0.082	0.277
Monounsaturated, total	g	0.280			0.238	0.378	1.270
16:1	g	0.089		16	0.076	0.120	0.404
18:1	g	0.151		16	0.128	0.204	0.685
20:1	g	0.038		16	0.032	0.051	0.172
22:1	g						
Polyunsaturated, total	g	0.680			0.578	0.918	3.084
18:2	g	0.028		16	0.024	0.038	0.127
18:3	g	0.021		10	0.018	0.028	0.095
18:4	g	0.019		10	0.016	0.026	0.086
20:4	g	0.084		16	0.071	0.113	0.381
20:5	g	0.243		16	0.207	0.328	1.102
22:5	g	0.054		10	0.046	0.073	0.245
22:6	g	0.231		16	0.196	0.312	1.048
Cholesterol	mg	100			85	135	455
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.281			0.239	0.379	1.275
Threonine	g	0.818			0.695	1.104	3.710
Isoleucine	g	0.979			0.832	1.322	4.441
Leucine	g	1.603			1.363	2.164	7.271
Lysine	g	1.758			1.494	2.373	7.974
Methionine	g	0.569			0.484	0.768	2.581
Cystine	g	0.226			0.192	0.305	1.025
Phenylalanine	g	0.853			0.725	1.152	3.869
Tyrosine	g	0.672			0.571	0.907	3.048
Valine	g	0.950			0.808	1.283	4.309
Arginine	g	1.765			1.500	2.383	8.006
Histidine	g	0.410			0.349	0.554	1.860
Alanine	g	1.144			0.972	1.544	5.189
Aspartic acid	g	2.088			1.775	2.819	9.471
Glutamic acid	g	3.445			2.928	4.651	15.627
Glycine	g	1.218			1.035	1.644	5.525
Proline	g	0.666			0.566	0.899	3.021
Serine	g	0.795			0.676	1.073	3.606

[1]Unpacked meat.

CRUSTACEANS
Crab, Blue, crab cakes[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 cake = 60 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	71.00			42.60		322.07
Food energy	kcal	155			93		704
	kJ	649			390		2,945
Protein (N X 6.25)	g	20.21			12.13		91.69
Total lipid (fat)	g	7.52			4.51		34.12
Carbohydrate, total	g	0.48			0.29		2.17
Crude fiber	g	0.05			0.03		0.24
Ash	g	2.10			1.26		9.52
Minerals:							
Calcium	mg	105			63		478
Iron	mg	1.08			0.65		4.89
Magnesium	mg	33			20		150
Phosphorus	mg	213			128		968
Potassium	mg	324			195		1,471
Sodium	mg	330			198		1,495
Zinc	mg	4.09			2.46		18.56
Copper	mg	0.610			0.366		2.767
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	5.935			3.561		26.921
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	1.483			0.890		6.727
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.032			0.019		0.145
16:0	g	0.956			0.574		4.336
18:0	g	0.491			0.295		2.227
Monounsaturated, total	g	2.815			1.689		12.769
16:1	g	0.121			0.073		0.549
18:1	g	2.655			1.593		12.043
20:1	g	0.035			0.021		0.159
22:1	g						
Polyunsaturated, total	g	2.273			1.364		10.310
18:2	g	1.578			0.947		7.158
18:3	g	0.087			0.052		0.395
18:4	g	0.018			0.011		0.082
20:4	g	0.088			0.053		0.399
20:5	g	0.227			0.136		1.030
22:5	g	0.050			0.030		0.227
22:6	g	0.216			0.130		0.980
Cholesterol	mg	150			90		680
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.281			0.169		1.275
Threonine	g	0.828			0.497		3.756
Isoleucine	g	0.996			0.598		4.518
Leucine	g	1.617			0.970		7.335
Lysine	g	1.733			1.040		7.861
Methionine	g	0.569			0.341		2.581
Cystine	g	0.239			0.143		1.084
Phenylalanine	g	0.870			0.522		3.946
Tyrosine	g	0.682			0.409		3.094
Valine	g	0.980			0.588		4.445
Arginine	g	1.730			1.038		7.847
Histidine	g	0.414			0.248		1.878
Alanine	g	1.145			0.687		5.194
Aspartic acid	g	2.083			1.250		9.448
Glutamic acid	g	3.396			2.038		15.404
Glycine	g	1.180			0.708		5.352
Proline	g	0.676			0.406		3.066
Serine	g	0.841			0.505		3.815

[1]Recipe: Cooked crab meat, 82.2%; egg, 9.1%; onion, 3.6%; and margarine for frying, 5.1%.

CRUSTACEANS
Crab, Dungeness, raw
Cancer magister **Dana**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 crab[1] = 163 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	79.18	0.281	32	67.30	129.06	359.15
Food energy	kcal	86			73	140	391
	kJ	360			306	587	1,635
Protein (N X6.25)	g	17.41	0.334	36	14.80	28.38	78.97
Total lipid (fat)	g	0.97	0.052	24	0.83	1.59	4.41
Carbohydrate, total	g	0.74			0.63	1.20	3.34
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.70	0.050	28	1.45	2.78	7.73
Minerals:							
Calcium	mg	46	9.752	8	39	75	210
Iron	mg	0.37	0.061	8	0.31	0.59	1.66
Magnesium	mg	45	5.285	8	39	74	206
Phosphorus	mg	182	9.581	12	154	296	824
Potassium	mg	354	9.011	8	301	577	1,605
Sodium	mg	295	39.570	8	251	481	1,340
Zinc	mg	4.27	0.225	57	3.63	6.95	19.35
Copper	mg	0.674	0.044	58	0.573	1.099	3.057
Manganese	mg	0.080			0.068	0.130	0.363
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.047	0.010	3	0.040	0.077	0.213
Riboflavin	mg	0.167	0.050	3	0.142	0.272	0.758
Niacin	mg	3.140	0.081	3	2.669	5.118	14.243
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.132			0.112	0.215	0.599
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.000		2	0.000	0.000	0.000
14:0	g	0.001		2	0.001	0.002	0.005
16:0	g	0.089		2	0.076	0.145	0.404
18:0	g	0.041		2	0.035	0.067	0.186
Monounsaturated, total	g	0.167			0.142	0.272	0.758
16:1	g	0.043		2	0.037	0.070	0.195
18:1	g	0.093		2	0.079	0.152	0.422
20:1	g	0.011		2	0.009	0.018	0.050
22:1	g	0.020		2	0.017	0.033	0.091
Polyunsaturated, total	g	0.317			0.269	0.517	1.438
18:2	g						
18:3	g						
18:4	g						
20:4	g	0.000		2	0.000	0.000	0.000
20:5	g	0.219		2	0.186	0.357	0.993
22:5	g	0.010		2	0.009	0.016	0.045
22:6	g	0.088		2	0.075	0.143	0.399
Cholesterol	mg	59	3.219	5	50	97	269
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.242			0.206	0.394	1.098
Threonine	g	0.705			0.599	1.149	3.198
Isoleucine	g	0.844			0.717	1.376	3.828
Leucine	g	1.381			1.174	2.251	6.264
Lysine	g	1.515			1.288	2.469	6.872
Methionine	g	0.490			0.417	0.799	2.223
Cystine	g	0.195			0.166	0.318	0.885
Phenylalanine	g	0.735			0.625	1.198	3.334
Tyrosine	g	0.579			0.492	0.944	2.626
Valine	g	0.819			0.696	1.335	3.715
Arginine	g	1.521			1.293	2.479	6.899
Histidine	g	0.354			0.301	0.577	1.606
Alanine	g	0.986			0.838	1.607	4.472
Aspartic acid	g	1.799			1.529	2.932	8.160
Glutamic acid	g	2.969			2.524	4.839	13.467
Glycine	g	1.050			0.893	1.712	4.763
Proline	g	0.574			0.488	0.936	2.604
Serine	g	0.685			0.582	1.117	3.107

[1]Yield from 1-1/2 lb whole crab.

CRUSTACEANS
Crab, Queen, raw
Chionoectes opilio **(O. Fabricius)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	80.58	0.790	5	68.49		365.51
Food energy	kcal	90			76		407
	kJ	375			319		1,702
Protein (N X 6.25)	g	18.50	1.384	4	15.73		83.92
Total lipid (fat)	g	1.18	0.146	6	1.00		5.36
Carbohydrate, total	g	0.00			0.00		0.00
Crude fiber	g	0.00			0.00		0.00
Ash	g	2.00	0.097	4	1.70		9.07
Minerals:							
Calcium	mg	26	6.071	4	22		118
Iron	mg						
Magnesium	mg						
Phosphorus	mg	133	34.972	4	113		603
Potassium	mg	173	23.558	4	147		785
Sodium	mg	539	67.000	4	458		2,445
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.143			0.122		0.649
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.004		1	0.003		0.018
16:0	g	0.119		1	0.101		0.540
18:0	g	0.020		1	0.017		0.091
Monounsaturated, total	g	0.256			0.218		1.161
16:1	g	0.050		1	0.043		0.227
18:1	g	0.184		1	0.156		0.835
20:1	g	0.022		1	0.019		0.100
22:1	g						
Polyunsaturated, total	g	0.422			0.359		1.914
18:2	g	0.006		1	0.005		0.027
18:3	g	0.002		1	0.002		0.009
18:4	g	0.001		1	0.001		0.005
20:4	g	0.033		1	0.028		0.150
20:5	g	0.259		1	0.220		1.175
22:5	g	0.008		1	0.007		0.036
22:6	g	0.113		1	0.096		0.513
Cholesterol	mg	55		1	47		248
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.258			0.219		1.170
Threonine	g	0.749			0.637		3.397
Isoleucine	g	0.897			0.762		4.069
Leucine	g	1.468			1.248		6.659
Lysine	g	1.610			1.369		7.303
Methionine	g	0.521			0.443		2.363
Cystine	g	0.207			0.176		0.939
Phenylalanine	g	0.781			0.664		3.543
Tyrosine	g	0.616			0.524		2.794
Valine	g	0.870			0.740		3.946
Arginine	g	1.616			1.374		7.330
Histidine	g	0.376			0.320		1.706
Alanine	g	1.048			0.891		4.754
Aspartic acid	g	1.912			1.625		8.673
Glutamic acid	g	3.155			2.682		14.311
Glycine	g	1.116			0.949		5.062
Proline	g	0.610			0.519		2.767
Serine	g	0.728			0.619		3.302

CRUSTACEANS
Crayfish, Mixed species, raw
Astacus **spp. and** *Orconectes* **spp.**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 8 crayfish[1] = 27 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	80.79		9	21.81	68.67	366.47
Food energy	kcal	89			24	76	405
	kJ	373			101	317	1,692
Protein (N X6.25)	g	18.66		7	5.04	15.86	84.62
Total lipid (fat)	g	1.06		5	0.28	0.90	4.79
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.00		4	0.54	1.70	9.05
Minerals:							
Calcium	mg	24	8.076	13	6	20	107
Iron	mg	2.45		1	0.66	2.08	11.11
Magnesium	mg	25	1.389	12	7	21	111
Phosphorus	mg	257	17.173	16	69	219	1,167
Potassium	mg	274	0.000	12	74	233	1,242
Sodium	mg	53	3.364	7	14	45	241
Zinc	mg	1.31	0.033	16	0.35	1.11	5.93
Copper	mg	0.436	0.054	28	0.118	0.371	1.978
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	3.0		1	0.8	2.6	13.6
Thiamin	mg						
Riboflavin	mg	0.060		1	0.016	0.051	0.272
Niacin	mg	2.400		1	0.648	2.040	10.886
Pantothenic acid	mg	0.410		1	0.111	0.349	1.860
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	2.700		1	0.729	2.295	12.247
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.181			0.049	0.154	0.821
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.003		1	0.001	0.003	0.014
16:0	g	0.121		2	0.033	0.103	0.549
18:0	g	0.056		2	0.015	0.048	0.254
Monounsaturated, total	g	0.218			0.059	0.185	0.989
16:1	g	0.042		2	0.011	0.036	0.191
18:1	g	0.159		2	0.043	0.135	0.721
20:1	g	0.009		2	0.002	0.008	0.041
22:1	g	0.075		2	0.020	0.064	0.340
Polyunsaturated, total	g	0.333			0.090	0.283	1.510
18:2	g	0.050		2	0.014	0.043	0.227
18:3	g	0.006		1	0.002	0.005	0.027
18:4	g						
20:4	g	0.008		1	0.002	0.007	0.036
20:5	g	0.106		2	0.029	0.090	0.481
22:5	g	0.018		2	0.005	0.015	0.082
22:6	g	0.067		2	0.018	0.057	0.304
Cholesterol	mg	139		2	37	118	628
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.260			0.070	0.221	1.179
Threonine	g	0.755			0.204	0.642	3.425
Isoleucine	g	0.904			0.244	0.768	4.101
Leucine	g	1.481			0.400	1.259	6.718
Lysine	g	1.624			0.438	1.380	7.366
Methionine	g	0.525			0.142	0.446	2.381
Cystine	g	0.209			0.056	0.178	0.948
Phenylalanine	g	0.788			0.213	0.670	3.574
Tyrosine	g	0.621			0.168	0.528	2.817
Valine	g	0.878			0.237	0.746	3.983
Arginine	g	1.630			0.440	1.386	7.394
Histidine	g	0.379			0.102	0.322	1.719
Alanine	g	1.057			0.285	0.898	4.795
Aspartic acid	g	1.928			0.521	1.639	8.745
Glutamic acid	g	3.182			0.859	2.705	14.434
Glycine	g	1.125			0.304	0.956	5.103
Proline	g	0.615			0.166	0.523	2.790
Serine	g	0.734			0.198	0.624	3.329

[1]Weight based on 15-25 per lb.

