REFERENCE 1

NDB No. 15137

Crustaceans, crab, alaska king, cooked, moist heat

Refuse: 0%

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

NDB No. 15137

Crustaceans, crab, alaska king, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.185		0		1		0.248	0.157	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.041	0.004	10		1		0.055	0.035	
17:1.....g									
18:1 undifferentiated.....g	0.089	0.010	12		1		0.119	0.076	
20:1.....g	0.014	0.004	12		1		0.019	0.012	
22:1 undifferentiated.....g	0.038	0.001	4		1		0.051	0.032	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.536		0		1		0.718	0.456	
18:2 undifferentiated.....g	0.020	0.002	12		1		0.027	0.017	
18:3 undifferentiated.....g	0.014	0.005	10		1		0.019	0.012	
18:4.....g	0.015	0.002	14		1		0.020	0.013	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.043	0.007	10		1		0.058	0.037	
20:5 n-3.....g	0.295	0.021	12		1		0.395	0.251	
22:5 n-3.....g	0.031	0.005	12		1		0.042	0.026	
22:6 n-3.....g	0.118	0.008	10		1		0.158	0.100	
Fatty acids, total trans.....g									
Cholesterol.....mg	53		0		1		71	45	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.269		0		1		0.360	0.229	
Threonine.....g	0.783		0		1		1.049	0.666	
Isoleucine.....g	0.938		0		1		1.257	0.797	
Leucine.....g	1.536		0		1		2.058	1.306	
Lysine.....g	1.684		0		1		2.257	1.431	
Methionine.....g	0.545		0		1		0.730	0.463	
Cystine.....g	0.217		0		1		0.291	0.184	
Phenylalanine.....g	0.817		0		1		1.095	0.694	
Tyrosine.....g	0.644		0		1		0.863	0.547	
Valine.....g	0.910		0		1		1.219	0.774	
Arginine.....g	1.690		0		1		2.265	1.437	
Histidine.....g	0.393		0		1		0.527	0.334	
Alanine.....g	1.096		0		1		1.469	0.932	
Aspartic acid.....g	2.000		0		1		2.680	1.700	
Glutamic acid.....g	3.300		0		1		4.422	2.805	
Glycine.....g	1.167		0		1		1.564	0.992	
Proline.....g	0.638		0		1		0.855	0.542	
Serine.....g	0.762		0		1		1.021	0.648	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 134g: 1 leg

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 15138

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.70	0.606	3		1		62.65		
Energy....kcal	102		0	NC	4		87		
Energy....kj	427				4		363		
Protein (N x 6.25)....g	12.02	0.092	3		1		10.22		
Total lipid (fat)....g	1.31	0.098	3		1		1.11		
Ash....g	2.75	0.329	3		1		2.34		
Carbohydrate, by difference....g	10.22		0	NC	4		8.69		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	13	4.734	3		1		11		
Iron, Fe....mg	0.39	0.052	3		1		0.33		
Magnesium, Mg....mg	43		0		4		37		
Phosphorus, P....mg	282		0		4		240		
Potassium, K....mg	90	2.309	3		1		77		
Sodium, Na....mg	841	158.776	3		1		715		
Zinc, Zn....mg	0.33		0		4		0.28		
Copper, Cu....mg	0.032		0		4		0.027		
Manganese, Mn....mg	0.011		0		4		0.009		
Selenium, Se....mcg	22.3		0	BFPN	4		19.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.032	0.009	3		1		0.027		
Riboflavin....mg	0.027	0.008	3		1		0.023		
Niacin....mg	0.180	0.012	3		1		0.153		
Pantothenic acid....mg	0.070		0		4		0.060		
Vitamin B-6....mg	0.030		0		4		0.026		
Folate, total....mcg	2		0		4		1		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	2		0		4		1		
Folate, DFE....mcg_DFE	2		0	NC	4		1		
Vitamin B-12....mcg	1.60		0		4		1.36		
Vitamin A, IU....IU	67		0	NC	4		57		
Vitamin A, RAE....mcg_RAE	20		0	NC	4		17		
Retinol....mcg	20		0	NR	4		17		
Vitamin E (alpha-tocopherol)....mg	0.10		0	NR	4		0.09		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	T	4		0.1		
Lipids:									
Fatty acids, total saturated....g	0.260		0		4		0.221		
4:0....g	0.000		0		7		0.000		
6:0....g	0.000		0		7		0.000		
8:0....g	0.000		0		7		0.000		
10:0....g	0.000		0		7		0.000		
12:0....g	0.000		0		7		0.000		
13:0....g									
14:0....g	0.008		0		4		0.007		
15:0....g									
16:0....g	0.123		0		4		0.105		
17:0....g									
18:0....g	0.028		0		4		0.024		
20:0....g									
22:0....g									
24:0....g									

NDB No. 15138

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	0.200		0		4		0.170		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.018		0		4		0.015		
17:1....g									
18:1 undifferentiated....g	0.147		0		4		0.125		
20:1....g	0.029		0		4		0.025		
22:1 undifferentiated....g	0.006		0		4		0.005		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.670		0		4		0.570		
18:2 undifferentiated....g	0.015		0		4		0.013		
18:3 undifferentiated....g	0.007		0		4		0.006		
18:4....g	0.000		0		7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.018		0		4		0.015		
20:5 n-3....g	0.244		0		4		0.207		
22:5 n-3....g	0.018		0		4		0.015		
22:6 n-3....g	0.361		0		4		0.307		
Fatty acids, total trans....g									
Cholesterol....mg	20	1.386	3		1		17		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.073		0		1		0.062		
Threonine....g	0.581		0		1		0.494		
Isoleucine....g	0.562		0		1		0.478		
Leucine....g	0.952		0		1		0.809		
Lysine....g	1.098		0		1		0.933		
Methionine....g	0.408		0		1		0.347		
Cystine....g	0.129		0		1		0.110		
Phenylalanine....g	0.471		0		1		0.400		
Tyrosine....g	0.485		0		1		0.412		
Valine....g	0.610		0		1		0.519		
Arginine....g	0.798		0		1		0.678		
Histidine....g	0.277		0		1		0.235		
Alanine....g	0.706		0		1		0.600		
Aspartic acid....g	1.202		0		1		1.022		
Glutamic acid....g	1.898		0		1		1.613		
Glycine....g	0.465		0		1		0.395		
Proline....g	0.448		0		1		0.381		
Serine....g	0.525		0		1		0.446		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	z	7		0		
Theobromine....mg	0		0	z	7		0		
Carotenoids:									
Carotene, beta....mcg	0		0	z	7		0.000		
Carotene, alpha....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta....mcg	0		0	z	7		0.000		
Lycopene....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin....mcg	0		0	z	7		0.000		

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

Common Measures:

Measure 1 = 85g: 3 oz

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

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 15136
Crustaceans, crab, alaska king, raw
Paralithodes camtschatica (Tilesius)

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.773		27		1		1.330	0.657	
Tyrosine.....g	0.609		27		1		1.047	0.518	
Valine.....g	0.861		27		1		1.481	0.732	
Arginine.....g	1.598		21		1		2.749	1.358	
Histidine.....g	0.372		27		1		0.640	0.316	
Alanine.....g	1.036		21		1		1.782	0.881	
Aspartic acid.....g	1.891		21		1		3.253	1.607	
Glutamic acid.....g	3.120		21		1		5.366	2.652	
Glycine.....g	1.103		21		1		1.897	0.938	
Proline.....g	0.603		21		1		1.037	0.513	
Serine.....g	0.720		21		1		1.238	0.612	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 172g: 1 leg

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 15141
Crustaceans, crab, blue, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.16		0		1		102.82	21.59	95.20
Energy....kcal	99		0	NC	4		134	28	124
Energy....kj	414				4		559	117	518
Protein (N x 6.25)....g	20.52		0		1		27.70	5.82	25.65
Total lipid (fat)....g	1.23		0		1		1.66	0.35	1.54
Ash....g	2.05		0		1		2.77	0.58	2.56
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	101		0		1		136	29	126
Iron, Fe....mg	0.84		0		1		1.13	0.24	1.05
Magnesium, Mg....mg	39		0		1		53	11	49
Phosphorus, P....mg	260		0		1		351	74	325
Potassium, K....mg	374		0		1		505	106	468
Sodium, Na....mg	333		0		1		450	94	416
Zinc, Zn....mg	4.02		0		1		5.43	1.14	5.03
Copper, Cu....mg	0.760		0		1		1.026	0.215	0.950
Manganese, Mn....mg	0.190		0		4		0.257	0.054	0.238
Selenium, Se....mcg	31.8	4.065	4	A	1		42.9	9.0	39.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.7		0		4		3.6	0.8	3.4
Thiamin....mg	0.080		0		4		0.108	0.023	0.100
Riboflavin....mg	0.084		1		1		0.113	0.024	0.105
Niacin....mg	1.370		1		1		1.850	0.388	1.713
Pantothenic acid....mg	0.360		0		4		0.486	0.102	0.450
Vitamin B-6....mg	0.150		0		4		0.203	0.043	0.188
Folate, total....mcg	43		0		4		57	12	53
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	43		0		4		57	12	53
Folate, DFE....mcg_DFE	43		0	NC	4		57	12	53
Vitamin B-12....mcg	0.46		1		1		0.62	0.13	0.58
Vitamin A, IU....IU	7		0	NC	4		9	2	8
Vitamin A, RAE....mcg_RAE	2		0	NC	4		3	1	3
Retinol....mcg	2		0	NR	4		3	1	3
Vitamin E (alpha-tocopherol)....mg	1.84		1	A	1		2.48	0.52	2.30
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta....mg	0.04		1	A	1		0.05	0.01	0.05
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	T	4		0.1	0.0	0.1
Lipids:									
Fatty acids, total saturated....g	0.252		0		1		0.340	0.071	0.315
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.160		0		1		0.216	0.045	0.200
17:0....g									
18:0....g	0.092		0		1		0.124	0.026	0.115
20:0....g									
22:0....g									
24:0....g									

NDB No. 15141
Crustaceans, crab, blue, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.218		0		1		0.294	0.062	0.273
14.1. . ...g									
15:1.....g									
16:1 undifferentiated..... .....g	0.067		0		1		0.090	0.019	0.084
17:1.....g									
18:1 undifferentiated.....g	0.118		0		1		0.159	0.033	0.148
20:1..... .....g	0.033		0		1		0.045	0.009	0.041
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c..... .....g									
Fatty acids, total polyunsaturated..... .....g	0.440		0		1		0.594	0.125	0.550
18:2 undifferentiated.....g	0.014		0		1		0.019	0.004	0.018
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.063		0		1		0.085	0.018	0.079
20:5 n-3.....g	0.193		0		1		0.261	0.055	0.241
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.170		0		1		0.230	0.048	0.213
Fatty acids, total trans.....g									
Cholesterol.....mg	89		0		1		120	25	111
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.286		0		1		0.386	0.081	0.358
Threonine.....g	0.831		0		1		1.122	0.236	1.039
Isoleucine.....g	0.995		0		1		1.343	0.282	1.244
Leucine.....g	1.628		0		1		2.198	0.462	2.035
Lysine.....g	1.786		0		1		2.411	0.506	2.233
Methionine.....g	0.578		0		1		0.780	0.164	0.723
Cystine.....g	0.230		0		1		0.311	0.065	0.288
Phenylalanine.....g	0.867		0		1		1.170	0.246	1.084
Tyrosine.....g	0.683		0		1		0.922	0.194	0.854
Valine..... .....g	0.965		0		1		1.303	0.274	1.206
Arginine.....g	1.793		0		1		2.421	0.508	2.241
Histidine.....g	0.417		0		1		0.563	0.118	0.521
Alanine.....g	1.162		0		1		1.569	0.329	1.453
Aspartic acid.....g	2.121		0		1		2.863	0.601	2.651
Glutamic acid.....g	3.500		0		1		4.725	0.992	4.375
Glycine.....g	1.238		0		1		1.671	0.351	1.548
Proline.....g	0.676		0		1		0.913	0.192	0.845
Serine.....g	0.808		0		1		1.091	0.229	1.010
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta. .....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin..... ..mcg	0		0	z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 135g: 1 cup

Measure 2 = 28.35g: 1 oz

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

NDB No. 15141
Crustaceans, crab, blue, canned

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.43	0.801	11		1		91.37	104.53	21.95
Energy....kcal	102		0	NC	4		120	138	29
Energy....kj	427				4		504	576	121
Protein (N x 6.25)....g	20.20		1		1		23.84	27.27	5.73
Total lipid (fat)....g	1.77	0.102	16		1		2.09	2.39	0.50
Ash....g	2.00		1		1		2.36	2.70	0.57
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	104	16.042	10		1		123	140	29
Iron, Fe....mg	0.91	0.044	10		1		1.07	1.23	0.26
Magnesium, Mg....mg	33	1.289	10		1		39	45	9
Phosphorus, P....mg	206	5.981	10		1		243	278	58
Potassium, K....mg	324	12.190	10		1		382	437	92
Sodium, Na....mg	279	9.935	10		1		329	377	79
Zinc, Zn....mg	4.22	0.184	10		1		4.98	5.70	1.20
Copper, Cu....mg	0.645	0.046	10		1		0.761	0.871	0.183
Manganese, Mn....mg	0.190		0		4		0.224	0.257	0.054
Selenium, Se....mcg	40.2	7.817	5	A	1		47.4	54.3	11.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.3		0		4		3.9	4.5	0.9
Thiamin....mg	0.100		0		4		0.118	0.135	0.028
Riboflavin....mg	0.050		0		4		0.059	0.068	0.014
Niacin....mg	3.300		0		4		3.894	4.455	0.936
Pantothenic acid....mg	0.430		0		4		0.507	0.581	0.122
Vitamin B-6....mg	0.180		0		4		0.212	0.243	0.051
Folate, total....mcg	51		0		4		60	69	14
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	51		0		4		60	69	14
Folate, DFE....mcg_DFE	51		0	NC	4		60	69	14
Vitamin B-12....mcg	7.30	0.085	6		1		8.61	9.86	2.07
Vitamin A, IU....IU	7		0	NC	4		8	9	2
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2	3	1
Retinol....mcg	2		0	NR	4		2	3	1
Vitamin E (alpha-tocopherol)....mg	1.84		1	A	1		2.17	2.48	0.52
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta....mg	0.04		1	A	1		0.05	0.05	0.01
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	T	4		0.1	0.1	0.0
Lipids:									
Fatty acids, total saturated....g	0.228		0		1		0.269	0.308	0.065
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12 0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.018	0.004	10		1		0.021	0.024	0.005
15:0....g									
16:0....g	0.144	0.010	16		1		0.170	0.194	0.041
17:0....g									
18:0....g	0.061	0.006	16		1		0.072	0.082	0.017
20.0....g									
22·0....g									
24:0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated ....g	0.280		0		1		0.330	0.378	0.079
14:1 ....g									
15:1. ....g									
16:1 undifferentiated ....g	0.089	0.007	16		1		0.105	0.120	0.025
17:1 ....g									
18:1 undifferentiated ....g	0.151	0.009	16		1		0.178	0.204	0.043
20:1 ....g	0.038	0.005	16		1		0.045	0.051	0.011
22:1 undifferentiated ....g	0.000		0		1		0.000	0.000	0.000
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.680		0		1		0.802	0.918	0.193
18:2 undifferentiated ....g	0.028	0.002	16		1		0.033	0.038	0.008
18:3 undifferentiated ....g	0.021	0.004	10		1		0.025	0.028	0.006
18:4 ....g	0.019	0.001	10		1		0.022	0.026	0.005
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.084	0.006	16		1		0.099	0.113	0.024
20:5 n-3 ....g	0.243	0.011	16		1		0.287	0.328	0.069
22:5 n-3 ....g	0.054	0.005	10		1		0.064	0.073	0.015
22:6 n-3 ....g	0.231	0.017	16		1		0.273	0.312	0.065
Fatty acids, total trans ....g									
Cholesterol ....mg	100		0		1		118	135	28
Phytosterols ....mg									
Amino Acids:									
Tryptophan ....g	0.281		0		1		0.332	0.379	0.080
Threonine ....g	0.818		0		1		0.965	1.104	0.232
Isoleucine ....g	0.979		0		1		1.155	1.322	0.278
Leucine ....g	1.603		0		1		1.892	2.164	0.454
Lysine ....g	1.758		0		1		2.074	2.373	0.498
Methionine ....g	0.569		0		1		0.671	0.768	0.161
Cystine ....g	0.226		0		1		0.267	0.305	0.064
Phenylalanine ....g	0.853		0		1		1.007	1.152	0.242
Tyrosine ....g	0.672		0		1		0.793	0.907	0.191
Valine ....g	0.950		0		1		1.121	1.283	0.269
Arginine ....g	1.765		0		1		2.083	2.383	0.500
Histidine ....g	0.410		0		1		0.484	0.554	0.116
Alanine ....g	1.144		0		1		1.350	1.544	0.324
Aspartic acid ....g	2.088		0		1		2.464	2.819	0.592
Glutamic acid ....g	3.445		0		1		4.065	4.651	0.977
Glycine ....g	1.218		0		1		1.437	1.644	0.345
Proline ....g	0.666		0		1		0.786	0.899	0.189
Serine ....g	0.795		0		1		0.938	1.073	0.225
Hydroxyproline ....g									
Others:									
Alcohol, ethyl ....g	0.0		0		7		0.0	0.0	0.0
Caffeine ....mg	0		0	z	7		0	0	0
Theobromine ....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta ....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha ....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta ....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene ....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin ....mcg	0		0	z	7		0.000	0.000	0.000

