NDB No. 15132
ish, whiting, mixed species, raw
Gadidae

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.27		61		1		73.85	68.23	
Energy....kcal	90		0	NC	4		83	77	
Energy....kj	377				4		346	320	
Protein (N x 6.25)....g	18.31		77		1		16.85	15.56	
Total lipid (fat)....g	1.31		185		1		1.21	1.11	
Ash....g	1.30		57		1		1.20	1.11	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	48		12		1		44	41	
Iron, Fe....mg	0.34	0.030	11		1		0.31	0.29	
Magnesium, Mg....mg	21		2		1		19	18	
Phosphorus, P....mg	222	11.000	13		1		204	189	
Potassium, K....mg	249	10.668	32		1		229	212	
Sodium, Na....mg	72		34		1		66	61	
Zinc, Zn....mg	0.88	0.045	88		1		0.81	0.75	
Copper, Cu....mg	0.031	0.002	83		1		0.029	0.026	
Manganese, Mn....mg	0.104		2		1		0.096	0.088	
Selenium, Se....mcg	32.1	2.079	15	A	1		29.5	27.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.056	0.008	11		1		0.052	0.048	
Riboflavin....mg	0.046	0.301	11		1		0.042	0.039	
Niacin....mg	1.300	0.090	11		1		1.196	1.105	
Pantothenic acid....mg	0.216		2		1		0.199	0.184	
Vitamin B-6....mg	0.156		2		1		0.144	0.133	
Folate, total....mcg	13		2		1		12	11	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	13		2		1		12	11	
Folate, DFE....mcg_DFE	13		0	NC	4		12	11	
Vitamin B-12....mcg	2.30	0.330	11		1		2.12	1.96	
Vitamin A, IU....IU	100		0	NC	4		92	85	
Vitamin A, RAE....mcg_RAE	30		0	NC	4		28	26	
Retinol....mcg	30		0	NR	4		28	26	
Vitamin E (alpha-tocopherol)....mg	0.30		0	NR	4		0.28	0.26	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	T	4		0.1	0.1	
Lipids:									
Fatty acids, total saturated....g	0.247		0		1		0.227	0.210	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.045		6		1		0.041	0.038	
15:0....g									
16.0....g	0.158		6		1		0.145	0.134	
17:0....g									
18:0....g	0.032		6		1		0.029	0.027	
20:0....g									
22:0....g									
24:0....g									

NDB No. 15132
ish, whiting, 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	0.279		0		1		0.257	0.237	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.082		6		1		0.075	0.070	
17:1.....g									
18:1 undifferentiated.....g	0.162		6		1		0.149	0.138	
20:1.....g	0.030		6		1		0.028	0.026	
22:1 undifferentiated.....g	0.004		6		1		0.004	0.003	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.422		0		1		0.388	0.359	
18:2 undifferentiated.....g	0.020		6		1		0.018	0.017	
18:3 undifferentiated.....g	0.034		6		1		0.031	0.029	
18:4.....g	0.041		5		1		0.038	0.035	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.078		6		1		0.072	0.066	
20:5 n-3.....g	0.093		6		1		0.086	0.079	
22:5 n-3.....g	0.018		6		1		0.017	0.015	
22:6 n-3.....g	0.131		6		1		0.121	0.111	
Fatty acids, total trans.....g									
Cholesterol.....mg	67	2.940	11		1		62	57	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.205		0		1		0.189	0.174	
Threonine.....g	0.803		0		1		0.739	0.683	
Isoleucine.....g	0.844		0		1		0.776	0.717	
Leucine.....g	1.488		0		1		1.369	1.265	
Lysine.....g	1.682		0		1		1.547	1.430	
Methionine.....g	0.542		0		1		0.499	0.461	
Cystine.....g	0.196		0		1		0.180	0.167	
Phenylalanine.....g	0.715		0		1		0.658	0.608	
Tyrosine.....g	0.618		0		1		0.569	0.525	
Valine.....g	0.943		0		1		0.868	0.802	
Arginine.....g	1.096		0		1		1.008	0.932	
Histidine.....g	0.539		0		1		0.496	0.458	
Alanine.....g	1.108		0		1		1.019	0.942	
Aspartic acid.....g	1.875		0		1		1.725	1.594	
Glutamic acid.....g	2.734		0		1		2.515	2.324	
Glycine.....g	0.879		0		1		0.809	0.747	
Proline.....g	0.648		0		1		0.596	0.551	
Serine.....g	0.747		0		1		0.687	0.635	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
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 = 92g: 1 fillet