CRUSTACEANS
Crayfish, Mixed species, cooked, moist heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	75.37			64.07		341.89
Food energy	kcal	114			97		519
	kJ	478			407		2,170
Protein (N X6.25)	g	23.92			20.33		108.49
Total lipid (fat)	g	1.35			1.15		6.14
Carbohydrate, total	g	0.00			0.00		0.00
Crude fiber	g	0.00			0.00		0.00
Ash	g	2.56			2.17		11.60
Minerals:							
Calcium	mg	30			26		137
Iron	mg	3.14			2.67		14.25
Magnesium	mg	31			27		143
Phosphorus	mg	330			280		1,496
Potassium	mg	351			298		1,592
Sodium	mg	68			58		309
Zinc	mg	1.68			1.42		7.60
Copper	mg	0.559			0.475		2.536
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	3.3			2.8		14.8
Thiamin	mg						
Riboflavin	mg	0.077			0.065		0.349
Niacin	mg	2.923			2.485		13.259
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	3.462			2.943		15.704
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.232			0.197		1.052
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.004			0.003		0.018
16:0	g	0.155			0.132		0.703
18:0	g	0.072			0.061		0.327
Monounsaturated, total	g	0.376			0.320		1.706
16:1	g	0.054			0.046		0.245
18:1	g	0.204			0.173		0.925
20:1	g	0.012			0.010		0.054
22:1	g	0.096			0.082		0.435
Polyunsaturated, total	g	0.331			0.281		1.501
18:2	g	0.064			0.054		0.290
18:3	g	0.008			0.007		0.036
18:4	g						
20:4	g	0.010			0.009		0.045
20:5	g	0.136			0.116		0.617
22:5	g	0.023			0.020		0.104
22:6	g	0.086			0.073		0.390
Cholesterol	mg	178			151		806
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.333			0.283		1.510
Threonine	g	0.968			0.823		4.391
Isoleucine	g	1.160			0.986		5.262
Leucine	g	1.898			1.613		8.609
Lysine	g	2.082			1.770		9.444
Methionine	g	0.674			0.573		3.057
Cystine	g	0.268			0.228		1.216
Phenylalanine	g	1.010			0.859		4.581
Tyrosine	g	0.796			0.677		3.611
Valine	g	1.125			0.956		5.103
Arginine	g	2.090			1.777		9.480
Histidine	g	0.486			0.413		2.204
Alanine	g	1.355			1.152		6.146
Aspartic acid	g	2.472			2.101		11.213
Glutamic acid	g	4.080			3.468		18.507
Glycine	g	1.443			1.227		6.545
Proline	g	0.788			0.670		3.574
Serine	g	0.941			0.800		4.268

CRUSTACEANS
Lobster, Northern, raw
Homarus americanus **Milne-Edwards**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lobster[1] = 150 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	76.76	0.701	4	65.24	115.13	348.16
Food energy[2]	kcal	90			77	136	410
	kJ	378			322	568	1,716
Protein (N X 6.25)	g	18.80	1.500	2	15.98	28.20	85.28
Total lipid (fat)	g	0.90	0.133	10	0.76	1.35	4.07
Carbohydrate, total[2]	g	0.50			0.43	0.75	2.27
Crude fiber	g	0.00			0.00	0.00	0.00
Ash[2]	g	2.20			1.87	3.30	9.98
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg	3.02	0.291	86	2.57	4.53	13.71
Copper	mg	1.663	0.071	87	1.414	2.495	7.543
Manganese	mg	0.055			0.047	0.083	0.249
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg	0.048	0.002	2	0.041	0.072	0.218
Niacin	mg	1.455	0.215	2	1.237	2.183	6.600
Pantothenic acid	mg	1.630	0.360	2	1.386	2.445	7.394
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	0.925	0.031	22	0.786	1.388	4.196
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	95	12.226	8	81	143	432
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.262			0.223	0.393	1.188
Threonine	g	0.761			0.647	1.142	3.452
Isoleucine	g	0.911			0.774	1.367	4.132
Leucine	g	1.492			1.268	2.238	6.768
Lysine	g	1.636			1.391	2.454	7.421
Methionine	g	0.529			0.450	0.794	2.400
Cystine	g	0.211			0.179	0.317	0.957
Phenylalanine	g	0.794			0.675	1.191	3.602
Tyrosine	g	0.626			0.532	0.939	2.840
Valine	g	0.884			0.751	1.326	4.010
Arginine	g	1.642			1.396	2.463	7.448
Histidine	g	0.382			0.325	0.573	1.733
Alanine	g	1.065			0.905	1.598	4.831
Aspartic acid	g	1.943			1.652	2.915	8.813
Glutamic acid	g	3.207			2.726	4.811	14.547
Glycine	g	1.134			0.964	1.701	5.144
Proline	g	0.620			0.527	0.930	2.812
Serine	g	0.740			0.629	1.110	3.357

[1]Yield from 1-1/2 lb whole lobster.
[2]Value from U. S. Dept. Agr., Agr. Handb. 8 (rev. 1963).

CRUSTACEANS
Lobster, Northern, cooked, moist heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 c = 145 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	76.03		2	64.63	110.24	344.87
Food energy	kcal	98			83	142	445
	kJ	411			349	595	1,862
Protein (N X6.25)	g	20.50		2	17.43	29.73	92.99
Total lipid (fat)	g	0.59		2	0.50	0.86	2.68
Carbohydrate, total	g	1.28			1.09	1.86	5.81
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.60		2	1.36	2.32	7.26
Minerals:							
Calcium	mg	61		2	52	88	275
Iron	mg	0.39		2	0.33	0.57	1.78
Magnesium	mg	35		2	30	51	158
Phosphorus	mg	185		2	157	268	839
Potassium	mg	352		2	299	510	1,597
Sodium	mg	380		2	323	551	1,724
Zinc	mg	2.92		2	2.48	4.23	13.25
Copper	mg	1.940		2	1.649	2.813	8.800
Manganese	mg	0.061		2	0.052	0.088	0.277
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.007		2	0.006	0.010	0.032
Riboflavin	mg	0.066		2	0.056	0.096	0.299
Niacin	mg	1.070		2	0.910	1.552	4.854
Pantothenic acid	mg	0.285		2	0.242	0.413	1.293
Vitamin B_6	mg	0.077		2	0.065	0.112	0.349
Folacin	mcg	11.1		2	9.4	16.1	50.3
Vitamin B_{12}	mcg	3.110		2	2.644	4.510	14.107
Vitamin A	RE	26			22	38	118
	IU	87		2	74	126	395
Lipids:							
Fatty acids:							
Saturated, total	g	0.107			0.091	0.155	0.485
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.006		2	0.005	0.009	0.027
16:0	g	0.081		2	0.069	0.117	0.367
18:0	g	0.020		2	0.017	0.029	0.091
Monounsaturated, total	g	0.160			0.136	0.232	0.726
16:1	g	0.030		2	0.026	0.044	0.136
18:1	g	0.095		2	0.081	0.138	0.431
20:1	g	0.017		2	0.014	0.025	0.077
22:1	g	0.018		2	0.015	0.026	0.082
Polyunsaturated, total	g	0.091			0.077	0.132	0.413
18:2	g	0.005		2	0.004	0.007	0.023
18:3	g						
18:4	g						
20:4	g						
20:5	g	0.053		2	0.045	0.077	0.240
22:5	g	0.002		2	0.002	0.003	0.009
22:6	g	0.031		2	0.026	0.045	0.141
Cholesterol	mg	72		2	61	104	325
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.285			0.242	0.413	1.293
Threonine	g	0.830			0.706	1.204	3.765
Isoleucine	g	0.994			0.845	1.441	4.509
Leucine	g	1.627			1.383	2.359	7.380
Lysine	g	1.784			1.516	2.587	8.092
Methionine	g	0.577			0.490	0.837	2.617
Cystine	g	0.230			0.196	0.334	1.043
Phenylalanine	g	0.866			0.736	1.256	3.928
Tyrosine	g	0.682			0.580	0.989	3.094
Valine	g	0.964			0.819	1.398	4.373
Arginine	g	1.791			1.522	2.597	8.124
Histidine	g	0.417			0.354	0.605	1.892
Alanine	g	1.161			0.987	1.683	5.266
Aspartic acid	g	2.119			1.801	3.073	9.612
Glutamic acid	g	3.496			2.972	5.069	15.858
Glycine	g	1.237			1.051	1.794	5.611
Proline	g	0.676			0.575	0.980	3.066
Serine	g	0.807			0.686	1.170	3.661

CRUSTACEANS
Shrimp, Mixed species, raw
Penaeidae and Pandalidae

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 large shrimp[1] = 28 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	75.86	0.089	212	21.24	64.48	344.08
Food energy	kcal	106			30	90	481
	kJ	444			124	377	2,012
Protein (N X6.25)	g	20.31	0.223	201	5.69	17.27	92.14
Total lipid (fat)	g	1.73	0.067	100	0.48	1.47	7.83
Carbohydrate, total	g	0.91			0.25	0.77	4.12
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.20		161	0.34	1.02	5.43
Minerals:							
Calcium	mg	52		117	15	44	235
Iron	mg	2.41		8	0.67	2.05	10.92
Magnesium	mg	37	2.158	6	10	31	166
Phosphorus	mg	205		112	58	175	932
Potassium	mg	185	5.944	27	52	157	840
Sodium	mg	148	10.119	26	42	126	673
Zinc	mg	1.11		275	0.31	0.94	5.03
Copper	mg	0.264	0.014	285	0.074	0.224	1.198
Manganese	mg	0.050			0.014	0.043	0.227
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.028		5	0.008	0.024	0.127
Riboflavin	mg	0.034		6	0.010	0.029	0.154
Niacin	mg	2.552		6	0.715	2.169	11.576
Pantothenic acid	mg	0.276		2	0.077	0.235	1.252
Vitamin B_6	mg	0.104	0.012	3	0.029	0.088	0.472
Folacin	mcg	3.0		1	0.8	2.6	13.6
Vitamin B_{12}	mcg	1.161		19	0.325	0.987	5.266
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.328			0.092	0.279	1.488
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.009		1	0.003	0.008	0.041
12:0	g	0.005		4	0.001	0.004	0.023
14:0	g	0.021		65	0.006	0.018	0.095
16:0	g	0.184		65	0.052	0.156	0.835
18:0	g	0.103		65	0.029	0.088	0.467
Monounsaturated, total	g	0.253			0.071	0.215	1.148
16:1	g	0.083		65	0.023	0.071	0.376
18:1	g	0.147		65	0.041	0.125	0.667
20:1	g	0.017		65	0.005	0.014	0.077
22:1	g	0.005		43	0.001	0.004	0.023
Polyunsaturated, total	g	0.669			0.187	0.569	3.035
18:2	g	0.028		65	0.008	0.024	0.127
18:3	g	0.014		56	0.004	0.012	0.064
18:4	g	0.006		64	0.002	0.005	0.027
20:4	g	0.087		65	0.024	0.074	0.395
20:5	g	0.258		66	0.072	0.219	1.170
22:5	g	0.046		66	0.013	0.039	0.209
22:6	g	0.222		65	0.062	0.189	1.007
Cholesterol	mg	152	2.737	76	43	130	692
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.283			0.079	0.241	1.284
Threonine	g	0.822			0.230	0.699	3.729
Isoleucine	g	0.985			0.276	0.837	4.468
Leucine	g	1.612			0.451	1.370	7.312
Lysine	g	1.768			0.495	1.503	8.020
Methionine	g	0.572			0.160	0.486	2.595
Cystine	g	0.228			0.064	0.194	1.034
Phenylalanine	g	0.858			0.240	0.729	3.892
Tyrosine	g	0.676			0.189	0.575	3.066
Valine	g	0.956			0.268	0.813	4.336
Arginine	g	1.775			0.497	1.509	8.051
Histidine	g	0.413			0.116	0.351	1.873
Alanine	g	1.151			0.322	0.978	5.221
Aspartic acid	g	2.100			0.588	1.785	9.526
Glutamic acid	g	3.465			0.970	2.945	15.717
Glycine	g	1.225			0.343	1.041	5.557
Proline	g	0.670			0.188	0.570	3.039
Serine	g	0.800			0.224	0.680	3.629

[1]Weight based on 32 per lb.