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

Common Measures:

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

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

Measure 3 = 28.35g: 1 oz

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

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.815		0		1		1.689		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.121		0		1		0.073		
17:1.....g									
18:1 undifferentiated.....g	2.655		0		1		1.593		
20:1.....g	0.035		0		1		0.021		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.273		0		1		1.364		
18:2 undifferentiated.....g	1.578		0		1		0.947		
18:3 undifferentiated.....g	0.087		0		1		0.052		
18:4.....g	0.018		0		1		0.011		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.088		0		1		0.053		
20:5 n-3.....g	0.227		0		1		0.136		
22:5 n-3.....g	0.050		0		1		0.030		
22:6 n-3.....g	0.216		0		1		0.130		
Fatty acids, total trans.....g									
Cholesterol.....mg	150		0		4		90		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.281		0		1		0.169		
Threonine.....g	0.828		0		1		0.497		
Isoleucine.....g	0.996		0		1		0.598		
Leucine.....g	1.617		0		1		0.970		
Lysine.....g	1.733		0		1		1.040		
Methionine.....g	0.569		0		1		0.341		
Cystine.....g	0.239		0		1		0.143		
Phenylalanine.....g	0.870		0		1		0.522		
Tyrosine.....g	0.682		0		1		0.409		
Valine.....g	0.980		0		1		0.588		
Arginine.....g	1.730		0		1		1.038		
Histidine.....g	0.414		0		1		0.248		
Alanine.....g	1.145		0		1		0.687		
Aspartic acid.....g	2.083		0		1		1.250		
Glutamic acid.....g	3.396		0		1		2.038		
Glycine.....g	1.180		0		1		0.708		
Proline.....g	0.676		0		1		0.406		
Serine.....g	0.841		0		1		0.505		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 60g: 1 cake

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

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

NDB No. 15139
Crustaceans, crab, blue, raw

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

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 21g: 1 crab

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.214		0		1		0.182	0.272	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.055		0		1		0.047	0.070	
17:1.....g									
18.1 undifferentiated.....g	0.119		0		1		0.101	0.151	
20:1.....g	0.014		0		1		0.012	0.018	
22:1 undifferentiated.....g	0.026		0		1		0.022	0.033	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.407		0		1		0.346	0.517	
18:2 undifferentiated.....g									
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.281		0		1		0.239	0.357	
22:5 n-3.....g	0.013		0		1		0.011	0.017	
22:6 n-3.....g	0.113		0		1		0.096	0.144	
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0		1		65	97	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.311		0		1		0.264	0.395	
Threonine.....g	0.900		0		1		0.765	1.143	
Isoleucine.....g	1.079		0		1		0.917	1.370	
Leucine.....g	1.768		0		1		1.503	2.245	
Lysine.....g	1.939		0		1		1.648	2.463	
Methionine.....g	0.629		0		1		0.535	0.799	
Cystine.....g	0.250		0		1		0.213	0.318	
Phenylalanine.....g	0.939		0		1		0.798	1.193	
Tyrosine.....g	0.743		0		1		0.632	0.944	
Valine.....g	1.046		0		1		0.889	1.328	
Arginine.....g	1.946		0		1		1.654	2.471	
Histidine.....g	0.454		0		1		0.386	0.577	
Alanine.....g	1.261		0		1		1.072	1.601	
Aspartic acid.....g	2.303		0		1		1.958	2.925	
Glutamic acid.....g	3.800		0		1		3.230	4.826	
Glycine.....g	1.343		0		1		1.142	1.706	
Proline.....g	0.736		0		1		0.626	0.935	
Serine.....g	0.875		0		1		0.744	1.111	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 127g: 1 crab

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 15143
Crustaceans, crab, dungeness, raw
Cancer magister Dana

Refuse: 0%

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

NDB No. 15143
Crustaceans, crab, dungeness, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.167		0		1		0.142	0.272	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.043		2		1		0.037	0.070	
17:1.....g									
18:1 undifferentiated.....g	0.093		2		1		0.079	0.152	
20:1.....g	0.011		2		1		0.009	0.018	
22:1 undifferentiated.....g	0.020		2		1		0.017	0.033	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.317		0		1		0.269	0.517	
18:2 undifferentiated.....g									
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2		1		0.000	0.000	
20:5 n-3.....g	0.219		2		1		0.186	0.357	
22:5 n-3.....g	0.010		2		1		0.009	0.016	
22:6 n-3.....g	0.088		2		1		0.075	0.143	
Fatty acids, total trans.....g									
Cholesterol.....mg	59	3.219	5		1		50	96	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.242		0		1		0.206	0.394	
Threonine.....g	0.705		0		1		0.599	1.149	
Isoleucine.....g	0.844		0		1		0.717	1.376	
Leucine.....g	1.381		0		1		1.174	2.251	
Lysine.....g	1.515		0		1		1.288	2.469	
Methionine.....g	0.490		0		1		0.417	0.799	
Cystine.....g	0.195		0		1		0.166	0.318	
Phenylalanine.....g	0.735		0		1		0.625	1.198	
Tyrosine.....g	0.579		0		1		0.492	0.944	
Valine.....g	0.819		0		1		0.696	1.335	
Arginine.....g	1.521		0		1		1.293	2.479	
Histidine.....g	0.354		0		1		0.301	0.577	
Alanine.....g	0.986		0		1		0.838	1.607	
Aspartic acid.....g	1.799		0		1		1.529	2.932	
Glutamic acid.....g	2.969		0		1		2.524	4.839	
Glycine.....g	1.050		0		1		0.893	1.712	
Proline.....g	0.574		0		1		0.488	0.936	
Serine.....g	0.685		0		1		0.582	1.117	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 163g: 1 crab

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

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

NDB No. 15227

Crustaceans, crab, queen, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.328		0		1		0.279		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.064		0		1		0.054		
17:1.....g									
18:1 undifferentiated.....g	0.236		0		1		0.201		
20:1.....g	0.028		0		1		0.024		
22:1 undifferentiated .....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.540		0		1		0.459		
18:2 undifferentiated. .....g	0.008		0		1		0.007		
18:3 undifferentiated.....g	0.003		0		1		0.003		
18:4..... .. ..g	0.001		0		1		0.001		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20.4 undifferentiated.....g	0.042		0		1		0.036		
20:5 n-3.... .....g	0.332		0		1		0.282		
22:5 n-3.....g	0.010		0		1		0.009		
22:6 n-3..... .....g	0.145		0		1		0.123		
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		60		
Phytosterols..... .....mg									
Amino Acids:									
Tryptophan.....g	0.330		0		1		0.281		
Threonine.....g	0.956		0		1		0.813		
Isoleucine.....g	1.146		0		1		0.974		
Leucine.....g	1.878		0		1		1.596		
Lysine.. .....g	2.061		0		1		1.752		
Methionine.....g	0.668		0		1		0.568		
Cystine..... .....g	0.266		0		1		0.226		
Phenylalanine.....g	0.998		0		1		0.848		
Tyrosine.....g	0.789		0		1		0.671		
Valine.. .....g	1.112		0		1		0.945		
Arginine.....g	2.068		0		1		1.758		
Histidine.....g	0.482		0		1		0.410		
Alanine.....g	1.340		0		1		1.139		
Aspartic acid.....g	2.448		0		1		2.081		
Glutamic acid.....g	4.038		0		1		3.432		
Glycine.....g	1.427		0		1		1.213		
Proline.....g	0.782		0		1		0.665		
Serine.... .....g	0.930		0		1		0.791		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

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

NDB No. 15144
Crustaceans, crab, queen, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.256		0		1		0.218		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		1		1		0.043		
17:1.....g									
18.1 undifferentiated.....g	0.184		1		1		0.156		
20·1.....g	0.022		1		1		0.019		
22.1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.422		0		1		0.359		
18:2 undifferentiated.....g	0.006		1		1		0.005		
18:3 undifferentiated.....g	0.002		1		1		0.002		
18:4.....g	0.001		1		1		0.001		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		1		1		0.028		
20:5 n-3.....g	0.259		1		1		0.220		
22:5 n-3.....g	0.008		1		1		0.007		
22:6 n-3.....g	0.113		1		1		0.096		
Fatty acids, total trans.....g									
Cholesterol.....mg	55		1		1		47		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.258		0		1		0.219		
Threonine.....g	0.749		0		1		0.637		
Isoleucine.....g	0.897		0		1		0.762		
Leucine.....g	1.468		0		1		1.248		
Lysine.....g	1.610		0		1		1.369		
Methionine.....g	0.521		0		1		0.443		
Cystine.....g	0.207		0		1		0.176		
Phenylalanine.....g	0.781		0		1		0.664		
Tyrosine.....g	0.616		0		1		0.524		
Valine.....g	0.870		0		1		0.740		
Arginine.....g	1.616		0		1		1.374		
Histidine.....g	0.376		0		1		0.320		
Alanine.....g	1.048		0		1		0.891		
Aspartic acid.....g	1.912		0		1		1.625		
Glutamic acid.....g	3.155		0		1		2.682		
Glycine.....g	1.116		0		1		0.949		
Proline.....g	0.610		0		1		0.519		
Serine.....g	0.728		0		1		0.619		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 15243

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

Refuse: 0%

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

NDB No. 15243

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.251		0		1		0.213		
14:1 .....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		4		1		0.031		
17:1.....g									
18:1 undifferentiated.....g	0.194		4		1		0.165		
20:1.....g	0.007		4		1		0.006		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.413		0		1		0.351		
18:2 undifferentiated.....g	0.156		4		1		0.133		
18:3 undifferentiated.....g	0.022		4		1		0.019		
18:4.....g	0.002		4		1		0.002		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.062		4		1		0.053		
20:5 n-3.....g	0.124		4		1		0.105		
22:5 n-3.....g									
22:6 n-3.....g	0.038		4		1		0.032		
Fatty acids, total trans.....g									
Cholesterol.....mg	137	3.772	4		1		116		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.244		0		1		0.207		
Threonine.....g	0.707		0		1		0.601		
Isoleucine.....g	0.847		0		1		0.720		
Leucine.....g	1.388		0		1		1.180		
Lysine.....g	1.523		0		1		1.295		
Methionine.....g	0.494		0		1		0.420		
Cystine.....g	0.196		0		1		0.167		
Phenylalanine.....g	0.737		0		1		0.626		
Tyrosine.....g	0.583		0		1		0.496		
Valine.....g	0.822		0		1		0.699		
Arginine.....g	1.528		0		1		1.299		
Histidine.....g	0.356		0		1		0.303		
Alanine.....g	0.990		0		1		0.842		
Aspartic acid.....g	1.809		0		1		1.538		
Glutamic acid.....g	2.983		0		1		2.536		
Glycine.....g	1.054		0		1		0.896		
Proline.....g	0.578		0		1		0.491		
Serine.....g	0.690		0		1		0.587		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 15242

Crustaceans, crayfish, mixed species, farmed, raw

Astacus, Orconectes, and Procambarus spp.

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.178		0		1		0.151	0.048	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		10		1		0.026	0.008	
17:1.....g									
18:1 undifferentiated.....g	0.134		10		1		0.114	0.036	
20.1.....g	0.005		10		1		0.004	0.001	
22:1 undifferentiated.....g	0.002		10		1		0.002	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.313		0		1		0.266	0.085	
18:2 undifferentiated.....g	0.076		10		1		0.065	0.021	
18:3 undifferentiated.....g	0.025		10		1		0.021	0.007	
18:4.....g	0.005		10		1		0.004	0.001	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		10		1		0.043	0.014	
20:5 n-3.....g	0.117		10		1		0.099	0.032	
22:5 n-3.....g	0.005	0.000	10		1		0.004	0.001	
22:6 n-3.....g	0.027		10		1		0.023	0.007	
Fatty acids, total trans.....g									
Cholesterol.....mg	107	3.182	4		1		91	29	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.207		0		1		0.176	0.056	
Threonine.....g	0.599		0		1		0.509	0.162	
Isoleucine.....g	0.718		0		1		0.610	0.194	
Leucine.....g	1.176		0		1		1.000	0.318	
Lysine.....g	1.290		0		1		1.097	0.348	
Methionine.....g	0.418		0		1		0.355	0.113	
Cystine.....g	0.166		0		1		0.141	0.045	
Phenylalanine.....g	0.625		0		1		0.531	0.169	
Tyrosine.....g	0.494		0		1		0.420	0.133	
Valine.....g	0.696		0		1		0.592	0.188	
Arginine.....g	1.295		0		1		1.101	0.350	
Histidine.....g	0.302		0		1		0.257	0.082	
Alanine.....g	0.839		0		1		0.713	0.227	
Aspartic acid.....g	1.533		0		1		1.303	0.414	
Glutamic acid.....g	2.528		0		1		2.149	0.683	
Glycine.....g	0.893		0		1		0.759	0.241	
Proline.....g	0.489		0		1		0.416	0.132	
Serine.....g	0.584		0		1		0.496	0.158	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 27g: 8 crayfish