Measure 2 = 85g: 3 oz

NDB No. 15132
ish, whiting, 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. 15224
:h, wolffish, Atlantic, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.23		0		1		88.33	63.10	
Energy....kcal	123		0	NC	4		146	105	
Energy....kj	515				4		612	437	
Protein (N x 6.25)....g	22.44		0		1		26.70	19.07	
Total lipid (fat)....g	3.06		0		1		3.64	2.60	
Ash....g	1.49		0		1		1.77	1.27	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0		1		10	7	
Iron, Fe....mg	0.12		0		1		0.14	0.10	
Magnesium, Mg....mg	38		0		1		45	32	
Phosphorus, P....mg	256		0		1		305	218	
Potassium, K....mg	385		0		1		458	327	
Sodium, Na....mg	109		0		1		130	93	
Zinc, Zn....mg	1.00		0		1		1.19	0.85	
Copper, Cu....mg	0.037		0		1		0.044	0.031	
Manganese, Mn....mg	0.019		0		1		0.023	0.016	
Selenium, Se....mcg	46.8		0	BFSN	4		55.7	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.208		0		1		0.248	0.177	
Riboflavin....mg	0.097		0		1		0.115	0.082	
Niacin....mg	2.598		0		1		3.092	2.208	
Pantothenic acid....mg	0.658		0		1		0.783	0.559	
Vitamin B-6....mg	0.462		0		1		0.550	0.393	
Folate, total....mcg	6		0		1		7	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		0		1		7	5	
Folate, DFE....mcg_DFE	6		0	NC	4		7	5	
Vitamin B-12....mcg	2.35		0		1		2.80	2.00	
Vitamin A, IU....IU	433		0		1		515	368	
Vitamin A, RAE....mcg_RAE	130		0		1		155	111	
Retinol....mcg	130		0		1		155	111	
Vitamin E (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	0.468		0		1		0.557	0.398	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.085		0		1		0.101	0.072	
15.0....g									
16:0....g	0.324		0		1		0.386	0.275	
17:0....g									
18:0....g	0.059		0		1		0.070	0.050	
20:0....g									
22:0....g									
24.0....g									