CRUSTACEANS
Shrimp, Mixed species, canned[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 c = 128 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	72.56			61.68	92.88	329.14
Food energy	kcal	120			102	154	547
	kJ	504			429	645	2,287
Protein (N X 6.25)	g	23.08			19.62	29.55	104.70
Total lipid (fat)	g	1.96			1.67	2.51	8.90
Carbohydrate, total	g	1.03			0.88	1.32	4.69
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.36			1.16	1.74	6.17
Minerals:							
Calcium	mg	59			50	75	267
Iron	mg	2.74			2.32	3.50	12.41
Magnesium	mg	41			35	53	188
Phosphorus	mg	233			198	299	1,059
Potassium	mg	210			179	269	954
Sodium	mg	169			143	216	765
Zinc	mg	1.26			1.07	1.61	5.72
Copper	mg	0.300			0.255	0.384	1.361
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.027			0.023	0.035	0.122
Riboflavin	mg	0.037			0.031	0.047	0.168
Niacin	mg	2.755			2.342	3.526	12.497
Pantothenic acid	mg						
Vitamin B_6	mg	0.111	0.068	5	0.094	0.142	0.503
Folacin	mcg	1.8	0.671	5	1.5	2.3	8.2
Vitamin B_{12}	mcg	1.121			0.953	1.435	5.085
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.373			0.317	0.477	1.692
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.006			0.005	0.008	0.027
14:0	g	0.024			0.020	0.031	0.109
16:0	g	0.209			0.178	0.268	0.948
18:0	g	0.117			0.099	0.150	0.531
Monounsaturated, total	g	0.293			0.249	0.375	1.329
16:1	g	0.094			0.080	0.120	0.426
18:1	g	0.167			0.142	0.214	0.758
20:1	g	0.019			0.016	0.024	0.086
22:1	g	0.006			0.005	0.008	0.027
Polyunsaturated, total	g	0.755			0.642	0.966	3.425
18:2	g	0.032			0.027	0.041	0.145
18:3	g	0.016			0.014	0.020	0.073
18:4	g	0.007			0.006	0.009	0.032
20:4	g	0.099			0.084	0.127	0.449
20:5	g	0.293			0.249	0.375	1.329
22:5	g	0.052			0.044	0.067	0.236
22:6	g	0.252			0.214	0.323	1.143
Cholesterol	mg	173			147	222	786
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.321			0.273	0.411	1.456
Threonine	g	0.934			0.794	1.196	4.237
Isoleucine	g	1.119			0.951	1.432	5.076
Leucine	g	1.832			1.557	2.345	8.310
Lysine	g	2.009			1.708	2.572	9.113
Methionine	g	0.650			0.553	0.832	2.948
Cystine	g	0.259			0.220	0.332	1.175
Phenylalanine	g	0.975			0.829	1.248	4.423
Tyrosine	g	0.768			0.653	0.983	3.484
Valine	g	1.086			0.923	1.390	4.926
Arginine	g	2.016			1.714	2.580	9.145
Histidine	g	0.469			0.399	0.600	2.127
Alanine	g	1.307			1.111	1.673	5.929
Aspartic acid	g	2.386			2.028	3.054	10.823
Glutamic acid	g	3.937			3.346	5.039	17.858
Glycine	g	1.392			1.183	1.782	6.314
Proline	g	0.761			0.647	0.974	3.452
Serine	g	0.908			0.772	1.162	4.119

[1]Dry pack or drained solids of wet pack.

CRUSTACEANS
Shrimp, Mixed species, cooked, breaded and fried[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 large shrimp = 30 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	52.86	0.450	11	15.86	44.93	239.77
Food energy	kcal	242			73	206	1,098
	kJ	1,013			304	861	4,593
Protein (N X6.22)	g	21.39	0.480	11	6.42	18.18	97.03
Total lipid (fat)	g	12.28	0.240	11	3.68	10.44	55.70
Carbohydrate, total	g	11.47			3.44	9.75	52.03
Crude fiber	g	0.14			0.04	0.12	0.65
Ash	g	1.99	0.170	11	0.60	1.69	9.03
Minerals:							
Calcium	mg	67			20	57	305
Iron	mg	1.26	0.090	11	0.38	1.07	5.72
Magnesium	mg	40			12	34	179
Phosphorus	mg	218			65	185	988
Potassium	mg	225	13.800	11	67	191	1,019
Sodium	mg	344	33.600	11	103	292	1,558
Zinc	mg	1.38	0.050	11	0.41	1.17	6.26
Copper	mg	0.274			0.082	0.233	1.243
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.129	0.006	11	0.039	0.110	0.585
Riboflavin	mg	0.136	0.007	11	0.041	0.116	0.617
Niacin	mg	3.070	0.160	11	0.921	2.610	13.926
Pantothenic acid	mg						
Vitamin B_6	mg	0.098			0.029	0.083	0.445
Folacin	mcg	8.1			2.4	6.9	36.8
Vitamin B_{12}	mcg	1.870	0.350	11	0.561	1.590	8.482
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	2.087			0.626	1.774	9.467
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.035		11	0.011	0.030	0.159
16:0	g	1.463		11	0.439	1.244	6.636
18:0	g	0.541		11	0.162	0.460	2.454
Monounsaturated, total	g	3.812			1.144	3.240	17.291
16:1	g	0.076		11	0.023	0.065	0.345
18:1	g	3.753		11	1.126	3.190	17.024
20:1	g	0.105		11	0.032	0.089	0.476
22:1	g	0.022		11	0.007	0.019	0.100
Polyunsaturated, total	g	5.085			1.526	4.322	23.066
18:2	g	4.511		11	1.353	3.834	20.462
18:3	g	0.267		11	0.080	0.227	1.211
18:4	g						
20:4	g	0.059		11	0.018	0.050	0.268
20:5	g	0.109		11	0.033	0.093	0.494
22:5	g	0.035		11	0.011	0.030	0.159
22:6	g	0.124		11	0.037	0.105	0.562
Cholesterol	mg	177	8.900	11	53	150	801
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.299			0.090	0.254	1.356
Threonine	g	0.860			0.258	0.731	3.901
Isoleucine	g	1.042			0.313	0.886	4.727
Leucine	g	1.698			0.509	1.443	7.702
Lysine	g	1.764			0.529	1.499	8.002
Methionine	g	0.591			0.177	0.502	2.681
Cystine	g	0.258			0.077	0.219	1.170
Phenylalanine	g	0.928			0.278	0.789	4.209
Tyrosine	g	0.719			0.216	0.611	3.261
Valine	g	1.025			0.308	0.871	4.649
Arginine	g	1.784			0.535	1.516	8.092
Histidine	g	0.437			0.131	0.371	1.982
Alanine	g	1.183			0.355	1.006	5.366
Aspartic acid	g	2.132			0.640	1.812	9.671
Glutamic acid	g	3.878			1.163	3.296	17.591
Glycine	g	1.238			0.371	1.052	5.616
Proline	g	0.829			0.249	0.705	3.760
Serine	g	0.890			0.267	0.757	4.037

[1]Recipe: Shrimp, 84.2%; bread crumbs, 9.3%; egg, 4.6%; milk, 1.4%; and salt, 0.5%.

CRUSTACEANS
Shrimp, Mixed species, cooked, moist heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 large shrimp[1] = 22 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	77.28	0.213	17	17.00	65.69	350.56
Food energy	kcal	99			22	84	449
	kJ	414			91	352	1,879
Protein (N X6.25)	g	20.91	0.355	15	4.60	17.77	94.84
Total lipid (fat)	g	1.08	0.029	9	0.24	0.92	4.90
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.57	0.234	9	0.34	1.33	7.10
Minerals:							
Calcium	mg	39		1	9	33	178
Iron	mg	3.09			0.68	2.62	14.00
Magnesium	mg	34		1	7	29	152
Phosphorus	mg	137		1	30	116	621
Potassium	mg	182	10.900	11	40	154	823
Sodium	mg	224	35.600	11	49	190	1,014
Zinc	mg	1.56	0.080	11	0.34	1.33	7.08
Copper	mg	0.193		1	0.042	0.164	0.875
Manganese	mg	0.034		1	0.007	0.029	0.154
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.031	0.003	11	0.007	0.026	0.141
Riboflavin	mg	0.032	0.003	11	0.007	0.027	0.145
Niacin	mg	2.590	1.800	11	0.570	2.202	11.748
Pantothenic acid	mg						
Vitamin B_6	mg	0.127			0.028	0.108	0.576
Folacin	mcg	3.5			0.8	2.9	15.7
Vitamin B_{12}	mcg	1.488			0.327	1.265	6.750
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.289			0.064	0.246	1.311
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.017		11	0.004	0.014	0.077
16:0	g	0.143		11	0.031	0.122	0.649
18:0	g	0.096		11	0.021	0.082	0.435
Monounsaturated, total	g	0.197			0.043	0.167	0.894
16:1	g	0.060		11	0.013	0.051	0.272
18:1	g	0.114		11	0.025	0.097	0.517
20:1	g	0.011		11	0.002	0.009	0.050
22:1	g	0.007		7	0.002	0.006	0.032
Polyunsaturated, total	g	0.440			0.097	0.374	1.996
18:2	g	0.021		11	0.005	0.018	0.095
18:3	g	0.012		11	0.003	0.010	0.054
18:4	g						
20:4	g	0.071		11	0.016	0.060	0.322
20:5	g	0.171		11	0.038	0.145	0.776
22:5	g	0.020		11	0.004	0.017	0.091
22:6	g	0.144		11	0.032	0.122	0.653
Cholesterol	mg	195			43	166	887
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.291			0.064	0.247	1.320
Threonine	g	0.846			0.186	0.719	3.837
Isoleucine	g	1.014			0.223	0.862	4.600
Leucine	g	1.659			0.365	1.410	7.525
Lysine	g	1.820			0.400	1.547	8.256
Methionine	g	0.589			0.130	0.501	2.672
Cystine	g	0.234			0.051	0.199	1.061
Phenylalanine	g	0.883			0.194	0.751	4.005
Tyrosine	g	0.696			0.153	0.592	3.157
Valine	g	0.983			0.216	0.836	4.459
Arginine	g	1.826			0.402	1.552	8.283
Histidine	g	0.425			0.094	0.361	1.928
Alanine	g	1.184			0.260	1.006	5.371
Aspartic acid	g	2.161			0.475	1.837	9.802
Glutamic acid	g	3.566			0.785	3.031	16.175
Glycine	g	1.261			0.277	1.072	5.720
Proline	g	0.689			0.152	0.586	3.125
Serine	g	0.823			0.181	0.700	3.733

[1]Yield from raw shrimp.

CRUSTACEANS
Shrimp, Mixed species, imitation, made from surimi

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	74.91	0.225	3	63.67		339.79
Food energy	kcal	101			86		458
	kJ	422			359		1,914
Protein (N X6.25)	g	12.39	0.456	3	10.53		56.20
Total lipid (fat)	g	1.47	0.191	3	1.25		6.67
Carbohydrate, total	g	9.13			7.76		41.41
Crude fiber	g	0.00			0.00		0.00
Ash	g	2.11	0.058	3	1.79		9.57
Minerals:							
Calcium	mg	19	5.485	3	16		86
Iron	mg	0.60	0.191	3	0.51		2.72
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	89	1.155	3	76		404
Sodium	mg	705	24.827	3	599		3,198
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.024	0.006	3	0.020		0.109
Riboflavin	mg	0.034	0.007	3	0.029		0.154
Niacin	mg	0.170	0.069	3	0.145		0.771
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	36	3.695	3	31		163
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.075			0.064		0.340
Threonine	g	0.599			0.509		2.717
Isoleucine	g	0.579			0.492		2.626
Leucine	g	0.981			0.834		4.450
Lysine	g	1.132			0.962		5.135
Methionine	g	0.420			0.357		1.905
Cystine	g	0.133			0.113		0.603
Phenylalanine	g	0.486			0.413		2.204
Tyrosine	g	0.499			0.424		2.263
Valine	g	0.628			0.534		2.849
Arginine	g	0.823			0.700		3.733
Histidine	g	0.285			0.242		1.293
Alanine	g	0.727			0.618		3.298
Aspartic acid	g	1.239			1.053		5.620
Glutamic acid	g	1.956			1.663		8.872
Glycine	g	0.480			0.408		2.177
Proline	g	0.462			0.393		2.096
Serine	g	0.541			0.460		2.454

CRUSTACEANS
Spiny Lobster, Mixed species, raw
Jasus spp. and *Panulirus* spp.

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lobster[1] = 209 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	74.07	0.218	28	62.96	154.81	336.00
Food energy	kcal	112			95	233	506
	kJ	467			397	976	2,117
Protein (N X 6.25)	g	20.60	1.116	27	17.51	43.05	93.42
Total lipid (fat)	g	1.51		8	1.29	3.16	6.86
Carbohydrate, total	g	2.43			2.06	5.07	11.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.39	0.074	23	1.18	2.91	6.32
Minerals:							
Calcium	mg	49	10.190	20	41	102	221
Iron	mg	1.22	0.613	4	1.04	2.55	5.54
Magnesium	mg						
Phosphorus	mg	238	31.739	21	202	498	1,080
Potassium	mg						
Sodium	mg	177		1	150	370	803
Zinc	mg	5.67	3.769	40	4.82	11.86	25.74
Copper	mg	0.381	0.027	40	0.324	0.796	1.728
Manganese	mg	0.015			0.013	0.031	0.068
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.007	0.000	2	0.006	0.015	0.032
Riboflavin	mg	0.046	0.026	2	0.039	0.096	0.209
Niacin	mg	4.245	2.115	2	3.608	8.872	19.255
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.237			0.201	0.495	1.075
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.006		1	0.005	0.013	0.027
16:0	g	0.149		1	0.127	0.311	0.676
18:0	g	0.080		1	0.068	0.167	0.363
Monounsaturated, total	g	0.275			0.234	0.575	1.247
16:1	g	0.039		1	0.033	0.082	0.177
18:1	g	0.208		1	0.177	0.435	0.943
20:1	g	0.027		1	0.023	0.056	0.122
22:1	g						
Polyunsaturated, total	g	0.590			0.502	1.233	2.676
18:2	g	0.013		1	0.011	0.027	0.059
18:3	g	0.008		1	0.007	0.017	0.036
18:4	g	0.005		1	0.004	0.010	0.023
20:4	g	0.154		1	0.131	0.322	0.699
20:5	g	0.265		1	0.225	0.554	1.202
22:5	g	0.034		1	0.029	0.071	0.154
22:6	g	0.108		1	0.092	0.226	0.490
Cholesterol	mg	70		1	60	146	318
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.287			0.244	0.600	1.302
Threonine	g	0.834			0.709	1.743	3.783
Isoleucine	g	0.998			0.848	2.086	4.527
Leucine	g	1.634			1.389	3.415	7.412
Lysine	g	1.792			1.523	3.745	8.129
Methionine	g	0.580			0.493	1.212	2.631
Cystine	g	0.231			0.196	0.483	1.048
Phenylalanine	g	0.870			0.740	1.818	3.946
Tyrosine	g	0.685			0.582	1.432	3.107
Valine	g	0.969			0.824	2.025	4.395
Arginine	g	1.799			1.529	3.760	8.160
Histidine	g	0.418			0.355	0.874	1.896
Alanine	g	1.166			0.991	2.437	5.289
Aspartic acid	g	2.129			1.810	4.450	9.657
Glutamic acid	g	3.512			2.985	7.340	15.930
Glycine	g	1.242			1.056	2.596	5.634
Proline	g	0.679			0.577	1.419	3.080
Serine	g	0.811			0.689	1.695	3.679

[1]Yield from 2 lb whole lobster.

