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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.50		6		1		7.60	13.47	
Energy....kcal	252		0	NC	4		40	71	
Energy....kj	1054				4		169	299	
Protein (N x 6.25)....g	24.60		6		1		3.94	6.97	
Total lipid (fat)....g	17.90		6		1		2.86	5.07	
Ash....g	6.50		2		1		1.04	1.84	
Carbohydrate, by difference....g	4.00		0		4		0.64	1.13	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	275		0		4		44	78	
Iron, Fe....mg	11.88		0		4		1.90	3.37	
Magnesium, Mg....mg	300		0		4		48	85	
Phosphorus, P....mg	356		0		4		57	101	
Potassium, K....mg	181		0		4		29	51	
Sodium, Na....mg	1500		0		1		240	425	
Zinc, Zn....mg	0.95		0		4		0.15	0.27	
Copper, Cu....mg	0.110		0		4		0.018	0.031	
Manganese, Mn....mg	0.050		0		4		0.008	0.014	
Selenium, Se....mcg	65.5		0	BFSN	4		10.5	18.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.190		0		4		0.030	0.054	
Riboflavin....mg	0.620		0		4		0.099	0.176	
Niacin....mg	0.120		0		4		0.019	0.034	
Pantothenic acid....mg	3.500		0		4		0.560	0.992	
Vitamin B-6....mg	0.320		0		4		0.051	0.091	
Folate, total....mcg	50		0		4		8	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	50		0		4		8	14	
Folate, DFE....mcg_DFE	50		0	NC	4		8	14	
Vitamin B-12....mcg	20.00		0		4		3.20	5.67	
Vitamin A, IU....IU	1870		0	NC	4		299	530	
Vitamin A, RAE....mcg_RAE	561		0	NC	4		90	159	
Retinol....mcg	561		0	NR	4		90	159	
Vitamin E (alpha-tocopherol)....mg	7.00		0	NR	4		1.12	1.98	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU	232.000		0	T	4		37.120	65.772	
Vitamin K (phylloquinone)....mcg	0.7		0	BFSN	4		0.1	0.2	
Lipids:									
Fatty acids, total saturated....g	4.060		0		4		0.650	1.151	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.212		0		4		0.034	0.060	
15:0....g									
16:0....g	3.555		0		4		0.569	1.008	
17:0....g									
18:0....g	0.293		0		4		0.047	0.083	
20:0....g									
22:0....g									
24:0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	4.631		0		4		0.741	1.313	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.043		0		4		0.167	0.296	
17.1....g									
18·1 undifferentiated....g	3.165		0		4		0.506	0.897	
20:1....g	0.309		0		4		0.049	0.088	
22 1 undifferentiated....g	0.114		0		4		0.018	0.032	
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.405		0		4		1.185	2.099	
18:2 undifferentiated....g	0.081		0		4		0.013	0.023	
18.3 undifferentiated....g	0.017		0		4		0.003	0.005	
18:4....g	0.033		0		4		0.005	0.009	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.505		0		4		0.081	0.143	
20:5 n-3....g	2.741		0		4		0.439	0.777	
22:5 n-3....g	0.229		0		4		0.037	0.065	
22:6 n-3....g	3.800		0		4		0.608	1.077	
Fatty acids, total trans....g									
Cholesterol....mg	588		0		1		94	167	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.323		0		1		0.052	0.092	
Threonine....g	1.263		6		1		0.202	0.358	
Isoleucine....g	1.035		6		1		0.166	0.293	
Leucine....g	2.133		6		1		0.341	0.605	
Lysine....g	1.834		6		1		0.293	0.520	
Methionine....g	0.646		6		1		0.103	0.183	
Cystine....g	0.449		6		1		0.072	0.127	
Phenylalanine....g	1.071		6		1		0.171	0.304	
Tyrosine....g	0.968		6		1		0.155	0.274	
Valine....g	1.263		6		1		0.202	0.358	
Arginine....g	1.590		6		1		0.254	0.451	
Histidine....g	0.649		6		1		0.104	0.184	
Alanine....g	1.653		6		1		0.264	0.469	
Aspartic acid....g	2.385		6		1		0.382	0.676	
Glutamic acid....g	3.633		6		1		0.581	1.030	
Glycine....g	0.740		6		1		0.118	0.210	
Proline....g	1.200		6		1		0.192	0.340	
Serine....g	1.897		6		1		0.304	0.538	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	
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	720		0	BFSN	4		115.187	204.097	

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 28.35g: 1 oz

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

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

Food Group: 15 Finfish and Shellfish Products

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

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

Refuse: 0%

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

NDB No. 15013
Fish, cisco, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.469		0		1		0.371	0.399	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.114		1		1		0.090	0.097	
17:1.....g									
18:1 undifferentiated.....g	0.291		1		1		0.230	0.247	
20:1.....g	0.019		1		1		0.015	0.016	
22:1 undifferentiated.....g	0.045		1		1		0.036	0.038	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.613		0		1		0.484	0.521	
18:2 undifferentiated.....g	0.069		1		1		0.055	0.059	
18:3 undifferentiated.....g	0.055		1		1		0.043	0.047	
18:4.....g	0.029		1		1		0.023	0.025	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.055		1		1		0.043	0.047	
20:5 n-3.....g	0.095		1		1		0.075	0.081	
22:5 n-3.....g	0.053		1		1		0.042	0.045	
22:6 n-3.....g	0.257		1		1		0.203	0.218	
Fatty acids, total trans.....g									
Cholesterol.....mg	50		0		4		40	43	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.213		0		1		0.168	0.181	
Threonine.....g	0.832		0		1		0.657	0.707	
Isoleucine.....g	0.875		0		1		0.691	0.744	
Leucine.....g	1.543		0		1		1.219	1.312	
Lysine.....g	1.744		0		1		1.378	1.482	
Methionine.....g	0.562		0		1		0.444	0.478	
Cystine.....g	0.204		0		1		0.161	0.173	
Phenylalanine.....g	0.741		0		1		0.585	0.630	
Tyrosine.....g	0.641		0		1		0.506	0.545	
Valine.....g	0.978		0		1		0.773	0.831	
Arginine.....g	1.136		0		1		0.897	0.966	
Histidine.....g	0.559		0		1		0.442	0.475	
Alanine.....g	1.148		0		1		0.907	0.976	
Aspartic acid.....g	1.944		0		1		1.536	1.652	
Glutamic acid.....g	2.834		0		1		2.239	2.409	
Glycine.....g	0.911		0		1		0.720	0.774	
Proline.....g	0.671		0		1		0.530	0.570	
Serine.....g	0.775		0		1		0.612	0.659	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 79g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15014
Fish, cisco, smoked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	69.80		2		1		19.79	59.33	
Energy ... kcal	177		0	NC	4		50	150	
Energy ... kj	741				4		210	629	
Protein (N x 6.25) ... g	16.36		2		1		4.64	13.91	
Total lipid (fat) ... g	11.90		2		1		3.37	10.12	
Ash ... g	2.00		2		1		0.57	1.70	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	26		2		1		7	22	
Iron, Fe ... mg	0.49		2		1		0.14	0.42	
Magnesium, Mg ... mg	17		2		1		5	14	
Phosphorus, P ... mg	150		2		1		43	128	
Potassium, K ... mg	293		2		1		83	249	
Sodium, Na ... mg	481		2		1		136	409	
Zinc, Zn ... mg	0.30		2		1		0.09	0.26	
Copper, Cu ... mg	0.215		2		1		0.061	0.183	
Manganese, Mn ... mg	0.021		2		1		0.006	0.018	
Selenium, Se ... mcg	18.1		0	BFSN	4		5.1	15.4	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.046		2		1		0.013	0.039	
Riboflavin ... mg	0.159		2		1		0.045	0.135	
Niacin ... mg	2.310		2		1		0.655	1.964	
Pantothenic acid ... mg	0.308		2		1		0.087	0.262	
Vitamin B-6 ... mg	0.268		2		1		0.076	0.228	
Folate, total ... mcg	2		2		1		1	2	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	2		2		1		1	2	
Folate, DFE ... mcg_DFE	2		0	NC	4		1	2	
Vitamin B-12 ... mcg	4.26		2		1		1.21	3.62	
Vitamin A, IU ... IU	943		0	NC	4		267	802	
Vitamin A, RAE ... mcg_RAE	283		0	NC	4		80	241	
Retinol ... mcg	283		0	NR	4		80	241	
Vitamin E (alpha-tocopherol) ... mg	0.20		0	NR	4		0.06	0.17	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	0.1		0	T	4		0.0	0.1	
Lipids:									
Fatty acids, total saturated ... g	1.741		0		1		0.494	1.480	
4:0 ... g	0.000		0		1		0.000	0.000	
6:0 ... g	0.000		0		1		0.000	0.000	
8:0 ... g	0.000		0		1		0.000	0.000	
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.000		0		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.654		2		1		0.185	0.556	
15:0 ... g									
16:0 ... g	0.888		2		1		0.252	0.755	
17:0 ... g									
18:0 ... g	0.199		2		1		0.056	0.169	
20:0 ... g									
22:0 ... g									
24:0 ... g									

NDB No. 15014
Fish, cisco, smoked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.484		0		1		1.555	4.661	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.665		2		1		0.756	2.265	
17:1.....g									
18:1 undifferentiated.....g	2.450		2		1		0.695	2.083	
20:1.....g	0.369		2		1		0.105	0.314	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.274		0		1		0.645	1.933	
18:2 undifferentiated.....g	0.422		2		1		0.120	0.359	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.227		2		1		0.064	0.193	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.106		2		1		0.030	0.090	
20:5 n-3.....g	0.639		2		1		0.181	0.543	
22:5 n-3.....g	0.268		2		1		0.076	0.228	
22:6 n-3.....g	0.612		2		1		0.174	0.520	
Fatty acids, total trans.....g									
Cholesterol.....mg	32		2		1		9	27	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.183		0		1		0.052	0.156	
Threonine.....g	0.717		0		1		0.203	0.609	
Isoleucine.....g	0.754		0		1		0.214	0.641	
Leucine.....g	1.330		0		1		0.377	1.131	
Lysine.....g	1.503		0		1		0.426	1.278	
Methionine.....g	0.484		0		1		0.137	0.411	
Cystine.....g	0.175		0		1		0.050	0.149	
Phenylalanine.....g	0.639		0		1		0.181	0.543	
Tyrosine.....g	0.552		0		1		0.156	0.469	
Valine.....g	0.843		0		1		0.239	0.717	
Arginine.....g	0.979		0		1		0.278	0.832	
Histidine.....g	0.482		0		1		0.137	0.410	
Alanine.....g	0.990		0		1		0.281	0.842	
Aspartic acid.....g	1.676		0		1		0.475	1.425	
Glutamic acid.....g	2.443		0		1		0.693	2.077	
Glycine.....g	0.785		0		1		0.223	0.667	
Proline.....g	0.579		0		1		0.164	0.492	
Serine.....g	0.668		0		1		0.189	0.568	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	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 = 28.35g: 1 oz

Measure 2 = 85g: 3 oz

NDB No. 15014
Fish, cisco, smoked

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. 15017
Fish, cod, Atlantic, canned, solids and liquid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	75.61		0		1		235.90	64.27	
Energy ... kcal	105		0	NC	4		328	89	
Energy ... kj	439				4		1371	373	
Protein (N x 6.25) ... g	22.76		0		1		71.01	19.35	
Total lipid (fat) ... g	0.86		0		1		2.68	0.73	
Ash ... g	1.49		0		1		4.65	1.27	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	21		0		1		66	18	
Iron, Fe ... mg	0.49		0		1		1.53	0.42	
Magnesium, Mg ... mg	41		0		1		128	35	
Phosphorus, P ... mg	260		0		1		811	221	
Potassium, K ... mg	528		0		1		1647	449	
Sodium, Na ... mg	218		0		1		680	185	
Zinc, Zn ... mg	0.58		0		1		1.81	0.49	
Copper, Cu ... mg	0.037		0		1		0.115	0.031	
Manganese, Mn ... mg	0.020		0		4		0.062	0.017	
Selenium, Se ... mcg	38.1		0	BFSN	4		118.9	32.4	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.0		0		1		3.1	0.9	
Thiamin ... mg	0.087		0		1		0.271	0.074	
Riboflavin ... mg	0.079		0		1		0.246	0.067	
Niacin ... mg	2.505		0		1		7.816	2.129	
Pantothenic acid ... mg	0.170		0		4		0.530	0.145	
Vitamin B-6 ... mg	0.282		0		1		0.880	0.240	
Folate, total ... mcg	8		0		4		25	7	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	8		0		4		25	7	
Folate, DFE ... mcg_DFE	8		0	NC	4		25	7	
Vitamin B-12 ... mcg	1.05		0		1		3.26	0.89	
Vitamin A, IU ... IU	47		0	NC	4		146	40	
Vitamin A, RAE ... mcg_RAE	14		0	NC	4		44	12	
Retinol ... mcg	14		0	NR	4		44	12	
Vitamin E (alpha-tocopherol) ... mg	0.82		0	BFSN	4		2.57	0.70	
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D ... IU	84.000		0	T	4		262.080	71.400	
Vitamin K (phylloquinone) ... mcg	0.1		0	BFSN	4		0.4	0.1	
Lipids:									
Fatty acids, total saturated ... g	0.167		0		1		0.521	0.142	
4:0 ... g	0.000		0		1		0.000	0.000	
6:0 ... g	0.000		0		1		0.000	0.000	
8:0 ... g	0.000		0		1		0.000	0.000	
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.000		0		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.012		0		1		0.037	0.010	
15:0 ... g									
16:0 ... g	0.116		0		1		0.362	0.099	
17:0 ... g									
18:0 ... g	0.038		0		1		0.119	0.032	
20:0 ... g									
22:0 ... g									
24:0 ... g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.124		0		1		0.387	0.105	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.062	0.017	
17:1.....g									
18:1 undifferentiated.....g	0.078		0		1		0.243	0.066	
20:1.....g	0.019		0		1		0.059	0.016	
22:1 undifferentiated.....g	0.004		0		1		0.012	0.003	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.291		0		1		0.908	0.247	
18:2 undifferentiated.....g	0.006		0		1		0.019	0.005	
18:3 undifferentiated.....g	0.001		0		1		0.003	0.001	
18:4.....g	0.001		0		1		0.003	0.001	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.028		0		1		0.087	0.024	
20:5 n-3.....g	0.004		0		1		0.012	0.003	
22:5 n-3.....g	0.013		0		1		0.041	0.011	
22:6 n-3.....g	0.153		0		1		0.477	0.130	
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0		1		172	47	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.255		0		1		0.796	0.217	
Threonine.....g	0.998		0		1		3.114	0.848	
Isoleucine.....g	1.049		0		1		3.273	0.892	
Leucine.....g	1.850		0		1		5.772	1.573	
Lysine.....g	2.091		0		1		6.524	1.777	
Methionine.....g	0.674		0		1		2.103	0.573	
Cystine.....g	0.244		0		1		0.761	0.207	
Phenylalanine.....g	0.889		0		1		2.774	0.756	
Tyrosine.....g	0.768		0		1		2.396	0.653	
Valine.....g	1.173		0		1		3.660	0.997	
Arginine.....g	1.362		0		1		4.249	1.158	
Histidine.....g	0.670		0		1		2.090	0.570	
Alanine.....g	1.377		0		1		4.296	1.170	
Aspartic acid.....g	2.331		0		1		7.273	1.981	
Glutamic acid.....g	3.398		0		1		10.602	2.888	
Glycine.....g	1.093		0		1		3.410	0.929	
Proline.....g	0.805		0		1		2.512	0.684	
Serine.....g	0.929		0		1		2.898	0.790	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
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 = 312g: 1 can