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 15146

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.37	0.542	4		1		67.46		
Energy	kcal	82		0	NC	4		70		
Energy	kJ	343				4		292		
Protein (N x 6.25)	g	16.77	0.738	4		1		14.25		
Total lipid (fat)	g	1.20	0.041	4		1		1.02		
Ash	g	1.20	0.091	4		1		1.02		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	60	11.344	4		1		51		
Iron, Fe	mg	0.83	0.223	4		1		0.71		
Magnesium, Mg	mg	33	1.274	4		1		28		
Phosphorus, P	mg	270	28.039	4		1		230		
Potassium, K	mg	296	41.316	4		1		252		
Sodium, Na	mg	94	4.824	4		1		80		
Zinc, Zn	mg	1.76	0.217	4		1		1.50		
Copper, Cu	mg	0.685	0.080	4		1		0.582		
Manganese, Mn	mg	0.522	0.283	4		1		0.444		
Selenium, Se	mcg	36.7		0	BFSN	4		31.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9	0.235	4		1		0.8		
Thiamin	mg	0.050	0.004	4		1		0.043		
Riboflavin	mg	0.085	0.010	4		1		0.072		
Niacin	mg	2.280	0.569	4		1		1.938		
Pantothenic acid	mg	0.580	0.120	4		1		0.493		
Vitamin B-6	mg	0.076	0.017	4		1		0.065		
Folate, total	mcg	44	18.644	4		1		37		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	44	18.644	4		1		37		
Folate, DFE	mcg_DFE	44		0	NC	4		37		
Vitamin B-12	mcg	2.15	0.240	4		1		1.83		
Vitamin A, IU	IU	50		0	NC	4		43		
Vitamin A, RAE	mcg_RAE	15		0	NC	4		13		
Retinol	mcg	15		0	NR	4		13		
Vitamin E (alpha-tocopherol)	mg	1.50		0	NR	4		1.28		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.1		0	T	4		0.1		
Lipids:										
Fatty acids, total saturated	g	0.181		0		1		0.154		
4:0	g	0.000		0		1		0.000		
6.0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.000		0		1		0.000		
13 0	g									
14:0	g	0.005		4		1		0.004		
15:0	g									
16:0	g	0.111		4		1		0.094		
17:0	g									
18:0	g	0.049		4		1		0.042		
20:0	g									
22:0	g									
24:0	g									

NDB No. 15146

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	0.244		0		1		0.207		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.027		4		1		0.023		
17:1....g									
18:1 undifferentiated....g	0.147		4		1		0.125		
20:1....g	0.012		4		1		0.010		
22:1 undifferentiated....g	0.050		4		1		0.043		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.367		0		1		0.312		
18:2 undifferentiated....g	0.090		4		1		0.077		
18:3 undifferentiated....g	0.028		4		1		0.024		
18:4....g	0.001		4		1		0.001		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.056		4		1		0.048		
20:5 n-3....g	0.119		4		1		0.101		
22:5 n-3....g	0.000		0		1		0.000		
22:6 n-3....g	0.047		4		1		0.040		
Fatty acids, total trans....g									
Cholesterol....mg	133	4.608	4		1		113		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.234		0		1		0.199		
Threonine....g	0.676		0		1		0.575		
Isoleucine....g	0.811		0		1		0.689		
Leucine....g	1.329		0		1		1.130		
Lysine....g	1.457		0		1		1.238		
Methionine....g	0.472		0		1		0.401		
Cystine....g	0.188		0		1		0.160		
Phenylalanine....g	0.706		0		1		0.600		
Tyrosine....g	0.558		0		1		0.474		
Valine....g	0.786		0		1		0.668		
Arginine....g	1.463		0		1		1.244		
Histidine....g	0.341		0		1		0.290		
Alanine....g	0.947		0		1		0.805		
Aspartic acid....g	1.731		0		1		1.471		
Glutamic acid....g	2.856		0		1		2.428		
Glycine....g	1.009		0		1		0.858		
Proline....g	0.553		0		1		0.470		
Serine....g	0.660		0		1		0.561		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	z	7		0		
Theobromine....mg	0		0	z	7		0		
Carotenoids:									
Carotene, beta....mcg	0		0	z	7		0.000		
Carotene, alpha....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta....mcg	0		0	z	7		0.000		
Lycopene....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin....mcg	0		0	z	7		0.000		

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

Common Measures:

Measure 1 = 85g: 3 oz

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

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 15145

Crustaceans, crayfish, mixed species, wild, raw

Astacus, Orconectes, and Procambarus spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.24	0.598	5		1		69.90	22.20	
Energy....kcal	77		0	NC	4		65	21	
Energy....kj	322				4		274	87	
Protein (N x 6.25)....g	15.97	0.808	5		1		13.57	4.31	
Total lipid (fat)....g	0.95	0.046	5		1		0.81	0.26	
Ash....g	1.34	0.169	5		1		1.14	0.36	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	27	6.515	17		1		23	7	
Iron, Fe....mg	0.84	0.405	5		1		0.71	0.23	
Magnesium, Mg....mg	27	1.359	16		1		23	7	
Phosphorus, P....mg	256	13.737	20		1		218	69	
Potassium, K....mg	302	17.005	5		1		257	82	
Sodium, Na....mg	58	3.407	11		1		49	16	
Zinc, Zn....mg	1.30	0.038	20		1		1.11	0.35	
Copper, Cu....mg	0.419	0.048	32		1		0.356	0.113	
Manganese, Mn....mg	0.226	0.120	5		1		0.192	0.061	
Selenium, Se....mcg	31.6		0	BFSN	4		26.9	8.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2	0.460	5		1		1.0	0.3	
Thiamin....mg	0.070	0.020	5		1		0.060	0.019	
Riboflavin....mg	0.032	0.007	5		1		0.027	0.009	
Niacin....mg	2.208	0.271	5		1		1.877	0.596	
Pantothenic acid....mg	0.546	0.074	5		1		0.464	0.147	
Vitamin B-6....mg	0.108	0.018	5		1		0.092	0.029	
Folate, total....mcg	37	14.963	5		1		31	10	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	37	14.963	5		1		31	10	
Folate, DFE....mcg_DFE	37		0	NC	4		31	10	
Vitamin B-12....mcg	2.00	0.396	5		1		1.70	0.54	
Vitamin A, IU....IU	53		0	NC	4		45	14	
Vitamin A, RAE....mcg_RAE	16		0	NC	4		14	4	
Retinol....mcg	16		0	NR	4		14	4	
Vitamin E (alpha-tocopherol)....mg	2.85		0	NR	4		2.42	0.77	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	T	4		0.1	0.0	
Lipids:									
Fatty acids, total saturated....g	0.159		0		1		0.135	0.043	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.002		11		1		0.002	0.001	
15:0....g									
16:0....g	0.102		11		1		0.087	0.028	
17:0....g									
18:0....g	0.042		11		1		0.036	0.011	
20:0....g									
22:0....g									
24:0....g									

NDB No. 15145

Crustaceans, crayfish, mixed species, wild, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.174		0		1		0.148	0.047	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.028		11		1		0.024	0.008	
17:1.....g									
18:1 undifferentiated.....g	0.113		11		1		0.096	0.031	
20:1.....g	0.010		11		1		0.009	0.003	
22:1 undifferentiated.....g	0.018		11		1		0.015	0.005	
24:1 c.....g									
Fatty acids, total polyunsaturated .....g	0.293		0		1		0.249	0.079	
18:2 undifferentiated.....g	0.052		11		1		0.044	0.014	
18:3 undifferentiated.....g	0.032		11		1		0.027	0.009	
18:4.....g	0.005		11		1		0.004	0.001	
20:2 n-6 c,c.....g									
20·3 undifferentiated.....g									
20:4 undifferentiated.....g	0.045		11		1		0.038	0.012	
20:5 n-3.....g	0.104		11		1		0.088	0.028	
22:5 n-3.....g	0.010	0.000	11		1		0.009	0.003	
22:6 n-3.....g	0.038		11		1		0.032	0.010	
Fatty acids, total trans.....g									
Cholesterol .....mg	114	7.137	5		1		97	31	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.222		0		1		0.189	0.060	
Threonine.....g	0.644		0		1		0.547	0.174	
Isoleucine.....g	0.772		0		1		0.656	0.208	
Leucine.....g	1.265		0		1		1.075	0.342	
Lysine.....g	1.388		0		1		1.180	0.375	
Methionine.....g	0.450		0		1		0.383	0.122	
Cystine.....g	0.179		0		1		0.152	0.048	
Phenylalanine.....g	0.672		0		1		0.571	0.181	
Tyrosine.....g	0.532		0		1		0.452	0.144	
Valine.....g	0.749		0		1		0.637	0.202	
Arginine.....g	1.393		0		1		1.184	0.376	
Histidine.....g	0.325		0		1		0.276	0.088	
Alanine.....g	0.902		0		1		0.767	0.244	
Aspartic acid.....g	1.648		0		1		1.401	0.445	
Glutamic acid. .....g	2.719		0		1		2.311	0.734	
Glycine.....g	0.961		0		1		0.817	0.259	
Proline.....g	0.526		0		1		0.447	0.142	
Serine.....g	0.629		0		1		0.535	0.170	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha .....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 27g: 8 crayfish

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

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.03		2		1		110.24	64.63	
Energy....kcal	98		0	NC	4		142	83	
Energy....kj	410				4		595	349	
Protein (N x 6.25)....g	20.50		2		1		29.73	17.43	
Total lipid (fat)....g	0.59		2		1		0.86	0.50	
Ash....g	1.60		2		1		2.32	1.36	
Carbohydrate, by difference....g	1.28		0	NC	4		1.86	1.09	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	61		2		1		88	52	
Iron, Fe....mg	0.39		2		1		0.57	0.33	
Magnesium, Mg....mg	35		2		1		51	30	
Phosphorus, P....mg	185		2		1		268	157	
Potassium, K....mg	352		2		1		510	299	
Sodium, Na....mg	380		2		1		551	323	
Zinc, Zn....mg	2.92		2		1		4.23	2.48	
Copper, Cu....mg	1.940		2		1		2.813	1.649	
Manganese, Mn....mg	0.061		2		1		0.088	0.052	
Selenium, Se....mcg	42.7		0	BFSN	4		61.9	36.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.007		2		1		0.010	0.006	
Riboflavin....mg	0.066		2		1		0.096	0.056	
Niacin....mg	1.070		2		1		1.552	0.910	
Pantothenic acid....mg	0.285		2		1		0.413	0.242	
Vitamin B-6....mg	0.077		2		1		0.112	0.065	
Folate, total....mcg	11		2		1		16	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	11		2		1		16	9	
Folate, DFE....mcg_DFE	11		0	NC	4		16	9	
Vitamin B-12....mcg	3.11		2		1		4.51	2.64	
Vitamin A, IU....IU	87		0	NC	4		126	74	
Vitamin A, RAE....mcg_RAE	26		0	NC	4		38	22	
Retinol....mcg	26		0	NR	4		38	22	
Vitamin E (alpha-tocopherol)....mg	1.00		0	NR	4		1.45	0.85	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	T	4		0.1	0.1	
Lipids:									
Fatty acids, total saturated....g	0.107		0		1		0.155	0.091	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.006		2		1		0.009	0.005	
15.0....g									
16:0....g	0.081		2		1		0.117	0.069	
17:0....g									
18.0....g	0.020		2		1		0.029	0.017	
20:0....g									
22:0....g									
24·0....g									

NDB No. 15148

Crustaceans, lobster, northern, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.160		0		1		0.232	0.136	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		2		1		0.044	0.026	
17:1.....g									
18:1 undifferentiated.....g	0.095		2		1		0.138	0.081	
20:1.....g	0.017		2		1		0.025	0.014	
22:1 undifferentiated.....g	0.018		2		1		0.026	0.015	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.091		0		1		0.132	0.077	
18:2 undifferentiated.....g	0.005		2		1		0.007	0.004	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.053		2		1		0.077	0.045	
22:5 n-3.....g	0.002		2		1		0.003	0.002	
22:6 n-3.....g	0.031		2		1		0.045	0.026	
Fatty acids, total trans.....g									
Cholesterol.....mg	72		2		1		104	61	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.285		0		1		0.413	0.242	
Threonine.....g	0.830		0		1		1.204	0.706	
Isoleucine.....g	0.994		0		1		1.441	0.845	
Leucine.....g	1.627		0		1		2.359	1.383	
Lysine.....g	1.784		0		1		2.587	1.516	
Methionine.....g	0.577		0		1		0.837	0.490	
Cystine.....g	0.230		0		1		0.334	0.196	
Phenylalanine.....g	0.866		0		1		1.256	0.736	
Tyrosine.....g	0.682		0		1		0.989	0.580	
Valine.....g	0.964		0		1		1.398	0.819	
Arginine.....g	1.791		0		1		2.597	1.522	
Histidine.....g	0.417		0		1		0.605	0.354	
Alanine.....g	1.161		0		1		1.683	0.987	
Aspartic acid.....g	2.119		0		1		3.073	1.801	
Glutamic acid.....g	3.496		0		1		5.069	2.972	
Glycine.....g	1.237		0		1		1.794	1.051	
Proline.....g	0.676		0		1		0.980	0.575	
Serine.....g	0.807		0		1		1.170	0.686	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 145g: 1 cup

Measure 2 = 85g: 3 oz

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

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 15147
Crustaceans, lobster, northern, raw
Homarus americanus Milne-Edwards

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.76	0.701	4		1		115.14	65.25	
Energy....kcal	90		0	NC	4		135	77	
Energy....kJ	377				4		565	320	
Protein (N x 6.25)....g	18.80		2		1		28.20	15.98	
Total lipid (fat)....g	0.90	0.133	10		1		1.35	0.77	
Ash....g	2.20		0		1		3.30	1.87	
Carbohydrate, by difference....g	0.50		0	NC	4		0.75	0.43	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	48		0		4		72	41	
Iron, Fe....mg	0.30		0		4		0.45	0.26	
Magnesium, Mg....mg	27		0		4		41	23	
Phosphorus, P....mg	144		0		4		216	122	
Potassium, K....mg	275		0		4		413	234	
Sodium, Na....mg	296		0		4		444	252	
Zinc, Zn....mg	3.02	0.291	86		1		4.53	2.57	
Copper, Cu....mg	1.663	0.071	87		1		2.495	1.414	
Manganese, Mn....mg	0.055		0		1		0.083	0.047	
Selenium, Se....mcg	41.4		0	BFSN	4		62.1	35.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.006		0		4		0.009	0.005	
Riboflavin....mg	0.048		2		1		0.072	0.041	
Niacin....mg	1.455		2		1		2.183	1.237	
Pantothenic acid....mg	1.630		2		1		2.445	1.386	
Vitamin B-6....mg	0.063		0		4		0.095	0.054	
Folate, total....mcg	9		0		4		14	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0		4		14	8	
Folate, DFE....mcg_DFE	9		0	NC	4		14	8	
Vitamin B-12....mcg	0.93	0.031	22		1		1.39	0.79	
Vitamin A, IU....IU	70		0	NC	4		105	60	
Vitamin A, RAE....mcg_RAE	21		0	NC	4		32	18	
Retinol....mcg	21		0	NR	4		32	18	
Vitamin E (alpha-tocopherol)....mg	1.47		0	NR	4		2.21	1.25	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	T	4		0.1	0.1	
Lipids:									
Fatty acids, total saturated....g	0.180		0		4		0.270	0.153	
4:0....g	0.000		0		7		0.000	0.000	
6:0....g	0.000		0		7		0.000	0.000	
8:0....g	0.000		0		7		0.000	0.000	
10:0....g	0.000		0		7		0.000	0.000	
12:0....g	0.000		0		7		0.000	0.000	
13:0....g									
14:0....g	0.000		0		7		0.000	0.000	
15:0....g									
16:0....g	0.000		0		7		0.000	0.000	
17:0....g									
18:0....g	0.000		0		7		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									