MOLLUSKS
Abalone, Mixed species, raw
Haliotis **spp.**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	74.56		12	63.37		338.20
Food energy	kcal	105			89		474
	kJ	437			372		1,984
Protein (N X 6.25)	g	17.10	0.400	3	14.54		77.57
Total lipid (fat)	g	0.76		7	0.64		3.44
Carbohydrate, total	g	6.01			5.11		27.27
Crude fiber	g	0.00			0.00		0.00
Ash	g	1.57	0.090	9	1.34		7.14
Minerals:							
Calcium	mg	31	11.170	6	27		142
Iron	mg	3.19		7	2.71		14.47
Magnesium	mg	48	21.192	6	41		219
Phosphorus	mg						
Potassium	mg						
Sodium	mg	301	27.817	6	255		1,363
Zinc	mg	0.82		11	0.69		3.70
Copper	mg	0.196	0.037	13	0.167		0.889
Manganese	mg	0.040			0.034		0.181
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg	3.000		1	2.550		13.608
Vitamin B_6	mg						
Folacin	mcg	5.0		1	4.3		22.7
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.149			0.127		0.676
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.023		2	0.020		0.104
16:0	g	0.103		2	0.088		0.467
18:0	g	0.021		2	0.018		0.095
Monounsaturated, total	g	0.107			0.091		0.485
16:1	g	0.020		2	0.017		0.091
18:1	g	0.087		2	0.074		0.395
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.104			0.088		0.472
18:2	g	0.007		2	0.006		0.032
18:3	g						
18:4	g	0.006		1	0.005		0.027
20:4	g						
20:5	g	0.049		2	0.042		0.222
22:5	g	0.041		2	0.035		0.186
22:6	g						
Cholesterol	mg	85		1	72		384
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.192		43	0.163		0.871
Threonine	g	0.736		54	0.626		3.338
Isoleucine	g	0.744		54	0.632		3.375
Leucine	g	1.204		54	1.023		5.461
Lysine	g	1.278		66	1.086		5.797
Methionine	g	0.386		54	0.328		1.751
Cystine	g	0.224		49	0.190		1.016
Phenylalanine	g	0.613		54	0.521		2.781
Tyrosine	g	0.547		54	0.465		2.481
Valine	g	0.747		54	0.635		3.388
Arginine	g	1.248		54	1.061		5.661
Histidine	g	0.328		54	0.279		1.488
Alanine	g	1.034		54	0.879		4.690
Aspartic acid	g	1.650		54	1.403		7.484
Glutamic acid	g	2.326		54	1.977		10.551
Glycine	g	1.070		54	0.910		4.854
Proline	g	0.698		54	0.593		3.166
Serine	g	0.766		54	0.651		3.475

MOLLUSKS
Abalone, Mixed species, cooked, fried[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.10			51.09		272.63
Food energy	kcal	189			161		858
	kJ	792			673		3,591
Protein (N X6.23)	g	19.63			16.68		89.02
Total lipid (fat)	g	6.78			5.77		30.77
Carbohydrate, total	g	11.05			9.40		50.14
Crude fiber	g	0.13			0.11		0.60
Ash	g	1.77			1.51		8.04
Minerals:							
Calcium	mg	37			32		169
Iron	mg	3.80			3.23		17.25
Magnesium	mg	56			47		252
Phosphorus	mg						
Potassium	mg						
Sodium	mg	591			502		2,681
Zinc	mg	0.95			0.80		4.29
Copper	mg	0.228			0.194		1.034
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg	5.4			4.6		24.3
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	1.646			1.399		7.466
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.049			0.042		0.222
16:0	g	0.953			0.810		4.323
18:0	g	0.648			0.551		2.939
Monounsaturated, total	g	2.741			2.330		12.433
16:1	g	0.022			0.019		0.100
18:1	g	2.721			2.313		12.342
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.676			1.425		7.602
18:2	g	1.474			1.253		6.686
18:3	g	0.095			0.081		0.431
18:4	g	0.007			0.006		0.032
20:4	g						
20:5	g	0.054			0.046		0.245
22:5	g	0.046			0.039		0.209
22:6	g						
Cholesterol	mg	94			80		427
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.224			0.190		1.016
Threonine	g	0.838			0.712		3.801
Isoleucine	g	0.854			0.726		3.874
Leucine	g	1.386			1.178		6.287
Lysine	g	1.433			1.218		6.500
Methionine	g	0.441			0.375		2.000
Cystine	g	0.261			0.222		1.184
Phenylalanine	g	0.715			0.608		3.243
Tyrosine	g	0.627			0.533		2.844
Valine	g	0.860			0.731		3.901
Arginine	g	1.411			1.199		6.400
Histidine	g	0.378			0.321		1.715
Alanine	g	1.169			0.994		5.303
Aspartic acid	g	1.862			1.583		8.446
Glutamic acid	g	2.819			2.396		12.787
Glycine	g	1.213			1.031		5.502
Proline	g	0.851			0.723		3.860
Serine	g	0.885			0.752		4.014

[1]Recipe: Abalone, 94.6%; flour, 4.9%; and salt, 0.6%.

MOLLUSKS
Clam, Mixed species, raw
Lamellibranchia

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	9 large or 20 small clams[1] = 180 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	81.82		99	69.55	147.27	371.13
Food energy	kcal	74			63	133	335
	kJ	309			263	556	1,402
Protein (N X 6.25)	g	12.77		79	10.86	22.99	57.94
Total lipid (fat)	g	0.97		47	0.83	1.75	4.41
Carbohydrate, total	g	2.57			2.18	4.62	11.64
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.87		74	1.59	3.37	8.48
Minerals:							
Calcium	mg	46	2.311	89	39	83	209
Iron	mg	13.98		207	11.88	25.16	63.41
Magnesium	mg	9		1	8	17	42
Phosphorus	mg	169	3.797	86	144	304	766
Potassium	mg	314		1	267	565	1,425
Sodium	mg	56		1	47	100	253
Zinc	mg	1.37		568	1.16	2.46	6.19
Copper	mg	0.344		578	0.292	0.619	1.560
Manganese	mg	0.500		1	0.425	0.900	2.268
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg	0.213		14	0.181	0.383	0.966
Niacin	mg	1.765		14	1.500	3.177	8.006
Pantothenic acid	mg	0.362		14	0.308	0.652	1.642
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	49.444	3.138	34	42.027	88.999	224.278
Vitamin A	RE	90			77	162	408
	IU	300		1	255	540	1,361
Lipids:							
Fatty acids:							
Saturated, total	g	0.094			0.080	0.169	0.426
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.013		15	0.011	0.023	0.059
16:0	g	0.060		15	0.051	0.108	0.272
18:0	g	0.018		15	0.015	0.032	0.082
Monounsaturated, total	g	0.080			0.068	0.144	0.363
16:1	g	0.022		15	0.019	0.040	0.100
18:1	g	0.034		15	0.029	0.061	0.154
20:1	g	0.018		15	0.015	0.032	0.082
22:1	g	0.006		6	0.005	0.011	0.027
Polyunsaturated, total	g	0.282			0.240	0.508	1.279
18:2	g	0.016		15	0.014	0.029	0.073
18:3	g	0.004		15	0.003	0.007	0.018
18:4	g	0.016		15	0.014	0.029	0.073
20:4	g	0.041		15	0.035	0.074	0.186
20:5	g	0.069		15	0.059	0.124	0.313
22:5	g	0.052		15	0.044	0.094	0.236
22:6	g	0.073		15	0.062	0.131	0.331
Cholesterol	mg	34	4.021	13	29	60	152
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.143			0.122	0.257	0.649
Threonine	g	0.550			0.468	0.990	2.495
Isoleucine	g	0.556			0.473	1.001	2.522
Leucine	g	0.899			0.764	1.618	4.078
Lysine	g	0.954			0.811	1.717	4.327
Methionine	g	0.288			0.245	0.518	1.306
Cystine	g	0.168			0.143	0.302	0.762
Phenylalanine	g	0.458			0.389	0.824	2.077
Tyrosine	g	0.409			0.348	0.736	1.855
Valine	g	0.558			0.474	1.004	2.531
Arginine	g	0.932			0.792	1.678	4.228
Histidine	g	0.245			0.208	0.441	1.111
Alanine	g	0.772			0.656	1.390	3.502
Aspartic acid	g	1.232			1.047	2.218	5.588
Glutamic acid	g	1.737			1.476	3.127	7.879
Glycine	g	0.799			0.679	1.438	3.624
Proline	g	0.521			0.443	0.938	2.363
Serine	g	0.572			0.486	1.030	2.595

[1]Weight based on 50 per qt for large, and 110 per qt for small (1 qt = 992 g).

MOLLUSKS
Clam, Mixed species, canned, drained solids

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 c = 160 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	63.64			54.09	101.82	288.65
Food energy	kcal	148			126	236	670
	kJ	618			525	989	2,804
Protein (N X6.25)	g	25.55			21.71	40.87	115.88
Total lipid (fat)	g	1.95			1.65	3.11	8.83
Carbohydrate, total	g	5.13			4.36	8.21	23.28
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	3.74			3.18	5.98	16.96
Minerals:							
Calcium	mg	92			78	148	419
Iron	mg	27.96			23.76	44.74	126.82
Magnesium	mg	18			16	30	84
Phosphorus	mg	338			287	540	1,532
Potassium	mg	628			534	1,005	2,850
Sodium	mg	112			95	179	506
Zinc	mg	2.73			2.32	4.37	12.38
Copper	mg	0.688			0.585	1.101	3.121
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg	0.426			0.362	0.682	1.932
Niacin	mg	3.354			2.851	5.366	15.214
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	98.888			84.055	158.221	448.556
Vitamin A	RE	171			145	274	776
	IU	570			484	912	2,586
Lipids:							
Fatty acids:							
Saturated, total	g	0.188			0.160	0.301	0.853
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.026			0.022	0.042	0.118
16:0	g	0.120			0.102	0.192	0.544
18:0	g	0.036			0.031	0.058	0.163
Monounsaturated, total	g	0.172			0.146	0.275	0.780
16:1	g	0.044			0.037	0.070	0.200
18:1	g	0.068			0.058	0.109	0.308
20:1	g	0.036			0.031	0.058	0.163
22:1	g	0.012			0.010	0.019	0.054
Polyunsaturated, total	g	0.552			0.469	0.883	2.504
18:2	g	0.032			0.027	0.051	0.145
18:3	g	0.008			0.007	0.013	0.036
18:4	g	0.032			0.027	0.051	0.145
20:4	g	0.082			0.070	0.131	0.372
20:5	g	0.138			0.117	0.221	0.626
22:5	g	0.104			0.088	0.166	0.472
22:6	g	0.146			0.124	0.234	0.662
Cholesterol	mg	67			57	107	304
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.286			0.243	0.458	1.297
Threonine	g	1.099			0.934	1.758	4.985
Isoleucine	g	1.112			0.945	1.779	5.044
Leucine	g	1.798			1.528	2.877	8.156
Lysine	g	1.909			1.623	3.054	8.659
Methionine	g	0.576			0.490	0.922	2.613
Cystine	g	0.335			0.285	0.536	1.520
Phenylalanine	g	0.915			0.778	1.464	4.150
Tyrosine	g	0.817			0.694	1.307	3.706
Valine	g	1.116			0.949	1.786	5.062
Arginine	g	1.864			1.584	2.982	8.455
Histidine	g	0.490			0.417	0.784	2.223
Alanine	g	1.545			1.313	2.472	7.008
Aspartic acid	g	2.464			2.094	3.942	11.177
Glutamic acid	g	3.474			2.953	5.558	15.758
Glycine	g	1.598			1.358	2.557	7.249
Proline	g	1.042			0.886	1.667	4.727
Serine	g	1.144			0.972	1.830	5.189

MOLLUSKS
Clam, Mixed species, canned, liquid

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 c = 240 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	97.70		1	83.05	234.48	443.17
Food energy	kcal	2			2	6	10
	kJ	10			8	23	44
Protein (N X6.25)	g	0.40		1	0.34	0.96	1.81
Total lipid (fat)	g	0.02		1	0.02	0.05	0.09
Carbohydrate, total	g	0.10			0.09	0.24	0.45
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.80		1	1.53	4.32	8.16
Minerals:							
Calcium	mg	13		1	11	31	59
Iron	mg						
Magnesium	mg	11		1	9	26	50
Phosphorus	mg						
Potassium	mg						
Sodium	mg	215		1	183	516	975
Zinc	mg	0.10			0.09	0.24	0.45
Copper	mg	0.389		1	0.331	0.934	1.765
Manganese	mg	0.074		1	0.063	0.178	0.336
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g						
Threonine	g	0.000		1	0.000	0.000	0.000
Isoleucine	g	0.000		1	0.000	0.000	0.000
Leucine	g	0.000		1	0.000	0.000	0.000
Lysine	g	0.000		1	0.000	0.000	0.000
Methionine	g						
Cystine	g						
Phenylalanine	g	0.000		1	0.000	0.000	0.000
Tyrosine	g	0.000		1	0.000	0.000	0.000
Valine	g	0.000		1	0.000	0.000	0.000
Arginine	g	0.001		1	0.001	0.002	0.005
Histidine	g	0.000		1	0.000	0.000	0.000
Alanine	g	0.005		1	0.004	0.012	0.023
Aspartic acid	g	0.001		1	0.001	0.002	0.005
Glutamic acid	g	0.019		1	0.016	0.046	0.086
Glycine	g	0.001		1	0.001	0.002	0.005
Proline	g						
Serine	g	0.001		1	0.001	0.002	0.005