Measure 2 = 85g: 3 oz

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

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. 15016
Fish, cod, Atlantic, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.92		0		1		136.66	64.53	
Energy....kcal	105		0	NC	4		189	89	
Energy....kj	439				4		791	373	
Protein (N x 6.25)....g	22.83		0		1		41.09	19.41	
Total lipid (fat)....g	0.86		0		1		1.55	0.73	
Ash....g	1.49		0		1		2.68	1.27	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	14		2		1		25	12	
Iron, Fe....mg	0.49		0		1		0.88	0.42	
Magnesium, Mg....mg	42		2		1		76	36	
Phosphorus, P....mg	138		2		1		248	117	
Potassium, K....mg	244		2		1		439	207	
Sodium, Na....mg	78		2		1		140	66	
Zinc, Zn....mg	0.58		0		1		1.04	0.49	
Copper, Cu....mg	0.036		0		1		0.065	0.031	
Manganese, Mn....mg	0.020		0		4		0.036	0.017	
Selenium, Se....mcg	37.6	1.558	29	A	1		67.7	32.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		1.8	0.9	
Thiamin....mg	0.088		0		1		0.158	0.075	
Riboflavin....mg	0.079		0		1		0.142	0.067	
Niacin....mg	2.513		0		1		4.523	2.136	
Pantothenic acid....mg	0.180		0		4		0.324	0.153	
Vitamin B-6....mg	0.283		0		1		0.509	0.241	
Folate, total....mcg	8		0		4		15	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0		4		15	7	
Folate, DFE....mcg_DFE	8		0	NC	4		15	7	
Vitamin B-12....mcg	1.05		0		1		1.89	0.89	
Vitamin A, IU....IU	47		0	NC	4		84	40	
Vitamin A, RAE....mcg_RAE	14		0	NC	4		25	12	
Retinol....mcg	14		0	NR	4		25	12	
Vitamin E (alpha-tocopherol)....mg	0.81		0	BFSN	4		1.47	0.69	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	BFSN	4		0.2	0.1	
Lipids:									
Fatty acids, total saturated....g	0.168		0		1		0.302	0.143	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.012		0		1		0.022	0.010	
15.0....g									
16:0....g	0.117		0		1		0.211	0.099	
17:0....g									
18:0....g	0.038		0		1		0.068	0.032	
20:0....g									
22:0....g									
24:0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	0.124		0		1		0.223	0.105	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.021		0		1		0.038	0.018	
17:1....g									
18:1 undifferentiated....g	0.078		0		1		0.140	0.066	
20:1....g	0.019		0		1		0.034	0.016	
22:1 undifferentiated....g	0.004		0		1		0.007	0.003	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.292		0		1		0.526	0.248	
18:2 undifferentiated....g	0.006		0		1		0.011	0.005	
18:3 undifferentiated....g	0.001		0		1		0.002	0.001	
18:4....g	0.001		0		1		0.002	0.001	
20:2 n-6 c,c....g									
20.3 undifferentiated....g									
20:4 undifferentiated....g	0.028		0		1		0.050	0.024	
20:5 n-3....g	0.004		0		1		0.007	0.003	
22:5 n-3....g	0.013		0		1		0.023	0.011	
22:6 n-3....g	0.154		0		1		0.277	0.131	
Fatty acids, total trans....g									
Cholesterol....mg	55		0		1		99	47	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.256		0		1		0.461	0.218	
Threonine....g	1.001		0		1		1.802	0.851	
Isoleucine....g	1.052		0		1		1.894	0.894	
Leucine....g	1.856		0		1		3.341	1.578	
Lysine....g	2.097		0		1		3.775	1.782	
Methionine....g	0.676		0		1		1.217	0.575	
Cystine....g	0.245		0		1		0.441	0.208	
Phenylalanine....g	0.891		0		1		1.604	0.757	
Tyrosine....g	0.771		0		1		1.388	0.655	
Valine....g	1.176		0		1		2.117	1.000	
Arginine....g	1.366		0		1		2.459	1.161	
Histidine....g	0.672		0		1		1.210	0.571	
Alanine....g	1.381		0		1		2.486	1.174	
Aspartic acid....g	2.338		0		1		4.208	1.987	
Glutamic acid....g	3.408		0		1		6.134	2.897	
Glycine....g	1.096		0		1		1.973	0.932	
Proline....g	0.807		0		1		1.453	0.686	
Serine....g	0.932		0		1		1.678	0.792	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	z	7		0	0	
Theobromine....mg	0		0	z	7		0	0	
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 = 180g: 1 fillet

Measure 2 = 85g: 3 oz

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

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. 15018
Fish, cod, Atlantic, dried and salted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.. .....g	16.14		0		1		4.58	12.91	13.72
Energy.....kcal	290		0	NC	4		82	232	247
Energy.....kj	1213				4		344	971	1031
Protein (N x 6.25).....g	62.82		0		1		17.81	50.26	53.40
Total lipid (fat).....g	2.37		0		1		0.67	1.90	2.01
Ash. ....g	18.67		0		4		5.29	14.94	15.87
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.. .....g									
Minerals:									
Calcium, Ca.....mg	160		1		1		45	128	136
Iron, Fe.....mg	2.50		1		1		0.71	2.00	2.13
Magnesium, Mg.....mg	133		0		1		38	106	113
Phosphorus, P.....mg	950		1		1		269	760	808
Potassium, K.....mg	1458		0		1		413	1166	1239
Sodium, Na.....mg	7027		0		1		1992	5622	5973
Zinc, Zn.....mg	1.59		0		1		0.45	1.27	1.35
Copper, Cu.....mg	0.176		0		1		0.050	0.141	0.150
Manganese, Mn.....mg	0.050		0		4		0.014	0.040	0.043
Selenium, Se.....mcg	147.8		0	BFSN	4		41.9	118.2	125.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.5		0		1		1.0	2.8	3.0
Thiamin.....mg	0.268		0		1		0.076	0.214	0.228
Riboflavin.....mg	0.240		1		1		0.068	0.192	0.204
Niacin.....mg	7.500		1		1		2.126	6.000	6.375
Pantothenic acid.....mg	1.675		1		1		0.475	1.340	1.424
Vitamin B-6.....mg	0.864		0		1		0.245	0.691	0.734
Folate, total.. .....mcg	25		0		4		7	20	21
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	25		0		4		7	20	21
Folate, DFE.....mcg_DFE	25		0	NC	4		7	20	21
Vitamin B-12 .....mcg	10.00		1		1		2.84	8.00	8.50
Vitamin A, IU.....IU	140		0	NC	4		40	112	119
Vitamin A, RAE.....mcg_RAE	42		0	NC	4		12	34	36
Retinol.....mcg	42		0	NR	4		12	34	36
Vitamin E (alpha-tocopherol).....mg	2.84		0	BFSN	4		0.80	2.27	2.41
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.. .....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	BFSN	4		0.1	0.4	0.4
Lipids:									
Fatty acids, total saturated.....g	0.462		0		1		0.131	0.370	0.393
4:0 .....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10 0.....g	0.000		0		1		0.000	0.000	0.000
12·0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14.0.....g	0.032		0		1		0.009	0.026	0.027
15:0 .....g									
16:0.....g	0.321		0		1		0.091	0.257	0.273
17:0.....g									
18:0.....g	0.106		0		1		0.030	0.085	0.090
20:0.....g									
22:0.....g									
24.0.....g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.342		0		1		0.097	0.274	0.291
14 1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.056		0		1		0.016	0.045	0.048
17.1.....g									
18:1 undifferentiated.....g	0.215		0		1		0.061	0.172	0.183
20:1.....g	0.053		0		1		0.015	0.042	0.045
22:1 undifferentiated.....g	0.011		0		1		0.003	0.009	0.009
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.804		0		1		0.228	0.643	0.683
18:2 undifferentiated.....g	0.018		0		1		0.005	0.014	0.015
18·3 undifferentiated.....g	0.004		0		1		0.001	0.003	0.003
18:4.....g	0.004		0		1		0.001	0.003	0.003
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.078		0		1		0.022	0.062	0.066
20:5 n-3.....g	0.011		0		1		0.003	0.009	0.009
22.5 n-3.....g	0.035		0		1		0.010	0.028	0.030
22·6 n-3.....g	0.423		0		1		0.120	0.338	0.360
Fatty acids, total trans.....g									
Cholesterol.....mg	152		0		1		43	122	129
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.704		0		1		0.200	0.563	0.598
Threonine.....g	2.754		0		1		0.781	2.203	2.341
Isoleucine.....g	2.895		0		1		0.821	2.316	2.461
Leucine.....g	5.106		0		1		1.448	4.085	4.340
Lysine.....g	5.769		0		1		1.636	4.615	4.904
Methionine.....g	1.859		0		1		0.527	1.487	1.580
Cystine.....g	0.673		0		1		0.191	0.538	0.572
Phenylalanine.....g	2.452		0		1		0.695	1.962	2.084
Tyrosine.....g	2.121		0		1		0.601	1.697	1.803
Valine.....g	3.236		0		1		0.917	2.589	2.751
Arginine.....g	3.759		0		1		1.066	3.007	3.195
Histidine.....g	1.849		0		1		0.524	1.479	1.572
Alanine.....g	3.799		0		1		1.077	3.039	3.229
Aspartic acid.....g	6.433		0		1		1.824	5.146	5.468
Glutamic acid.....g	9.378		0		1		2.659	7.502	7.971
Glycine.....g	3.015		0		1		0.855	2.412	2.563
Proline.....g	2.221		0		1		0.630	1.777	1.888
Serine.....g	2.563		0		1		0.727	2.050	2.179
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
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

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

Measure 3 = 85g: 3 oz

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

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. 15015
Fish, cod, Atlantic, raw
Gadus morhua (L.)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ....g	81.22	0.040	537		1		187.62	69.04	
Energy ....kcal	82		0	NC	4		189	70	
Energy ....kj	343				4		793	292	
Protein (N x 6.25) ....g	17.81	0.040	605		1		41.14	15.14	
Total lipid (fat) ....g	0.67	0.007	293		1		1.55	0.57	
Ash ....g	1.16	0.013	165		1		2.68	0.99	
Carbohydrate, by difference ....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ....g	0.0		0	Z	7		0.0	0.0	
Sugars, total ....g	0.00		0	Z	7		0.00	0.00	
Starch ....g									
Minerals:									
Calcium, Ca ....mg	16	1.489	101		1		37	14	
Iron, Fe ....mg	0.38	0.031	26		1		0.88	0.32	
Magnesium, Mg ....mg	32	1.273	30		1		74	27	
Phosphorus, P ....mg	203	3.657	75		1		469	173	
Potassium, K ....mg	413	11.091	49		1		954	351	
Sodium, Na ....mg	54	3.370	44		1		125	46	
Zinc, Zn ....mg	0.45	0.012	188		1		1.04	0.38	
Copper, Cu ....mg	0.028	0.001	136		1		0.065	0.024	
Manganese, Mn ....mg	0.015		0		1		0.035	0.013	
Selenium, Se ....mcg	33.1	2.412	11	A	1		76.5	28.1	
Vitamins:									
Vitamin C, total ascorbic acid ....mg	1.0		2		1		2.3	0.9	
Thiamin ....mg	0.076	0.004	40		1		0.176	0.065	
Riboflavin ....mg	0.065	0.004	68		1		0.150	0.055	
Niacin ....mg	2.063	0.074	69		1		4.766	1.754	
Pantothenic acid ....mg	0.153	0.009	45		1		0.353	0.130	
Vitamin B-6 ....mg	0.245	0.035	4		1		0.566	0.208	
Folate, total ....mcg	7		0		4		16	6	
Folic acid ....mcg	0		0	Z	7		0	0	
Folate, food ....mcg	7		0		4		16	6	
Folate, DFE ....mcg_DFE	7		0	NC	4		16	6	
Vitamin B-12 ....mcg	0.91	0.051	55		1		2.10	0.77	
Vitamin A, IU ....IU	40		0	NC	4		92	34	
Vitamin A, RAE ....mcg_RAE	12		0	NC	4		28	10	
Retinol ....mcg	12		0	NR	4		28	10	
Vitamin E (alpha-tocopherol) ....mg	0.64		2	A	1		1.47	0.54	
Tocopherol, beta ....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma ....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta ....mg	0.00		2	A	1		0.00	0.00	
Vitamin D ....IU	44.000		0	T	4		101.640	37.400	
Vitamin K (phylloquinone) ....mcg	0.1		1	A	1		0.2	0.1	
Lipids:									
Fatty acids, total saturated ....g	0.131		0		1		0.303	0.111	
4:0 ....g	0.000		0		1		0.000	0.000	
6:0 ....g	0.000		0		1		0.000	0.000	
8:0 ....g	0.000		0		1		0.000	0.000	
10:0 ....g	0.000		0		1		0.000	0.000	
12:0 ....g	0.000		0		1		0.000	0.000	
13:0 ....g									
14:0 ....g	0.009		25		1		0.021	0.008	
15:0 ....g									
16:0 ....g	0.091		26		1		0.210	0.077	
17:0 ....g									
18:0 ....g	0.030		26		1		0.069	0.026	
20:0 ....g									
22:0 ....g									
24:0 ....g									

NDB No. 15015
Fish, cod, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	0.094		0		1		0.217	0.080	
14:1... ....g									
15:1....g									
16:1 undifferentiated....g	0.016		26		1		0.037	0.014	
17:1....g									
18:1 undifferentiated. ....g	0.061		26		1		0.141	0.052	
20:1....g	0.015		23		1		0.035	0.013	
22:1 undifferentiated. ....g	0.003		19		1		0.007	0.003	
24:1 c. ....g									
Fatty acids, total polyunsaturated....g	0.231		0		1		0.534	0.196	
18:2 undifferentiated....g	0.005		25		1		0.012	0.004	
18:3 undifferentiated.... ....g	0.001		19		1		0.002	0.001	
18:4....g	0.001		22		1		0.002	0.001	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		23		1		0.051	0.019	
20:5 n-3....g	0.064		26		1		0.148	0.054	
22:5 n-3....g	0.010		22		1		0.023	0.009	
22:6 n-3....g	0.120		26		1		0.277	0.102	
Fatty acids, total trans....g									
Cholesterol....mg	43	0.969	37		1		99	37	
Phytosterols.... ....mg									
Amino Acids:									
Tryptophan....g	0.199		0		1		0.460	0.169	
Threonine....g	0.781		0		1		1.804	0.664	
Isoleucine....g	0.821		0		1		1.897	0.698	
Leucine....g	1.447		0		1		3.343	1.230	
Lysine....g	1.635		0		1		3.777	1.390	
Methionine....g	0.527		0		1		1.217	0.448	
Cystine....g	0.191		0		1		0.441	0.162	
Phenylalanine....g	0.695		0		1		1.605	0.591	
Tyrosine....g	0.601		0		1		1.388	0.511	
Valine....g	0.917		0		1		2.118	0.779	
Arginine....g	1.066		0		1		2.462	0.906	
Histidine....g	0.524		0		1		1.210	0.445	
Alanine....g	1.077		0		1		2.488	0.915	
Aspartic acid....g	1.823		0		1		4.211	1.550	
Glutamic acid....g	2.658		0		1		6.140	2.259	
Glycine....g	0.855		0		1		1.975	0.727	
Proline....g	0.630		0		1		1.455	0.536	
Serine....g	0.726		0		1		1.677	0.617	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	z	7		0	0	
Theobromine....mg	0		0	z	7		0	0	
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 = 231g: 1 fillet

Measure 2 = 85g: 3 oz

NDB No. 15015
Fish, cod, Atlantic, 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. 15192
Fish, cod, Pacific, cooked, dry heat

Refuse: 0%

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

NDB No. 15192
Fish, cod, Pacific, 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	0.105		0		1		0.095	0.089	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.040		0		1		0.036	0.034	
17.1....g									
18:1 undifferentiated....g	0.065		0		1		0.059	0.055	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.313		0		1		0.282	0.266	
18:2 undifferentiated....g	0.008		0		1		0.007	0.007	
18:3 undifferentiated....g	0.003		0		1		0.003	0.003	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		0		1		0.020	0.019	
20:5 n-3....g	0.103		0		1		0.093	0.088	
22:5 n-3....g	0.005		0		1		0.005	0.004	
22:6 n-3....g	0.173		0		1		0.156	0.147	
Fatty acids, total trans....g									
Cholesterol....mg	47		0		1		42	40	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.257		0		1		0.231	0.218	
Threonine....g	1.006		0		1		0.905	0.855	
Isoleucine....g	1.057		0		1		0.951	0.898	
Leucine....g	1.865		0		1		1.679	1.585	
Lysine....g	2.108		0		1		1.897	1.792	
Methionine....g	0.679		0		1		0.611	0.577	
Cystine....g	0.246		0		1		0.221	0.209	
Phenylalanine....g	0.896		0		1		0.806	0.762	
Tyrosine....g	0.775		0		1		0.698	0.659	
Valine....g	1.182		0		1		1.064	1.005	
Arginine....g	1.373		0		1		1.236	1.167	
Histidine....g	0.676		0		1		0.608	0.575	
Alanine....g	1.388		0		1		1.249	1.180	
Aspartic acid....g	2.350		0		1		2.115	1.998	
Glutamic acid....g	3.426		0		1		3.083	2.912	
Glycine....g	1.102		0		1		0.992	0.937	
Proline....g	0.811		0		1		0.730	0.689	
Serine....g	0.936		0		1		0.842	0.796	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 90g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.28	0.058	237		1		94.28	69.09	
Energy....kcal	82		0	NC	4		95	70	
Energy....kj	343				4		398	292	
Protein (N x 6.25)....g	17.90	0.260	226		1		20.76	15.22	
Total lipid (fat)....g	0.63	0.031	18		1		0.73	0.54	
Ash....g	1.20	0.007	226		1		1.39	1.02	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1		1		8	6	
Iron, Fe....mg	0.26	0.024	3		1		0.30	0.22	
Magnesium, Mg....mg	24		1		1		28	20	
Phosphorus, P....mg	174		1		1		202	148	
Potassium, K....mg	403	2.102	126		1		467	343	
Sodium, Na....mg	71	1.109	126		1		82	60	
Zinc, Zn....mg	0.40	0.015	60		1		0.46	0.34	
Copper, Cu....mg	0.026	0.002	61		1		0.030	0.022	
Manganese, Mn....mg	0.012		1		1		0.014	0.010	
Selenium, Se....mcg	36.5		0	CAZN	4		42.3	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.9		0		4		3.4	2.5	
Thiamin....mg	0.022	0.003	3		1		0.026	0.019	
Riboflavin....mg	0.042	0.002	3		1		0.049	0.036	
Niacin....mg	2.040	0.248	3		1		2.366	1.734	
Pantothenic acid....mg	0.140		2		1		0.162	0.119	
Vitamin B-6....mg	0.400		0		4		0.464	0.340	
Folate, total....mcg	7		0		4		8	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7		0		4		8	6	
Folate, DFE....mcg_DFE	7		0	NC	4		8	6	
Vitamin B-12....mcg	0.90		0		4		1.04	0.77	
Vitamin A, IU....IU	27		0	NC	4		31	23	
Vitamin A, RAE....mcg_RAE	8		0	NC	4		9	7	
Retinol....mcg	8		0	NR	4		9	7	
Vitamin E (alpha-tocopherol)....mg	0.64		0	BFZN	4		0.74	0.54	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	BFZN	4		0.1	0.1	
Lipids:									
Fatty acids, total saturated....g	0.081		0		1		0.094	0.069	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13.0....g									
14:0....g	0.003		1		1		0.003	0.003	
15:0....g									
16:0....g	0.066		1		1		0.077	0.056	
17:0....g									
18:0....g	0.012		1		1		0.014	0.010	
20:0....g									
22:0....g									
24:0....g									