NDB No. 15147
Crustaceans, lobster, northern, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	0.260		0		4		0.390	0.221	
14:1.....g									
15:1.....g									
16:1 undifferentiated....g	0.000		0		7		0.000	0.000	
17:1.....g									
18:1 undifferentiated....g	0.000		0		7		0.000	0.000	
20:1.....g	0.000		0		7		0.000	0.000	
22 1 undifferentiated....g	0.000		0		7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.150		0		4		0.225	0.128	
18:2 undifferentiated....g	0.000		0		7		0.000	0.000	
18:3 undifferentiated....g	0.000		0		7		0.000	0.000	
18.4....g	0.000		0		7		0.000	0.000	
20.2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		7		0.000	0.000	
20:5 n-3....g	0.000		0		7		0.000	0.000	
22:5 n-3....g	0.000		0		7		0.000	0.000	
22:6 n-3....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	95	12.226	8		1		143	81	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.262		0		1		0.393	0.223	
Threonine....g	0.761		0		1		1.142	0.647	
Isoleucine....g	0.911		0		1		1.367	0.774	
Leucine....g	1.492		0		1		2.238	1.268	
Lysine....g	1.636		0		1		2.454	1.391	
Methionine....g	0.529		0		1		0.794	0.450	
Cystine....g	0.211		0		1		0.317	0.179	
Phenylalanine....g	0.794		0		1		1.191	0.675	
Tyrosine....g	0.626		0		1		0.939	0.532	
Valine....g	0.884		0		1		1.326	0.751	
Arginine....g	1.642		0		1		2.463	1.396	
Histidine....g	0.382		0		1		0.573	0.325	
Alanine....g	1.065		0		1		1.598	0.905	
Aspartic acid....g	1.943		0		1		2.915	1.652	
Glutamic acid....g	3.207		0		1		4.811	2.726	
Glycine....g	1.134		0		1		1.701	0.964	
Proline....g	0.620		0		1		0.930	0.527	
Serine....g	0.740		0		1		1.110	0.629	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	z	7		0	0	
Theobromine....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta....mcg	0		0	z	7		0.000	0.000	
Lycopene....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin....mcg	0		0	z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 150g: 1 lobster

Measure 2 = 85g: 3 oz

NDB No. 15147
Crustaceans, lobster, northern, raw

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.56		0		1		92.88	20.57	92.88
Energy....kcal	120		0	NC	4		154	34	154
Energy....kj	502				4		643	142	643
Protein (N x 6.25)....g	23.08		0		1		29.54	6.54	29.54
Total lipid (fat)....g	1.96		0		1		2.51	0.56	2.51
Ash....g	1.36		0		1		1.74	0.39	1.74
Carbohydrate, by difference....g	1.03		0	NC	4		1.32	0.29	1.32
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	59		0		1		76	17	76
Iron, Fe....mg	2.74		0		1		3.51	0.78	3.51
Magnesium, Mg....mg	41		0		1		52	12	52
Phosphorus, P....mg	233		0		1		298	66	298
Potassium, K....mg	210		0		1		269	60	269
Sodium, Na....mg	169		0		1		216	48	216
Zinc, Zn....mg	1.26		0		1		1.61	0.36	1.61
Copper, Cu....mg	0.300		0		1		0.384	0.085	0.384
Manganese, Mn....mg	0.060		0		4		0.077	0.017	0.077
Selenium, Se....mcg	39.6	1.649	58	A	1		50.7	11.2	50.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.3		0		4		2.9	0.7	2.9
Thiamin....mg	0.027		0		1		0.035	0.008	0.035
Riboflavin....mg	0.037		0		1		0.047	0.010	0.047
Niacin....mg	2.755		0		1		3.526	0.781	3.526
Pantothenic acid....mg	0.218		0		4		0.279	0.062	0.279
Vitamin B-6....mg	0.111	0.068	5		1		0.142	0.031	0.142
Folate, total....mcg	2	0.671	5		1		2	1	2
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	2	0.671	5		1		2	1	2
Folate, DFE....mcg_DFE	2		0	NC	4		2	1	2
Vitamin B-12....mcg	1.12		0		1		1.43	0.32	1.43
Vitamin A, IU....IU	60		0	NC	4		77	17	77
Vitamin A, RAE....mcg_RAE	18		0	NC	4		23	5	23
Retinol....mcg	18		0	NR	4		23	5	23
Vitamin E (alpha-tocopherol)....mg	0.93		0	NR	4		1.19	0.26	1.19
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	T	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.373		0		1		0.477	0.106	0.477
4:0....g	0.000		0		1		0.000	0.000	0.000
6.0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.006		0		1		0.008	0.002	0.008
13:0....g									
14:0....g	0.024		0		1		0.031	0.007	0.031
15:0....g									
16:0....g	0.209		0		1		0.268	0.059	0.268
17:0....g									
18:0....g	0.117		0		1		0.150	0.033	0.150
20:0....g									
22:0....g									
24:0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	0.293		0		1		0.375	0.083	0.375
14:1....g									
15:1....g									
16.1 undifferentiated....g	0.094		0		1		0.120	0.027	0.120
17:1....g									
18:1 undifferentiated....g	0.167		0		1		0.214	0.047	0.214
20:1....g	0.019		0		1		0.024	0.005	0.024
22:1 undifferentiated....g	0.006		0		1		0.008	0.002	0.008
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.755		0		1		0.966	0.214	0.966
18:2 undifferentiated....g	0.032		0		1		0.041	0.009	0.041
18:3 undifferentiated....g	0.016		0		1		0.020	0.005	0.020
18:4....g	0.007		0		1		0.009	0.002	0.009
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.099		0		1		0.127	0.028	0.127
20:5 n-3....g	0.293		0		1		0.375	0.083	0.375
22:5 n-3....g	0.052		0		1		0.067	0.015	0.067
22:6 n-3....g	0.252		0		1		0.323	0.071	0.323
Fatty acids, total trans....g									
Cholesterol....mg	173		0		1		221	49	221
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.321		0		1		0.411	0.091	0.411
Threonine....g	0.934		0		1		1.196	0.265	1.196
Isoleucine....g	1.119		0		1		1.432	0.317	1.432
Leucine....g	1.832		0		1		2.345	0.519	2.345
Lysine....g	2.009		0		1		2.572	0.570	2.572
Methionine....g	0.650		0		1		0.832	0.184	0.832
Cystine....g	0.259		0		1		0.332	0.073	0.332
Phenylalanine....g	0.975		0		1		1.248	0.276	1.248
Tyrosine....g	0.768		0		1		0.983	0.218	0.983
Valine....g	1.086		0		1		1.390	0.308	1.390
Arginine....g	2.016		0		1		2.580	0.572	2.580
Histidine....g	0.469		0		1		0.600	0.133	0.600
Alanine....g	1.307		0		1		1.673	0.371	1.673
Aspartic acid....g	2.386		0		1		3.054	0.676	3.054
Glutamic acid....g	3.937		0		1		5.039	1.116	5.039
Glycine....g	1.392		0		1		1.782	0.395	1.782
Proline....g	0.761		0		1		0.974	0.216	0.974
Serine....g	0.908		0		1		1.162	0.257	1.162
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	z	7		0	0	0
Theobromine....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin....mcg	0		0	z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz

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

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

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

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

NDB No. 15150

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.812		0		1		3.240	1.144	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.076		11		1		0.065	0.023	
17:1.....g									
18:1 undifferentiated.....g	3.753		11		1		3.190	1.126	
20:1.....g	0.105		11		1		0.089	0.032	
22:1 undifferentiated.....g	0.022		11		1		0.019	0.007	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.085		0		1		4.322	1.526	
18:2 undifferentiated.....g	4.511		11		1		3.834	1.353	
18:3 undifferentiated.....g	0.267		11		1		0.227	0.080	
18:4.....g									
20.2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.059		11		1		0.050	0.018	
20:5 n-3.....g	0.109		11		1		0.093	0.033	
22·5 n-3.....g	0.035		11		1		0.030	0.011	
22:6 n-3.....g	0.124		11		1		0.105	0.037	
Fatty acids, total trans.....g									
Cholesterol.....mg	177	8.900	11		1		150	53	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.299		0		1		0.254	0.090	
Threonine.....g	0.860		0		1		0.731	0.258	
Isoleucine.....g	1.042		0		1		0.886	0.313	
Leucine.....g	1.698		0		1		1.443	0.509	
Lysine.....g	1.764		0		1		1.499	0.529	
Methionine.....g	0.591		0		1		0.502	0.177	
Cystine.....g	0.258		0		1		0.219	0.077	
Phenylalanine.....g	0.928		0		1		0.789	0.278	
Tyrosine.....g	0.719		0		1		0.611	0.216	
Valine.....g	1.025		0		1		0.871	0.308	
Arginine.....g	1.784		0		1		1.516	0.535	
Histidine.....g	0.437		0		1		0.371	0.131	
Alanine.....g	1.183		0		1		1.006	0.355	
Aspartic acid.....g	2.132		0		1		1.812	0.640	
Glutamic acid.....g	3.878		0		1		3.296	1.163	
Glycine.....g	1.238		0		1		1.052	0.371	
Proline.....g	0.829		0		1		0.705	0.249	
Serine.....g	0.890		0		1		0.757	0.267	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 30g: 4 large

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.28	0.213	17		1		65.69	17.00	
Energy....kcal	99		0	NC	4		84	22	
Energy....kj	414				4		352	91	
Protein (N x 6.25)....g	20.91	0.335	15		1		17.77	4.60	
Total lipid (fat)....g	1.08	0.029	9		1		0.92	0.24	
Ash....g	1.57	0.234	9		1		1.33	0.35	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	39		1		1		33	9	
Iron, Fe....mg	3.09		0		1		2.63	0.68	
Magnesium, Mg....mg	34		1		1		29	7	
Phosphorus, P....mg	137		1		1		116	30	
Potassium, K....mg	182	10.900	11		1		155	40	
Sodium, Na....mg	224	35.600	11		1		190	49	
Zinc, Zn....mg	1.56	0.080	11		1		1.33	0.34	
Copper, Cu....mg	0.193		1		1		0.164	0.042	
Manganese, Mn....mg	0.034		1		1		0.029	0.007	
Selenium, Se....mcg	39.6	1.649	58	A	1		33.7	8.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.2		0		4		1.9	0.5	
Thiamin....mg	0.031	0.003	11		1		0.026	0.007	
Riboflavin....mg	0.032	0.003	11		1		0.027	0.007	
Niacin....mg	2.590	1.800	11		1		2.202	0.570	
Pantothenic acid....mg	0.340		0		4		0.289	0.075	
Vitamin B-6....mg	0.127		0		1		0.108	0.028	
Folate, total....mcg	4		0		1		3	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		3	1	
Folate, DFE....mcg_DFE	4		0	NC	4		3	1	
Vitamin B-12....mcg	1.49		0		1		1.26	0.33	
Vitamin A, IU....IU	225		0	NC	4		191	50	
Vitamin A, RAE....mcg_RAE	68		0	NC	4		57	15	
Retinol....mcg	68		0	BFYN	4		57	15	
Vitamin E (alpha-tocopherol)....mg	1.38		0	BFYN	4		1.17	0.30	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.289		0		1		0.246	0.064	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.017		11		1		0.014	0.004	
15.0....g									
16:0....g	0.143		11		1		0.122	0.031	
17:0....g									
18:0....g	0.096		11		1		0.082	0.021	
20:0....g									
22:0....g									
24:0....g									

NDB No. 15151

Crustaceans, shrimp, mixed species, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.197		0		1		0.167	0.043	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		11		1		0.051	0.013	
17:1.....g									
18:1 undifferentiated.....g	0.114		11		1		0.097	0.025	
20:1.....g	0.011		11		1		0.009	0.002	
22:1 undifferentiated.....g	0.007		7		1		0.006	0.002	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.440		0		1		0.374	0.097	
18:2 undifferentiated.....g	0.021		11		1		0.018	0.005	
18:3 undifferentiated.....g	0.012		11		1		0.010	0.003	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.071		11		1		0.060	0.016	
20:5 n-3.....g	0.171		11		1		0.145	0.038	
22:5 n-3.....g	0.020		11		1		0.017	0.004	
22:6 n-3.....g	0.144		11		1		0.122	0.032	
Fatty acids, total trans.....g									
Cholesterol.....mg	195		0		1		166	43	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.291		0		1		0.247	0.064	
Threonine.....g	0.846		0		1		0.719	0.186	
Isoleucine.....g	1.014		0		1		0.862	0.223	
Leucine.....g	1.659		0		1		1.410	0.365	
Lysine.....g	1.820		0		1		1.547	0.400	
Methionine.....g	0.589		0		1		0.501	0.130	
Cystine.....g	0.234		0		1		0.199	0.051	
Phenylalanine.....g	0.883		0		1		0.751	0.194	
Tyrosine.....g	0.696		0		1		0.592	0.153	
Valine.....g	0.983		0		1		0.836	0.216	
Arginine.....g	1.826		0		1		1.552	0.402	
Histidine.....g	0.425		0		1		0.361	0.094	
Alanine.....g	1.184		0		1		1.006	0.260	
Aspartic acid.....g	2.161		0		1		1.837	0.475	
Glutamic acid.....g	3.566		0		1		3.031	0.785	
Glycine.....g	1.261		0		1		1.072	0.277	
Proline.....g	0.689		0		1		0.586	0.152	
Serine.....g	0.823		0		1		0.700	0.181	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 22g: 4 large

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

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 15153

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

Refuse: 0%

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

NDB No. 15153

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.486		0		1		0.413		
Tyrosine....g	0.499		0		1		0.424		
Valine....g	0.628		0		1		0.534		
Arginine....g	0.823		0		1		0.700		
Histidine....g	0.285		0		1		0.242		
Alanine....g	0.727		0		1		0.618		
Aspartic acid....g	1.239		0		1		1.053		
Glutamic acid....g	1.956		0		1		1.663		
Glycine....g	0.480		0		1		0.408		
Proline....g	0.462		0		1		0.393		
Serine....g	0.541		0		1		0.460		
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 15149