MOLLUSKS
Clam, Mixed species, cooked, breaded and fried[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	20 small clams = 188 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61.55			52.32	115.71	279.19
Food energy	kcal	202			171	379	915
	kJ	844			717	1,586	3,827
Protein (N X6.20)	g	14.24			12.10	26.77	64.58
Total lipid (fat)	g	11.15			9.48	20.96	50.57
Carbohydrate, total	g	10.33			8.78	19.42	46.87
Crude fiber	g	0.15			0.13	0.28	0.67
Ash	g	2.16			1.83	4.05	9.78
Minerals:							
Calcium	mg	63			54	119	287
Iron	mg	13.91			11.83	26.16	63.11
Magnesium	mg	14			12	27	65
Phosphorus	mg	188			160	353	851
Potassium	mg	326			277	612	1,477
Sodium	mg	364			309	684	1,650
Zinc	mg	1.46			1.24	2.74	6.60
Copper	mg	0.356			0.303	0.669	1.615
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg	0.244			0.207	0.459	1.107
Niacin	mg	2.064			1.754	3.880	9.362
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	40.269			34.229	75.706	182.660
Vitamin A	RE	90			77	170	410
	IU	302			257	568	1,370
Lipids:							
Fatty acids:							
Saturated, total	g	2.683			2.281	5.044	12.170
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.058			0.049	0.109	0.263
16:0	g	1.551			1.318	2.916	7.035
18:0	g	1.070			0.910	2.012	4.854
Monounsaturated, total	g	4.545			3.863	8.545	20.616
16:1	g	0.042			0.036	0.079	0.191
18:1	g	4.472			3.801	8.407	20.285
20:1	g	0.017			0.014	0.032	0.077
22:1	g	0.006			0.005	0.011	0.027
Polyunsaturated, total	g	2.870			2.440	5.396	13.018
18:2	g	2.455			2.087	4.615	11.136
18:3	g	0.160			0.136	0.301	0.726
18:4	g	0.015			0.013	0.028	0.068
20:4	g	0.044			0.037	0.083	0.200
20:5	g	0.066			0.056	0.124	0.299
22:5	g	0.050			0.043	0.094	0.227
22:6	g	0.070			0.060	0.132	0.318
Cholesterol	mg	61			52	115	278
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.168			0.143	0.316	0.762
Threonine	g	0.602			0.512	1.132	2.731
Isoleucine	g	0.636			0.541	1.196	2.885
Leucine	g	1.024			0.870	1.925	4.645
Lysine	g	0.992			0.843	1.865	4.500
Methionine	g	0.324			0.275	0.609	1.470
Cystine	g	0.204			0.173	0.384	0.925
Phenylalanine	g	0.549			0.467	1.032	2.490
Tyrosine	g	0.464			0.394	0.872	2.105
Valine	g	0.650			0.553	1.222	2.948
Arginine	g	0.985			0.837	1.852	4.468
Histidine	g	0.280			0.238	0.526	1.270
Alanine	g	0.824			0.700	1.549	3.738
Aspartic acid	g	1.311			1.114	2.465	5.947
Glutamic acid	g	2.239			1.903	4.209	10.156
Glycine	g	0.836			0.711	1.572	3.792
Proline	g	0.691			0.587	1.299	3.134
Serine	g	0.673			0.572	1.265	3.053

[1]Recipe: Clams, 84.2%; bread crumbs, 9.3%; egg, 4.6%; milk, 1.4%; and salt, 0.5%.

MOLLUSKS
Clam, Mixed species, cooked, moist heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	20 small clams[1] = 90 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	63.64			54.09	57.27	288.65
Food energy	kcal	148			126	133	670
	kJ	618			525	556	2,804
Protein (N X6.25)	g	25.55			21.71	22.99	115.88
Total lipid (fat)	g	1.95			1.65	1.75	8.83
Carbohydrate, total	g	5.13			4.36	4.62	23.28
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	3.74			3.18	3.37	16.96
Minerals:							
Calcium	mg	92			78	83	419
Iron	mg	27.96			23.76	25.16	126.82
Magnesium	mg	18			16	17	84
Phosphorus	mg	338			287	304	1,532
Potassium	mg	628			534	565	2,850
Sodium	mg	112			95	100	506
Zinc	mg	2.73			2.32	2.46	12.38
Copper	mg	0.688			0.585	0.619	3.121
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg	0.426			0.362	0.383	1.932
Niacin	mg	3.354			2.851	3.019	15.214
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	98.888			84.055	88.999	448.556
Vitamin A	RE	171			145	154	776
	IU	570			484	513	2,586
Lipids:							
Fatty acids:							
Saturated, total	g	0.188			0.160	0.169	0.853
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.026			0.022	0.023	0.118
16:0	g	0.120			0.102	0.108	0.544
18:0	g	0.036			0.031	0.032	0.163
Monounsaturated, total	g	0.172			0.146	0.155	0.780
16:1	g	0.044			0.037	0.040	0.200
18:1	g	0.068			0.058	0.061	0.308
20:1	g	0.036			0.031	0.032	0.163
22:1	g	0.012			0.010	0.011	0.054
Polyunsaturated, total	g	0.552			0.469	0.497	2.504
18:2	g	0.032			0.027	0.029	0.145
18:3	g	0.008			0.007	0.007	0.036
18:4	g	0.032			0.027	0.029	0.145
20:4	g	0.082			0.070	0.074	0.372
20:5	g	0.138			0.117	0.124	0.626
22:5	g	0.104			0.088	0.094	0.472
22:6	g	0.146			0.124	0.131	0.662
Cholesterol	mg	67			57	60	304
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.286			0.243	0.257	1.297
Threonine	g	1.099			0.934	0.989	4.985
Isoleucine	g	1.112			0.945	1.001	5.044
Leucine	g	1.798			1.528	1.618	8.156
Lysine	g	1.909			1.623	1.718	8.659
Methionine	g	0.576			0.490	0.518	2.613
Cystine	g	0.335			0.285	0.302	1.520
Phenylalanine	g	0.915			0.778	0.824	4.150
Tyrosine	g	0.817			0.694	0.735	3.706
Valine	g	1.116			0.949	1.004	5.062
Arginine	g	1.864			1.584	1.678	8.455
Histidine	g	0.490			0.417	0.441	2.223
Alanine	g	1.545			1.313	1.391	7.008
Aspartic acid	g	2.464			2.094	2.218	11.177
Glutamic acid	g	3.474			2.953	3.127	15.758
Glycine	g	1.598			1.358	1.438	7.249
Proline	g	1.042			0.886	0.938	4.727
Serine	g	1.144			0.972	1.030	5.189

[1]Yield from raw clams.

MOLLUSKS
Cuttlefish, Mixed species, raw
Sepiidae

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	80.56	0.545	16	68.48		365.42
Food energy	kcal	79			67		359
	kJ	331			281		1,500
Protein (N X6.25)	g	16.24		14	13.80		73.66
Total lipid (fat)	g	0.70		16	0.60		3.19
Carbohydrate, total	g	0.82			0.69		3.70
Crude fiber	g	0.00			0.00		0.00
Ash	g	1.68		14	1.43		7.63
Minerals:							
Calcium	mg	90		13	77		410
Iron	mg	6.02		5	5.11		27.29
Magnesium	mg						
Phosphorus	mg	387		13	329		1,755
Potassium	mg	354		2	301		1,607
Sodium	mg	372		1	316		1,686
Zinc	mg	1.73		27	1.47		7.84
Copper	mg	0.587	0.134	30	0.499		2.663
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	5.3		1	4.5		23.8
Thiamin	mg	0.009		1	0.008		0.041
Riboflavin	mg	0.910		1	0.774		4.128
Niacin	mg	1.216		1	1.034		5.516
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	3.000		1	2.550		13.608
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.118			0.100		0.535
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.012		1	0.010		0.054
16:0	g	0.061		1	0.052		0.277
18:0	g	0.044		1	0.037		0.200
Monounsaturated, total	g	0.081			0.069		0.367
16:1	g	0.012		1	0.010		0.054
18:1	g	0.031		1	0.026		0.141
20:1	g	0.036		1	0.031		0.163
22:1	g	0.001		1	0.001		0.005
Polyunsaturated, total	g	0.134			0.114		0.608
18:2	g	0.002		1	0.002		0.009
18:3	g	0.001		1	0.001		0.005
18:4	g	0.002		1	0.002		0.009
20:4	g	0.013		1	0.011		0.059
20:5	g	0.039		1	0.033		0.177
22:5	g	0.006		1	0.005		0.027
22:6	g	0.066		1	0.056		0.299
Cholesterol	mg	112		1	95		507
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.182			0.155		0.826
Threonine	g	0.699			0.594		3.171
Isoleucine	g	0.707			0.601		3.207
Leucine	g	1.143			0.972		5.185
Lysine	g	1.213			1.031		5.502
Methionine	g	0.366			0.311		1.660
Cystine	g	0.213			0.181		0.966
Phenylalanine	g	0.582			0.495		2.640
Tyrosine	g	0.520			0.442		2.359
Valine	g	0.709			0.603		3.216
Arginine	g	1.185			1.007		5.375
Histidine	g	0.312			0.265		1.415
Alanine	g	0.982			0.835		4.454
Aspartic acid	g	1.567			1.332		7.108
Glutamic acid	g	2.208			1.877		10.015
Glycine	g	1.016			0.864		4.609
Proline	g	0.662			0.563		3.003
Serine	g	0.727			0.618		3.298

MOLLUSKS
Mussel, Blue, raw
Mytilus edulis **L.**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 c = 150 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	80.58	0.618	16	68.49	120.86	365.49
Food energy	kcal	86			73	129	391
	kJ	361			307	541	1,636
Protein (N X6.25)	g	11.90	0.072	12	10.12	17.85	53.99
Total lipid (fat)	g	2.24	0.131	23	1.90	3.36	10.17
Carbohydrate, total	g	3.69			3.14	5.54	16.75
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.59	0.061	19	1.35	2.38	7.21
Minerals:							
Calcium	mg	26	2.303	6	22	39	119
Iron	mg	3.95	0.153	6	3.36	5.92	17.91
Magnesium	mg	34	0.768	6	29	51	153
Phosphorus	mg	197	1.253	9	168	296	895
Potassium	mg	320	6.908	6	272	479	1,450
Sodium	mg	286	2.303	6	243	429	1,296
Zinc	mg	1.60	0.031	6	1.36	2.40	7.25
Copper	mg	0.094	0.006	6	0.080	0.141	0.426
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.425			0.361	0.638	1.928
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.059		1	0.050	0.089	0.268
16:0	g	0.294		1	0.250	0.441	1.334
18:0	g	0.068		1	0.058	0.102	0.308
Monounsaturated, total	g	0.507			0.431	0.761	2.300
16:1	g	0.138		1	0.117	0.207	0.626
18:1	g	0.205		1	0.174	0.308	0.930
20:1	g	0.138		1	0.117	0.207	0.626
22:1	g	0.026		1	0.022	0.039	0.118
Polyunsaturated, total	g	0.606			0.515	0.909	2.749
18:2	g	0.018		1	0.015	0.027	0.082
18:3	g	0.020		1	0.017	0.030	0.091
18:4	g	0.035		1	0.030	0.053	0.159
20:4	g	0.070		1	0.060	0.105	0.318
20:5	g	0.188		1	0.160	0.282	0.853
22:5	g	0.022		1	0.019	0.033	0.100
22:6	g	0.253		1	0.215	0.380	1.148
Cholesterol	mg	28	2.914	6	24	42	127
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.133			0.113	0.200	0.603
Threonine	g	0.512			0.435	0.768	2.322
Isoleucine	g	0.518			0.440	0.777	2.350
Leucine	g	0.838			0.712	1.257	3.801
Lysine	g	0.889			0.756	1.334	4.033
Methionine	g	0.268			0.228	0.402	1.216
Cystine	g	0.156			0.133	0.234	0.708
Phenylalanine	g	0.426			0.362	0.639	1.932
Tyrosine	g	0.381			0.324	0.572	1.728
Valine	g	0.520			0.442	0.780	2.359
Arginine	g	0.868			0.738	1.302	3.937
Histidine	g	0.228			0.194	0.342	1.034
Alanine	g	0.720			0.612	1.080	3.266
Aspartic acid	g	1.148			0.976	1.722	5.207
Glutamic acid	g	1.618			1.375	2.427	7.339
Glycine	g	0.744			0.632	1.116	3.375
Proline	g	0.486			0.413	0.729	2.204
Serine	g	0.533			0.453	0.800	2.418

MOLLUSKS
Mussel, Blue, cooked, moist heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61.15			51.98		277.38
Food energy	kcal	172			147		782
	kJ	721			613		3,272
Protein (N X6.25)	g	23.80			20.23		107.97
Total lipid (fat)	g	4.48			3.81		20.33
Carbohydrate, total	g	7.39			6.28		33.50
Crude fiber	g	0.00			0.00		0.00
Ash	g	3.18			2.70		14.42
Minerals:							
Calcium	mg	33	1.905	18	28		148
Iron	mg	6.72	0.233	18	5.71		30.50
Magnesium	mg	37	1.268	18	32		169
Phosphorus	mg	285	3.535	27	242		1,293
Potassium	mg	268	10.371	18	228		1,216
Sodium	mg	369	18.253	18	313		1,672
Zinc	mg	2.67	0.116	18	2.27		12.10
Copper	mg	0.149	0.009	18	0.127		0.676
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.850			0.723		3.856
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.118			0.100		0.535
16:0	g	0.588			0.500		2.667
18:0	g	0.136			0.116		0.617
Monounsaturated, total	g	1.014			0.862		4.600
16:1	g	0.276			0.235		1.252
18:1	g	0.410			0.349		1.860
20:1	g	0.276			0.235		1.252
22:1	g	0.052			0.044		0.236
Polyunsaturated, total	g	1.212			1.030		5.498
18:2	g	0.036			0.031		0.163
18:3	g	0.040			0.034		0.181
18:4	g	0.070			0.060		0.318
20:4	g	0.140			0.119		0.635
20:5	g	0.276			0.235		1.252
22:5	g	0.044			0.037		0.200
22:6	g	0.506			0.430		2.295
Cholesterol	mg	56			48		254
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.267			0.227		1.211
Threonine	g	1.025			0.871		4.649
Isoleucine	g	1.036			0.881		4.699
Leucine	g	1.676			1.425		7.602
Lysine	g	1.779			1.512		8.070
Methionine	g	0.537			0.456		2.436
Cystine	g	0.312			0.265		1.415
Phenylalanine	g	0.853			0.725		3.869
Tyrosine	g	0.762			0.648		3.456
Valine	g	1.040			0.884		4.717
Arginine	g	1.737			1.476		7.879
Histidine	g	0.457			0.388		2.073
Alanine	g	1.440			1.224		6.532
Aspartic acid	g	2.297			1.952		10.419
Glutamic acid	g	3.238			2.752		14.688
Glycine	g	1.489			1.266		6.754
Proline	g	0.971			0.825		4.404
Serine	g	1.067			0.907		4.840