NDB No. 15019
Fish, cod, Pacific, 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	0.082		0		1		0.095	0.070	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		1		1		0.036	0.026	
17:1.....g									
18:1 undifferentiated.....g	0.051		1		1		0.059	0.043	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.244		0		1		0.283	0.207	
18:2 undifferentiated.....g	0.006		1		1		0.007	0.005	
18:3 undifferentiated.....g	0.002		1		1		0.002	0.002	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.017		1		1		0.020	0.014	
20:5 n-3.....g	0.080		1		1		0.093	0.068	
22:5 n-3.....g	0.004		1		1		0.005	0.003	
22:6 n-3.....g	0.135		1		1		0.157	0.115	
Fatty acids, total trans.....g									
Cholesterol.....mg	37		1		1		43	31	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.200		0		1		0.232	0.170	
Threonine.....g	0.785		0		1		0.911	0.667	
Isoleucine.....g	0.825		0		1		0.957	0.701	
Leucine.....g	1.455		0		1		1.688	1.237	
Lysine.....g	1.644		0		1		1.907	1.397	
Methionine.....g	0.530		0		1		0.615	0.451	
Cystine.....g	0.192		0		1		0.223	0.163	
Phenylalanine.....g	0.699		0		1		0.811	0.594	
Tyrosine.....g	0.604		0		1		0.701	0.513	
Valine.....g	0.922		0		1		1.070	0.784	
Arginine.....g	1.071		0		1		1.242	0.910	
Histidine.....g	0.527		0		1		0.611	0.448	
Alanine.....g	1.083		0		1		1.256	0.921	
Aspartic acid.....g	1.833		0		1		2.126	1.558	
Glutamic acid.....g	2.672		0		1		3.100	2.271	
Glycine.....g	0.859		0		1		0.996	0.730	
Proline.....g	0.633		0		1		0.734	0.538	
Serine.....g	0.730		0		1		0.847	0.621	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	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 = 116g: 1 fillet

Measure 2 = 85g: 3 oz

NDB No. 15019
Fish, cod, Pacific, 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. 15021
Fish, croaker, Atlantic, cooked, breaded and fried

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.320		0		1		4.628	4.522	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.444		0		1		0.386	0.377	
17:1.....g									
18:1 undifferentiated.....g	4.789		0		1		4.166	4.071	
20:1.....g	0.079		0		1		0.069	0.067	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.917		0		1		2.538	2.479	
18:2 undifferentiated.....g	2.376		0		1		2.067	2.020	
18:3 undifferentiated.....g	0.157		0		1		0.137	0.133	
18:4.....g	0.010		0		1		0.009	0.009	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.089		0		1		0.077	0.076	
20:5 n-3.....g	0.113		0		1		0.098	0.096	
22:5 n-3.....g	0.079		0		1		0.069	0.067	
22:6 n-3.....g	0.089		0		1		0.077	0.076	
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		73	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.208		0		1		0.181	0.177	
Threonine.....g	0.788		0		1		0.686	0.670	
Isoleucine.....g	0.847		0		1		0.737	0.720	
Leucine.....g	1.480		0		1		1.288	1.258	
Lysine.....g	1.571		0		1		1.367	1.335	
Methionine.....g	0.525		0		1		0.457	0.446	
Cystine.....g	0.217		0		1		0.189	0.184	
Phenylalanine.....g	0.742		0		1		0.646	0.631	
Tyrosine.....g	0.621		0		1		0.540	0.528	
Valine.....g	0.947		0		1		0.824	0.805	
Arginine.....g	1.061		0		1		0.923	0.902	
Histidine.....g	0.525		0		1		0.457	0.446	
Alanine.....g	1.067		0		1		0.928	0.907	
Aspartic acid.....g	1.791		0		1		1.558	1.522	
Glutamic acid.....g	2.981		0		1		2.593	2.534	
Glycine.....g	0.850		0		1		0.740	0.723	
Proline.....g	0.759		0		1		0.660	0.645	
Serine.....g	0.788		0		1		0.686	0.670	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 87g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	78.03	0.594	7		1		61.64	66.33	
Energy ... kcal	104		0	NC	4		82	88	
Energy ... kj	435				4		344	370	
Protein (N x 6.25) ... g	17.78	0.301	7		1		14.05	15.11	
Total lipid (fat) ... g	3.17	0.529	8		1		2.50	2.69	
Ash ... g	1.11	0.113	7		1		0.88	0.94	
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	
Starch ... g									
Minerals:									
Calcium, Ca ... mg	15		1		1		12	13	
Iron, Fe ... mg	0.37		1		1		0.29	0.31	
Magnesium, Mg ... mg	40		1		1		32	34	
Phosphorus, P ... mg	210		1		1		166	179	
Potassium, K ... mg	345		1		1		273	293	
Sodium, Na ... mg	56		1		1		44	48	
Zinc, Zn ... mg	0.42	0.009	91		1		0.33	0.36	
Copper, Cu ... mg	0.042	0.002	92		1		0.033	0.036	
Manganese, Mn ... mg	0.025		1		1		0.020	0.021	
Selenium, Se ... mcg	36.5		0	CAZN	4		28.8	31.0	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0	0.0	
Thiamin ... mg	0.075		0		4		0.059	0.064	
Riboflavin ... mg	0.095		0		4		0.075	0.081	
Niacin ... mg	4.200		0		4		3.318	3.570	
Pantothenic acid ... mg	0.750		0		4		0.593	0.638	
Vitamin B-6 ... mg	0.300		0		4		0.237	0.255	
Folate, total ... mcg	15		0		4		12	13	
Folic acid ... mcg	0		0	Z	7		0	0	
Folate, food ... mcg	15		0		4		12	13	
Folate, DFE ... mcg_DFE	15		0	NC	4		12	13	
Vitamin B-12 ... mcg	2.50		0		4		1.98	2.13	
Vitamin A, IU ... IU	60		0	NC	4		47	51	
Vitamin A, RAE ... mcg_RAE	18		0	NC	4		14	15	
Retinol ... mcg	18		0	NR	4		14	15	
Vitamin E (alpha-tocopherol) ... mg	1.00		0	NR	4		0.79	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	1.088		0		1		0.860	0.925	
4:0 ... g	0.000		0		1		0.000	0.000	
6:0 ... g	0.000		0		1		0.000	0.000	
8:0 ... g	0.000		0		1		0.000	0.000	
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.000		0		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.049		1		1		0.039	0.042	
15:0 ... g									
16:0 ... g	0.836		1		1		0.660	0.711	
17:0 ... g									
18:0 ... g	0.203		1		1		0.160	0.173	
20:0 ... g									
22:0 ... g									
24:0 ... g									

NDB No. 15020
Fish, croaker, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated. .....g	1.149		0		1		0.908	0.977	
14:1.....g									
15:1.....g									
16:1 undifferentiated. ... .g	0.464		1		1		0.367	0.394	
17:1.....g									
18:1 undifferentiated.....g	0.593		1		1		0.468	0.504	
20:1.....g	0.086		1		1		0.068	0.073	
22:1 undifferentiated ....g	0.000		0		1		0.000	0.000	
24:1 c... ....g									
Fatty acids, total polyunsaturated.....g	0.464		0		1		0.367	0.394	
18:2 undifferentiated.....g	0.046		1		1		0.036	0.039	
18:3 undifferentiated.... .... g	0.009		1		1		0.007	0.008	
18:4..... .. ..g	0.011		1		1		0.009	0.009	
20:2 n-6 c,c.....g									
20:3 undifferentiated..... ... . .g									
20:4 undifferentiated.....g	0.092		1		1		0.073	0.078	
20:5 n-3.....g	0.123		1		1		0.097	0.105	
22:5 n-3.....g	0.086		1		1		0.068	0.073	
22:6 n-3.....g	0.097		1		1		0.077	0.082	
Fatty acids, total trans..... .g									
Cholesterol.....mg	61		1		1		48	52	
Phytosterols..... ....mg									
Amino Acids:									
Tryptophan.....g	0.199		0		1		0.157	0.169	
Threonine..... .....g	0.780		0		1		0.616	0.663	
Isoleucine.....g	0.819		0		1		0.647	0.696	
Leucine.....g	1.445		0		1		1.142	1.228	
Lysine.....g	1.633		0		1		1.290	1.388	
Methionine.....g	0.526		0		1		0.416	0.447	
Cystine..... .....g	0.191		0		1		0.151	0.162	
Phenylalanine..... .....g	0.694		0		1		0.548	0.590	
Tyrosine..... .....g	0.600		0		1		0.474	0.510	
Valine..... .....g	0.916		0		1		0.724	0.779	
Arginine..... .....g	1.064		0		1		0.841	0.904	
Histidine..... .....g	0.523		0		1		0.413	0.445	
Alanine.....g	1.075		0		1		0.849	0.914	
Aspartic acid..... .....g	1.821		0		1		1.439	1.548	
Glutamic acid. ....g	2.654		0		1		2.097	2.256	
Glycine.....g	0.854		0		1		0.675	0.726	
Proline..... .....g	0.629		0		1		0.497	0.535	
Serine.. ..... .g	0.725		0		1		0.573	0.616	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl..... .....g.	0.0		0		7		0.0	0.0	
Caffeine..... ....mg	0		0	z	7		0	0	
Theobromine..... ....mg	0		0	z	7		0	0	
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 = 79g: 1 fillet

Measure 2 = 85g: 3 oz

NDB No. 15020
Fish, croaker, Atlantic, 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. 15193
Fish, cusk, cooked, dry heat

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.950		0		1		0.903	0.808	
Tyrosine.....g	0.822		0		1		0.781	0.699	
Valine.....g	1.254		0		1		1.191	1.066	
Arginine.....g	1.457		0		1		1.384	1.238	
Histidine.....g	0.717		0		1		0.681	0.609	
Alanine.....g	1.472		0		1		1.398	1.251	
Aspartic acid.....g	2.493		0		1		2.368	2.119	
Glutamic acid.....g	3.634		0		1		3.452	3.089	
Glycine.....g	1.169		0		1		1.111	0.994	
Proline.....g	0.861		0		1		0.818	0.732	
Serine.....g	0.993		0		1		0.943	0.844	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 95g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

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

Refuse: 0%

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

NDB No. 15022
Fish, cusk, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.742		0		1		0.905	0.631	
Tyrosine....g	0.641		0		1		0.782	0.545	
Valine....g	0.979		0		1		1.194	0.832	
Arginine....g	1.137		0		1		1.387	0.966	
Histidine....g	0.559		0		1		0.682	0.475	
Alanine....g	1.149		0		1		1.402	0.977	
Aspartic acid....g	1.945		0		1		2.373	1.653	
Glutamic acid....g	2.835		0		1		3.459	2.410	
Glycine....g	0.912		0		1		1.113	0.775	
Proline....g	0.672		0		1		0.820	0.571	
Serine....g	0.775		0		1		0.946	0.659	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 122g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

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

Refuse: 0%

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

NDB No. 15194
Fish, dolphinfish, 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	0.155		0		1		0.246	0.132	
14.1.. .....g									
15.1.....g									
16:1 undifferentiated.....g	0.029		0		1		0.046	0.025	
17.1.....g									
18:1 undifferentiated.....g	0.110		0		1		0.175	0.094	
20:1.....g	0.004		0		1		0.006	0.003	
22:1 undifferentiated.....g	0.012		0		1		0.019	0.010	
24:1 c .....g									
Fatty acids, total polyunsaturated.....g	0.211		0		1		0.335	0.179	
18:2 undifferentiated.....g	0.046		0		1		0.073	0.039	
18:3 undifferentiated.....g	0.006		0		1		0.010	0.005	
18:4.....g	0.006		0		1		0.010	0.005	
20:2 n-6 c,c .....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0		1		0.005	0.003	
20:5 n-3.....g	0.026		0		1		0.041	0.022	
22:5 n-3.....g	0.012		0		1		0.019	0.010	
22:6 n-3.....g	0.113		0		1		0.180	0.096	
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		1		149	80	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.266		0		1		0.423	0.226	
Threonine.....g	1.040		0		1		1.654	0.884	
Isoleucine.....g	1.093		0		1		1.738	0.929	
Leucine.....g	1.928		0		1		3.066	1.639	
Lysine.....g	2.178		0		1		3.463	1.851	
Methionine.....g	0.702		0		1		1.116	0.597	
Cystine.....g	0.254		0		1		0.404	0.216	
Phenylalanine.....g	0.926		0		1		1.472	0.787	
Tyrosine.....g	0.801		0		1		1.274	0.681	
Valine.....g	1.222		0		1		1.943	1.039	
Arginine.....g	1.419		0		1		2.256	1.206	
Histidine.....g	0.698		0		1		1.110	0.593	
Alanine.....g	1.434		0		1		2.280	1.219	
Aspartic acid.....g	2.429		0		1		3.862	2.065	
Glutamic acid.....g	3.541		0		1		5.630	3.010	
Glycine.....g	1.138		0		1		1.809	0.967	
Proline.....g	0.839		0		1		1.334	0.713	
Serine.....g	0.968		0		1		1.539	0.823	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 159g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15023
Fish, dolphinfish, raw
Coryphaena hippurus (L.)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.55		2		1		158.20	65.92	
Energy....kcal	85		0	NC	4		173	72	
Energy....kj	356				4		726	302	
Protein (N x 6.25)....g	18.50		1		1		37.74	15.73	
Total lipid (fat)....g	0.70		1		1		1.43	0.60	
Ash....g	2.10		1		1		4.28	1.79	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0		4		31	13	
Iron, Fe....mg	1.13		0		4		2.31	0.96	
Magnesium, Mg....mg	30		0		4		61	26	
Phosphorus, P....mg	143		0		4		292	122	
Potassium, K....mg	416		1		1		849	354	
Sodium, Na....mg	88		2		1		180	75	
Zinc, Zn....mg	0.46	0.035	65		1		0.94	0.39	
Copper, Cu....mg	0.041	0.002	64		1		0.084	0.035	
Manganese, Mn....mg	0.015		0		1		0.031	0.013	
Selenium, Se....mcg	36.5		0	CAZN	4		74.5	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.020		0		4		0.041	0.017	
Riboflavin....mg	0.070		0		4		0.143	0.060	
Niacin....mg	6.100		0		4		12.444	5.185	
Pantothenic acid....mg	0.750		0		4		1.530	0.638	
Vitamin B-6....mg	0.400		0		4		0.816	0.340	
Folate, total....mcg	5		0		4		10	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		4		10	4	
Folate, DFE....mcg_DFE	5		0	NC	4		10	4	
Vitamin B-12....mcg	0.60		0		4		1.22	0.51	
Vitamin A, IU....IU	180		0		4		367	153	
Vitamin A, RAE....mcg_RAE	54		0		4		110	46	
Retinol....mcg	54		0		4		110	46	
Vitamin E (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	0.188		0		1		0.384	0.160	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8.0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.001		1		1		0.002	0.001	
13:0....g									
14:0....g	0.014	0.007	3		1		0.029	0.012	
15:0....g									
16:0....g	0.120	0.022	3		1		0.245	0.102	
17:0....g									
18:0....g	0.046	0.006	3		1		0.094	0.039	
20:0....g									
22:0....g									
24:0....g									

NDB No. 15023
Fish, dolphinfish, 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	0.121		0		1		0.247	0.103	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023	0.015	3		1		0.047	0.020	
17:1.....g									
18:1 undifferentiated.....g	0.086	0.013	3		1		0.175	0.073	
20:1.....g	0.003		2		1		0.006	0.003	
22:1 undifferentiated.....g	0.009		2		1		0.018	0.008	
24:1 c.....g									
Fatty acids, total polyunsaturated .....g	0.165		0		1		0.337	0.140	
18:2 undifferentiated.....g	0.036	0.018	3		1		0.073	0.031	
18:3 undifferentiated.....g	0.005		1		1		0.010	0.004	
18:4.....g	0.005		1		1		0.010	0.004	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		1		1		0.004	0.002	
20:5 n-3.....g	0.020	0.012	3		1		0.041	0.017	
22:5 n-3.....g	0.009		2		1		0.018	0.008	
22:6 n-3.....g	0.088	0.009	3		1		0.180	0.075	
Fatty acids, total trans.....g									
Cholesterol.....mg	73		1		1		149	62	
Phytosterols .....mg									
Amino Acids:									
Tryptophan.....g	0.207		0		1		0.422	0.176	
Threonine.....g	0.811		0		1		1.654	0.689	
Isoleucine.....g	0.852		0		1		1.738	0.724	
Leucine.....g	1.504		0		1		3.068	1.278	
Lysine.....g	1.699		0		1		3.466	1.444	
Methionine.....g	0.548		0		1		1.118	0.466	
Cystine.....g	0.198		0		1		0.404	0.168	
Phenylalanine.....g	0.722		0		1		1.473	0.614	
Tyrosine.....g	0.625		0		1		1.275	0.531	
Valine.....g	0.953		0		1		1.944	0.810	
Arginine.....g	1.107		0		1		2.258	0.941	
Histidine.....g	0.545		0		1		1.112	0.463	
Alanine.....g	1.119		0		1		2.283	0.951	
Aspartic acid.....g	1.894		0		1		3.864	1.610	
Glutamic acid.....g	2.762		0		1		5.634	2.348	
Glycine.....g	0.888		0		1		1.812	0.755	
Proline.....g	0.654		0		1		1.334	0.556	
Serine.....g	0.755		0		1		1.540	0.642	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 204g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