Crustaceans, shrimp, mixed species, raw

Penaeidae and Pandalidae

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.86	0.089	212		1		4.55	3.79	64.48
Energy....kcal	106		0	NC	4		6	5	90
Energy....kj	444				4		27	22	377
Protein (N x 6.25)....g	20.31	0.223	201		1		1.22	1.02	17.26
Total lipid (fat)....g	1.73	0.067	100		1		0.10	0.09	1.47
Ash....g	1.20		161		1		0.07	0.06	1.02
Carbohydrate, by difference....g	0.91		0	NC	4		0.05	0.05	0.77
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	52		117		1		3	3	44
Iron, Fe....mg	2.41		8		1		0.14	0.12	2.05
Magnesium, Mg....mg	37	2.158	6		1		2	2	31
Phosphorus, P....mg	205		112		1		12	10	174
Potassium, K....mg	185	5.944	27		1		11	9	157
Sodium, Na....mg	148	10.119	26		1		9	7	126
Zinc, Zn....mg	1.11		275		1		0.07	0.06	0.94
Copper, Cu....mg	0.264	0.014	285		1		0.016	0.013	0.224
Manganese, Mn....mg	0.050		0		1		0.003	0.003	0.043
Selenium, Se....mcg	38.0	1.970	15	A	1		2.3	1.9	32.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0		0		4		0.1	0.1	1.7
Thiamin....mg	0.028		5		1		0.002	0.001	0.024
Riboflavin....mg	0.034		6		1		0.002	0.002	0.029
Niacin....mg	2.552		6		1		0.153	0.128	2.169
Pantothenic acid....mg	0.276		2		1		0.017	0.014	0.235
Vitamin B-6....mg	0.104	0.012	3		1		0.006	0.005	0.088
Folate, total....mcg	3		1		1		0	0	3
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	3		1		1		0	0	3
Folate, DFE....mcg_DFE	3		0	NC	4		0	0	3
Vitamin B-12....mcg	1.16		19		1		0.07	0.06	0.99
Vitamin A, IU....IU	180		0	NC	4		11	9	153
Vitamin A, RAE....mcg_RAE	54		0	NC	4		3	3	46
Retinol....mcg	54		0	NR	4		3	3	46
Vitamin E (alpha-tocopherol)....mg	1.10	0.111	7	A	1		0.07	0.06	0.94
Tocopherol, beta....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.10	0.032	7	A	1		0.01	0.00	0.08
Tocopherol, delta....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Vitamin D....IU	152.000		0	T	4		9.120	7.600	129.200
Vitamin K (phylloquinone)....mcg	0.0		1	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.328		0		1		0.020	0.016	0.279
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.009		1		1		0.001	0.000	0.008
12:0....g	0.005		4		1		0.000	0.000	0.004
13:0....g									
14:0....g	0.021		65		1		0.001	0.001	0.018
15:0....g									
16:0....g	0.184		65		1		0.011	0.009	0.156
17:0....g									
18:0....g	0.103		65		1		0.006	0.005	0.088
20:0....g									
22:0....g									
24:0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.253		0		1		0.015	0.013	0.215
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.083		65		1		0.005	0.004	0.071
17.1.....g									
18·1 undifferentiated.....g	0.147		65		1		0.009	0.007	0.125
20:1.....g	0.017		65		1		0.001	0.001	0.014
22:1 undifferentiated.....g	0.005		43		1		0.000	0.000	0.004
24.1 c.....g									
Fatty acids, total polyunsaturated.....g	0.669		0		1		0.040	0.033	0.569
18:2 undifferentiated.....g	0.028		65		1		0.002	0.001	0.024
18:3 undifferentiated.....g	0.014		56		1		0.001	0.001	0.012
18:4.....g	0.006		64		1		0.000	0.000	0.005
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.087		65		1		0.005	0.004	0.074
20:5 n-3.....g	0.258		66		1		0.015	0.013	0.219
22.5 n-3.....g	0.046		66		1		0.003	0.002	0.039
22:6 n-3.....g	0.222		65		1		0.013	0.011	0.189
Fatty acids, total trans.....g									
Cholesterol.....mg	152	2.737	76		1		9	8	129
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.283		0		1		0.017	0.014	0.241
Threonine.....g	0.822		0		1		0.049	0.041	0.699
Isoleucine.....g	0.985		0		1		0.059	0.049	0.837
Leucine.....g	1.612		0		1		0.097	0.081	1.370
Lysine.....g	1.768		0		1		0.106	0.088	1.503
Methionine.....g	0.572		0		1		0.034	0.029	0.486
Cystine.....g	0.228		0		1		0.014	0.011	0.194
Phenylalanine.....g	0.858		0		1		0.051	0.043	0.729
Tyrosine.....g	0.676		0		1		0.041	0.034	0.575
Valine.....g	0.956		0		1		0.057	0.048	0.813
Arginine.....g	1.775		0		1		0.107	0.089	1.509
Histidine.....g	0.413		0		1		0.025	0.021	0.351
Alanine.....g	1.151		0		1		0.069	0.058	0.978
Aspartic acid.....g	2.100		0		1		0.126	0.105	1.785
Glutamic acid.....g	3.465		0		1		0.208	0.173	2.945
Glycine.....g	1.225		0		1		0.074	0.061	1.041
Proline.....g	0.670		0		1		0.040	0.034	0.570
Serine.....g	0.800		0		1		0.048	0.040	0.680
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 6.0g: 1 medium

Measure 2 = 5.0g: 1 small

Measure 3 = 85g: 3 oz

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

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 15228

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.353		0		1		0.575	0.300	
14:1. .....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		0		1		0.082	0.043	
17:1.....g									
18:1 undifferentiated.....g	0.268		0		1		0.437	0.228	
20.1.... .....g	0.035		0		1		0.057	0.030	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.756		0		1		1.232	0.643	
18:2 undifferentiated.....g	0.017		0		1		0.028	0.014	
18:3 undifferentiated.....g	0.010		0		1		0.016	0.009	
18:4.....g	0.006		0		1		0.010	0.005	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.198		0		1		0.323	0.168	
20:5 n-3..... .....g	0.341		0		1		0.556	0.290	
22:5 n-3.....g	0.044		0		1		0.072	0.037	
22:6 n-3.....g	0.139		0		1		0.227	0.118	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		147	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.368		0		1		0.600	0.313	
Threonine..... .....g	1.065		0		1		1.736	0.905	
Isoleucine..... .....g	1.276		0		1		2.080	1.085	
Leucine.....g	2.092		0		1		3.410	1.778	
Lysine.....g	2.295		0		1		3.741	1.951	
Methionine.....g	0.744		0		1		1.213	0.632	
Cystine..... ..... .g	0.296		0		1		0.482	0.252	
Phenylalanine.....g	1.111		0		1		1.811	0.944	
Tyrosine.....g	0.879		0		1		1.433	0.747	
Valine.....g	1.238		0		1		2.018	1.052	
Arginine.....g	2.303		0		1		3.754	1.958	
Histidine.....g	0.537		0		1		0.875	0.456	
Alanine.....g	1.492		0		1		2.432	1.268	
Aspartic acid.....g	2.726		0		1		4.443	2.317	
Glutamic acid..... g	4.496		0		1		7.328	3.822	
Glycine..... g	1.589		0		1		2.590	1.351	
Proline..... g	0.870		0		1		1.418	0.740	
Serine.....g	1.035		0		1		1.687	0.880	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 163g: 1 lobster

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 15154

Crustaceans, spiny lobster, mixed species, raw

Jasus spp. and Panulirus spp.

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.275		0		1		0.575	0.234	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		1		1		0.082	0.033	
17:1.....g									
18:1 undifferentiated.....g	0.208		1		1		0.435	0.177	
20:1.....g	0.027		1		1		0.056	0.023	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.590		0		1		1.233	0.502	
18:2 undifferentiated.....g	0.013		1		1		0.027	0.011	
18:3 undifferentiated.....g	0.008		1		1		0.017	0.007	
18:4.....g	0.005		1		1		0.010	0.004	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20.4 undifferentiated.....g	0.154		1		1		0.322	0.131	
20:5 n-3.....g	0.265		1		1		0.554	0.225	
22:5 n-3.....g	0.034		1		1		0.071	0.029	
22:6 n-3.....g	0.108		1		1		0.226	0.092	
Fatty acids, total trans.....g									
Cholesterol.....mg	70		1		1		146	60	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.287		0		1		0.600	0.244	
Threonine.....g	0.834		0		1		1.743	0.709	
Isoleucine.....g	0.998		0		1		2.086	0.848	
Leucine.....g	1.634		0		1		3.415	1.389	
Lysine.....g	1.792		0		1		3.745	1.523	
Methionine.....g	0.580		0		1		1.212	0.493	
Cystine.....g	0.231		0		1		0.483	0.196	
Phenylalanine.....g	0.870		0		1		1.818	0.740	
Tyrosine.....g	0.685		0		1		1.432	0.582	
Valine.....g	0.969		0		1		2.025	0.824	
Arginine.....g	1.799		0		1		3.760	1.529	
Histidine.....g	0.418		0		1		0.874	0.355	
Alanine.....g	1.166		0		1		2.437	0.991	
Aspartic acid.....g	2.129		0		1		4.450	1.810	
Glutamic acid.....g	3.512		0		1		7.340	2.985	
Glycine.....g	1.242		0		1		2.596	1.056	
Proline.....g	0.679		0		1		1.419	0.577	
Serine.....g	0.811		0		1		1.695	0.689	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 209g: 1 lobster

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 15002

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	50.30		0		1		14.26	2.01	22.64
Energy ... kcal	210		0	NC	4		60	8	95
Energy ... kJ	879				4		249	35	395
Protein (N x 6.25) ... g	28.89		0		1		8.19	1.16	13.00
Total lipid (fat) ... g	9.71		0		1		2.75	0.39	4.37
Ash ... g	11.10		0		4		3.15	0.44	5.00
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	0.00
Starch ... g									
Minerals:									
Calcium, Ca ... mg	232		0		1		66	9	104
Iron, Fe ... mg	4.63		0		1		1.31	0.19	2.08
Magnesium, Mg ... mg	69		0		1		20	3	31
Phosphorus, P ... mg	252		0		1		71	10	113
Potassium, K ... mg	544		0		1		154	22	245
Sodium, Na ... mg	3668		0		1		1040	147	1651
Zinc, Zn ... mg	2.44		0		1		0.69	0.10	1.10
Copper, Cu ... mg	0.339		0		1		0.096	0.014	0.153
Manganese, Mn ... mg	0.100		0		4		0.028	0.004	0.045
Selenium, Se ... mcg	68.1		0	BFSN	4		19.3	2.7	30.6
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin ... mg	0.078		0		1		0.022	0.003	0.035
Riboflavin ... mg	0.363		0		1		0.103	0.015	0.163
Niacin ... mg	19.903		0		1		5.643	0.796	8.956
Pantothenic acid ... mg	0.909		0		4		0.258	0.036	0.409
Vitamin B-6 ... mg	0.203		0		1		0.058	0.008	0.091
Folate, total ... mcg	13		0		4		4	1	6
Folic acid ... mcg	0		0	Z	7		0	0	0
Folate, food ... mcg	13		0		4		4	1	6
Folate, DFE ... mcg_DFE	13		0	NC	4		4	1	6
Vitamin B-12 ... mcg	0.88		0		1		0.25	0.04	0.40
Vitamin A, IU ... IU	40		0	NC	4		11	2	18
Vitamin A, RAE ... mcg_RAE	12		0	NC	4		3	0	5
Retinol ... mcg	12		0	RA	4		3	0	5
Vitamin E (alpha-tocopherol) ... mg	3.33		0	RA	4		0.94	0.13	1.50
Tocopherol, beta ... mg	0.02		0	RA	4		0.01	0.00	0.01
Tocopherol, gamma ... mg	0.17		0	RA	4		0.05	0.01	0.07
Tocopherol, delta ... mg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	12.1		0	RA	4		3.4	0.5	5.5
Lipids:									
Fatty acids, total saturated ... g	2.203		0		1		0.625	0.088	0.991
4:0 ... g	0.000		0		1		0.000	0.000	0.000
6:0 ... g	0.000		0		1		0.000	0.000	0.000
8:0 ... g	0.000		0		1		0.000	0.000	0.000
10:0 ... g	0.000		0		1		0.000	0.000	0.000
12:0 ... g	0.020		0		1		0.006	0.001	0.009
13:0 ... g									
14:0 ... g	0.428		0		1		0.121	0.017	0.193
15:0 ... g									
16:0 ... g	1.326		0		1		0.376	0.053	0.597
17:0 ... g									
18:0 ... g	0.420		0		1		0.119	0.017	0.189
20:0 ... g									
22:0 ... g									
24:0 ... g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.770		0		1		1.069	0.151	1.697
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.590		0		1		0.167	0.024	0.266
17:1.....g									
18:1 undifferentiated.....g	2.942		0		1		0.834	0.118	1.324
20:1.....g	0.009		0		1		0.003	0.000	0.004
22:1 undifferentiated.....g	0.163		0		1		0.046	0.007	0.073
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.562		0		1		0.726	0.102	1.153
18:2 undifferentiated.....g	0.362		0		1		0.103	0.014	0.163
18:3 undifferentiated.....g	0.017		0		1		0.005	0.001	0.008
18:4.....g	0.078		0		1		0.022	0.003	0.035
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		0		1		0.003	0.000	0.005
20:5 n-3.....g	0.763		0		1		0.216	0.031	0.343
22:5 n-3.....g	0.041		0		1		0.012	0.002	0.018
22:6 n-3.....g	1.292		0		1		0.366	0.052	0.581
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		4		24	3	38
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.324		0		1		0.092	0.013	0.146
Threonine.....g	1.266		0		1		0.359	0.051	0.570
Isoleucine.....g	1.331		0		1		0.377	0.053	0.599
Leucine.....g	2.348		0		1		0.666	0.094	1.057
Lysine.....g	2.653		0		1		0.752	0.106	1.194
Methionine.....g	0.855		0		1		0.242	0.034	0.385
Cystine.....g	0.310		0		1		0.088	0.012	0.140
Phenylalanine.....g	1.128		0		1		0.320	0.045	0.508
Tyrosine.....g	0.975		0		1		0.276	0.039	0.439
Valine.....g	1.488		0		1		0.422	0.060	0.670
Arginine.....g	1.729		0		1		0.490	0.069	0.778
Histidine.....g	0.850		0		1		0.241	0.034	0.383
Alanine.....g	1.747		0		1		0.495	0.070	0.786
Aspartic acid.....g	2.958		0		1		0.839	0.118	1.331
Glutamic acid.....g	4.312		0		1		1.222	0.172	1.940
Glycine.....g	1.387		0		1		0.393	0.055	0.624
Proline.....g	1.021		0		1		0.289	0.041	0.459
Serine.....g	1.179		0		1		0.334	0.047	0.531
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

Measure 2 = 4.0g: 1 anchovy

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

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

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.37		1		1		62.36		
Energy....kcal	131		0		4		111		
Energy....kj	548				4		466		
Protein (N x 6.25)....g	20.35		1		1		17.30		
Total lipid (fat)....g	4.84	0.318	26		1		4.11		
Ash....g	1.44		1		1		1.22		
Carbohydrate, by difference....g	0.00		0		7		0.00		
Fiber, total dietary....g	0.0		0		7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	147		2		1		125		
Iron, Fe....mg	3.25	0.600	4		1		2.76		
Magnesium, Mg....mg	41		2		1		35		
Phosphorus, P....mg	174	26.408	3		1		148		
Potassium, K....mg	383		2		1		326		
Sodium, Na....mg	104		2		1		88		
Zinc, Zn....mg	1.72	0.126	4		1		1.46		
Copper, Cu....mg	0.211	0.086	10		1		0.179		
Manganese, Mn....mg	0.070		0		4		0.060		
Selenium, Se....mcg	36.5		0	CAZN	4		31.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.055		1		1		0.047		
Riboflavin....mg	0.256		1		1		0.218		
Niacin....mg	14.024		1		1		11.920		
Pantothenic acid....mg	0.645		0		4		0.548		
Vitamin B-6....mg	0.143		1		1		0.122		
Folate, total....mcg	9		0		4		7		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	9		0		4		7		
Folate, DFE....mcg_DFE	9		0	NC	4		7		
Vitamin B-12....mcg	0.62		1		1		0.53		
Vitamin A, IU....IU	50		0	NC	4		43		
Vitamin A, RAE....mcg_RAE	15		0	NC	4		13		
Retinol....mcg	15		0	NC	4		13		
Vitamin E (alpha-tocopherol)....mg	0.57		0		4		0.49		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	T	4		0.1		
Lipids:									
Fatty acids, total saturated....g	1.282		0		1		1.090		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.014		1		1		0.012		
13:0....g									
14:0....g	0.302		0		1		0.257		
15:0....g									
16:0....g	0.715		1		1		0.608		
17:0....g									
18:0....g	0.252		1		1		0.214		
20:0....g									
22.0....g									
24:0....g									