MOLLUSKS
Octopus, Common, raw
Octopus vulgaris **Lamarck**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	80.25	0.625	19	68.22		364.03
Food energy	kcal	82			70		372
	kJ	343			292		1,557
Protein (N X6.25)	g	14.91	0.699	18	12.67		67.61
Total lipid (fat)	g	1.04	0.066	17	0.88		4.72
Carbohydrate, total	g	2.20			1.87		9.97
Crude fiber	g	0.00			0.00		0.00
Ash	g	1.60	0.086	14	1.36		7.27
Minerals:							
Calcium	mg	53	11.706	13	45		243
Iron	mg	5.30		1	4.51		24.04
Magnesium	mg						
Phosphorus	mg	186	16.071	15	158		844
Potassium	mg						
Sodium	mg						
Zinc	mg	1.68	0.280	11	1.43		7.63
Copper	mg	0.435	0.077	14	0.370		1.973
Manganese	mg	0.025		1	0.021		0.113
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.030		1	0.026		0.136
Riboflavin	mg	0.040		1	0.034		0.181
Niacin	mg	2.100		1	1.785		9.526
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.227			0.193		1.030
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.025		2	0.021		0.113
16:0	g	0.148		2	0.126		0.671
18:0	g	0.050		2	0.043		0.227
Monounsaturated, total	g	0.162			0.138		0.735
16:1	g	0.066		2	0.056		0.299
18:1	g	0.062		2	0.053		0.281
20:1	g	0.024		1	0.020		0.109
22:1	g	0.010		1	0.009		0.045
Polyunsaturated, total	g	0.239			0.203		1.084
18:2	g	0.009		2	0.008		0.041
18:3	g						
18:4	g	0.028		1	0.024		0.127
20:4	g	0.039		1	0.033		0.177
20:5	g	0.076		2	0.065		0.345
22:5	g	0.006		2	0.005		0.027
22:6	g	0.081		2	0.069		0.367
Cholesterol	mg	48		1	41		219
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.167			0.142		0.758
Threonine	g	0.642			0.546		2.912
Isoleucine	g	0.649			0.552		2.944
Leucine	g	1.049			0.892		4.758
Lysine	g	1.114			0.947		5.053
Methionine	g	0.336			0.286		1.524
Cystine	g	0.196			0.167		0.889
Phenylalanine	g	0.534			0.454		2.422
Tyrosine	g	0.477			0.405		2.164
Valine	g	0.651			0.553		2.953
Arginine	g	1.088			0.925		4.935
Histidine	g	0.286			0.243		1.297
Alanine	g	0.902			0.767		4.091
Aspartic acid	g	1.438			1.222		6.523
Glutamic acid	g	2.027			1.723		9.194
Glycine	g	0.933			0.793		4.232
Proline	g	0.608			0.517		2.758
Serine	g	0.668			0.568		3.030

MOLLUSKS
Oyster, Eastern, raw
Crassostrea virginica **(Gmelin)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 6 medium oysters[1] = 84 g	1 c = 248 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	85.14	0.198	252	71.52	211.14	386.19
Food energy	kcal	69			58	170	311
	kJ	287			241	711	1,301
Protein (N X 6.25)	g	7.06	0.098	210	5.93	17.51	32.02
Total lipid (fat)	g	2.47	0.100	193	2.08	6.14	11.22
Carbohydrate, total	g	3.91			3.29	9.70	17.74
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.42	0.050	158	1.19	3.51	6.42
Minerals:							
Calcium	mg	45	2.757	37	38	111	203
Iron	mg	6.70	0.413	100	5.63	16.62	30.39
Magnesium	mg	54		1	46	135	247
Phosphorus	mg	139	5.024	27	117	344	629
Potassium	mg	229		1	192	568	1,039
Sodium	mg	112		1	94	277	507
Zinc	mg	90.95	3.568	584	76.40	225.56	412.56
Copper	mg	4.461	0.329	488	3.747	11.063	20.235
Manganese	mg	0.450		1	0.378	1.116	2.041
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg	0.166		1	0.139	0.412	0.753
Niacin	mg	1.310		1	1.100	3.249	5.942
Pantothenic acid	mg	0.184		1	0.155	0.456	0.835
Vitamin B_6	mg	0.050			0.042	0.124	0.227
Folacin	mcg	9.9	1.886	3	8.3	24.6	45.0
Vitamin B_{12}	mcg	19.133	1.279	12	16.072	47.450	86.787
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.631			0.530	1.565	2.862
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.109		12	0.092	0.270	0.494
16:0	g	0.435		12	0.365	1.079	1.973
18:0	g	0.060		12	0.050	0.149	0.272
Monounsaturated, total	g	0.250			0.210	0.620	1.134
16:1	g	0.074		12	0.062	0.184	0.336
18:1	g	0.097		12	0.081	0.241	0.440
20:1	g	0.060		12	0.050	0.149	0.272
22:1	g	0.009		7	0.008	0.022	0.041
Polyunsaturated, total	g	0.739			0.621	1.833	3.352
18:2	g	0.049		12	0.041	0.122	0.222
18:3	g	0.037		12	0.031	0.092	0.168
18:4	g	0.096		12	0.081	0.238	0.435
20:4	g	0.068		12	0.057	0.169	0.308
20:5	g	0.211		12	0.177	0.523	0.957
22:5	g	0.050		12	0.042	0.124	0.227
22:6	g	0.228		12	0.192	0.565	1.034
Cholesterol	mg	55	7.907	17	46	136	248
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.079			0.066	0.196	0.358
Threonine	g	0.304			0.255	0.754	1.379
Isoleucine	g	0.307			0.258	0.761	1.393
Leucine	g	0.497			0.417	1.233	2.254
Lysine	g	0.528			0.444	1.309	2.395
Methionine	g	0.159			0.134	0.394	0.721
Cystine	g	0.093			0.078	0.231	0.422
Phenylalanine	g	0.253			0.213	0.627	1.148
Tyrosine	g	0.226			0.190	0.560	1.025
Valine	g	0.308			0.259	0.764	1.397
Arginine	g	0.515			0.433	1.277	2.336
Histidine	g	0.136			0.114	0.337	0.617
Alanine	g	0.427			0.359	1.059	1.937
Aspartic acid	g	0.681			0.572	1.689	3.089
Glutamic acid	g	0.961			0.807	2.383	4.359
Glycine	g	0.442			0.371	1.096	2.005
Proline	g	0.288			0.242	0.714	1.306
Serine	g	0.316			0.265	0.784	1.433

[1]Weight based on 70 per qt (1 qt = 992 g).

MOLLUSKS
Oyster, Eastern, canned[1,2]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 c = 248 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	85.14			72.37	211.14	386.19
Food energy	kcal	69			58	170	311
	kJ	287			244	711	1,301
Protein (N X6.25)	g	7.06			6.00	17.51	32.02
Total lipid (fat)	g	2.47			2.10	6.14	11.22
Carbohydrate, total	g	3.91			3.33	9.70	17.74
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.42			1.20	3.51	6.42
Minerals:							
Calcium	mg	45			38	111	203
Iron	mg	6.70			5.70	16.62	30.39
Magnesium	mg	54			46	135	247
Phosphorus	mg	139			118	344	629
Potassium	mg	229			195	568	1,039
Sodium	mg	112			95	277	507
Zinc	mg	90.95			77.31	225.56	412.56
Copper	mg	4.461			3.792	11.063	20.235
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg	0.166			0.141	0.412	0.753
Niacin	mg	1.244			1.057	3.085	5.643
Pantothenic acid	mg						
Vitamin B_6	mg	0.095			0.081	0.236	0.431
Folacin	mcg	8.9			7.6	22.1	40.5
Vitamin B_{12}	mcg	19.133			16.263	47.450	86.787
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.631			0.536	1.565	2.862
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.109			0.093	0.270	0.494
16:0	g	0.435			0.370	1.079	1.973
18:0	g	0.060			0.051	0.149	0.272
Monounsaturated, total	g	0.250			0.213	0.620	1.134
16:1	g	0.074			0.063	0.184	0.336
18:1	g	0.097			0.082	0.241	0.440
20:1	g	0.060			0.051	0.149	0.272
22:1	g	0.009			0.008	0.022	0.041
Polyunsaturated, total	g	0.739			0.628	1.833	3.352
18:2	g	0.049			0.042	0.122	0.222
18:3	g	0.037			0.031	0.092	0.168
18:4	g	0.096			0.082	0.238	0.435
20:4	g	0.068			0.058	0.169	0.308
20:5	g	0.211			0.179	0.523	0.957
22:5	g	0.050			0.043	0.124	0.227
22:6	g	0.228			0.194	0.565	1.034
Cholesterol	mg	55			46	136	248
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.079			0.067	0.196	0.358
Threonine	g	0.304			0.258	0.754	1.379
Isoleucine	g	0.307			0.261	0.761	1.393
Leucine	g	0.497			0.422	1.233	2.254
Lysine	g	0.528			0.449	1.309	2.395
Methionine	g	0.159			0.135	0.394	0.721
Cystine	g	0.093			0.079	0.231	0.422
Phenylalanine	g	0.253			0.215	0.627	1.148
Tyrosine	g	0.226			0.192	0.560	1.025
Valine	g	0.308			0.262	0.764	1.397
Arginine	g	0.515			0.438	1.277	2.336
Histidine	g	0.136			0.116	0.337	0.617
Alanine	g	0.427			0.363	1.059	1.937
Aspartic acid	g	0.681			0.579	1.689	3.089
Glutamic acid	g	0.961			0.817	2.383	4.359
Glycine	g	0.442			0.376	1.096	2.005
Proline	g	0.288			0.245	0.714	1.306
Serine	g	0.316			0.269	0.784	1.433

[1]Data for solids and liquid based on raw eastern oysters.
[2]Oysters were shucked fresh and either refrigerated or stored on ice.

MOLLUSKS
Oyster, Eastern, cooked, breaded and fried [1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	6 medium oysters = 88 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64.72			55.02	56.96	293.59
Food energy	kcal	197			167	173	892
	kJ	822			699	724	3,730
Protein (N X6.18)	g	8.77			7.46	7.72	39.79
Total lipid (fat)	g	12.58			10.70	11.07	57.08
Carbohydrate, total	g	11.62			9.88	10.22	52.70
Crude fiber	g	0.15			0.13	0.13	0.67
Ash	g	1.72			1.46	1.51	7.81
Minerals:							
Calcium	mg	62			53	54	281
Iron	mg	6.95			5.91	6.12	31.53
Magnesium	mg	58			49	51	261
Phosphorus	mg	159			135	140	721
Potassium	mg	244			208	215	1,108
Sodium	mg	417			355	367	1,893
Zinc	mg	87.13			74.06	76.68	395.24
Copper	mg	4.294			3.650	3.779	19.478
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg	0.202			0.172	0.178	0.916
Niacin	mg	1.650			1.403	1.452	7.484
Pantothenic acid	mg						
Vitamin B_6	mg	0.064			0.054	0.056	0.290
Folacin	mcg	13.6			11.6	12.0	61.7
Vitamin B_{12}	mcg	15.629			13.285	13.754	70.893
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	3.197			2.717	2.813	14.502
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.150			0.128	0.132	0.680
16:0	g	1.910			1.624	1.681	8.664
18:0	g	1.110			0.944	0.977	5.035
Monounsaturated, total	g	4.702			3.997	4.138	21.328
16:1	g	0.092			0.078	0.081	0.417
18:1	g	4.440			3.774	3.907	20.140
20:1	g	0.057			0.048	0.050	0.259
22:1	g	0.009			0.008	0.008	0.041
Polyunsaturated, total	g	3.313			2.816	2.915	15.028
18:2	g	2.440			2.074	2.147	11.068
18:3	g	0.156			0.133	0.137	0.708
18:4	g	0.092			0.078	0.081	0.417
20:4	g	0.070			0.060	0.062	0.318
20:5	g	0.202			0.172	0.178	0.916
22:5	g	0.048			0.041	0.042	0.218
22:6	g	0.218			0.185	0.192	0.989
Cholesterol	mg	81			69	72	370
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.105			0.089	0.092	0.476
Threonine	g	0.365			0.310	0.321	1.656
Isoleucine	g	0.396			0.337	0.348	1.796
Leucine	g	0.638			0.542	0.561	2.894
Lysine	g	0.582			0.495	0.512	2.640
Methionine	g	0.199			0.169	0.175	0.903
Cystine	g	0.131			0.111	0.115	0.594
Phenylalanine	g	0.352			0.299	0.310	1.597
Tyrosine	g	0.290			0.247	0.255	1.315
Valine	g	0.409			0.348	0.360	1.855
Arginine	g	0.585			0.497	0.515	2.654
Histidine	g	0.175			0.149	0.154	0.794
Alanine	g	0.491			0.417	0.432	2.227
Aspartic acid	g	0.782			0.665	0.688	3.547
Glutamic acid	g	1.495			1.271	1.316	6.781
Glycine	g	0.493			0.419	0.434	2.236
Proline	g	0.470			0.400	0.414	2.132
Serine	g	0.429			0.365	0.378	1.946

[1]Recipe: Oysters, 84.2%; bread crumbs, 9.3%; egg, 4.6%; milk, 1.4%; and salt, 0.5%.