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

Refuse: 0%

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

NDB No. 15195
Fish, drum, freshwater, 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	2.807		0		1		4.323	2.386	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.014		0		1		1.562	0.862	
17:1.....g									
18:1 undifferentiated.....g	1.537		0		1		2.367	1.306	
20:1.....g	0.104		0		1		0.160	0.088	
22:1 undifferentiated.....g	0.153		0		1		0.236	0.130	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.479		0		1		2.278	1.257	
18:2 undifferentiated.....g	0.199		0		1		0.306	0.169	
18:3 undifferentiated.....g	0.146		0		1		0.225	0.124	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.287		0		1		0.442	0.244	
20:5 n-3.....g	0.295		0		1		0.454	0.251	
22:5 n-3.....g	0.185		0		1		0.285	0.157	
22:6 n-3.....g	0.368		0		1		0.567	0.313	
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0		1		126	70	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.252		0		1		0.388	0.214	
Threonine.....g	0.986		0		1		1.518	0.838	
Isoleucine.....g	1.036		0		1		1.595	0.881	
Leucine.....g	1.828		0		1		2.815	1.554	
Lysine.....g	2.065		0		1		3.180	1.755	
Methionine.....g	0.666		0		1		1.026	0.566	
Cystine.....g	0.241		0		1		0.371	0.205	
Phenylalanine.....g	0.878		0		1		1.352	0.746	
Tyrosine.....g	0.759		0		1		1.169	0.645	
Valine.....g	1.159		0		1		1.785	0.985	
Arginine.....g	1.346		0		1		2.073	1.144	
Histidine.....g	0.662		0		1		1.019	0.563	
Alanine.....g	1.360		0		1		2.094	1.156	
Aspartic acid.....g	2.303		0		1		3.547	1.958	
Glutamic acid.....g	3.357		0		1		5.170	2.853	
Glycine.....g	1.079		0		1		1.662	0.917	
Proline.....g	0.795		0		1		1.224	0.676	
Serine.....g	0.917		0		1		1.412	0.779	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 154g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

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

Refuse: 0%

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

NDB No. 15024
Fish, drum, freshwater, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.190		0		1		4.336	1.862	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.791	0.062	7		1		1.566	0.672	
17:1.....g									
18:1 undifferentiated.....g	1.199	0.101	7		1		2.374	1.019	
20:1.....g	0.081	0.028	7		1		0.160	0.069	
22:1 undifferentiated.....g	0.119		1		1		0.236	0.101	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.154		0		1		2.285	0.981	
18:2 undifferentiated.....g	0.155	0.022	7		1		0.307	0.132	
18:3 undifferentiated.....g	0.114	0.041	6		1		0.226	0.097	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.224	0.059	6		1		0.444	0.190	
20:5 n-3.....g	0.230	0.024	7		1		0.455	0.196	
22:5 n-3.....g	0.144	0.020	7		1		0.285	0.122	
22:6 n-3.....g	0.287	0.078	7		1		0.568	0.244	
Fatty acids, total trans.....g									
Cholesterol.....mg	64		1		1		127	54	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.196		0		1		0.388	0.167	
Threonine.....g	0.769		0		1		1.523	0.654	
Isoleucine.....g	0.808		0		1		1.600	0.687	
Leucine.....g	1.425		0		1		2.822	1.211	
Lysine.....g	1.611		0		1		3.190	1.369	
Methionine.....g	0.519		0		1		1.028	0.441	
Cystine.....g	0.188		0		1		0.372	0.160	
Phenylalanine.....g	0.685		0		1		1.356	0.582	
Tyrosine.....g	0.592		0		1		1.172	0.503	
Valine.....g	0.904		0		1		1.790	0.768	
Arginine.....g	1.049		0		1		2.077	0.892	
Histidine.....g	0.516		0		1		1.022	0.439	
Alanine.....g	1.061		0		1		2.101	0.902	
Aspartic acid.....g	1.796		0		1		3.556	1.527	
Glutamic acid.....g	2.618		0		1		5.184	2.225	
Glycine.....g	0.842		0		1		1.667	0.716	
Proline.....g	0.620		0		1		1.228	0.527	
Serine.....g	0.716		0		1		1.418	0.609	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 198g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

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

Refuse: 0%

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

NDB No. 15026
Fish, eel, 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	9.218		0		1		2.613	2.028	1.567
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.609		0		1		0.456	0.354	0.274
17:1.....g									
18:1 undifferentiated.....g	3.554		0		1		1.008	0.782	0.604
20:1.....g	3.846		0		1		1.090	0.846	0.654
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.214		0		1		0.344	0.267	0.206
18:2 undifferentiated.....g	0.251		0		1		0.071	0.055	0.043
18:3 undifferentiated.....g	0.554		0		1		0.157	0.122	0.094
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.122		0		1		0.035	0.027	0.021
20:5 n-3.....g	0.108		0		1		0.031	0.024	0.018
22:5 n-3.....g	0.095		0		1		0.027	0.021	0.016
22:6 n-3.....g	0.081		0		1		0.023	0.018	0.014
Fatty acids, total trans.....g									
Cholesterol.....mg	161		0		1		46	35	27
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.265		0		1		0.075	0.058	0.045
Threonine.....g	1.037		0		1		0.294	0.228	0.176
Isoleucine.....g	1.090		0		1		0.309	0.240	0.185
Leucine.....g	1.922		0		1		0.545	0.423	0.327
Lysine.....g	2.171		0		1		0.615	0.478	0.369
Methionine.....g	0.700		0		1		0.198	0.154	0.119
Cystine.....g	0.253		0		1		0.072	0.056	0.043
Phenylalanine.....g	0.923		0		1		0.262	0.203	0.157
Tyrosine.....g	0.798		0		1		0.226	0.176	0.136
Valine.....g	1.218		0		1		0.345	0.268	0.207
Arginine.....g	1.415		0		1		0.401	0.311	0.241
Histidine.....g	0.696		0		1		0.197	0.153	0.118
Alanine.....g	1.430		0		1		0.405	0.315	0.243
Aspartic acid.....g	2.421		0		1		0.686	0.533	0.412
Glutamic acid.....g	3.530		0		1		1.001	0.777	0.600
Glycine.....g	1.135		0		1		0.322	0.250	0.193
Proline.....g	0.836		0		1		0.237	0.184	0.142
Serine.....g	0.965		0		1		0.274	0.212	0.164
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz, boneless

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

Measure 3 = 17g: 1 cubic inch, boneless

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

Food Group: 15 Finfish and Shellfish Products

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.26		12		1		139.25	58.02	
Energy....kcal	184		0	NC	4		375	156	
Energy....kj	770				4		1571	654	
Protein (N x 6.25)....g	18.44		12		1		37.62	15.67	
Total lipid (fat)....g	11.66	0.885	14		1		23.79	9.91	
Ash....g	1.41		11		1		2.88	1.20	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		1		1		41	17	
Iron, Fe....mg	0.50		1		1		1.02	0.43	
Magnesium, Mg....mg	20		0		4		41	17	
Phosphorus, P....mg	216		2		1		441	184	
Potassium, K....mg	272		5		1		555	231	
Sodium, Na....mg	51		4		1		104	43	
Zinc, Zn....mg	1.62	0.076	40		1		3.30	1.38	
Copper, Cu....mg	0.023	0.002	30		1		0.047	0.020	
Manganese, Mn....mg	0.035		0		1		0.071	0.030	
Selenium, Se....mcg	6.5		0	CAZN	4		13.3	5.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8		0		4		3.7	1.5	
Thiamin....mg	0.150	0.016	4		1		0.306	0.128	
Riboflavin....mg	0.040		1		1		0.082	0.034	
Niacin....mg	3.500		1		1		7.140	2.975	
Pantothenic acid....mg	0.240		1		1		0.490	0.204	
Vitamin B-6....mg	0.067	0.026	10		1		0.137	0.057	
Folate, total....mcg	15		0		4		31	13	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	15		0		4		31	13	
Folate, DFE....mcg_DFE	15		0	NC	4		31	13	
Vitamin B-12....mcg	3.00		1		1		6.12	2.55	
Vitamin A, IU....IU	3477		0	NC	4		7092	2955	
Vitamin A, RAE....mcg_RAE	1043		0	NC	4		2128	887	
Retinol....mcg	1043		0	NR	4		2128	887	
Vitamin E (alpha-tocopherol)....mg	4.00		0	NR	4		8.16	3.40	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	T	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.358		0		1		4.810	2.004	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.580		2		1		1.183	0.493	
15:0....g									
16:0....g	1.585		2		1		3.233	1.347	
17:0....g									
18:0....g	0.191		2		1		0.390	0.162	
20:0....g									
22:0....g									
24:0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.190		0		1		14.668	6.112	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.255		2		1		2.560	1.067	
17:1.....g									
18:1 undifferentiated.....g	2.772		2		1		5.655	2.356	
20:1.....g	3.000		1		1		6.120	2.550	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.947		0		1		1.932	0.805	
18:2 undifferentiated.....g	0.196		2		1		0.400	0.167	
18:3 undifferentiated.....g	0.432		1		1		0.881	0.367	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.095		2		1		0.194	0.081	
20:5 n-3.....g	0.084		1		1		0.171	0.071	
22:5 n-3.....g	0.074		1		1		0.151	0.063	
22:6 n-3.....g	0.063		2		1		0.129	0.054	
Fatty acids, total trans.....g									
Cholesterol .....mg	126		2		1		257	107	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.207		0		1		0.422	0.176	
Threonine.....g	0.809		0		1		1.650	0.688	
Isoleucine.....g	0.850		0		1		1.734	0.723	
Leucine.....g	1.499		0		1		3.058	1.274	
Lysine.....g	1.694		0		1		3.456	1.440	
Methionine.....g	0.546		0		1		1.114	0.464	
Cystine.....g	0.198		0		1		0.404	0.168	
Phenylalanine.....g	0.720		0		1		1.469	0.612	
Tyrosine.....g	0.623		0		1		1.271	0.530	
Valine.....g	0.950		0		1		1.938	0.808	
Arginine.....g	1.104		0		1		2.252	0.938	
Histidine.....g	0.543		0		1		1.108	0.462	
Alanine.....g	1.115		0		1		2.275	0.948	
Aspartic acid.....g	1.889		0		1		3.854	1.606	
Glutamic acid.....g	2.753		0		1		5.616	2.340	
Glycine.....g	0.885		0		1		1.805	0.752	
Proline.....g	0.652		0		1		1.330	0.554	
Serine.....g	0.753		0		1		1.536	0.640	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
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 = 204g: 1 fillet

Measure 2 = 85g: 3 oz

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

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

Food Group: 15 Finfish and Shellfish Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	46.32		0		1		26.40	12.97	
Energy....kcal	272		0	NC	4		155	76	
Energy....kj	1138				4		649	319	
Protein (N x 6.1)....g	15.65		0		1		8.92	4.38	
Total lipid (fat)....g	12.23		0		1		6.97	3.42	
Ash....g	2.63		0		1		1.50	0.74	
Carbohydrate, by difference....g	23.75		0	NC	4		13.54	6.65	
Fiber, total dietary....g	1.4		0	RA	4		0.8	0.4	
Sugars, total....g	2.41		0	RA	4		1.37	0.67	
Sucrose....g	0.01		0	RA	4		0.01	0.00	
Glucose (dextrose)....g	0.61		0	RA	4		0.35	0.17	
Fructose....g	0.81		0	RA	4		0.46	0.23	
Lactose....g	0.33		0	RA	4		0.19	0.09	
Maltose....g	0.63		0	RA	4		0.36	0.18	
Galactose....g	0.01		0	RA	4		0.01	0.00	
Starch....g	19.20		0	RA	4		10.95	5.38	
Minerals:									
Calcium, Ca....mg	20		10		1		11	6	
Iron, Fe....mg	0.74		11		1		0.42	0.21	
Magnesium, Mg....mg	25		11		1		14	7	
Phosphorus, P....mg	181		10		1		103	51	
Potassium, K....mg	261		0		1		149	73	
Sodium, Na....mg	582		0		1		332	163	
Zinc, Zn....mg	0.66		0		1		0.38	0.18	
Copper, Cu....mg	0.101		0		1		0.058	0.028	
Manganese, Mn....mg	0.236		7		1		0.135	0.066	
Selenium, Se....mcg	16.6	0.686	46	A	1		9.5	4.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.127		0		1		0.072	0.036	
Riboflavin....mg	0.178		0		1		0.101	0.050	
Niacin....mg	2.129		0		1		1.214	0.596	
Pantothenic acid....mg	0.333		0		4		0.190	0.093	
Vitamin B-6....mg	0.060		0		1		0.034	0.017	
Folate, total....mcg	43		0	RA	4		24	12	
Folic acid....mcg	26		0	RA	4		15	7	
Folate, food....mcg	16		0	RA	4		9	5	
Folate, DFE....mcg_DFE	61		0	NC	4		35	17	
Vitamin B-12....mcg	1.80		0		1		1.02	0.50	
Vitamin A, IU....IU	108		0	RA	4		62	30	
Vitamin A, RAE....mcg_RAE	31		0	RA	4		18	9	
Retinol....mcg	31		0	RA	4		18	9	
Vitamin E (alpha-tocopherol)....mg	0.52		0	RA	4		0.30	0.15	
Tocopherol, beta....mg	0.01		0	RA	4		0.01	0.00	
Tocopherol, gamma....mg	0.31		0	RA	4		0.18	0.09	
Tocopherol, delta....mg	0.06		0	RA	4		0.04	0.02	
Vitamin D....IU	6.862		0	RA	4		3.911	1.921	
Vitamin K (phylloquinone)....mcg	2.2		0	RA	4		1.3	0.6	
Lipids:									
Fatty acids, total saturated....g	3.149		0		1		1.795	0.882	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10.0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13.0....g									
14 0....g	0.069		0		1		0.039	0.019	
15.0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0 g	1.868		0		1		1.065	0.523	
17:0 g									
18:0 g	1.184		0		1		0.675	0.332	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.067		0		1		2.888	1.419	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.058		0		1		0.033	0.016	
17:1 g									
18:1 undifferentiated g	4.989		0		1		2.844	1.397	
20:1 g	0.010		0		1		0.006	0.003	
22:1 undifferentiated g	0.002		0		1		0.001	0.001	
24:1 c g									
Fatty acids, total polyunsaturated g	3.166		0		1		1.805	0.886	
18:2 undifferentiated g	2.738		0		1		1.561	0.767	
18:3 undifferentiated g	0.172		0		1		0.098	0.048	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.018		0		1		0.010	0.005	
20:5 n-3 g	0.086		0		1		0.049	0.024	
22:5 n-3 g	0.006		0		1		0.003	0.002	
22:6 n-3 g	0.128		0		1		0.073	0.036	
Fatty acids, total trans g									
Cholesterol mg	112		0		1		64	31	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.194		0		1		0.111	0.054	
Threonine g	0.646		0		1		0.368	0.181	
Isoleucine g	0.745		0		1		0.425	0.209	
Leucine g	1.266		0		1		0.722	0.354	
Lysine g	1.123		0		1		0.640	0.314	
Methionine g	0.424		0		1		0.242	0.119	
Cystine g	0.227		0		1		0.129	0.064	
Phenylalanine g	0.699		0		1		0.398	0.196	
Tyrosine g	0.538		0		1		0.307	0.151	
Valine g	0.835		0		1		0.476	0.234	
Arginine g	0.847		0		1		0.483	0.237	
Histidine g	0.419		0		1		0.239	0.117	
Alanine g	0.832		0		1		0.474	0.233	
Aspartic acid g	1.373		0		1		0.783	0.384	
Glutamic acid g	3.180		0		1		1.813	0.890	
Glycine g	0.679		0		1		0.387	0.190	
Proline g	0.921		0		1		0.525	0.258	
Serine g	0.758		0		1		0.432	0.212	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	RA	4		0	0	
Theobromine mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta mcg	2		0	RA	4		0.919	0.452	
Carotene, alpha mcg	0		0	RA	4		0.000	0.000	
Cryptoxanthin, beta mcg	1		0	RA	4		0.658	0.323	
Lycopene mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin mcg	43		0	RA	4		24.351	11.962	

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

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

Common Measures:

Measure 1 = 57g: 1 piece (4" x 2" x 1/2")
Measure 2 = 28g: 1 stick (4" x 1" x 1/2")

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

Food Group: 15 Finfish and Shellfish Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.16		0		1		92.91	62.19	
Energy....kcal	117		0	NC	4		149	99	
Energy....kj	490				4		622	416	
Protein (N x 6.25)....g	24.16		0		1		30.68	20.54	
Total lipid (fat)....g	1.53		0		1		1.94	1.30	
Ash....g	1.50	0.110	11		1		1.91	1.28	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	18		11		1		23	15	
Iron, Fe....mg	0.34	0.024	11		1		0.43	0.29	
Magnesium, Mg....mg	58		11		1		74	49	
Phosphorus, P....mg	289		11		1		367	246	
Potassium, K....mg	344	23.500	11		1		437	292	
Sodium, Na....mg	105	13.100	11		1		133	89	
Zinc, Zn....mg	0.63	0.057	11		1		0.80	0.54	
Copper, Cu....mg	0.026		11		1		0.033	0.022	
Manganese, Mn....mg	0.020		0		4		0.025	0.017	
Selenium, Se....mcg	58.2	5.410	33	A	1		73.9	49.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.080	0.010	11		1		0.102	0.068	
Riboflavin....mg	0.114	0.015	11		1		0.145	0.097	
Niacin....mg	2.179	0.219	11		1		2.767	1.852	
Pantothenic acid....mg	0.580		0		4		0.737	0.493	
Vitamin B-6....mg	0.240		0		1		0.305	0.204	
Folate, total....mcg	9		0		4		12	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0		4		12	8	
Folate, DFE....mcg_DFE	9		0	NC	4		12	8	
Vitamin B-12....mcg	2.51	0.372	11		1		3.19	2.13	
Vitamin A, IU....IU	43		0	NC	4		54	36	
Vitamin A, RAE....mcg_RAE	13		0	NC	4		16	11	
Retinol....mcg	13		0	BFSN	4		16	11	
Vitamin E (alpha-tocopherol)....mg	0.66		0	BFSN	4		0.84	0.56	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	BFSN	4		0.2	0.1	
Lipids:									
Fatty acids, total saturated....g	0.363		0		1		0.461	0.309	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.057	11.600	11		1		0.072	0.048	
15:0....g									
16:0....g	0.226	12.800	11		1		0.287	0.192	
17:0....g									
18:0....g	0.055	5.000	11		1		0.070	0.047	
20:0....g									
22:0....g									
24:0....g									