NDB No. 15001
Fish, anchovy, european, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.182		0		1		1.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		1		1		0.340		
17:1.....g									
18:1 undifferentiated.....g	0.624		1		1		0.530		
20:1.....g	0.000		0	z	7		0.000		
22:1 undifferentiated.....g	0.115		1		1		0.098		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.637		0		1		1.391		
18.2 undifferentiated.....g	0.097		1		1		0.082		
18:3 undifferentiated.....g	0.000		0	z	7		0.000		
18:4.....g	0.055		1		1		0.047		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.007		1		1		0.006		
20:5 n-3.....g	0.538		1		1		0.457		
22:5 n-3.....g	0.029		1		1		0.025		
22:6 n-3.....g	0.911		1		1		0.774		
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0		4		51		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.228		0		1		0.194		
Threonine.....g	0.892		0		1		0.758		
Isoleucine.....g	0.938		0		1		0.797		
Leucine.....g	1.654		0		1		1.406		
Lysine.....g	1.869		0		1		1.589		
Methionine.....g	0.602		0		1		0.512		
Cystine.....g	0.218		0		1		0.185		
Phenylalanine.....g	0.794		0		1		0.675		
Tyrosine.....g	0.687		0		1		0.584		
Valine.....g	1.048		0		1		0.891		
Arginine.....g	1.217		0		1		1.034		
Histidine.....g	0.599		0		1		0.509		
Alanine.....g	1.231		0		1		1.046		
Aspartic acid.....g	2.084		0		1		1.771		
Glutamic acid.....g	3.038		0		1		2.582		
Glycine.....g	0.977		0		1		0.830		
Proline.....g	0.720		0		1		0.612		
Serine.....g	0.830		0		1		0.706		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	z	7		0		
Theobromine.....mg	0		0	z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

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

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15001
Fish, anchovy, european, raw

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.66	0.694	16		1		59.77	64.31	
Energy....kcal	114		0	NC	4		90	97	
Energy....kj	477				4		377	405	
Protein (N x 6 25)....g	18.86	0.506	16		1		14.90	16.03	
Total lipid (fat)....g	3.69		17		1		2.92	3.14	
Ash....g	1.52	0.292	16		1		1.20	1.29	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	80		2		1		63	68	
Iron, Fe....mg	1.49		2		1		1.18	1.27	
Magnesium, Mg....mg	30		2		1		24	26	
Phosphorus, P....mg	200		2		1		158	170	
Potassium, K....mg	356		11		1		281	303	
Sodium, Na....mg	70		2		1		55	60	
Zinc, Zn....mg	0.65	0.129	62		1		0.51	0.55	
Copper, Cu....mg	0.093		51		1		0.073	0.079	
Manganese, Mn....mg	0.889		21		1		0.702	0.756	
Selenium, Se....mcg	12.6		0	BFZN	4		10.0	10.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0		0		4		1.6	1.7	
Thiamin....mg	0.075		0		4		0.059	0.064	
Riboflavin....mg	0.074		0		4		0.058	0.063	
Niacin....mg	1.250		0		4		0.988	1.063	
Pantothenic acid....mg	0.750		0		4		0.593	0.638	
Vitamin B-6....mg	0.120		0		4		0.095	0.102	
Folate, total....mcg	15		0		4		12	13	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	15		0		4		12	13	
Folate, DFE....mcg_DFE	15		0	NC	4		12	13	
Vitamin B-12....mcg	2.00		0		4		1.58	1.70	
Vitamin A, IU....IU	100		0		4		79	85	
Vitamin A, RAE....mcg_RAE	30		0		4		24	26	
Retinol....mcg	30		0		4		24	26	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.780		0		1		0.616	0.663	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.087		9		1		0.069	0.074	
15.0....g									
16:0....g	0.593		9		1		0.468	0.504	
17.0....g									
18 0....g	0.100		9		1		0.079	0.085	
20:0....g									
22:0....g									
24:0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.431		0		1		1.130	1.216	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.382		9		1		0.302	0.325	
17:1.....g									
18:1 undifferentiated.....g	0.991		9		1		0.783	0.842	
20:1.....g	0.057		2		1		0.045	0.048	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.062		0		1		0.839	0.903	
18:2 undifferentiated.....g	0.087		9		1		0.069	0.074	
18:3 undifferentiated.....g	0.111		9		1		0.088	0.094	
18:4.....g	0.039		6		1		0.031	0.033	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.144		9		1		0.114	0.122	
20:5 n-3.....g	0.238		9		1		0.188	0.202	
22:5 n-3.....g	0.084		9		1		0.066	0.071	
22:6 n-3.....g	0.357		9		1		0.282	0.303	
Fatty acids, total trans.....g									
Cholesterol.....mg	68		2		1		54	58	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.211		0		1		0.167	0.179	
Threonine.....g	0.827		0		1		0.653	0.703	
Isoleucine.....g	0.869		0		1		0.687	0.739	
Leucine.....g	1.533		0		1		1.211	1.303	
Lysine.....g	1.732		0		1		1.368	1.472	
Methionine.....g	0.558		0		1		0.441	0.474	
Cystine.....g	0.202		0		1		0.160	0.172	
Phenylalanine.....g	0.736		0		1		0.581	0.626	
Tyrosine.....g	0.637		0		1		0.503	0.541	
Valine.....g	0.971		0		1		0.767	0.825	
Arginine.....g	1.128		0		1		0.891	0.959	
Histidine.....g	0.555		0		1		0.438	0.472	
Alanine.....g	1.140		0		1		0.901	0.969	
Aspartic acid.....g	1.931		0		1		1.525	1.641	
Glutamic acid.....g	2.815		0		1		2.224	2.393	
Glycine.....g	0.905		0		1		0.715	0.769	
Proline.....g	0.667		0		1		0.527	0.567	
Serine.....g	0.769		0		1		0.608	0.654	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 79g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 15187

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

Refuse: 0%

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

NDB No. 15187

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	1.835		0		1		1.138	1.560	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.490		0		1		0.304	0.417	
17:1....g									
18:1 undifferentiated....g	1.272		0		1		0.789	1.081	
20:1....g	0.073		0		1		0.045	0.062	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.360		0		1		0.843	1.156	
18:2 undifferentiated....g	0.112		0		1		0.069	0.095	
18:3 undifferentiated....g	0.142		0		1		0.088	0.121	
18:4....g	0.050		0		1		0.031	0.043	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.185		0		1		0.115	0.157	
20:5 n-3....g	0.305		0		1		0.189	0.259	
22:5 n-3....g	0.108		0		1		0.067	0.092	
22:6 n-3....g	0.458		0		1		0.284	0.389	
Fatty acids, total trans....g									
Cholesterol....mg	87		0		1		54	74	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.271		0		1		0.168	0.230	
Threonine....g	1.060		0		1		0.657	0.901	
Isoleucine....g	1.114		0		1		0.691	0.947	
Leucine....g	1.965		0		1		1.218	1.670	
Lysine....g	2.221		0		1		1.377	1.888	
Methionine....g	0.716		0		1		0.444	0.609	
Cystine....g	0.259		0		1		0.161	0.220	
Phenylalanine....g	0.944		0		1		0.585	0.802	
Tyrosine....g	0.816		0		1		0.506	0.694	
Valine....g	1.246		0		1		0.773	1.059	
Arginine....g	1.447		0		1		0.897	1.230	
Histidine....g	0.712		0		1		0.441	0.605	
Alanine....g	1.462		0		1		0.906	1.243	
Aspartic acid....g	2.476		0		1		1.535	2.105	
Glutamic acid....g	3.610		0		1		2.238	3.069	
Glycine....g	1.161		0		1		0.720	0.987	
Proline....g	0.855		0		1		0.530	0.727	
Serine....g	0.987		0		1		0.612	0.839	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 62g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.846		0		1		1.049	0.719	
14:1 .....g									
15.1.....g									
16:1 undifferentiated.....g	0.194		0		1		0.241	0.165	
17.1.....g									
18:1 undifferentiated.....g	0.574		0		1		0.712	0.488	
20:1.....g	0.073		0		1		0.091	0.062	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.005		0		1		1.246	0.854	
18:2 undifferentiated.....g	0.019		0		1		0.024	0.016	
18:3 undifferentiated.....g	0.019		0		1		0.024	0.016	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g	0.217		0		1		0.269	0.184	
22:5 n-3.....g									
22:6 n-3.....g	0.750		0		1		0.930	0.638	
Fatty acids, total trans.....g									
Cholesterol.....mg	103		0		1		128	88	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.255		0		1		0.316	0.217	
Threonine.....g	0.997		0		1		1.236	0.847	
Isoleucine.....g	1.047		0		1		1.298	0.890	
Leucine.....g	1.848		0		1		2.292	1.571	
Lysine.....g	2.088		0		1		2.589	1.775	
Methionine.....g	0.673		0		1		0.835	0.572	
Cystine.....g	0.244		0		1		0.303	0.207	
Phenylalanine.....g	0.887		0		1		1.100	0.754	
Tyrosine.....g	0.767		0		1		0.951	0.652	
Valine.....g	1.171		0		1		1.452	0.995	
Arginine.....g	1.360		0		1		1.686	1.156	
Histidine.....g	0.669		0		1		0.830	0.569	
Alanine.....g	1.375		0		1		1.705	1.169	
Aspartic acid.....g	2.328		0		1		2.887	1.979	
Glutamic acid.....g	3.393		0		1		4.207	2.884	
Glycine.....g	1.091		0		1		1.353	0.927	
Proline.....g	0.804		0		1		0.997	0.683	
Serine.....g	0.927		0		1		1.149	0.788	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 124g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

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

NDB No. 15004
Fish, bass, striped, raw

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

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

Common Measures:

Measure 1 = 159g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.297		0		1		2.687	1.952	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.355		0		1		0.415	0.302	
17:1.....g									
18:1 undifferentiated.....g	0.876		0		1		1.025	0.745	
20:1.....g	0.436		0		1		0.510	0.371	
22:1 undifferentiated.....g	0.630		0		1		0.737	0.536	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.358		0		1		1.589	1.154	
18:2 undifferentiated.....g	0.077		0		1		0.090	0.065	
18:3 undifferentiated.....g									
18:4.....g	0.214		0		1		0.250	0.182	
20:2 n-6 c,c.....g									
20.3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g	0.323		0		1		0.378	0.275	
22:5 n-3.....g	0.079		0		1		0.092	0.067	
22:6 n-3.....g	0.665		0		1		0.778	0.565	
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0		1		89	65	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.288		0		1		0.337	0.245	
Threonine.....g	1.126		0		1		1.317	0.957	
Isoleucine.....g	1.184		0		1		1.385	1.006	
Leucine.....g	2.088		0		1		2.443	1.775	
Lysine.....g	2.360		0		1		2.761	2.006	
Methionine.....g	0.760		0		1		0.889	0.646	
Cystine.....g	0.275		0		1		0.322	0.234	
Phenylalanine.....g	1.003		0		1		1.174	0.853	
Tyrosine.....g	0.867		0		1		1.014	0.737	
Valine.....g	1.324		0		1		1.549	1.125	
Arginine.....g	1.537		0		1		1.798	1.306	
Histidine.....g	0.756		0		1		0.885	0.643	
Alanine.....g	1.554		0		1		1.818	1.321	
Aspartic acid.....g	2.631		0		1		3.078	2.236	
Glutamic acid.....g	3.835		0		1		4.487	3.260	
Glycine.....g	1.233		0		1		1.443	1.048	
Proline.....g	0.908		0		1		1.062	0.772	
Serine.....g	1.048		0		1		1.226	0.891	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 117g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

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

NDB No. 15005
Fish, bluefish, raw

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

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

Common Measures:

Measure 1 = 150g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	0.170		0		1		0.153	0.145	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.033		0		1		0.030	0.028	
17:1....g									
18:1 undifferentiated....g	0.126		0		1		0.113	0.107	
20:1....g	0.008		0		1		0.007	0.007	
22:1 undifferentiated....g	0.004		0		1		0.004	0.003	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.381		0		1		0.343	0.324	
18:2 undifferentiated....g	0.012		0		1		0.011	0.010	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.123		0		1		0.111	0.105	
20:5 n-3....g	0.090		0		1		0.081	0.077	
22:5 n-3....g	0.033		0		1		0.030	0.028	
22:6 n-3....g	0.123		0		1		0.111	0.105	
Fatty acids, total trans....g									
Cholesterol....mg	77		0		1		69	65	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.277		0		1		0.249	0.235	
Threonine....g	1.085		0		1		0.977	0.922	
Isoleucine....g	1.141		0		1		1.027	0.970	
Leucine....g	2.012		0		1		1.811	1.710	
Lysine....g	2.274		0		1		2.047	1.933	
Methionine....g	0.733		0		1		0.660	0.623	
Cystine....g	0.265		0		1		0.239	0.225	
Phenylalanine....g	0.966		0		1		0.869	0.821	
Tyrosine....g	0.836		0		1		0.752	0.711	
Valine....g	1.275		0		1		1.148	1.084	
Arginine....g	1.481		0		1		1.333	1.259	
Histidine....g	0.729		0		1		0.656	0.620	
Alanine....g	1.497		0		1		1.347	1.272	
Aspartic acid....g	2.535		0		1		2.282	2.155	
Glutamic acid....g	3.696		0		1		3.326	3.142	
Glycine....g	1.188		0		1		1.069	1.010	
Proline....g	0.875		0		1		0.788	0.744	
Serine....g	1.010		0		1		0.909	0.859	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 90g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.26	0.648	13		1		91.94	67.37	
Energy....kcal	90		0	NC	4		104	77	
Energy....kj	377				4		437	320	
Protein (N x 6.25)....g	19.31	0.713	14		1		22.40	16.41	
Total lipid (fat)....g	0.81	0.059	13		1		0.94	0.69	
Ash....g	1.16	0.075	12		1		1.35	0.99	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	50		1		1		58	43	
Iron, Fe....mg	0.90		1		1		1.04	0.77	
Magnesium, Mg....mg	32		2		1		37	27	
Phosphorus, P....mg	200		1		1		232	170	
Potassium, K....mg	404		2		1		469	343	
Sodium, Na....mg	97		2		1		113	82	
Zinc, Zn....mg	0.76		2		1		0.88	0.65	
Copper, Cu....mg	0.200		1		1		0.232	0.170	
Manganese, Mn....mg	0.700		1		1		0.812	0.595	
Selenium, Se....mcg	12.6		0	BFZN	4		14.6	10.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.372		0		4		0.432	0.316	
Riboflavin....mg	0.141		0		4		0.164	0.120	
Niacin....mg	1.620		0		4		1.879	1.377	
Pantothenic acid....mg	0.150		0		4		0.174	0.128	
Vitamin B-6....mg	0.300		0		4		0.348	0.255	
Folate, total....mcg	1		0		4		1	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		4		1	1	
Folate, DFE....mcg_DFE	1		0	NC	4		1	1	
Vitamin B-12....mcg	0.80		0		4		0.93	0.68	
Vitamin A, IU....IU	15		0		4		17	13	
Vitamin A, RAE....mcg_RAE	5		0		4		5	4	
Retinol....mcg	5		0		4		5	4	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.163		0		1		0.189	0.139	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.006		1		1		0.007	0.005	
15:0....g									
16.0....g	0.120	0.002	7		1		0.139	0.102	
17:0....g									
18:0....g	0.037	0.002	7		1		0.043	0.031	
20:0....g									
22:0....g									
24:0....g									