MOLLUSKS
Oyster, Eastern, cooked, moist heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 6 medium oysters[1] = 42 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70.28			29.52	59.73	318.77
Food energy	kcal	137			58	117	622
	kJ	574			241	488	2,602
Protein (N X6.25)	g	14.12			5.93	12.00	64.05
Total lipid (fat)	g	4.95			2.08	4.21	22.44
Carbohydrate, total	g	7.82			3.29	6.65	35.49
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.83			1.19	2.41	12.85
Minerals:							
Calcium	mg	89			38	76	405
Iron	mg	13.40			5.63	11.39	60.78
Magnesium	mg	109			46	92	494
Phosphorus	mg	278			117	236	1,259
Potassium	mg	458			192	389	2,077
Sodium	mg	224			94	190	1,014
Zinc	mg	181.91			76.40	154.62	825.13
Copper	mg	8.922			3.747	7.584	40.470
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg	0.332			0.139	0.282	1.506
Niacin	mg	2.489			1.045	2.116	11.290
Pantothenic acid	mg						
Vitamin B_6	mg	0.095			0.040	0.081	0.431
Folacin	mcg	17.8			7.5	15.2	80.9
Vitamin B_{12}	mcg	38.266			16.072	32.526	173.575
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	1.262			0.530	1.073	5.724
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.218			0.092	0.185	0.989
16:0	g	0.870			0.365	0.740	3.946
18:0	g	0.120			0.050	0.102	0.544
Monounsaturated, total	g	0.500			0.210	0.425	2.268
16:1	g	0.148			0.062	0.126	0.671
18:1	g	0.194			0.081	0.165	0.880
20:1	g	0.120			0.050	0.102	0.544
22:1	g	0.018			0.008	0.015	0.082
Polyunsaturated, total	g	1.478			0.621	1.256	6.704
18:2	g	0.098			0.041	0.083	0.445
18:3	g	0.074			0.031	0.063	0.336
18:4	g	0.192			0.081	0.163	0.871
20:4	g	0.136			0.057	0.116	0.617
20:5	g	0.422			0.177	0.359	1.914
22:5	g	0.100			0.042	0.085	0.454
22:6	g	0.456			0.192	0.388	2.068
Cholesterol	mg	109			46	93	496
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.158			0.066	0.134	0.717
Threonine	g	0.608			0.255	0.517	2.758
Isoleucine	g	0.614			0.258	0.522	2.785
Leucine	g	0.994			0.417	0.845	4.509
Lysine	g	1.055			0.443	0.897	4.785
Methionine	g	0.319			0.134	0.271	1.447
Cystine	g	0.185			0.078	0.157	0.839
Phenylalanine	g	0.506			0.213	0.430	2.295
Tyrosine	g	0.452			0.190	0.384	2.050
Valine	g	0.617			0.259	0.524	2.799
Arginine	g	1.030			0.433	0.876	4.672
Histidine	g	0.271			0.114	0.230	1.229
Alanine	g	0.854			0.359	0.726	3.874
Aspartic acid	g	1.362			0.572	1.158	6.178
Glutamic acid	g	1.920			0.806	1.632	8.709
Glycine	g	0.883			0.371	0.751	4.005
Proline	g	0.576			0.242	0.490	2.613
Serine	g	0.633			0.266	0.538	2.871

[1]Yield from raw oysters.

MOLLUSKS
Oyster, Pacific, raw
Crassostrea gigas **(Thunberg)**

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 medium oyster[1] = 50 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	82.06	0.674	27	41.03	69.75	372.23
Food energy	kcal	81			41	69	370
	kJ	341			170	290	1,546
Protein (N X6.25)	g	9.45	0.360	14	4.72	8.03	42.86
Total lipid (fat)	g	2.30	0.209	13	1.15	1.96	10.44
Carbohydrate, total	g	4.95			2.48	4.21	22.47
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.23	0.081	7	0.62	1.05	5.60
Minerals:							
Calcium	mg	8	0.100	2	4	7	38
Iron	mg	5.11	0.546	23	2.56	4.34	23.18
Magnesium	mg	22	1.500	2	11	19	101
Phosphorus	mg	162	32.000	2	81	138	735
Potassium	mg	168	24.000	2	84	143	762
Sodium	mg	106	37.250	2	53	90	481
Zinc	mg	16.62	1.432	102	8.31	14.13	75.40
Copper	mg	1.576	0.075	112	0.788	1.340	7.149
Manganese	mg	0.643	0.142	2	0.322	0.547	2.917
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.067	0.007	3	0.034	0.057	0.304
Riboflavin	mg	0.233	0.018	3	0.117	0.198	1.057
Niacin	mg	2.010	0.110	3	1.005	1.709	9.117
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.510			0.255	0.434	2.313
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.082		2	0.041	0.070	0.372
16:0	g	0.357		2	0.179	0.303	1.619
18:0	g	0.071		2	0.036	0.060	0.322
Monounsaturated, total	g	0.358			0.179	0.304	1.624
16:1	g	0.114		2	0.057	0.097	0.517
18:1	g	0.191		2	0.096	0.162	0.866
20:1	g						
22:1	g	0.053		1	0.027	0.045	0.240
Polyunsaturated, total	g	0.894			0.447	0.760	4.055
18:2	g	0.032		2	0.016	0.027	0.145
18:3	g	0.032		1	0.016	0.027	0.145
18:4	g	0.084		2	0.042	0.071	0.381
20:4	g	0.038		1	0.019	0.032	0.172
20:5	g	0.438		2	0.219	0.372	1.987
22:5	g	0.020		1	0.010	0.017	0.091
22:6	g	0.250		2	0.125	0.213	1.134
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.106			0.053	0.090	0.481
Threonine	g	0.407			0.204	0.346	1.846
Isoleucine	g	0.411			0.206	0.349	1.864
Leucine	g	0.665			0.333	0.565	3.016
Lysine	g	0.706			0.353	0.600	3.202
Methionine	g	0.213			0.107	0.181	0.966
Cystine	g	0.124			0.062	0.105	0.562
Phenylalanine	g	0.339			0.170	0.288	1.538
Tyrosine	g	0.302			0.151	0.257	1.370
Valine	g	0.413			0.207	0.351	1.873
Arginine	g	0.689			0.345	0.586	3.125
Histidine	g	0.181			0.091	0.154	0.821
Alanine	g	0.572			0.286	0.486	2.595
Aspartic acid	g	0.912			0.456	0.775	4.137
Glutamic acid	g	1.285			0.643	1.092	5.829
Glycine	g	0.591			0.296	0.502	2.681
Proline	g	0.386			0.193	0.328	1.751
Serine	g	0.423			0.212	0.360	1.919

[1]Weight based on 20 per qt (1 qt = 992 g).

MOLLUSKS
Scallop, Mixed species, raw
Pectinidae

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 2 large or 5 small scallops[1] = 30 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	78.57	0.172	137	23.57	66.78	356.39
Food energy	kcal	88			26	75	400
	kJ	369			111	314	1,674
Protein (N X 6.25)	g	16.78	0.153	132	5.03	14.26	76.12
Total lipid (fat)	g	0.76	0.025	114	0.23	0.64	3.44
Carbohydrate, total	g	2.36			0.71	2.01	10.70
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.53		132	0.46	1.30	6.95
Minerals:							
Calcium	mg	24	1.355	55	7	21	110
Iron	mg	0.29	0.058	3	0.09	0.25	1.32
Magnesium	mg	56		1	17	48	254
Phosphorus	mg	219	7.590	58	66	186	995
Potassium	mg	322		6	97	274	1,460
Sodium	mg	161	21.372	4	48	137	730
Zinc	mg	0.95	0.041	103	0.29	0.81	4.33
Copper	mg	0.053	0.006	77	0.016	0.045	0.240
Manganese	mg	0.090		1	0.027	0.077	0.408
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.012	0.001	3	0.004	0.010	0.054
Riboflavin	mg	0.065		1	0.020	0.055	0.295
Niacin	mg	1.150		1	0.345	0.978	5.216
Pantothenic acid	mg	0.143		1	0.043	0.122	0.649
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	1.529	0.084	19	0.459	1.300	6.936
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.079			0.024	0.067	0.358
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.011		16	0.003	0.009	0.050
16:0	g	0.054		16	0.016	0.046	0.245
18:0	g	0.011		16	0.003	0.009	0.050
Monounsaturated, total	g	0.037			0.011	0.031	0.168
16:1	g	0.011		16	0.003	0.009	0.050
18:1	g	0.017		16	0.005	0.014	0.077
20:1	g	0.006		16	0.002	0.005	0.027
22:1	g	0.000		7	0.000	0.000	0.000
Polyunsaturated, total	g	0.261			0.078	0.222	1.184
18:2	g	0.004		16	0.001	0.003	0.018
18:3	g	0.000		16	0.000	0.000	0.000
18:4	g	0.012		16	0.004	0.010	0.054
20:4	g	0.023		16	0.007	0.020	0.104
20:5	g	0.090		16	0.027	0.077	0.408
22:5	g	0.017		16	0.005	0.014	0.077
22:6	g	0.108		16	0.032	0.092	0.490
Cholesterol	mg	33	1.768	32	10	28	152
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.188			0.056	0.160	0.853
Threonine	g	0.722			0.217	0.614	3.275
Isoleucine	g	0.730			0.219	0.621	3.311
Leucine	g	1.181			0.354	1.004	5.357
Lysine	g	1.254			0.376	1.066	5.688
Methionine	g	0.379			0.114	0.322	1.719
Cystine	g	0.220			0.066	0.187	0.998
Phenylalanine	g	0.601			0.180	0.511	2.726
Tyrosine	g	0.537			0.161	0.456	2.436
Valine	g	0.733			0.220	0.623	3.325
Arginine	g	1.224			0.367	1.040	5.552
Histidine	g	0.322			0.097	0.274	1.461
Alanine	g	1.015			0.305	0.863	4.604
Aspartic acid	g	1.619			0.486	1.376	7.344
Glutamic acid	g	2.282			0.685	1.940	10.351
Glycine	g	1.050			0.315	0.893	4.763
Proline	g	0.685			0.206	0.582	3.107
Serine	g	0.752			0.226	0.639	3.411

[1]Weight based on 30 per lb for large and 75 per lb for small.

MOLLUSKS
Scallop, Mixed species, cooked, breaded and fried[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 2 large scallops = 31 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.44			18.12		265.09
Food energy	kcal	215			67		977
	kJ	901			279		4,087
Protein (N X6.21)	g	18.07			5.60		81.97
Total lipid (fat)	g	10.94			3.39		49.63
Carbohydrate, total	g	10.13			3.14		45.97
Crude fiber	g	0.15			0.05		0.67
Ash	g	1.83			0.57		8.31
Minerals:							
Calcium	mg	42			13		192
Iron	mg	0.82			0.25		3.72
Magnesium	mg	59			18		268
Phosphorus	mg	236			73		1,071
Potassium	mg	333			103		1,511
Sodium	mg	464			144		2,107
Zinc	mg	1.06			0.33		4.82
Copper	mg	0.078			0.024		0.354
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.042			0.013		0.191
Riboflavin	mg	0.110			0.034		0.499
Niacin	mg	1.505			0.467		6.827
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg	1.318			0.409		5.978
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	2.669			0.827		12.107
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.056			0.017		0.254
16:0	g	1.546			0.479		7.013
18:0	g	1.063			0.330		4.822
Monounsaturated, total	g	4.498			1.394		20.403
16:1	g	0.031			0.010		0.141
18:1	g	4.456			1.381		20.212
20:1	g	0.006			0.002		0.027
22:1	g						
Polyunsaturated, total	g	2.856			0.885		12.955
18:2	g	2.443			0.757		11.081
18:3	g	0.156			0.048		0.708
18:4	g	0.011			0.003		0.050
20:4	g	0.027			0.008		0.122
20:5	g	0.086			0.027		0.390
22:5	g	0.016			0.005		0.073
22:6	g	0.103			0.032		0.467
Cholesterol	mg	61			19		278
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.210			0.065		0.953
Threonine	g	0.768			0.238		3.484
Isoleucine	g	0.800			0.248		3.629
Leucine	g	1.295			0.401		5.874
Lysine	g	1.280			0.397		5.806
Methionine	g	0.407			0.126		1.846
Cystine	g	0.250			0.078		1.134
Phenylalanine	g	0.687			0.213		3.116
Tyrosine	g	0.588			0.182		2.667
Valine	g	0.818			0.254		3.710
Arginine	g	1.266			0.392		5.743
Histidine	g	0.355			0.110		1.610
Alanine	g	1.059			0.328		4.804
Aspartic acid	g	1.679			0.520		7.616
Glutamic acid	g	2.765			0.857		12.542
Glycine	g	1.074			0.333		4.872
Proline	g	0.850			0.264		3.856
Serine	g	0.847			0.263		3.842

[1]Recipe: Scallops, 84.2%; bread crumbs, 9.3%; egg, 4.6%; milk, 1.4%; and salt, 0.5%.