NDB No. 15029
Fish, flatfish (flounder and sole 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	0.276		0		4		0.351	0.235	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.067	7.200	11		1		0.085	0.057	
17:1....g									
18:1 undifferentiated....g	0.154	12.600	11		1		0.196	0.131	
20:1....g	0.035	6.700	11		1		0.044	0.030	
22:1 undifferentiated....g	0.020	9.200	11		1		0.025	0.017	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.646		0		4		0.820	0.549	
18:2 undifferentiated....g	0.014	1.300	11		1		0.018	0.012	
18:3 undifferentiated....g	0.016	4.200	11		1		0.020	0.014	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.048	5.700	11		1		0.061	0.041	
20.5 n-3....g	0.243	32.500	11		1		0.309	0.207	
22:5 n-3....g	0.046	3.400	11		1		0.058	0.039	
22:6 n-3....g	0.258	22.300	11		1		0.328	0.219	
Fatty acids, total trans....g									
Cholesterol....mg	68	3.510	11		1		86	58	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.271		0		1		0.344	0.230	
Threonine....g	1.059		0		1		1.345	0.900	
Isoleucine....g	1.113		0		1		1.414	0.946	
Leucine....g	1.963		0		1		2.493	1.669	
Lysine....g	2.219		0		1		2.818	1.886	
Methionine....g	0.715		0		1		0.908	0.608	
Cystine....g	0.259		0		1		0.329	0.220	
Phenylalanine....g	0.943		0		1		1.198	0.802	
Tyrosine....g	0.816		0		1		1.036	0.694	
Valine....g	1.245		0		1		1.581	1.058	
Arginine....g	1.446		0		1		1.836	1.229	
Histidine....g	0.711		0		1		0.903	0.604	
Alanine....g	1.461		0		1		1.855	1.242	
Aspartic acid....g	2.474		0		1		3.142	2.103	
Glutamic acid....g	3.606		0		1		4.580	3.065	
Glycine....g	1.160		0		1		1.473	0.986	
Proline....g	0.854		0		1		1.085	0.726	
Serine....g	0.986		0		1		1.252	0.838	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	z	7		0	0	
Theobromine....mg	0		0	z	7		0	0	
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 = 127g: 1 fillet

Measure 2 = 85g: 3 oz

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

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. 15028
Fish, flatfish (flounder and sole species), raw
Bothidae and Pleuronectidae

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	79.06	0.438	623		1		22.41	128.87	67.20
Energy....kcal	91		0	NC	4		26	148	77
Energy....kj	381				4		108	621	324
Protein (N x 6.25)....g	18.84		595		1		5.34	30.71	16.01
Total lipid (fat)....g	1.19	0.039	596		1		0.34	1.94	1.01
Ash....g	1.20	0.012	597		1		0.34	1.96	1.02
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	18		32		1		5	29	15
Iron, Fe....mg	0.36		9		1		0.10	0.59	0.31
Magnesium, Mg....mg	31		5		1		9	51	26
Phosphorus, P....mg	184		29		1		52	300	156
Potassium, K....mg	361		259		1		102	588	307
Sodium, Na....mg	81		262		1		23	132	69
Zinc, Zn....mg	0.45	0.008	518		1		0.13	0.73	0.38
Copper, Cu....mg	0.032	0.002	507		1		0.009	0.052	0.027
Manganese, Mn....mg	0.017		3		1		0.005	0.028	0.014
Selenium, Se....mcg	32.7	1.935	30	A	1		9.3	53.3	27.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7		0		4		0.5	2.8	1.4
Thiamin....mg	0.089		14		1		0.025	0.145	0.076
Riboflavin....mg	0.076		17		1		0.022	0.124	0.065
Niacin....mg	2.899		17		1		0.822	4.725	2.464
Pantothenic acid....mg	0.503		4		1		0.143	0.820	0.428
Vitamin B-6....mg	0.208		8		1		0.059	0.339	0.177
Folate, total....mcg	8		0		4		2	13	7
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	8		0		4		2	13	7
Folate, DFE....mcg_DFE	8		0	NC	4		2	13	7
Vitamin B-12....mcg	1.52		13		1		0.43	2.48	1.29
Vitamin A, IU....IU	33		0	NC	4		9	54	28
Vitamin A, RAE....mcg_RAE	10		0	NC	4		3	16	9
Retinol....mcg	10		0	NR	4		3	16	9
Vitamin E (alpha-tocopherol)....mg	0.51	0.037	7	A	1		0.15	0.84	0.44
Tocopherol, beta....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocopherol, delta....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Vitamin D....IU	60.000		0	T	4		17.010	97.800	51.000
Vitamin K (phylloquinone)....mcg	0.1		0	T	4		0.0	0.2	0.1
Lipids:									
Fatty acids, total saturated....g	0.283		0		1		0.080	0.461	0.241
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.048		8		1		0.014	0.078	0.041
15:0....g									
16:0....g	0.158		8		1		0.045	0.258	0.134
17:0....g									
18:0....g	0.071		8		1		0.020	0.116	0.060
20:0....g									
22:0....g									
24:0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.233		0		1		0.066	0.380	0.198
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		8		1		0.023	0.130	0.068
17:1.....g									
18:1 undifferentiated.....g	0.120		8		1		0.034	0.196	0.102
20:1.....g	0.028		7		1		0.008	0.046	0.024
22:1 undifferentiated.....g	0.008		8		1		0.002	0.013	0.007
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.329		0		1		0.093	0.536	0.280
18:2 undifferentiated.....g	0.008		8		1		0.002	0.013	0.007
18:3 undifferentiated.....g	0.008		8		1		0.002	0.013	0.007
18:4.....g	0.016		6		1		0.005	0.026	0.014
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038		8		1		0.011	0.062	0.032
20:5 n-3.....g	0.093		8		1		0.026	0.152	0.079
22:5 n-3.....g	0.046		8		1		0.013	0.075	0.039
22:6 n-3.....g	0.106		8		1		0.030	0.173	0.090
Fatty acids, total trans.....g									
Cholesterol.....mg	48		14		1		14	78	41
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.211		0		1		0.060	0.344	0.179
Threonine.....g	0.826		0		1		0.234	1.346	0.702
Isoleucine.....g	0.868		0		1		0.246	1.415	0.738
Leucine.....g	1.532		0		1		0.434	2.497	1.302
Lysine.....g	1.731		0		1		0.491	2.822	1.471
Methionine.....g	0.558		0		1		0.158	0.910	0.474
Cystine.....g	0.202		0		1		0.057	0.329	0.172
Phenylalanine.....g	0.736		0		1		0.209	1.200	0.626
Tyrosine.....g	0.636		0		1		0.180	1.037	0.541
Valine.....g	0.971		0		1		0.275	1.583	0.825
Arginine.....g	1.128		0		1		0.320	1.839	0.959
Histidine.....g	0.555		0		1		0.157	0.905	0.472
Alanine.....g	1.140		0		1		0.323	1.858	0.969
Aspartic acid.....g	1.930		0		1		0.547	3.146	1.641
Glutamic acid.....g	2.813		0		1		0.797	4.585	2.391
Glycine.....g	0.905		0		1		0.257	1.475	0.769
Proline.....g	0.666		0		1		0.189	1.086	0.566
Serine.....g	0.769		0		1		0.218	1.253	0.654
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
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 = 163g: 1 fillet

Measure 3 = 85g: 3 oz

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

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

Food Group: 15 Finfish and Shellfish Products

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

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

Refuse: 0%

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

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

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	0.824		0		1		0.346		
14:1. ....g									
15:1.....g									
16:1 undifferentiated.....g	0.257		2		1		0.108		
17:1.....g									
18:1 undifferentiated.....g	0.407		2		1		0.171		
20.1.....g	0.109		2		1		0.046		
22:1 undifferentiated.....g	0.051		2		1		0.021		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.285		0		1		0.120		
18:2 undifferentiated.....g	0.116		2		1		0.049		
18:3 undifferentiated.....g									
18:4.....g	0.022		2		1		0.009		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g	0.075		2		1		0.032		
22:5 n-3.....g	0.027		2		1		0.011		
22:6 n-3.....g	0.045		2		1		0.019		
Fatty acids, total trans.....g									
Cholesterol.....mg	30		2		1		13		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.086		2		1		0.036		
Threonine.....g	0.488		2		1		0.205		
Isoleucine.....g	0.486		2		1		0.204		
Leucine.....g	0.810		2		1		0.340		
Lysine.....g	0.842		2		1		0.354		
Methionine.....g	0.255		2		1		0.107		
Cystine.....g	0.113		2		1		0.047		
Phenylalanine.....g	0.493		2		1		0.207		
Tyrosine.....g	0.380		2		1		0.160		
Valine.....g	0.548		2		1		0.230		
Arginine.....g	0.595		2		1		0.250		
Histidine.....g	0.261		2		1		0.110		
Alanine.....g	0.546		2		1		0.229		
Aspartic acid.....g	0.772		2		1		0.324		
Glutamic acid.....g	1.750		2		1		0.735		
Glycine.....g	0.403		2		1		0.169		
Proline.....g	0.341		2		1		0.143		
Serine.....g	0.473		2		1		0.199		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 42g: 1 piece

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

Food Group: 15 Finfish and Shellfish Products

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

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

Refuse: 0%

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

NDB No. 15032
Fish, grouper, 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	0.268		0		1		0.541	0.228	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.026		2		1		0.053	0.022	
17:1....g									
18:1 undifferentiated....g	0.086		2		1		0.174	0.073	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.403		0		1		0.814	0.343	
18:2 undifferentiated....g	0.018		2		1		0.036	0.015	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.057		2		1		0.115	0.048	
20:5 n-3....g	0.035		2		1		0.071	0.030	
22:5 n-3....g	0.017		2		1		0.034	0.014	
22:6 n-3....g	0.213		2		1		0.430	0.181	
Fatty acids, total trans....g									
Cholesterol....mg	47		0		1		95	40	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.278		0		1		0.562	0.236	
Threonine....g	1.089		0		1		2.200	0.926	
Isoleucine....g	1.145		0		1		2.313	0.973	
Leucine....g	2.019		0		1		4.078	1.716	
Lysine....g	2.282		0		1		4.610	1.940	
Methionine....g	0.735		0		1		1.485	0.625	
Cystine....g	0.266		0		1		0.537	0.226	
Phenylalanine....g	0.970		0		1		1.959	0.825	
Tyrosine....g	0.839		0		1		1.695	0.713	
Valine....g	1.280		0		1		2.586	1.088	
Arginine....g	1.487		0		1		3.004	1.264	
Histidine....g	0.731		0		1		1.477	0.621	
Alanine....g	1.503		0		1		3.036	1.278	
Aspartic acid....g	2.544		0		1		5.139	2.162	
Glutamic acid....g	3.709		0		1		7.492	3.153	
Glycine....g	1.193		0		1		2.410	1.014	
Proline....g	0.878		0		1		1.774	0.746	
Serine....g	1.014		0		1		2.048	0.862	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 202g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	0.202		0		1		0.523	0.172	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.027		2		1		0.070	0.023	
17:1....g									
18:1 undifferentiated....g	0.145		2		1		0.376	0.123	
20:1....g	0.029		1		1		0.075	0.025	
22:1 undifferentiated....g	0.007		1		1		0.018	0.006	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.321		0		1		0.831	0.273	
18:2 undifferentiated....g	0.012		2		1		0.031	0.010	
18:3 undifferentiated....g	0.010		1		1		0.026	0.009	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.033		2		1		0.085	0.028	
20:5 n-3....g	0.027		2		1		0.070	0.023	
22:5 n-3....g	0.010		2		1		0.026	0.009	
22:6 n-3....g	0.220		2		1		0.570	0.187	
Fatty acids, total trans....g									
Cholesterol....mg	37		2		1		96	31	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.217		0		1		0.562	0.184	
Threonine....g	0.849		0		1		2.199	0.722	
Isoleucine....g	0.893		0		1		2.313	0.759	
Leucine....g	1.575		0		1		4.079	1.339	
Lysine....g	1.779		0		1		4.608	1.512	
Methionine....g	0.574		0		1		1.487	0.488	
Cystine....g	0.208		0		1		0.539	0.177	
Phenylalanine....g	0.756		0		1		1.958	0.643	
Tyrosine....g	0.654		0		1		1.694	0.556	
Valine....g	0.998		0		1		2.585	0.848	
Arginine....g	1.159		0		1		3.002	0.985	
Histidine....g	0.570		0		1		1.476	0.485	
Alanine....g	1.172		0		1		3.035	0.996	
Aspartic acid....g	1.984		0		1		5.139	1.686	
Glutamic acid....g	2.892		0		1		7.490	2.458	
Glycine....g	0.930		0		1		2.409	0.791	
Proline....g	0.685		0		1		1.774	0.582	
Serine....g	0.791		0		1		2.049	0.672	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 259g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

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

Refuse: 0%

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

NDB No. 15034
Fish, haddock, 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	0.151		0		1		0.227	0.128	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.022		0		1		0.033	0.019	
17:1....g									
18:1 undifferentiated....g	0.086		0		1		0.129	0.073	
20:1....g	0.013		0		1		0.020	0.011	
22:1 undifferentiated....g	0.029		0		1		0.044	0.025	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.309		0		1		0.464	0.263	
18:2 undifferentiated....g	0.012		0		1		0.018	0.010	
18:3 undifferentiated....g	0.003		0		1		0.005	0.003	
18:4....g	0.004		0		1		0.006	0.003	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.029		0		1		0.044	0.025	
20:5 n-3....g	0.076		0		1		0.114	0.065	
22:5 n-3....g	0.024		0		1		0.036	0.020	
22:6 n-3....g	0.162		0		1		0.243	0.138	
Fatty acids, total trans....g									
Cholesterol....mg	74		0		1		111	63	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.272		0		1		0.408	0.231	
Threonine....g	1.063		0		1		1.595	0.904	
Isoleucine....g	1.117		0		1		1.676	0.949	
Leucine....g	1.971		0		1		2.957	1.675	
Lysine....g	2.227		0		1		3.341	1.893	
Methionine....g	0.718		0		1		1.077	0.610	
Cystine....g	0.260		0		1		0.390	0.221	
Phenylalanine....g	0.946		0		1		1.419	0.804	
Tyrosine....g	0.818		0		1		1.227	0.695	
Valine....g	1.249		0		1		1.874	1.062	
Arginine....g	1.451		0		1		2.177	1.233	
Histidine....g	0.714		0		1		1.071	0.607	
Alanine....g	1.466		0		1		2.199	1.246	
Aspartic acid....g	2.483		0		1		3.725	2.111	
Glutamic acid....g	3.619		0		1		5.429	3.076	
Glycine....g	1.164		0		1		1.746	0.989	
Proline....g	0.857		0		1		1.286	0.728	
Serine....g	0.989		0		1		1.484	0.841	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 150g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.92	0.125	104		1		154.25	67.93	
Energy....kcal	87		0	NC	4		168	74	
Energy....kj	364				4		703	309	
Protein (N x 6.25)....g	18.91	0.149	96		1		36.50	16.07	
Total lipid (fat)....g	0.72	0.020	36		1		1.39	0.61	
Ash....g	1.21	0.027	94		1		2.34	1.03	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	33	6.142	25		1		64	28	
Iron, Fe....mg	1.05		2		1		2.03	0.89	
Magnesium, Mg....mg	39		2		1		75	33	
Phosphorus, P....mg	188	10.886	31		1		363	160	
Potassium, K....mg	311	13.336	16		1		600	264	
Sodium, Na....mg	68	9.327	9		1		131	58	
Zinc, Zn....mg	0.37	0.015	101		1		0.71	0.31	
Copper, Cu....mg	0.026	0.002	92		1		0.050	0.022	
Manganese, Mn....mg	0.025		0		1		0.048	0.021	
Selenium, Se....mcg	30.2	3.953	11	A	1		58.3	25.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.035	0.002	27		1		0.068	0.030	
Riboflavin....mg	0.037	0.005	31		1		0.071	0.031	
Niacin....mg	3.803	0.119	31		1		7.340	3.233	
Pantothenic acid....mg	0.127	0.012	30		1		0.245	0.108	
Vitamin B-6....mg	0.300		2		1		0.579	0.255	
Folate, total....mcg	12		0		4		22	10	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		0		4		22	10	
Folate, DFE....mcg_DFE	12		0	NC	4		22	10	
Vitamin B-12....mcg	1.20	0.072	50		1		2.32	1.02	
Vitamin A, IU....IU	57		0	NC	4		109	48	
Vitamin A, RAE....mcg_RAE	17		0	NC	4		33	14	
Retinol....mcg	17		0	NR	4		33	14	
Vitamin E (alpha-tocopherol)....mg	0.39		0	NR	4		0.75	0.33	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	T	4		0.2	0.1	
Lipids:									
Fatty acids, total saturated....g	0.130		0		1		0.251	0.111	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13 0....g									
14:0....g	0.008	0.003	8		1		0.015	0.007	
15.0....g									
16:0....g	0.088	0.013	8		1		0.170	0.075	
17.0....g									
18:0....g	0.033	0.006	8		1		0.064	0.028	
20:0....g									
22·0....g									
24:0....g									