NDB No. 15006
Fish, burbot, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.133		0		1		0.154	0.113	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026	0.004	7		1		0.030	0.022	
17:1.....g									
18:1 undifferentiated.....g	0.098	0.002	7		1		0.114	0.083	
20:1.....g	0.006		1		1		0.007	0.005	
22:1 undifferentiated.....g	0.003		1		1		0.003	0.003	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.297		0		1		0.345	0.252	
18:2 undifferentiated.....g	0.009	0.003	7		1		0.010	0.008	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.096	0.005	6		1		0.111	0.082	
20:5 n-3.....g	0.070	0.004	7		1		0.081	0.060	
22:5 n-3.....g	0.026	0.001	6		1		0.030	0.022	
22:6 n-3.....g	0.096	0.010	7		1		0.111	0.082	
Fatty acids, total trans.....g									
Cholesterol.....mg	60		2		1		70	51	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.216		0		1		0.251	0.184	
Threonine.....g	0.847		0		1		0.983	0.720	
Isoleucine.....g	0.890		0		1		1.032	0.757	
Leucine.....g	1.570		0		1		1.821	1.335	
Lysine.....g	1.774		0		1		2.058	1.508	
Methionine.....g	0.572		0		1		0.664	0.486	
Cystine.....g	0.207		0		1		0.240	0.176	
Phenylalanine.....g	0.754		0		1		0.875	0.641	
Tyrosine.....g	0.652		0		1		0.756	0.554	
Valine.....g	0.995		0		1		1.154	0.846	
Arginine.....g	1.156		0		1		1.341	0.983	
Histidine.....g	0.569		0		1		0.660	0.484	
Alanine.....g	1.168		0		1		1.355	0.993	
Aspartic acid.....g	1.978		0		1		2.294	1.681	
Glutamic acid.....g	2.883		0		1		3.344	2.451	
Glycine.....g	0.927		0		1		1.075	0.788	
Proline.....g	0.683		0		1		0.792	0.581	
Serine.....g	0.788		0		1		0.914	0.670	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 116g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.865		0		1		0.216	0.735	
Tyrosine....g	0.748		0		1		0.187	0.636	
Valine....g	1.141		0		1		0.285	0.970	
Arginine....g	1.326		0		1		0.332	1.127	
Histidine....g	0.652		0		1		0.163	0.554	
Alanine....g	1.340		0		1		0.335	1.139	
Aspartic acid....g	2.269		0		1		0.567	1.929	
Glutamic acid....g	3.307		0		1		0.827	2.811	
Glycine....g	1.063		0		1		0.266	0.904	
Proline....g	0.783		0		1		0.196	0.666	
Serine....g	0.904		0		1		0.226	0.768	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 25g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

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

NDB No. 15007
Fish, butterfish, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.675		0		1		0.216	0.574	
Tyrosine....g	0.583		0		1		0.187	0.496	
Valine....g	0.890		0		1		0.285	0.757	
Arginine....g	1.034		0		1		0.331	0.879	
Histidine....g	0.509		0		1		0.163	0.433	
Alanine....g	1.045		0		1		0.334	0.888	
Aspartic acid....g	1.770		0		1		0.566	1.505	
Glutamic acid....g	2.580		0		1		0.826	2.193	
Glycine....g	0.830		0		1		0.266	0.706	
Proline....g	0.611		0		1		0.196	0.519	
Serine....g	0.705		0		1		0.226	0.599	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 32g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.985		0		1		5.075	2.537	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.840		0		1		1.428	0.714	
17:1.....g									
18:1 undifferentiated.....g	1.474		0		1		2.506	1.253	
20:1.....g	0.091		0		1		0.155	0.077	
22:1 undifferentiated.....g	0.515		0		1		0.876	0.438	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.835		0		1		3.120	1.560	
18:2 undifferentiated.....g	0.663		0		1		1.127	0.564	
18:3 undifferentiated.....g	0.346		0		1		0.588	0.294	
18:4.....g	0.074		0		1		0.126	0.063	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.195		0		1		0.332	0.166	
20:5 n-3.....g	0.305		0		1		0.519	0.259	
22:5 n-3.....g	0.105		0		1		0.179	0.089	
22:6 n-3.....g	0.146		0		1		0.248	0.124	
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		143	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.256		0		1		0.435	0.218	
Threonine.....g	1.002		0		1		1.703	0.852	
Isoleucine.....g	1.054		0		1		1.792	0.896	
Leucine.....g	1.858		0		1		3.159	1.579	
Lysine.....g	2.100		0		1		3.570	1.785	
Methionine.....g	0.677		0		1		1.151	0.575	
Cystine.....g	0.245		0		1		0.417	0.208	
Phenylalanine.....g	0.893		0		1		1.518	0.759	
Tyrosine.....g	0.772		0		1		1.312	0.656	
Valine.....g	1.178		0		1		2.003	1.001	
Arginine.....g	1.368		0		1		2.326	1.163	
Histidine.....g	0.673		0		1		1.144	0.572	
Alanine.....g	1.383		0		1		2.351	1.176	
Aspartic acid.....g	2.341		0		1		3.980	1.990	
Glutamic acid.....g	3.413		0		1		5.802	2.901	
Glycine.....g	1.097		0		1		1.865	0.932	
Proline.....g	0.808		0		1		1.374	0.687	
Serine.....g	0.933		0		1		1.586	0.793	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 170g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	76.31	0.362	65		1		166.36	64.86	
Energy ... kcal	127		0	NC	4		277	108	
Energy ... kj	531				4		1158	452	
Protein (N x 6.25) ... g	17.83	0.113	63		1		38.87	15.16	
Total lipid (fat) ... g	5.60	0.207	163		1		12.21	4.76	
Ash ... g	1.46	0.128	64		1		3.18	1.24	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	41	6.828	11		1		89	35	
Iron, Fe ... mg	1.24	0.200	7		1		2.70	1.05	
Magnesium, Mg ... mg	29	2.434	7		1		63	25	
Phosphorus, P ... mg	415	125.413	7		1		905	353	
Potassium, K ... mg	333	35.915	14		1		726	283	
Sodium, Na ... mg	49	1.308	5		1		107	42	
Zinc, Zn ... mg	1.48	0.245	44		1		3.23	1.26	
Copper, Cu ... mg	0.057	0.009	32		1		0.124	0.048	
Manganese, Mn ... mg	0.042		0		4		0.092	0.036	
Selenium, Se ... mcg	12.6		0	BFZN	4		27.5	10.7	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.6		1		1		3.5	1.4	
Thiamin ... mg	0.115		0		4		0.251	0.098	
Riboflavin ... mg	0.055		0		4		0.120	0.047	
Niacin ... mg	1.640		0		4		3.575	1.394	
Pantothenic acid ... mg	0.750		0		4		1.635	0.638	
Vitamin B-6 ... mg	0.190		1		1		0.414	0.162	
Folate, total ... mcg	15		0		4		33	13	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	15		0		4		33	13	
Folate, DFE ... mcg_DFE	15		0	NC	4		33	13	
Vitamin B-12 ... mcg	1.53		1		1		3.34	1.30	
Vitamin A, IU ... IU	30		0	NC	4		65	26	
Vitamin A, RAE ... mcg_RAE	9		0	NC	4		20	8	
Retinol ... mcg	9		0	NR	4		20	8	
Vitamin E (alpha-tocopherol) ... mg	0.63		0	NR	4		1.37	0.54	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	0.1		0	T	4		0.2	0.1	
Lipids:									
Fatty acids, total saturated ... g	1.083		0		1		2.361	0.921	
4:0 ... g	0.000		0		1		0.000	0.000	
6:0 ... g	0.000		0		1		0.000	0.000	
8:0 ... g	0.000		0		1		0.000	0.000	
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.000		0		1		0.000	0.000	
13.0 ... g									
14:0 ... g	0.114	0.016	13		1		0.249	0.097	
15:0 ... g									
16:0 ... g	0.657	0.032	13		1		1.432	0.558	
17:0 ... g									
18:0 ... g	0.185	0.007	13		1		0.403	0.157	
20:0 ... g									
22:0 ... g									
24:0 ... g									

NDB No. 15008
Fish, carp, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.328		0		1		5.075	1.979	
14:1 .....g									
15:1.....g									
16:1 undifferentiated.....g	0.655	0.060	13		1		1.428	0.557	
17:1.....g									
18:1 undifferentiated.....g	1.150	0.105	13		1		2.507	0.978	
20:1.....g	0.071	0.017	11		1		0.155	0.060	
22:1 undifferentiated.....g	0.402		1		1		0.876	0.342	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.431		0		1		3.120	1.216	
18:2 undifferentiated.....g	0.517	0.104	13		1		1.127	0.439	
18:3 undifferentiated.....g	0.270	0.042	13		1		0.589	0.230	
18:4.....g	0.058	0.007	9		1		0.126	0.049	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.152	0.015	12		1		0.331	0.129	
20:5 n-3.....g	0.238	0.040	12		1		0.519	0.202	
22:5 n-3.....g	0.082	0.008	11		1		0.179	0.070	
22:6 n-3.....g	0.114	0.019	13		1		0.249	0.097	
Fatty acids, total trans.....g									
Cholesterol.....mg	66		2		1		144	56	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.200		0		1		0.436	0.170	
Threonine.....g	0.782		0		1		1.705	0.665	
Isoleucine.....g	0.822		0		1		1.792	0.699	
Leucine.....g	1.449		0		1		3.159	1.232	
Lysine.....g	1.638		0		1		3.571	1.392	
Methionine.....g	0.528		0		1		1.151	0.449	
Cystine.....g	0.191		0		1		0.416	0.162	
Phenylalanine.....g	0.696		0		1		1.517	0.592	
Tyrosine.....g	0.602		0		1		1.312	0.512	
Valine.....g	0.919		0		1		2.003	0.781	
Arginine.....g	1.067		0		1		2.326	0.907	
Histidine.....g	0.525		0		1		1.145	0.446	
Alanine.....g	1.078		0		1		2.350	0.916	
Aspartic acid.....g	1.826		0		1		3.981	1.552	
Glutamic acid.....g	2.662		0		1		5.803	2.263	
Glycine.....g	0.856		0		1		1.866	0.728	
Proline.....g	0.631		0		1		1.376	0.536	
Serine.....g	0.728		0		1		1.587	0.619	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 218g: 1 fillet