MOLLUSKS
Scallop, Mixed species, imitation, made from surimi

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	73.82	1.184	3	62.75		334.85
Food energy	kcal	99			84		447
	kJ	412			351		1,871
Protein (N X6.25)	g	12.77	0.629	3	10.85		57.92
Total lipid (fat)	g	0.41	0.064	3	0.35		1.86
Carbohydrate, total	g	10.62			9.03		48.17
Crude fiber	g	0.00			0.00		0.00
Ash	g	2.37	0.173	3	2.01		10.75
Minerals:							
Calcium	mg	8	0.635	3	7		35
Iron	mg	0.31	0.040	3	0.26		1.41
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	103	10.393	3	88		467
Sodium	mg	795	23.627	3	676		3,606
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.010	0.001	2	0.009		0.045
Riboflavin	mg	0.016	0.002	3	0.014		0.073
Niacin	mg	0.310	0.035	3	0.264		1.406
Pantothenic acid	mg						
Vitamin B_6	mg						
Folacin	mcg						
Vitamin B_{12}	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	22	12.400	3	18		98
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.078			0.066		0.354
Threonine	g	0.617			0.524		2.799
Isoleucine	g	0.597			0.507		2.708
Leucine	g	1.011			0.859		4.586
Lysine	g	1.167			0.992		5.294
Methionine	g	0.433			0.368		1.964
Cystine	g	0.137			0.116		0.621
Phenylalanine	g	0.501			0.426		2.273
Tyrosine	g	0.515			0.438		2.336
Valine	g	0.648			0.551		2.939
Arginine	g	0.848			0.721		3.847
Histidine	g	0.294			0.250		1.334
Alanine	g	0.750			0.638		3.402
Aspartic acid	g	1.277			1.085		5.792
Glutamic acid	g	2.016			1.714		9.145
Glycine	g	0.494			0.420		2.241
Proline	g	0.476			0.405		2.159
Serine	g	0.558			0.474		2.531

MOLLUSKS
Squid, Mixed species, raw
Loligoidae and Ommastrephidae

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	78.55	0.601	8	66.76		356.28
Food energy	kcal	92			78		416
	kJ	384			326		1,740
Protein (N X6.25)	g	15.58	0.857	11	13.24		70.68
Total lipid (fat)	g	1.38	0.256	12	1.18		6.27
Carbohydrate, total	g	3.08			2.62		13.97
Crude fiber	g	0.00			0.00		0.00
Ash	g	1.41	0.242	7	1.20		6.40
Minerals:							
Calcium	mg	32		2	27		147
Iron	mg	0.68		2	0.58		3.10
Magnesium	mg	33		1	28		148
Phosphorus	mg	221	1.755	2	188		1,001
Potassium	mg	246	61.000	2	209		1,116
Sodium	mg	44		1	37		199
Zinc	mg	1.53	0.066	157	1.30		6.96
Copper	mg	1.891	0.119	133	1.607		8.578
Manganese	mg	0.035			0.030		0.159
Vitamins:							
Ascorbic acid	mg	4.7		1	4.0		21.2
Thiamin	mg	0.020		3	0.017		0.091
Riboflavin	mg	0.412		3	0.350		1.869
Niacin	mg	2.175		3	1.849		9.866
Pantothenic acid	mg						
Vitamin B_6	mg	0.056		1	0.048		0.254
Folacin	mcg						
Vitamin B_{12}	mcg	1.299		6	1.104		5.892
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	0.358			0.304		1.624
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.036		2	0.031		0.163
16:0	g	0.263		3	0.224		1.193
18:0	g	0.058		3	0.049		0.263
Monounsaturated, total	g	0.107			0.091		0.485
16:1	g	0.008		3	0.007		0.036
18:1	g	0.046		3	0.039		0.209
20:1	g	0.044		3	0.037		0.200
22:1	g	0.007		2	0.006		0.032
Polyunsaturated, total	g	0.524			0.445		2.377
18:2	g	0.002		3	0.002		0.009
18:3	g	0.004		3	0.003		0.018
18:4	g	0.006		2	0.005		0.027
20:4	g	0.009		3	0.008		0.041
20:5	g	0.146		3	0.124		0.662
22:5	g	0.004		3	0.003		0.018
22:6	g	0.342		3	0.291		1.551
Cholesterol	mg	233	16.597	7	198		1,059
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.174			0.148		0.789
Threonine	g	0.670			0.570		3.039
Isoleucine	g	0.678			0.576		3.075
Leucine	g	1.096			0.932		4.971
Lysine	g	1.164			0.989		5.280
Methionine	g	0.351			0.298		1.592
Cystine	g	0.204			0.173		0.925
Phenylalanine	g	0.558			0.474		2.531
Tyrosine	g	0.498			0.423		2.259
Valine	g	0.680			0.578		3.084
Arginine	g	1.136			0.966		5.153
Histidine	g	0.299			0.254		1.356
Alanine	g	0.942			0.801		4.273
Aspartic acid	g	1.503			1.278		6.818
Glutamic acid	g	2.118			1.800		9.607
Glycine	g	0.974			0.828		4.418
Proline	g	0.635			0.540		2.880
Serine	g	0.698			0.593		3.166

MOLLUSKS
Squid, Mixed species, cooked, fried [1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64.54			54.86		292.75
Food energy	kcal	175			149		793
	kJ	732			622		3,319
Protein (N X6.25)	g	17.94			15.25		81.36
Total lipid (fat)	g	7.48			6.36		33.92
Carbohydrate, total	g	7.79			6.62		35.35
Crude fiber	g	0.13			0.11		0.60
Ash	g	1.59			1.35		7.23
Minerals:							
Calcium	mg	39			33		175
Iron	mg	1.01			0.86		4.59
Magnesium	mg	38			33		174
Phosphorus	mg	251			213		1,138
Potassium	mg	279			237		1,266
Sodium	mg	306			260		1,386
Zinc	mg	1.74			1.48		7.91
Copper	mg	2.114			1.797		9.589
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	4.2			3.5		18.8
Thiamin	mg	0.056			0.048		0.254
Riboflavin	mg	0.458			0.389		2.077
Niacin	mg	2.602			2.212		11.803
Pantothenic acid	mg						
Vitamin B_6	mg	0.058			0.049		0.263
Folacin	mcg						
Vitamin B_{12}	mcg	1.228			1.044		5.570
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	1.878			1.596		8.519
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.064			0.054		0.290
16:0	g	1.131			0.961		5.130
18:0	g	0.689			0.586		3.125
Monounsaturated, total	g	2.749			2.337		12.469
16:1	g	0.009			0.008		0.041
18:1	g	2.675			2.274		12.134
20:1	g	0.049			0.042		0.222
22:1	g	0.008			0.007		0.036
Polyunsaturated, total	g	2.136			1.816		9.689
18:2	g	1.468			1.248		6.659
18:3	g	0.100			0.085		0.454
18:4	g	0.007			0.006		0.032
20:4	g	0.010			0.009		0.045
20:5	g	0.162			0.138		0.735
22:5	g	0.004			0.003		0.018
22:6	g	0.380			0.323		1.724
Cholesterol	mg	260			221		1,178
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.202			0.172		0.916
Threonine	g	0.763			0.649		3.461
Isoleucine	g	0.780			0.663		3.538
Leucine	g	1.267			1.077		5.747
Lysine	g	1.310			1.114		5.942
Methionine	g	0.403			0.343		1.828
Cystine	g	0.242			0.206		1.098
Phenylalanine	g	0.656			0.558		2.976
Tyrosine	g	0.576			0.490		2.613
Valine	g	0.786			0.668		3.565
Arginine	g	1.290			1.097		5.851
Histidine	g	0.348			0.296		1.579
Alanine	g	1.068			0.908		4.844
Aspartic acid	g	1.699			1.444		7.707
Glutamic acid	g	2.588			2.200		11.739
Glycine	g	1.108			0.942		5.026
Proline	g	0.783			0.666		3.552
Serine	g	0.812			0.690		3.683

[1] Recipe: Squid, 94.6%; flour, 4.9%; and salt, 0.6%.

MOLLUSKS
Whelk, Unspecified, raw
Buccinidae

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	66.00		2	56.10		299.38
Food energy	kcal	137			117		623
	kJ	574			488		2,606
Protein (N X6.25)	g	23.84		2	20.26		108.14
Total lipid (fat)	g	0.40		2	0.34		1.81
Carbohydrate, total	g	7.76			6.60		35.20
Crude fiber	g	0.00			0.00		0.00
Ash	g	2.00		2	1.70		9.07
Minerals:							
Calcium	mg	57		2	48		256
Iron	mg	5.03		2	4.28		22.82
Magnesium	mg	86		2	73		391
Phosphorus	mg	141		2	120		640
Potassium	mg	347		2	295		1,574
Sodium	mg	206		2	175		934
Zinc	mg	1.63		2	1.39		7.39
Copper	mg	1.030		2	0.876		4.672
Manganese	mg	0.447		2	0.380		2.028
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.026		2	0.022		0.118
Riboflavin	mg	0.107		2	0.091		0.485
Niacin	mg	1.050		2	0.893		4.763
Pantothenic acid	mg	0.208		2	0.177		0.943
Vitamin B_6	mg	0.342		2	0.291		1.551
Folacin	mcg	6.3		2	5.4		28.7
Vitamin B_{12}	mcg	9.070		2	7.710		41.142
Vitamin A	RE	26			22		116
	IU	85		2	72		386
Lipids:							
Fatty acids:							
Saturated, total	g	0.031			0.026		0.141
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.002		2	0.002		0.009
16:0	g	0.020		2	0.017		0.091
18:0	g	0.009		2	0.008		0.041
Monounsaturated, total	g	0.028			0.024		0.127
16:1	g	0.005		2	0.004		0.023
18:1	g	0.006		2	0.005		0.027
20:1	g	0.008		2	0.007		0.036
22:1	g	0.009		2	0.008		0.041
Polyunsaturated, total	g	0.023			0.020		0.104
18:2	g	0.004		2	0.003		0.018
18:3	g						
18:4	g						
20:4	g	0.009		2	0.008		0.041
20:5	g	0.004		2	0.003		0.018
22:5	g	0.000		2	0.000		0.000
22:6	g	0.006		2	0.005		0.027
Cholesterol	mg	65		2	55		294
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.309		2	0.263		1.402
Threonine	g	1.068		2	0.908		4.844
Isoleucine	g	0.828		2	0.704		3.756
Leucine	g	1.903		2	1.618		8.632
Lysine	g	1.465		2	1.245		6.645
Methionine	g	0.603		2	0.513		2.735
Cystine	g	0.187		2	0.159		0.848
Phenylalanine	g	0.824		2	0.700		3.738
Tyrosine	g	0.759		2	0.645		3.443
Valine	g	1.037		2	0.881		4.704
Arginine	g	2.468		2	2.098		11.195
Histidine	g	0.488		1	0.415		2.214
Alanine	g	1.556		2	1.323		7.058
Aspartic acid	g	2.563		2	2.179		11.626
Glutamic acid	g	3.669		2	3.119		16.643
Glycine	g	1.495		2	1.271		6.781
Proline	g	1.182		2	1.005		5.362
Serine	g	1.110		2	0.944		5.035

MOLLUSKS
Whelk, Unspecified, cooked, moist heat

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g		Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	32.00			27.20		145.15
Food energy	kcal	275			233		1,246
	kJ	1,149			977		5,212
Protein (N X6.25)	g	47.68			40.53		216.28
Total lipid (fat)	g	0.80			0.68		3.63
Carbohydrate, total	g	15.52			13.19		70.40
Crude fiber	g	0.00			0.00		0.00
Ash	g	4.00			3.40		18.14
Minerals:							
Calcium	mg	113			96		513
Iron	mg	10.06			8.55		45.63
Magnesium	mg	172			147		782
Phosphorus	mg	282			240		1,279
Potassium	mg	694			590		3,148
Sodium	mg	412			350		1,869
Zinc	mg	3.26			2.77		14.79
Copper	mg	2.060			1.751		9.344
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.049			0.042		0.222
Riboflavin	mg	0.214			0.182		0.971
Niacin	mg	1.995			1.696		9.049
Pantothenic acid	mg						
Vitamin B_6	mg	0.650			0.553		2.948
Folacin	mcg	11.4			9.7		51.6
Vitamin B_{12}	mcg	18.140			15.419		82.283
Vitamin A	RE	49			41		220
	IU	162			137		733
Lipids:							
Fatty acids:							
Saturated, total	g	0.062			0.053		0.281
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.004			0.003		0.018
16:0	g	0.040			0.034		0.181
18:0	g	0.018			0.015		0.082
Monounsaturated, total	g	0.056			0.048		0.254
16:1	g	0.010			0.009		0.045
18:1	g	0.012			0.010		0.054
20:1	g	0.016			0.014		0.073
22:1	g	0.018			0.015		0.082
Polyunsaturated, total	g	0.046			0.039		0.209
18:2	g	0.008			0.007		0.036
18:3	g						
18:4	g						
20:4	g	0.018			0.015		0.082
20:5	g	0.008			0.007		0.036
22:5	g						
22:6	g	0.012			0.010		0.054
Cholesterol	mg	130			110		589
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.618			0.525		2.803
Threonine	g	2.136			1.816		9.689
Isoleucine	g	1.655			1.407		7.507
Leucine	g	3.807			3.236		17.269
Lysine	g	2.930			2.491		13.290
Methionine	g	1.205			1.024		5.466
Cystine	g	0.374			0.318		1.696
Phenylalanine	g	1.648			1.401		7.475
Tyrosine	g	1.518			1.290		6.886
Valine	g	2.075			1.764		9.412
Arginine	g	4.936			4.196		22.390
Histidine	g	0.977			0.830		4.432
Alanine	g	3.113			2.646		14.121
Aspartic acid	g	5.127			4.358		23.256
Glutamic acid	g	7.339			6.238		33.290
Glycine	g	2.991			2.542		13.567
Proline	g	2.365			2.010		10.728
Serine	g	2.220			1.887		10.070