NDB No. 15033
Fish, haddock, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.118		0		1		0.228	0.100	
14:1.....g									
15:1.....g									
16.1 undifferentiated.....g	0.017	0.003	8		1		0.033	0.014	
17:1.....g									
18:1 undifferentiated.....g	0.067	0.017	8		1		0.129	0.057	
20:1.....g	0.010	0.002	8		1		0.019	0.009	
22:1 undifferentiated.....g	0.023		1		1		0.044	0.020	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.241		0		1		0.465	0.205	
18:2 undifferentiated.....g	0.009	0.002	8		1		0.017	0.008	
18:3 undifferentiated.....g	0.002	0.002	7		1		0.004	0.002	
18:4.....g	0.003	0.000	7		1		0.006	0.003	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.023	0.003	8		1		0.044	0.020	
20.5 n-3.....g	0.059	0.011	8		1		0.114	0.050	
22:5 n-3.....g	0.019	0.003	8		1		0.037	0.016	
22:6 n-3.....g	0.126	0.026	8		1		0.243	0.107	
Fatty acids, total trans.....g									
Cholesterol.....mg	57	9.688	4		1		110	48	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.212		0		1		0.409	0.180	
Threonine.....g	0.829		0		1		1.600	0.705	
Isoleucine.....g	0.871		0		1		1.681	0.740	
Leucine.....g	1.537		0		1		2.966	1.306	
Lysine.....g	1.736		0		1		3.350	1.476	
Methionine.....g	0.560		0		1		1.081	0.476	
Cystine.....g	0.203		0		1		0.392	0.173	
Phenylalanine.....g	0.738		0		1		1.424	0.627	
Tyrosine.....g	0.638		0		1		1.231	0.542	
Valine.....g	0.974		0		1		1.880	0.828	
Arginine.....g	1.131		0		1		2.183	0.961	
Histidine.....g	0.557		0		1		1.075	0.473	
Alanine.....g	1.143		0		1		2.206	0.972	
Aspartic acid.....g	1.936		0		1		3.736	1.646	
Glutamic acid.....g	2.822		0		1		5.446	2.399	
Glycine.....g	0.908		0		1		1.752	0.772	
Proline.....g	0.669		0		1		1.291	0.569	
Serine.....g	0.771		0		1		1.488	0.655	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	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 = 193g: 1 fillet

Measure 2 = 85g: 3 oz

NDB No. 15033
Fish, haddock, 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. 15035
Fish, haddock, smoked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.48		0		1		20.26	12.15	60.76
Energy....kcal	116		0	NC	4		33	20	99
Energy....kj	485				4		138	83	413
Protein (N x 6.25)....g	25.23		0		1		7.15	4.29	21.45
Total lipid (fat)....g	0.96		0		1		0.27	0.16	0.82
Ash....g	1.62		0		1		0.46	0.28	1.38
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	49		0		1		14	8	42
Iron, Fe....mg	1.40		0		1		0.40	0.24	1.19
Magnesium, Mg....mg	54		0		1		15	9	46
Phosphorus, P....mg	251		0		1		71	43	213
Potassium, K....mg	415		0		1		118	71	353
Sodium, Na....mg	763		0		1		216	130	649
Zinc, Zn....mg	0.50		0		1		0.14	0.09	0.43
Copper, Cu....mg	0.042		0		1		0.012	0.007	0.036
Manganese, Mn....mg	0.030		0		4		0.009	0.005	0.026
Selenium, Se....mcg	42.9		0	BFSN	4		12.2	7.3	36.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.047		0		1		0.013	0.008	0.040
Riboflavin....mg	0.049		0		1		0.014	0.008	0.042
Niacin....mg	5.073		0		1		1.438	0.862	4.312
Pantothenic acid....mg	0.170		0		4		0.048	0.029	0.145
Vitamin B-6....mg	0.400		0		1		0.113	0.068	0.340
Folate, total....mcg	15		0		4		4	3	13
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	15		0		4		4	3	13
Folate, DFE....mcg_DFE	15		0	NC	4		4	3	13
Vitamin B-12....mcg	1.60		0		1		0.45	0.27	1.36
Vitamin A, IU....IU	73		0	NC	4		21	12	62
Vitamin A, RAE....mcg_RAE	22		0	NC	4		6	4	19
Retinol....mcg	22		0	NR	4		6	4	19
Vitamin E (alpha-tocopherol)....mg	0.55		0	BFSN	4		0.16	0.09	0.47
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	BFSN	4		0.0	0.0	0.1
Lipids:									
Fatty acids, total saturated....g	0.173		0		1		0.049	0.029	0.147
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.011		0		1		0.003	0.002	0.009
15.0....g									
16:0....g	0.117		0		1		0.033	0.020	0.099
17:0....g									
18:0....g	0.044		0		1		0.012	0.007	0.037
20:0....g									
22:0....g									
24:0....g									

NDB No. 15035
Fish, haddock, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.157		0		1		0.045	0.027	0.133
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0		1		0.007	0.004	0.020
17:1.....g									
18.1 undifferentiated.....g	0.089		0		1		0.025	0.015	0.076
20:1.....g	0.013		0		1		0.004	0.002	0.011
22:1 undifferentiated.....g	0.031		0		1		0.009	0.005	0.026
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.321		0		1		0.091	0.055	0.273
18:2 undifferentiated.....g	0.012		0		1		0.003	0.002	0.010
18:3 undifferentiated.....g	0.003		0		1		0.001	0.001	0.003
18:4.....g	0.004		0		1		0.001	0.001	0.003
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.031		0		1		0.009	0.005	0.026
20:5 n-3.....g	0.079		0		1		0.022	0.013	0.067
22:5 n-3.....g	0.025		0		1		0.007	0.004	0.021
22:6 n-3.....g	0.168		0		1		0.048	0.029	0.143
Fatty acids, total trans.....g									
Cholesterol.....mg	77		0		1		22	13	65
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.283		0		1		0.080	0.048	0.241
Threonine.....g	1.106		0		1		0.314	0.188	0.940
Isoleucine.....g	1.162		0		1		0.329	0.198	0.988
Leucine.....g	2.050		0		1		0.581	0.349	1.743
Lysine.....g	2.317		0		1		0.657	0.394	1.969
Methionine.....g	0.747		0		1		0.212	0.127	0.635
Cystine.....g	0.270		0		1		0.077	0.046	0.230
Phenylalanine.....g	0.985		0		1		0.279	0.167	0.837
Tyrosine.....g	0.852		0		1		0.242	0.145	0.724
Valine.....g	1.300		0		1		0.369	0.221	1.105
Arginine.....g	1.509		0		1		0.428	0.257	1.283
Histidine.....g	0.743		0		1		0.211	0.126	0.632
Alanine.....g	1.526		0		1		0.433	0.259	1.297
Aspartic acid.....g	2.583		0		1		0.732	0.439	2.196
Glutamic acid.....g	3.766		0		1		1.068	0.640	3.201
Glycine.....g	1.211		0		1		0.343	0.206	1.029
Proline.....g	0.892		0		1		0.253	0.152	0.758
Serine.....g	1.029		0		1		0.292	0.175	0.875
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
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 = 17g: 1 cubic inch, boneless

Measure 3 = 85g: 3 oz

NDB No. 15035
Fish, haddock, smoked

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. 15037

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

Refuse: 0%

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

NDB No. 15037

Fish, halibut, Atlantic and Pacific, 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	0.967		0		1		1.538	0.822	
14:1. ....g									
15:1....g									
16:1 undifferentiated....g	0.209		0		1		0.332	0.178	
17.1....g									
18:1 undifferentiated....g	0.463		0		1		0.736	0.394	
20:1....g	0.159		0		1		0.253	0.135	
22:1 undifferentiated....g	0.131		0		1		0.208	0.111	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.940		0		1		1.495	0.799	
18:2 undifferentiated....g	0.038		0		1		0.060	0.032	
18:3 undifferentiated....g	0.083		0		1		0.132	0.071	
18:4....g	0.050		0		1		0.080	0.043	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.178		0		1		0.283	0.151	
20:5 n-3....g	0.091		0		1		0.145	0.077	
22:5 n-3....g	0.121		0		1		0.192	0.103	
22.6 n-3....g	0.374		0		1		0.595	0.318	
Fatty acids, total trans....g									
Cholesterol....mg	41		0		1		65	35	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.299		0		1		0.475	0.254	
Threonine....g	1.170		0		1		1.860	0.995	
Isoleucine....g	1.230		0		1		1.956	1.046	
Leucine....g	2.169		0		1		3.449	1.844	
Lysine....g	2.451		0		1		3.897	2.083	
Methionine....g	0.790		0		1		1.256	0.672	
Cystine....g	0.286		0		1		0.455	0.243	
Phenylalanine....g	1.042		0		1		1.657	0.886	
Tyrosine....g	0.901		0		1		1.433	0.766	
Valine....g	1.375		0		1		2.186	1.169	
Arginine....g	1.597		0		1		2.539	1.357	
Histidine....g	0.786		0		1		1.250	0.668	
Alanine....g	1.614		0		1		2.566	1.372	
Aspartic acid....g	2.733		0		1		4.345	2.323	
Glutamic acid....g	3.984		0		1		6.335	3.386	
Glycine....g	1.281		0		1		2.037	1.089	
Proline....g	0.944		0		1		1.501	0.802	
Serine....g	1.089		0		1		1.732	0.926	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 159g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15036

Fish, halibut, Atlantic and Pacific, raw

Hippoglossus hippoglossus (L.) and H. stenolepis Schmidt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.92	0.146	124		1		158.96	66.23	
Energy....kcal	110		0	NC	4		224	94	
Energy....kj	460				4		939	391	
Protein (N x 6.25)....g	20.81	0.123	116		1		42.45	17.69	
Total lipid (fat)....g	2.29	0.236	55		1		4.67	1.95	
Ash....g	1.36	0.009	115		1		2.77	1.16	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	47		14		1		96	40	
Iron, Fe....mg	0.84		0		4		1.71	0.71	
Magnesium, Mg....mg	83		1		1		169	71	
Phosphorus, P....mg	222		17		1		453	189	
Potassium, K....mg	450		93		1		918	383	
Sodium, Na....mg	54	1.576	102		1		110	46	
Zinc, Zn....mg	0.42		39		1		0.86	0.36	
Copper, Cu....mg	0.027		37		1		0.055	0.023	
Manganese, Mn....mg	0.015		0		1		0.031	0.013	
Selenium, Se....mcg	36.5		0	CAZN	4		74.5	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		1		1		0.122	0.051	
Riboflavin....mg	0.075		2		1		0.153	0.064	
Niacin....mg	5.848	1.277	5		1		11.930	4.971	
Pantothenic acid....mg	0.329		2		1		0.671	0.280	
Vitamin B-6....mg	0.344		1		1		0.702	0.292	
Folate, total....mcg	12		0		4		24	10	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		0		4		24	10	
Folate, DFE....mcg_DFE	12		0	NC	4		24	10	
Vitamin B-12....mcg	1.18	0.103	8		1		2.42	1.01	
Vitamin A, IU....IU	157		0	NC	4		320	133	
Vitamin A, RAE....mcg_RAE	47		0	NC	4		96	40	
Retinol....mcg	47		0	NR	4		96	40	
Vitamin E (alpha-tocopherol)....mg	0.85		0	NR	4		1.73	0.72	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	T	4		0.2	0.1	
Lipids:									
Fatty acids, total saturated....g	0.325		0		1		0.663	0.276	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13.0....g									
14:0....g	0.056		16		1		0.114	0.048	
15.0....g									
16:0....g	0.212		16		1		0.432	0.180	
17:0....g									
18:0....g	0.049		16		1		0.100	0.042	
20:0....g									
22:0....g									
24:0....g									

NDB No. 15036

Fish, halibut, Atlantic and Pacific, 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	0.750		0		4		1.530	0.638	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.163		16		1		0.333	0.139	
17:1.....g									
18:1 undifferentiated.....g	0.361		16		1		0.736	0.307	
20:1.....g	0.124		16		1		0.253	0.105	
22:1 undifferentiated.....g	0.102		1		1		0.208	0.087	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.730		0		4		1.489	0.621	
18:2 undifferentiated.....g	0.030		16		1		0.061	0.026	
18:3 undifferentiated.....g	0.065		16		1		0.133	0.055	
18.4.....g	0.039		16		1		0.080	0.033	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.139		16		1		0.284	0.118	
20:5 n-3.....g	0.071		16		1		0.145	0.060	
22:5 n-3.....g	0.094		16		1		0.192	0.080	
22:6 n-3.....g	0.292		16		1		0.596	0.248	
Fatty acids, total trans.....g									
Cholesterol.....mg	32		3		1		65	27	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.233		0		1		0.475	0.198	
Threonine.....g	0.912		0		1		1.860	0.775	
Isoleucine.....g	0.959		0		1		1.956	0.815	
Leucine.....g	1.692		0		1		3.452	1.438	
Lysine.....g	1.911		0		1		3.898	1.624	
Methionine.....g	0.616		0		1		1.257	0.524	
Cystine.....g	0.223		0		1		0.455	0.190	
Phenylalanine.....g	0.813		0		1		1.659	0.691	
Tyrosine.....g	0.703		0		1		1.434	0.598	
Valine.....g	1.072		0		1		2.187	0.911	
Arginine.....g	1.245		0		1		2.540	1.058	
Histidine.....g	0.613		0		1		1.251	0.521	
Alanine.....g	1.259		0		1		2.568	1.070	
Aspartic acid.....g	2.131		0		1		4.347	1.811	
Glutamic acid.....g	3.107		0		1		6.338	2.641	
Glycine.....g	0.999		0		1		2.038	0.849	
Proline.....g	0.736		0		1		1.501	0.626	
Serine.....g	0.849		0		1		1.732	0.722	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
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 = 204g: .5 fillet

Measure 2 = 85g: 3 oz

NDB No. 15036
Fish, halibut, Atlantic and Pacific, 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. 15038

Fish, halibut, Greenland, raw

Reinhardtius hippoglossoides (Walbaum)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.27	1.361	19		1		143.35	59.73	
Energy....kcal	186		0	NC	4		379	158	
Energy....kJ	778				4		1588	661	
Protein (N x 6.25)....g	14.37	1.004	3		1		29.31	12.21	
Total lipid (fat)....g	13.84	0.773	22		1		28.23	11.76	
Ash....g	1.00	0.058	3		1		2.04	0.85	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	3		1		1		6	3	
Iron, Fe....mg	0.66		0		4		1.35	0.56	
Magnesium, Mg....mg	26		0		4		53	22	
Phosphorus, P....mg	164		1		1		335	139	
Potassium, K....mg	268		1		1		547	228	
Sodium, Na....mg	80		1		1		163	68	
Zinc, Zn....mg	0.40		0		4		0.82	0.34	
Copper, Cu....mg	0.030		0		4		0.061	0.026	
Manganese, Mn....mg	0.012		0		4		0.024	0.010	
Selenium, Se....mcg	36.5		0	CAZN	4		74.5	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		1		1		0.122	0.051	
Riboflavin....mg	0.080		1		1		0.163	0.068	
Niacin....mg	1.500		1		1		3.060	1.275	
Pantothenic acid....mg	0.250		1		1		0.510	0.213	
Vitamin B-6....mg	0.420		0		4		0.857	0.357	
Folate, total....mcg	1		0		4		2	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		4		2	1	
Folate, DFE....mcg_DFE	1		0	NC	4		2	1	
Vitamin B-12....mcg	1.00		1		1		2.04	0.85	
Vitamin A, IU....IU	57		0	NC	4		116	48	
Vitamin A, RAE....mcg_RAE	17		0	NC	4		35	14	
Retinol....mcg	17		0	NR	4		35	14	
Vitamin E (alpha-tocopherol)....mg	0.85		0	NR	4		1.73	0.72	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU	600.000		0	T	4		1224.000	510.000	
Vitamin K (phylloquinone)....mcg	0.1		0	T	4		0.2	0.1	
Lipids:									
Fatty acids, total saturated....g	2.419		0		1		4.935	2.056	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.008		2		1		0.016	0.007	
13:0....g									
14:0....g	0.754	0.029	3		1		1.538	0.641	
15:0....g									
16:0....g	1.440	0.052	3		1		2.938	1.224	
17:0....g									
18:0....g	0.193		2		1		0.394	0.164	
20:0....g									
22:0....g									
24:0....g									

NDB No. 15038

Fish, halibut, Greenland, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.378		0		1		17.091	7.121	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.763	0.243	3		1		3.597	1.499	
17:1.....g									
18:1 undifferentiated.....g	2.393	0.489	3		1		4.882	2.034	
20:1.....g	2.237	0.073	3		1		4.563	1.901	
22:1 undifferentiated.....g	1.968	0.296	3		1		4.015	1.673	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.367		0		1		2.789	1.162	
18:2 undifferentiated.....g	0.123		2		1		0.251	0.105	
18:3 undifferentiated.....g	0.043		2		1		0.088	0.037	
18:4.....g	0.132		2		1		0.269	0.112	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.061		2		1		0.124	0.052	
20:5 n-3.....g	0.526	0.051	3		1		1.073	0.447	
22:5 n-3.....g	0.089		2		1		0.182	0.076	
22:6 n-3.....g	0.393	0.016	3		1		0.802	0.334	
Fatty acids, total trans.....g									
Cholesterol.....mg	46	0.733	9		1		94	39	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.161		0		1		0.328	0.137	
Threonine.....g	0.630		0		1		1.285	0.536	
Isoleucine.....g	0.662		0		1		1.350	0.563	
Leucine.....g	1.168		0		1		2.383	0.993	
Lysine.....g	1.320		0		1		2.693	1.122	
Methionine.....g	0.425		0		1		0.867	0.361	
Cystine.....g	0.154		0		1		0.314	0.131	
Phenylalanine.....g	0.561		0		1		1.144	0.477	
Tyrosine.....g	0.485		0		1		0.989	0.412	
Valine.....g	0.740		0		1		1.510	0.629	
Arginine.....g	0.860		0		1		1.754	0.731	
Histidine.....g	0.423		0		1		0.863	0.360	
Alanine.....g	0.869		0		1		1.773	0.739	
Aspartic acid.....g	1.471		0		1		3.001	1.250	
Glutamic acid.....g	2.145		0		1		4.376	1.823	
Glycine.....g	0.690		0		1		1.408	0.587	
Proline.....g	0.508		0		1		1.036	0.432	
Serine.....g	0.586		0		1		1.195	0.498	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
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 = 204g: .5 fillet