Measure 2 = 85g: 3 oz

NDB No. 15008
Fish, carp, raw

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.81		0		1		51.16	49.99	
Energy....kcal	229		0	NC	4		199	195	
Energy....kj	958				4		834	814	
Protein (N x 6.25)....g	18.09		0		1		15.74	15.38	
Total lipid (fat)....g	13.33		0		1		11.60	11.33	
Ash....g	1.26		0		1		1.10	1.07	
Carbohydrate, by difference....g	8.04		0	NC	4		6.99	6.83	
Fiber, total dietary....g	0.7		0		4		0.7	0.6	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	44		0		1		38	37	
Iron, Fe....mg	1.43		0		1		1.24	1.22	
Magnesium, Mg....mg	27		0		1		23	23	
Phosphorus, P....mg	216		0		1		188	184	
Potassium, K....mg	340		0		1		296	289	
Sodium, Na....mg	280		0		1		244	238	
Zinc, Zn....mg	0.86		0		1		0.75	0.73	
Copper, Cu....mg	0.101		0		1		0.088	0.086	
Manganese, Mn....mg	0.040		0		4		0.035	0.034	
Selenium, Se....mcg	13.9		0	RA	4		12.1	11.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.073		0		1		0.064	0.062	
Riboflavin....mg	0.133		0		1		0.116	0.113	
Niacin....mg	2.282		0		1		1.985	1.940	
Pantothenic acid....mg	0.730		0		4		0.635	0.621	
Vitamin B-6....mg	0.190		0		4		0.165	0.162	
Folate, total....mcg	30		0	RA	4		26	26	
Folic acid....mcg	14		0	NC	4		12	11	
Folate, food....mcg	17		0		4		14	14	
Folate, DFE....mcg_DFE	39		0	NC	4		34	34	
Vitamin B-12....mcg	1.90		0		4		1.65	1.62	
Vitamin A, IU....IU	28		0		1		24	24	
Vitamin A, RAE....mcg_RAE	8		0		1		7	7	
Retinol....mcg	8		0		1		7	7	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.288		0		1		2.861	2.795	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.091		0		1		0.079	0.077	
15:0....g									
16:0....g	2.008		0		1		1.747	1.707	
17:0....g									
18:0....g	1.169		0		1		1.017	0.994	
20.0....g									
22:0....g									
24:0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	5.611		0		1		4.882	4.769	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.171		0		1		0.149	0.145	
17:1....g									
18:1 undifferentiated....g	5.347		0		1		4.652	4.545	
20:1....g	0.049		0		1		0.043	0.042	
22:1 undifferentiated....g	0.002		0		1		0.002	0.002	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.325		0		1		2.893	2.826	
18:2 undifferentiated....g	2.616		0		1		2.276	2.224	
18:3 undifferentiated....g	0.178		0		1		0.155	0.151	
18:4....g	0.030		0		1		0.026	0.026	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.098		0		1		0.085	0.083	
20:5 n-3....g	0.119		0		1		0.104	0.101	
22:5 n-3....g	0.057		0		1		0.050	0.048	
22:6 n-3....g	0.222		0		1		0.193	0.189	
Fatty acids, total trans....g									
Cholesterol....mg	81		0		1		70	69	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.200		0		1		0.174	0.170	
Threonine....g	0.790		0		1		0.687	0.672	
Isoleucine....g	0.836		0		1		0.727	0.711	
Leucine....g	1.508		0		1		1.312	1.282	
Lysine....g	1.597		0		1		1.389	1.357	
Methionine....g	0.527		0		1		0.458	0.448	
Cystine....g	0.205		0		1		0.178	0.174	
Phenylalanine....g	0.726		0		1		0.632	0.617	
Tyrosine....g	0.622		0		1		0.541	0.529	
Valine....g	0.943		0		1		0.820	0.802	
Arginine....g	1.077		0		1		0.937	0.915	
Histidine....g	0.530		0		1		0.461	0.451	
Alanine....g	1.103		0		1		0.960	0.938	
Aspartic acid....g	1.817		0		1		1.581	1.544	
Glutamic acid....g	2.720		0		1		2.366	2.312	
Glycine....g	0.851		0		1		0.740	0.723	
Proline....g	0.686		0		1		0.597	0.583	
Serine....g	0.764		0		1		0.665	0.649	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 87g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.58	0.491	6		1		102.36	60.84	
Energy....kcal	152		0	NC	4		217	129	
Energy....kj	636				4		909	541	
Protein (N x 6 25)....g	18.72	0.849	6		1		26.77	15.91	
Total lipid (fat)....g	8.02	0.891	6		1		11.47	6.82	
Ash....g	1.17	0.092	6		1		1.67	0.99	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9	1.226	6		1		13	8	
Iron, Fe....mg	0.82	0.378	6		1		1.17	0.70	
Magnesium, Mg....mg	26	1.231	6		1		37	22	
Phosphorus, P....mg	245	7.986	6		1		350	208	
Potassium, K....mg	321	11.769	6		1		459	273	
Sodium, Na....mg	80	21.109	6		1		114	68	
Zinc, Zn....mg	1.05	0.215	6		1		1.50	0.89	
Copper, Cu....mg	0.122	0.059	6		1		0.174	0.104	
Manganese, Mn....mg	0.020	0.001	3		1		0.029	0.017	
Selenium, Se....mcg	14.5		0	BFSN	4		20.7	12.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8	0.202	3		1		1.1	0.7	
Thiamin....mg	0.420	0.047	3		1		0.601	0.357	
Riboflavin....mg	0.073	0.003	3		1		0.104	0.062	
Niacin....mg	2.513	0.015	3		1		3.594	2.136	
Pantothenic acid....mg	0.617	0.177	3		1		0.882	0.524	
Vitamin B-6....mg	0.163	0.006	3		1		0.233	0.139	
Folate, total....mcg	7		2		1		10	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		2		1		10	6	
Folate, DFE....mcg_DFE	7		0	NC	4		10	6	
Vitamin B-12....mcg	2.80	0.058	3		1		4.00	2.38	
Vitamin A, IU....IU	50	0.000	3		1		72	43	
Vitamin A, RAE....mcg_RAE	15	0.000	3		1		21	13	
Retinol....mcg	15	0.000	3		1		21	13	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.789		0		1		2.558	1.521	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.112		3		1		0.160	0.095	
15:0....g									
16:0....g	1.309		3		1		1.872	1.113	
17:0....g									
18:0....g	0.319		3		1		0.456	0.271	
20:0....g									
22:0....g									
24.0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated ... .g	4.155		0		1		5.942	3.532	
14:1..... ....g									
15:1.....g									
16:1 undifferentiated... .....g	0.292		3		1		0.418	0.248	
17:1..... ... .g									
18:1 undifferentiated..... .....g	3.738		3		1		5.345	3.177	
20:1..... .....g	0.106		3		1		0.152	0.090	
22:1 undifferentiated..... .....g									
24:1 c..... .. ..g									
Fatty acids, total polyunsaturated.....g	1.392		0		1		1.991	1.183	
18:2 undifferentiated..... ...g	1.029		3		1		1.471	0.875	
18:3 undifferentiated.....g	0.082		3		1		0.117	0.070	
18:4..... .....g	0.016		3		1		0.023	0.014	
20:2 n-6 c,c.. .....g									
20:3 undifferentiated.....g									
20:4 undifferentiated... .....g	0.041		3		1		0.059	0.035	
20:5 n-3..... .....g	0.049		3		1		0.070	0.042	
22:5 n-3..... .....g									
22:6 n-3..... .....g	0.128		3		1		0.183	0.109	
Fatty acids, total trans.....g									
Cholesterol.....mg	64	1.161	3		1		92	54	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.210		0		1		0.300	0.179	
Threonine..... .....g	0.821		0		1		1.174	0.698	
Isoleucine.....g	0.862		0		1		1.233	0.733	
Leucine.....g	1.521		0		1		2.175	1.293	
Lysine.....g	1.719		0		1		2.458	1.461	
Methionine.....g	0.554		0		1		0.792	0.471	
Cystine..... .....g	0.201		0		1		0.287	0.171	
Phenylalanine.....g	0.731		0		1		1.045	0.621	
Tyrosine.....g	0.632		0		1		0.904	0.537	
Valine.....g	0.964		0		1		1.379	0.819	
Arginine.....g	1.120		0		1		1.602	0.952	
Histidine.....g	0.551		0		1		0.788	0.468	
Alanine..... .....g	1.132		0		1		1.619	0.962	
Aspartic acid.....g	1.917		0		1		2.741	1.629	
Glutamic acid.....g	2.794		0		1		3.995	2.375	
Glycine.....g	0.898		0		1		1.284	0.763	
Proline.. .....g	0.662		0		1		0.947	0.563	
Serine.....g	0.764		0		1		1.093	0.649	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 143g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.38	0.786	11		1		119.85	64.07	
Energy....kcal	135		0	NC	4		215	115	
Energy....kJ	565				4		898	480	
Protein (N x 6.25)....g	15.55	0.216	11		1		24.72	13.22	
Total lipid (fat)....g	7.59	0.665	15		1		12.07	6.45	
Ash....g	1.00	0.044	11		1		1.59	0.85	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	9	1.512	11		1		14	8	
Iron, Fe....mg	0.50	0.154	10		1		0.80	0.43	
Magnesium, Mg....mg	23	0.650	10		1		37	20	
Phosphorus, P....mg	202	6.800	11		1		321	172	
Potassium, K....mg	299	15.659	10		1		475	254	
Sodium, Na....mg	53	9.916	10		1		84	45	
Zinc, Zn....mg	0.74	0.082	10		1		1.18	0.63	
Copper, Cu....mg	0.101	0.042	10		1		0.161	0.086	
Manganese, Mn....mg	0.018	0.002	7		1		0.029	0.015	
Selenium, Se....mcg	12.6		0	BFZN	4		20.0	10.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6	0.089	7		1		1.0	0.5	
Thiamin....mg	0.361	0.021	7		1		0.574	0.307	
Riboflavin....mg	0.075	0.008	8		1		0.119	0.064	
Niacin....mg	2.304	0.093	7		1		3.663	1.958	
Pantothenic acid....mg	0.600	0.082	7		1		0.954	0.510	
Vitamin B-6....mg	0.188	0.011	7		1		0.299	0.160	
Folate, total....mcg	10	0.004	3		1		16	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10	0.004	3		1		16	9	
Folate, DFE....mcg_DFE	10		0	NC	4		16	9	
Vitamin B-12....mcg	2.47	0.133	3		1		3.93	2.10	
Vitamin A, IU....IU	50		0	NC	4		80	43	
Vitamin A, RAE....mcg_RAE	15		0	NC	4		24	13	
Retinol....mcg	15		0	NR	4		24	13	
Vitamin E (alpha-tocopherol)....mg	1.20		0	NR	4		1.91	1.02	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	T	4		0.2	0.1	
Lipids:									
Fatty acids, total saturated....g	1.768		0		1		2.811	1.503	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.099		13		1		0.157	0.084	
15:0....g									
16:0....g	1.274		13		1		2.026	1.083	
17:0....g									
18:0....g	0.354		13		1		0.563	0.301	
20:0....g									
22:0....g									
24:0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	3.586		0		1		5.702	3.048	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.283		13		1		0.450	0.241	
17:1....g									
18:1 undifferentiated....g	3.168		13		1		5.037	2.693	
20:1....g	0.074		13		1		0.118	0.063	
22:1 undifferentiated....g	0.049		13		1		0.078	0.042	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.568		0		1		2.493	1.333	
18:2 undifferentiated....g	0.876		13		1		1.393	0.745	
18:3 undifferentiated....g	0.096		13		1		0.153	0.082	
18.4....g	0.037		13		1		0.059	0.031	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.085		13		1		0.135	0.072	
20:5 n-3....g	0.067		13		1		0.107	0.057	
22:5 n-3....g	0.090	0.000	13		1		0.143	0.077	
22:6 n-3....g	0.207		13		1		0.329	0.176	
Fatty acids, total trans....g									
Cholesterol....mg	47	5.485	8		1		75	40	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.174		0		1		0.277	0.148	
Threonine....g	0.682		0		1		1.084	0.580	
Isoleucine....g	0.717		0		1		1.140	0.609	
Leucine....g	1.264		0		1		2.010	1.074	
Lysine....g	1.429		0		1		2.272	1.215	
Methionine....g	0.460		0		1		0.731	0.391	
Cystine....g	0.167		0		1		0.266	0.142	
Phenylalanine....g	0.607		0		1		0.965	0.516	
Tyrosine....g	0.525		0		1		0.835	0.446	
Valine....g	0.801		0		1		1.274	0.681	
Arginine....g	0.931		0		1		1.480	0.791	
Histidine....g	0.458		0		1		0.728	0.389	
Alanine....g	0.941		0		1		1.496	0.800	
Aspartic acid....g	1.593		0		1		2.533	1.354	
Glutamic acid....g	2.322		0		1		3.692	1.974	
Glycine....g	0.747		0		1		1.188	0.635	
Proline....g	0.550		0		1		0.875	0.468	
Serine....g	0.635		0		1		1.010	0.540	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	z	7		0	0	
Theobromine....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta....mcg	0		0	z	7		0.000	0.000	
Lycopene....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin....mcg	0		0	z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 159g: 1 fillet

Measure 2 = 85g: 3 oz

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

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	77.67	0.624	4		1		111.07	66.02	
Energy.....kcal	105		0	NC	4		150	89	
Energy.....kj	439				4		628	373	
Protein (N x 6 25).....g	18.47	0.423	4		1		26.41	15.70	
Total lipid (fat).....g	2.85	0.194	4		1		4.08	2.42	
Ash.....g	1.15	0.050	4		1		1.64	0.98	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11	1.667	4		1		16	9	
Iron, Fe.....mg	0.35	0.019	4		1		0.50	0.30	
Magnesium, Mg.....mg	28	0.715	4		1		40	24	
Phosphorus, P.....mg	304	33.155	3		1		435	258	
Potassium, K.....mg	419	15.602	4		1		599	356	
Sodium, Na.....mg	50	4.040	4		1		72	43	
Zinc, Zn.....mg	0.61	0.040	4		1		0.87	0.52	
Copper, Cu.....mg	0.039	0.000	4		1		0.056	0.033	
Manganese, Mn.....mg	0.027	0.005	4		1		0.039	0.023	
Selenium, Se.....mcg	14.3		0	BFSN	4		20.4	12.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8	0.178	4		1		1.1	0.7	
Thiamin.....mg	0.227	0.023	4		1		0.325	0.193	
Riboflavin.....mg	0.067	0.003	4		1		0.096	0.057	
Niacin.....mg	2.385	0.259	4		1		3.411	2.027	
Pantothenic acid.....mg	0.910	0.161	4		1		1.301	0.774	
Vitamin B-6.....mg	0.106	0.010	4		1		0.152	0.090	
Folate, total.....mcg	10		2		1		14	9	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10		2		1		14	9	
Folate, DFE.....mcg_DFE	10		0	NC	4		14	9	
Vitamin B-12.....mcg	2.90	0.066	4		1		4.15	2.47	
Vitamin A, IU.....IU	50	0.000	4		1		72	43	
Vitamin A, RAE.....mcg_RAE	15	0.000	4		1		21	13	
Retinol.....mcg	15	0.000	4		1		21	13	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.744		0		1		1.064	0.632	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.082		4		1		0.117	0.070	
15:0.....g									
16:0.....g	0.483		4		1		0.691	0.411	
17:0.....g									
18:0.....g	0.116		4		1		0.166	0.099	
20:0.....g									
22.0.....g									
24:0.....g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.099		0		1		1.572	0.934	
14 1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.252		4		1		0.360	0.214	
17·1.....g									
18:1 undifferentiated.....g	0.772		4		1		1.104	0.656	
20.1.....g	0.029		4		1		0.041	0.025	
22:1 undifferentiated.....g									
24.1 c.....g									
Fatty acids, total polyunsaturated.....g	0.636		0		1		0.909	0.541	
18.2 undifferentiated.....g	0.142		4		1		0.203	0.121	
18:3 undifferentiated.....g	0.096		4		1		0.137	0.082	
18:4.....g	0.012		4		1		0.017	0.010	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.087		4		1		0.124	0.074	
20:5 n-3.....g	0.100		4		1		0.143	0.085	
22:5 n-3.....g									
22:6 n-3.....g	0.137		4		1		0.196	0.116	
Fatty acids, total trans.....g									
Cholesterol.....mg	72	1.546	4		1		103	61	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.207		0		1		0.296	0.176	
Threonine.....g	0.810		0		1		1.158	0.689	
Isoleucine.....g	0.851		0		1		1.217	0.723	
Leucine.....g	1.502		0		1		2.148	1.277	
Lysine.....g	1.697		0		1		2.427	1.442	
Methionine.....g	0.547		0		1		0.782	0.465	
Cystine.....g	0.198		0		1		0.283	0.168	
Phenylalanine.....g	0.721		0		1		1.031	0.613	
Tyrosine.....g	0.624		0		1		0.892	0.530	
Valine.....g	0.952		0		1		1.361	0.809	
Arginine.....g	1.106		0		1		1.582	0.940	
Histidine.....g	0.544		0		1		0.778	0.462	
Alanine.....g	1.117		0		1		1.597	0.949	
Aspartic acid.....g	1.892		0		1		2.706	1.608	
Glutamic acid.....g	2.758		0		1		3.944	2.344	
Glycine.....g	0.887		0		1		1.268	0.754	
Proline.....g	0.653		0		1		0.934	0.555	
Serine.....g	0.754		0		1		1.078	0.641	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 143g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.36	0.301	5		1		127.77	68.31	
Energy....kcal	95		0	NC	4		151	81	
Energy....kJ	397				4		632	338	
Protein (N x 6.25)....g	16.38	0.235	5		1		26.04	13.92	
Total lipid (fat)....g	2.82	0.595	5		1		4.48	2.40	
Ash....g	0.96	0.025	5		1		1.53	0.82	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14	7.641	5		1		22	12	
Iron, Fe....mg	0.30	0.024	4		1		0.48	0.26	
Magnesium, Mg....mg	23	0.520	4		1		37	20	
Phosphorus, P....mg	209	18.568	4		1		332	178	
Potassium, K....mg	358	18.886	4		1		569	304	
Sodium, Na....mg	43	3.871	4		1		68	37	
Zinc, Zn....mg	0.51	0.032	4		1		0.81	0.43	
Copper, Cu....mg	0.034	0.002	4		1		0.054	0.029	
Manganese, Mn....mg	0.025	0.005	4		1		0.040	0.021	
Selenium, Se....mcg	12.6	0.823	5	A	1		20.0	10.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7	0.225	4		1		1.1	0.6	
Thiamin....mg	0.210	0.030	4		1		0.334	0.179	
Riboflavin....mg	0.072	0.006	5		1		0.114	0.061	
Niacin....mg	1.907	0.167	4		1		3.032	1.621	
Pantothenic acid....mg	0.765	0.120	4		1		1.216	0.650	
Vitamin B-6....mg	0.116	0.012	4		1		0.184	0.099	
Folate, total....mcg	10		2		1		16	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		2		1		16	9	
Folate, DFE....mcg_DFE	10		0	NC	4		16	9	
Vitamin B-12....mcg	2.23	0.155	4		1		3.55	1.90	
Vitamin A, IU....IU	50	0.000	4		1		80	43	
Vitamin A, RAE....mcg_RAE	15	0.000	4		1		24	13	
Retinol....mcg	15	0.000	4		1		24	13	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU	500.000		0	T	4		795.000	425.000	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.722		0		1		1.148	0.614	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.064		10		1		0.102	0.054	
15:0....g									
16:0....g	0.442		10		1		0.703	0.376	
17:0....g									
18:0....g	0.150		10		1		0.239	0.128	
20:0....g									
22:0....g									
24:0....g									

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

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

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

Common Measures:

Measure 1 = 159g: 1 fillet

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

Food Group: 15 Finfish and Shellfish Products

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