Measure 2 = 85g: 3 oz

NDB No. 15038
Fish, halibut, Greenland, 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. 15196

Fish, halibut, greenland, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.88		0		1		98.39	52.60	
Energy....kcal	239		0	NC	4		380	203	
Energy....kj	1000				4		1590	850	
Protein (N x 6.25)....g	18.42		0		1		29.29	15.66	
Total lipid (fat)....g	17.74		0		1		28.21	15.08	
Ash....g	1.28		0		1		2.04	1.09	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		1		6	3	
Iron, Fe....mg	0.85		0		1		1.35	0.72	
Magnesium, Mg....mg	33		0		1		52	28	
Phosphorus, P....mg	210		0		1		334	179	
Potassium, K....mg	344		0		1		547	292	
Sodium, Na....mg	103		0		1		164	88	
Zinc, Zn....mg	0.51		0		1		0.81	0.43	
Copper, Cu....mg	0.038		0		1		0.060	0.032	
Manganese, Mn....mg	0.015		0		1		0.024	0.013	
Selenium, Se....mcg	46.8		0	BFSN	4		74.4	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.073		0		1		0.116	0.062	
Riboflavin....mg	0.103		0		1		0.164	0.088	
Niacin....mg	1.923		0		1		3.058	1.635	
Pantothenic acid....mg	0.288		0		1		0.458	0.245	
Vitamin B-6....mg	0.485		0		1		0.771	0.412	
Folate, total....mcg	1		0		1		2	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		1		2	1	
Folate, DFE....mcg_DFE	1		0	NC	4		2	1	
Vitamin B-12....mcg	0.96		0		1		1.53	0.82	
Vitamin A, IU....IU	60		0		1		95	51	
Vitamin A, RAE....mcg_RAE	18		0		1		29	15	
Retinol....mcg	18		0		1		29	15	
Vitamin E (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	3.102		0		1		4.932	2.637	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.010		0		1		0.016	0.009	
13:0....g									
14:0....g	0.967		0		1		1.538	0.822	
15:0....g									
16:0....g	1.846		0		1		2.935	1.569	
17:0....g									
18:0....g	0.247		0		1		0.393	0.210	
20:0....g									
22:0....g									
24.0....g									

NDB No. 15196
Fish, halibut, greenland, 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	10.742		0		1		17.080	9.131	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.261		0		1		3.595	1.922	
17:1.....g									
18:1 undifferentiated.....g	3.068		0		1		4.878	2.608	
20:1.....g	2.868		0		1		4.560	2.438	
22:1 undifferentiated.....g	2.523		0		1		4.012	2.145	
24.1 c.....g									
Fatty acids, total polyunsaturated.....g	1.753		0		1		2.787	1.490	
18:2 undifferentiated.....g	0.158		0		1		0.251	0.134	
18:3 undifferentiated.....g	0.055		0		1		0.087	0.047	
18:4.....g	0.169		0		1		0.269	0.144	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.078		0		1		0.124	0.066	
20:5 n-3.....g	0.674		0		1		1.072	0.573	
22:5 n-3.....g	0.114		0		1		0.181	0.097	
22:6 n-3.....g	0.504		0		1		0.801	0.428	
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		94	50	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.206		0		1		0.328	0.175	
Threonine.....g	0.808		0		1		1.285	0.687	
Isoleucine.....g	0.849		0		1		1.350	0.722	
Leucine.....g	1.497		0		1		2.380	1.272	
Lysine.....g	1.692		0		1		2.690	1.438	
Methionine.....g	0.545		0		1		0.867	0.463	
Cystine.....g	0.197		0		1		0.313	0.167	
Phenylalanine.....g	0.719		0		1		1.143	0.611	
Tyrosine.....g	0.622		0		1		0.989	0.529	
Valine.....g	0.949		0		1		1.509	0.807	
Arginine.....g	1.102		0		1		1.752	0.937	
Histidine.....g	0.542		0		1		0.862	0.461	
Alanine.....g	1.114		0		1		1.771	0.947	
Aspartic acid.....g	1.887		0		1		3.000	1.604	
Glutamic acid.....g	2.750		0		1		4.373	2.338	
Glycine.....g	0.884		0		1		1.406	0.751	
Proline.....g	0.651		0		1		1.035	0.553	
Serine.....g	0.752		0		1		1.196	0.639	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 159g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.16		0		4		91.75	54.54	
Energy....kcal	203		0		4		290	173	
Energy....kj	849				4		1215	722	
Protein (N x 6.25)....g	23.03		0		4		32.93	19.58	
Total lipid (fat)....g	11.59		0		4		16.57	9.85	
Ash....g	1.87		0		1		2.67	1.59	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	74		0		4		106	63	
Iron, Fe....mg	1.41		0		4		2.02	1.20	
Magnesium, Mg....mg	41		0		4		59	35	
Phosphorus, P....mg	303		0		4		433	258	
Potassium, K....mg	419		0		4		599	356	
Sodium, Na....mg	115		0		4		164	98	
Zinc, Zn....mg	1.27		0		4		1.82	1.08	
Copper, Cu....mg	0.118		0		4		0.169	0.100	
Manganese, Mn....mg	0.040		0		4		0.057	0.034	
Selenium, Se....mcg	46.8		0	BFSN	4		66.9	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		4		1.0	0.6	
Thiamin....mg	0.112		0		4		0.160	0.095	
Riboflavin....mg	0.299		0		4		0.428	0.254	
Niacin....mg	4.124		0		4		5.897	3.505	
Pantothenic acid....mg	0.740		0		4		1.058	0.629	
Vitamin B-6....mg	0.348		0		4		0.498	0.296	
Folate, total....mcg	12		0		4		16	10	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	12		0		4		16	10	
Folate, DFE....mcg_DFE	12		0	NC	4		16	10	
Vitamin B-12....mcg	13.14		0		4		18.79	11.17	
Vitamin A, IU....IU	120		0	NC	4		171	102	
Vitamin A, RAE....mcg_RAE	36		0	NC	4		51	31	
Retinol....mcg	36		0	BFSN	4		51	31	
Vitamin E (alpha-tocopherol)....mg	1.37		0	BFSN	4		1.96	1.17	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	BFSN	4		0.2	0.1	
Lipids:									
Fatty acids, total saturated....g	2.615		0		4		3.739	2.223	
4.0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8 0....g	0.000		0		1		0.000	0.000	
10·0....g	0.000		0		1		0.000	0.000	
12:0....g	0.015		0		1		0.021	0.013	
13:0....g									
14:0....g	0.710		0		1		1.015	0.604	
15:0....g									
16:0....g	1.735		0		1		2.481	1.475	
17:0....g									
18 0....g	0.140		0		1		0.200	0.119	
20:0....g									
22:0....g									
24:0....g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	4.790		0		4		6.850	4.072	
14:1....g									
15:1....g									
16.1 undifferentiated....g	0.797		0		1		1.140	0.677	
17.1....g									
18:1 undifferentiated....g	1.944		0		1		2.780	1.652	
20:1....g	0.924		0		1		1.321	0.785	
22:1 undifferentiated....g	1.077		0		1		1.540	0.915	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.735		0		4		3.911	2.325	
18:2 undifferentiated....g	0.167		0		1		0.239	0.142	
18:3 undifferentiated....g	0.132		0		1		0.189	0.112	
18:4....g	0.274		0		1		0.392	0.233	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.077		0		1		0.110	0.065	
20:5 n-3....g	0.909		0		1		1.300	0.773	
22:5 n-3....g	0.071		0		1		0.102	0.060	
22:6 n-3....g	1.105		0		1		1.580	0.939	
Fatty acids, total trans....g									
Cholesterol....mg	77		0		4		110	65	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.258		0		1		0.369	0.219	
Threonine....g	1.010		0		1		1.444	0.859	
Isoleucine....g	1.061		0		1		1.517	0.902	
Leucine....g	1.872		0		1		2.677	1.591	
Lysine....g	2.115		0		1		3.024	1.798	
Methionine....g	0.682		0		1		0.975	0.580	
Cystine....g	0.247		0		1		0.353	0.210	
Phenylalanine....g	0.899		0		1		1.286	0.764	
Tyrosine....g	0.778		0		1		1.113	0.661	
Valine....g	1.187		0		1		1.697	1.009	
Arginine....g	1.378		0		1		1.971	1.171	
Histidine....g	0.678		0		1		0.970	0.576	
Alanine....g	1.393		0		1		1.992	1.184	
Aspartic acid....g	2.358		0		1		3.372	2.004	
Glutamic acid....g	3.438		0		1		4.916	2.922	
Glycine....g	1.106		0		1		1.582	0.940	
Proline....g	0.814		0		1		1.164	0.692	
Serine....g	0.940		0		1		1.344	0.799	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	z	7		0	0	
Theobromine....mg	0		0	z	7		0	0	
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 = 143g: 1 fillet

Measure 2 = 85g: 3 oz

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

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. 15042
Fish, herring, Atlantic, kippered

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.70		0		1		16.92	10.15	38.81
Energy....kcal	217		0	NC	4		62	37	141
Energy....kj	908				4		257	154	590
Protein (N x 6.25)....g	24.58		0		1		6.97	4.18	15.98
Total lipid (fat)....g	12.37		0		1		3.51	2.10	8.04
Ash....g	1.94		0		1		0.55	0.33	1.26
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	84		0		1		24	14	55
Iron, Fe....mg	1.51		0		1		0.43	0.26	0.98
Magnesium, Mg....mg	46		0		1		13	8	30
Phosphorus, P....mg	325		0		1		92	55	211
Potassium, K....mg	447		0		1		127	76	291
Sodium, Na....mg	918		0		1		260	156	597
Zinc, Zn....mg	1.36		0		1		0.39	0.23	0.88
Copper, Cu....mg	0.135		0		1		0.038	0.023	0.088
Manganese, Mn....mg	0.050		0		4		0.014	0.009	0.033
Selenium, Se....mcg	52.6		0	BFSN	4		14.9	8.9	34.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		1		0.3	0.2	0.7
Thiamin....mg	0.126		0		1		0.036	0.021	0.082
Riboflavin....mg	0.319		0		1		0.090	0.054	0.207
Niacin....mg	4.402		0		1		1.248	0.748	2.861
Pantothenic acid....mg	0.880		0		4		0.249	0.150	0.572
Vitamin B-6....mg	0.413		0		1		0.117	0.070	0.268
Folate, total....mcg	14		0		4		4	2	9
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	14		0		4		4	2	9
Folate, DFE....mcg_DFE	14		0	NC	4		4	2	9
Vitamin B-12....mcg	18.70		0		1		5.30	3.18	12.16
Vitamin A, IU....IU	135		0	NC	4		38	23	87
Vitamin A, RAE....mcg_RAE	40		0	NC	4		11	7	26
Retinol....mcg	40		0	BFSN	4		11	7	26
Vitamin E (alpha-tocopherol)....mg	1.54		0	BFSN	4		0.44	0.26	1.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU	120.000		0	T	4		34.020	20.400	78.000
Vitamin K (phylloquinone)....mcg	0.1		0	BFSN	4		0.0	0.0	0.1
Lipids:									
Fatty acids, total saturated....g	2.791		0		1		0.791	0.474	1.814
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.016		0		1		0.005	0.003	0.010
13:0....g									
14.0....g	0.758		0		1		0.215	0.129	0.493
15·0....g									
16:0....g	1.851		0		1		0.525	0.315	1.203
17.0....g									
18:0....g	0.149		0		1		0.042	0.025	0.097
20:0....g									
22:0....g									
24:0....g									

NDB No. 15042
Fish, herring, Atlantic, kippered

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	5.112		0		1		1.449	0.869	3.323
14:1.....g									
15:1.....g									
16·1 undifferentiated.....g	0.851		0		1		0.241	0.145	0.553
17·1... ....g									
18:1 undifferentiated.....g	2.074		0		1		0.588	0.353	1.348
20:1..... .....g	0.986		0		1		0.280	0.168	0.641
22.1 undifferentiated.. ....g	1.149		0		1		0.326	0.195	0.747
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.919		0		1		0.828	0.496	1.897
18:2 undifferentiated.....g	0.178		0		1		0.050	0.030	0.116
18.3 undifferentiated .....g	0.141		0		1		0.040	0.024	0.092
18:4..... .. ..g	0.293		0		1		0.083	0.050	0.190
20:2 n-6 c,c.....g									
20.3 undifferentiated..... ....g									
20:4 undifferentiated.... .....g	0.082		0		1		0.023	0.014	0.053
20:5 n-3 ....g	0.970		0		1		0.275	0.165	0.631
22:5 n-3. .....g	0.075		0		1		0.021	0.013	0.049
22.6 n-3 ....g	1.179		0		1		0.334	0.200	0.766
Fatty acids, total trans..... .....g									
Cholesterol..... .....mg	82		0		1		23	14	53
Phytosterols... ....mg									
Amino Acids:									
Tryptophan.....g	0.275		0		1		0.078	0.047	0.179
Threonine.....g	1.078		0		1		0.306	0.183	0.701
Isoleucine ....g	1.133		0		1		0.321	0.193	0.736
Leucine.....g	1.998		0		1		0.566	0.340	1.299
Lysine .....g	2.258		0		1		0.640	0.384	1.468
Methionine.....g	0.728		0		1		0.206	0.124	0.473
Cystine.....g	0.264		0		1		0.075	0.045	0.172
Phenylalanine..... ... ...g	0.960		0		1		0.272	0.163	0.624
Tyrosine.....g	0.830		0		1		0.235	0.141	0.540
Valine .....g	1.266		0		1		0.359	0.215	0.823
Arginine.....g	1.471		0		1		0.417	0.250	0.956
Histidine.....g	0.724		0		1		0.205	0.123	0.471
Alanine.....g	1.487		0		1		0.422	0.253	0.967
Aspartic acid..... .....g	2.517		0		1		0.714	0.428	1.636
Glutamic acid.....g	3.669		0		1		1.040	0.624	2.385
Glycine..... .....g	1.180		0		1		0.335	0.201	0.767
Proline..... .....g	0.869		0		1		0.246	0.148	0.565
Serine.....g	1.003		0		1		0.284	0.171	0.652
Hydroxyproline.....g									
Others:									
Alcohol, ethyl ....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
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 = 17g: 1 cubic inch, boneless

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

NDB No. 15042
Fish, herring, Atlantic, kippered

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. 15041
Fish, herring, Atlantic, pickled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	55.22		2		1		77.31	15.65	11.04
Energy.....kcal	262		0	NC	4		367	74	52
Energy.....kj	1096				4		1535	311	219
Protein (N x 6.25).....g	14.19		2		1		19.87	4.02	2.84
Total lipid (fat).....g	18.00		2		1		25.20	5.10	3.60
Ash.....g	2.95		2		1		4.13	0.84	0.59
Carbohydrate, by difference.....g	9.64		0	NC	4		13.50	2.73	1.93
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	77		2		1		108	22	15
Iron, Fe.....mg	1.22		2		1		1.71	0.35	0.24
Magnesium, Mg.....mg	8		2		1		11	2	2
Phosphorus, P.....mg	89		2		1		125	25	18
Potassium, K.....mg	69		2		1		97	20	14
Sodium, Na.....mg	870		2		1		1218	247	174
Zinc, Zn.....mg	0.53		2		1		0.74	0.15	0.11
Copper, Cu.....mg	0.105		2		1		0.147	0.030	0.021
Manganese, Mn.....mg	0.040		2		1		0.056	0.011	0.008
Selenium, Se.....mcg	58.5		0	BFSN	4		81.9	16.6	11.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.036		2		1		0.050	0.010	0.007
Riboflavin.....mg	0.139		2		1		0.195	0.039	0.028
Niacin.....mg	3.300		0		4		4.620	0.936	0.660
Pantothenic acid.....mg	0.081		2		1		0.113	0.023	0.016
Vitamin B-6.....mg	0.170		0		4		0.238	0.048	0.034
Folate, total.....mcg	2		2		1		3	1	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	2		2		1		3	1	0
Folate, DFE.....mcg_DFE	2		0	NC	4		3	1	0
Vitamin B-12.....mcg	4.27		2		1		5.98	1.21	0.85
Vitamin A, IU.....IU	860		0	NC	4		1204	244	172
Vitamin A, RAE.....mcg_RAE	258		0	NC	4		361	73	52
Retinol.....mcg	258		0	NR	4		361	73	52
Vitamin E (alpha-tocopherol).....mg	1.71		0	BFSN	4		2.40	0.49	0.34
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	680.000		0	T	4		952.000	192.780	136.000
Vitamin K (phylloquinone).....mcg	0.2		0	BFSN	4		0.2	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	2.381		0		1		3.333	0.675	0.476
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.721		2		1		1.009	0.204	0.144
15:0.....g									
16:0.....g	1.555		2		1		2.177	0.441	0.311
17:0.....g									
18:0.....g	0.105		2		1		0.147	0.030	0.021
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 15041
Fish, herring, Atlantic, pickled

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	11.947		0		1		16.726	3.387	2.389
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.383		2		1		1.936	0.392	0.277
17:1.....g									
18:1 undifferentiated.....g	1.750		2		1		2.450	0.496	0.350
20:1.....g	3.648		2		1		5.107	1.034	0.730
22:1 undifferentiated.....g	5.166		2		1		7.232	1.465	1.033
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.679		0		1		2.351	0.476	0.336
18:2 undifferentiated.....g	0.211		2		1		0.295	0.060	0.042
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.843		2		1		1.180	0.239	0.169
22:5 n-3.....g	0.079		2		1		0.111	0.022	0.016
22:6 n-3.....g	0.546		2		1		0.764	0.155	0.109
Fatty acids, total trans.....g									
Cholesterol.....mg	13		2		1		18	4	3
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.159		0		1		0.223	0.045	0.032
Threonine.....g	0.622		0		1		0.871	0.176	0.124
Isoleucine.....g	0.654		0		1		0.916	0.185	0.131
Leucine.....g	1.153		0		1		1.614	0.327	0.231
Lysine.....g	1.303		0		1		1.824	0.369	0.261
Methionine.....g	0.420		0		1		0.588	0.119	0.084
Cystine.....g	0.152		0		1		0.213	0.043	0.030
Phenylalanine.....g	0.554		0		1		0.776	0.157	0.111
Tyrosine.....g	0.479		0		1		0.671	0.136	0.096
Valine.....g	0.731		0		1		1.023	0.207	0.146
Arginine.....g	0.849		0		1		1.189	0.241	0.170
Histidine.....g	0.418		0		1		0.585	0.119	0.084
Alanine.....g	0.858		0		1		1.201	0.243	0.172
Aspartic acid.....g	1.453		0		1		2.034	0.412	0.291
Glutamic acid.....g	2.118		0		1		2.965	0.600	0.424
Glycine.....g	0.681		0		1		0.953	0.193	0.136
Proline.....g	0.502		0		1		0.703	0.142	0.100
Serine.....g	0.579		0		1		0.811	0.164	0.116
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
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 = 140g: 1 cup

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 20g: 1 cubic inch

NDB No. 15041
Fish, herring, Atlantic, pickled

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. 15039
Fish, herring, Atlantic, raw
Clupea harengus harengus (L.)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	72.05	0.496	138		1		20.43	132.57	61.24
Energy ... kcal	158		0	NC	4		45	291	134
Energy ... kj	661				4		187	1216	562
Protein (N x 6.25) ... g	17.96	0.235	59		1		5.09	33.05	15.27
Total lipid (fat) ... g	9.04	0.091	2524		1		2.56	16.63	7.68
Ash ... g	1.46	0.035	28		1		0.41	2.69	1.24
Carbohydrate, by difference ... g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	0.00
Starch ... g									
Minerals:									
Calcium, Ca ... mg	57	16.753	3		1		16	105	48
Iron, Fe ... mg	1.10		1		1		0.31	2.02	0.94
Magnesium, Mg ... mg	32		1		1		9	59	27
Phosphorus, P ... mg	236	33.702	4		1		67	434	201
Potassium, K ... mg	327	50.952	5		1		93	602	278
Sodium, Na ... mg	90	4.019	7		1		26	166	77
Zinc, Zn ... mg	0.99	0.073	56		1		0.28	1.82	0.84
Copper, Cu ... mg	0.092	0.006	48		1		0.026	0.169	0.078
Manganese, Mn ... mg	0.035		0		1		0.010	0.064	0.030
Selenium, Se ... mcg	36.5		0	CAZN	4		10.3	67.2	31.0
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.7		2		1		0.2	1.3	0.6
Thiamin ... mg	0.092	0.007	43		1		0.026	0.169	0.078
Riboflavin ... mg	0.233	0.031	32		1		0.066	0.429	0.198
Niacin ... mg	3.217	0.166	34		1		0.912	5.919	2.734
Pantothenic acid ... mg	0.645	0.098	12		1		0.183	1.187	0.548
Vitamin B-6 ... mg	0.302	0.022	17		1		0.086	0.556	0.257
Folate, total ... mcg	10		0		4		3	18	9
Folic acid ... mcg	0		0	Z	7		0	0	0
Folate, food ... mcg	10		0		4		3	18	9
Folate, DFE ... mcg_DFE	10		0	NC	4		3	18	9
Vitamin B-12 ... mcg	13.67	0.558	6		1		3.87	25.15	11.62
Vitamin A, IU ... IU	93		0	NC	4		26	172	79
Vitamin A, RAE ... mcg_RAE	28		0	NC	4		8	52	24
Retinol ... mcg	28		0	NR	4		8	52	24
Vitamin E (alpha-tocopherol) ... mg	1.07		0	NR	4		0.30	1.97	0.91
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D ... IU	1628.000		0	T	4		461.538	2995.520	1383.800
Vitamin K (phylloquinone) ... mcg	0.1		0	T	4		0.0	0.2	0.1
Lipids:									
Fatty acids, total saturated ... g	2.040		0		1		0.578	3.754	1.734
4:0 ... g	0.000		0		1		0.000	0.000	0.000
6:0 ... g	0.000		0		1		0.000	0.000	0.000
8:0 ... g	0.000		0		1		0.000	0.000	0.000
10:0 ... g	0.005	0.000	12		1		0.001	0.009	0.004
12:0 ... g	0.012	0.001	20		1		0.003	0.022	0.010
13:0 ... g									
14:0 ... g	0.554	0.021	24		1		0.157	1.019	0.471
15.0 ... g									
16:0 ... g	1.353	0.048	24		1		0.384	2.490	1.150
17:0 ... g									
18:0 ... g	0.109	0.008	24		1		0.031	0.201	0.093
20:0 ... g									
22:0 ... g									
24:0 ... g									

NDB No. 15039
Fish, herring, Atlantic, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	3.736		0		1		1.059	6.874	3.176
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.622	0.029	24		1		0.176	1.144	0.529
17:1....g									
18:1 undifferentiated....g	1.516	0.090	24		1		0.430	2.789	1.289
20:1....g	0.721	0.056	24		1		0.204	1.327	0.613
22:1 undifferentiated....g	0.840	0.090	24		1		0.238	1.546	0.714
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.133		0		1		0.605	3.925	1.813
18:2 undifferentiated....g	0.130	0.005	22		1		0.037	0.239	0.111
18:3 undifferentiated....g	0.103	0.008	20		1		0.029	0.190	0.088
18:4....g	0.214	0.026	21		1		0.061	0.394	0.182
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.060	0.004	21		1		0.017	0.110	0.051
20:5 n-3....g	0.709	0.028	24		1		0.201	1.305	0.603
22:5 n-3....g	0.055	0.009	22		1		0.016	0.101	0.047
22:6 n-3....g	0.862	0.057	24		1		0.244	1.586	0.733
Fatty acids, total trans....g									
Cholesterol....mg	60	1.593	20		1		17	110	51
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.201		0		1		0.057	0.370	0.171
Threonine....g	0.787		0		1		0.223	1.448	0.669
Isoleucine....g	0.828		0		1		0.235	1.524	0.704
Leucine....g	1.460		0		1		0.414	2.686	1.241
Lysine....g	1.650		0		1		0.468	3.036	1.403
Methionine....g	0.532		0		1		0.151	0.979	0.452
Cystine....g	0.193		0		1		0.055	0.355	0.164
Phenylalanine....g	0.701		0		1		0.199	1.290	0.596
Tyrosine....g	0.606		0		1		0.172	1.115	0.515
Valine....g	0.925		0		1		0.262	1.702	0.786
Arginine....g	1.075		0		1		0.305	1.978	0.914
Histidine....g	0.529		0		1		0.150	0.973	0.450
Alanine....g	1.086		0		1		0.308	1.998	0.923
Aspartic acid....g	1.839		0		1		0.521	3.384	1.563
Glutamic acid....g	2.681		0		1		0.760	4.933	2.279
Glycine....g	0.862		0		1		0.244	1.586	0.733
Proline....g	0.635		0		1		0.180	1.168	0.540
Serine....g	0.733		0		1		0.208	1.349	0.623
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0
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 = 184g: 1 fillet

Measure 3 = 85g: 3 oz

NDB No. 15039
Fish, herring, Atlantic, 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. 15197
Fish, herring, Pacific, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.49		0		1		91.43	53.97	
Energy....kcal	250		0	NC	4		360	213	
Energy....kj	1046				4		1506	889	
Protein (N x 6.25)....g	21.01		0		1		30.25	17.86	
Total lipid (fat)....g	17.79		0		1		25.62	15.12	
Ash....g	3.04		0		1		4.38	2.58	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	106		0		1		153	90	
Iron, Fe....mg	1.44		0		1		2.07	1.22	
Magnesium, Mg....mg	41		0		1		59	35	
Phosphorus, P....mg	292		0		1		420	248	
Potassium, K....mg	542		0		1		780	461	
Sodium, Na....mg	95		0		1		137	81	
Zinc, Zn....mg	0.68		0		1		0.98	0.58	
Copper, Cu....mg	0.100		0		1		0.144	0.085	
Manganese, Mn....mg	0.058		0		1		0.084	0.049	
Selenium, Se....mcg	46.8		0	BFSN	4		67.4	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.073		0		1		0.105	0.062	
Riboflavin....mg	0.256		0		1		0.369	0.218	
Niacin....mg	2.821		0		1		4.062	2.398	
Pantothenic acid....mg	1.154		0		1		1.662	0.981	
Vitamin B-6....mg	0.519		0		1		0.747	0.441	
Folate, total....mcg	6		0		1		9	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0		1		9	5	
Folate, DFE....mcg_DFE	6		0	NC	4		9	5	
Vitamin B-12....mcg	9.62		0		1		13.85	8.18	
Vitamin A, IU....IU	116		0		1		167	99	
Vitamin A, RAE....mcg_RAE	35		0		1		50	30	
Retinol....mcg	35		0		1		50	30	
Vitamin E (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	4.174		0		1		6.011	3.548	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	1.170		0		1		1.685	0.995	
15:0....g									
16:0....g	2.593		0		1		3.734	2.204	
17:0....g									
18:0....g	0.329		0		1		0.474	0.280	
20:0....g									
22:0....g									
24:0....g									

NDB No. 15197
Fish, herring, Pacific, 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	8.807		0		1		12.682	7.486	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.355		0		1		1.951	1.152	
17:1....g									
18:1 undifferentiated....g	3.734		0		1		5.377	3.174	
20:1....g	1.742		0		1		2.508	1.481	
22:1 undifferentiated....g	1.912		0		1		2.753	1.625	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.106		0		1		4.473	2.640	
18:2 undifferentiated....g	0.246		0		1		0.354	0.209	
18:3 undifferentiated....g	0.073		0		1		0.105	0.062	
18:4....g	0.318		0		1		0.458	0.270	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.123		0		1		0.177	0.105	
20:5 n-3....g	1.242		0		1		1.788	1.056	
22:5 n-3....g	0.220		0		1		0.317	0.187	
22:6 n-3....g	0.883		0		1		1.272	0.751	
Fatty acids, total trans....g									
Cholesterol....mg	99		0		1		143	84	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.235		0		1		0.338	0.200	
Threonine....g	0.921		0		1		1.326	0.783	
Isoleucine....g	0.968		0		1		1.394	0.823	
Leucine....g	1.708		0		1		2.460	1.452	
Lysine....g	1.930		0		1		2.779	1.641	
Methionine....g	0.622		0		1		0.896	0.529	
Cystine....g	0.225		0		1		0.324	0.191	
Phenylalanine....g	0.820		0		1		1.181	0.697	
Tyrosine....g	0.709		0		1		1.021	0.603	
Valine....g	1.083		0		1		1.560	0.921	
Arginine....g	1.257		0		1		1.810	1.068	
Histidine....g	0.619		0		1		0.891	0.526	
Alanine....g	1.271		0		1		1.830	1.080	
Aspartic acid....g	2.152		0		1		3.099	1.829	
Glutamic acid....g	3.137		0		1		4.517	2.666	
Glycine....g	1.009		0		1		1.453	0.858	
Proline....g	0.743		0		1		1.070	0.632	
Serine....g	0.857		0		1		1.234	0.728	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 144g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15043
Fish, herring, Pacific, raw
Clupea harengus pallasi Valenciennes

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.52	0.477	84		1		131.60	60.79	
Energy....kcal	195		0	NC	4		359	166	
Energy....kj	816				4		1501	693	
Protein (N x 6.25)....g	16.39	0.133	70		1		30.16	13.93	
Total lipid (fat)....g	13.88	0.475	128		1		25.54	11.80	
Ash....g	2.37	0.031	71		1		4.36	2.01	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	83		0		4		153	71	
Iron, Fe....mg	1.12		1		1		2.06	0.95	
Magnesium, Mg....mg	32		0		4		59	27	
Phosphorus, P....mg	228		0		4		420	194	
Potassium, K....mg	423	7.117	31		1		778	360	
Sodium, Na....mg	74	0.631	31		1		136	63	
Zinc, Zn....mg	0.53	0.050	14		1		0.98	0.45	
Copper, Cu....mg	0.078	0.006	18		1		0.144	0.066	
Manganese, Mn....mg	0.045		0		1		0.083	0.038	
Selenium, Se....mcg	36.5		0	CAZN	4		67.2	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.060		0		4		0.110	0.051	
Riboflavin....mg	0.200		0		4		0.368	0.170	
Niacin....mg	2.200		0		4		4.048	1.870	
Pantothenic acid....mg	1.000		0		4		1.840	0.850	
Vitamin B-6....mg	0.450		0		4		0.828	0.383	
Folate, total....mcg	5		0		4		9	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		4		9	4	
Folate, DFE....mcg_DFE	5		0	NC	4		9	4	
Vitamin B-12....mcg	10.00		0		4		18.40	8.50	
Vitamin A, IU....IU	106		2		1		195	90	
Vitamin A, RAE....mcg_RAE	32		2		1		59	27	
Retinol....mcg	32		2		1		59	27	
Vitamin E (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	3.257		0		1		5.993	2.768	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.913	0.043	3		1		1.680	0.776	
15:0....g									
16:0....g	2.023	0.266	3		1		3.722	1.720	
17:0....g									
18:0....g	0.257	0.024	3		1		0.473	0.218	
20:0....g									
22:0....g									
24:0....g									

NDB No. 15043
Fish, herring, Pacific, 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	6.872		0		1		12.644	5.841	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.057	0.016	3		1		1.945	0.898	
17:1.....g									
18:1 undifferentiated.....g	2.913	0.471	3		1		5.360	2.476	
20:1.....g	1.359		2		1		2.501	1.155	
22:1 undifferentiated.....g	1.492		2		1		2.745	1.268	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.423		0		1		4.458	2.060	
18:2 undifferentiated.....g	0.192	0.051	3		1		0.353	0.163	
18:3 undifferentiated.....g	0.057		2		1		0.105	0.048	
18:4.....g	0.248		2		1		0.456	0.211	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.096		2		1		0.177	0.082	
20:5 n-3.....g	0.969	0.165	3		1		1.783	0.824	
22:5 n-3.....g	0.172		2		1		0.316	0.146	
22:6 n-3.....g	0.689	0.170	3		1		1.268	0.586	
Fatty acids, total trans.....g									
Cholesterol.....mg	77	5.391	3		1		142	65	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.184		0		1		0.339	0.156	
Threonine.....g	0.719		0		1		1.323	0.611	
Isoleucine.....g	0.755		0		1		1.389	0.642	
Leucine.....g	1.332		0		1		2.451	1.132	
Lysine.....g	1.506		0		1		2.771	1.280	
Methionine.....g	0.485		0		1		0.892	0.412	
Cystine.....g	0.176		0		1		0.324	0.150	
Phenylalanine.....g	0.640		0		1		1.178	0.544	
Tyrosine.....g	0.553		0		1		1.018	0.470	
Valine.....g	0.845		0		1		1.555	0.718	
Arginine.....g	0.981		0		1		1.805	0.834	
Histidine.....g	0.483		0		1		0.889	0.411	
Alanine.....g	0.991		0		1		1.823	0.842	
Aspartic acid.....g	1.679		0		1		3.089	1.427	
Glutamic acid.....g	2.447		0		1		4.502	2.080	
Glycine.....g	0.787		0		1		1.448	0.669	
Proline.....g	0.580		0		1		1.067	0.493	
Serine.....g	0.669		0		1		1.231	0.569	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 184g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

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

Refuse: 0%

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

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine ..... g	0.950		0		1		1.435	0.808	
Tyrosine ..... g	0.822		0		1		1.241	0.699	
Valine ..... g	1.254		0		1		1.894	1.066	
Arginine ..... g	1.457		0		1		2.200	1.238	
Histidine ..... g	0.717		0		1		1.083	0.609	
Alanine ..... g	1.472		0		1		2.223	1.251	
Aspartic acid ..... g	2.493		0		1		3.764	2.119	
Glutamic acid ..... g	3.634		0		1		5.487	3.089	
Glycine ..... g	1.169		0		1		1.765	0.994	
Proline ..... g	0.861		0		1		1.300	0.732	
Serine ..... g	0.993		0		1		1.499	0.844	
Hydroxyproline ..... g									

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

Common Measures:

Measure 1 = 151g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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NDB No. 15044
Fish, ling, raw
Molva molva (L.)

Refuse: 0%

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

NDB No. 15044
Fish, ling, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.741		0		1		1.430	0.630	
Tyrosine....g	0.641		0		1		1.237	0.545	
Valine....g	0.978		0		1		1.888	0.831	
Arginine....g	1.136		0		1		2.192	0.966	
Histidine....g	0.559		0		1		1.079	0.475	
Alanine....g	1.148		0		1		2.216	0.976	
Aspartic acid....g	1.944		0		1		3.752	1.652	
Glutamic acid....g	2.834		0		1		5.470	2.409	
Glycine....g	0.911		0		1		1.758	0.774	
Proline....g	0.671		0		1		1.295	0.570	
Serine....g	0.775		0		1		1.496	0.659	
Hydroxyproline....g									

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Common Measures:

Measure 1 = 193g: 1 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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