NDB No. 15224
h, wolffish, Atlantic, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.072		0		1		1.276	0.911	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.242		0		1		0.288	0.206	
17:1.....g									
18:1 undifferentiated.....g	0.661		0		1		0.787	0.562	
20:1.....g	0.146		0		1		0.174	0.124	
22:1 undifferentiated.....g	0.023		0		1		0.027	0.020	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.083		0		1		1.289	0.921	
18:2 undifferentiated.....g	0.026		0		1		0.031	0.022	
18:3 undifferentiated.....g	0.012		0		1		0.014	0.010	
18:4.....g	0.078		0		1		0.093	0.066	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.114		0		1		0.136	0.097	
20:5 n-3.....g	0.393		0		1		0.468	0.334	
22:5 n-3.....g	0.055		0		1		0.065	0.047	
22:6 n-3.....g	0.405		0		1		0.482	0.344	
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		70	50	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.251		0		1		0.299	0.213	
Threonine.....g	0.984		0		1		1.171	0.836	
Isoleucine.....g	1.034		0		1		1.230	0.879	
Leucine.....g	1.824		0		1		2.171	1.550	
Lysine.....g	2.061		0		1		2.453	1.752	
Methionine.....g	0.664		0		1		0.790	0.564	
Cystine.....g	0.241		0		1		0.287	0.205	
Phenylalanine.....g	0.876		0		1		1.042	0.745	
Tyrosine.....g	0.757		0		1		0.901	0.643	
Valine.....g	1.156		0		1		1.376	0.983	
Arginine.....g	1.343		0		1		1.598	1.142	
Histidine.....g	0.661		0		1		0.787	0.562	
Alanine.....g	1.357		0		1		1.615	1.153	
Aspartic acid.....g	2.297		0		1		2.733	1.952	
Glutamic acid.....g	3.349		0		1		3.985	2.847	
Glycine.....g	1.077		0		1		1.282	0.915	
Proline.....g	0.793		0		1		0.944	0.674	
Serine.....g	0.915		0		1		1.089	0.778	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 119g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15134
h, wolffish, Atlantic, raw
Anarhichas lupus (L.)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.90	0.764	9		1		122.25	67.92	
Energy....kcal	96		0	NC	4		147	82	
Energy....kj	402				4		615	341	
Protein (N x 6.25)....g	17.50		2		1		26.78	14.88	
Total lipid (fat)....g	2.39	0.542	4		1		3.66	2.03	
Ash....g	1.16		1		1		1.77	0.99	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0		4		9	5	
Iron, Fe....mg	0.09		0		4		0.14	0.08	
Magnesium, Mg....mg	30		0		4		46	26	
Phosphorus, P....mg	200		0		4		306	170	
Potassium, K....mg	300		0		4		459	255	
Sodium, Na....mg	85		0		4		130	72	
Zinc, Zn....mg	0.78	0.033	60		1		1.19	0.66	
Copper, Cu....mg	0.029	0.003	58		1		0.044	0.025	
Manganese, Mn....mg	0.015		0		1		0.023	0.013	
Selenium, Se....mcg	36.5		0	CAZN	4		55.8	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.180	0.021	3		1		0.275	0.153	
Riboflavin....mg	0.080	0.006	3		1		0.122	0.068	
Niacin....mg	2.133	0.203	3		1		3.263	1.813	
Pantothenic acid....mg	0.570	0.040	3		1		0.872	0.485	
Vitamin B-6....mg	0.400		0		4		0.612	0.340	
Folate, total....mcg	5		0		4		8	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		4		8	4	
Folate, DFE....mcg_DFE	5		0	NC	4		8	4	
Vitamin B-12....mcg	2.03	0.145	3		1		3.11	1.73	
Vitamin A, IU....IU	375		2		1		574	319	
Vitamin A, RAE....mcg_RAE	113		2		1		172	96	
Retinol....mcg	113		2		1		172	96	
Vitamin E (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	0.365		0		1		0.558	0.310	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.066		1		1		0.101	0.056	
15:0....g									
16:0....g	0.253		1		1		0.387	0.215	
17.0....g									
18:0....g	0.046		1		1		0.070	0.039	
20:0....g									
22.0....g									
24:0....g									

NDB No. 15134
ish, wolffish, 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	0.837		0		1		1.281	0.711	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.189		1		1		0.289	0.161	
17:1.....g									
18:1 undifferentiated.....g	0.516		1		1		0.789	0.439	
20:1.....g	0.114		1		1		0.174	0.097	
22:1 undifferentiated.....g	0.018		1		1		0.028	0.015	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.845		0		1		1.293	0.718	
18:2 undifferentiated.....g	0.020		1		1		0.031	0.017	
18:3 undifferentiated.....g	0.009		1		1		0.014	0.008	
18:4.....g	0.061		1		1		0.093	0.052	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.089		1		1		0.136	0.076	
20:5 n-3.....g	0.307		1		1		0.470	0.261	
22:5 n-3.....g	0.043		1		1		0.066	0.037	
22:6 n-3.....g	0.316		1		1		0.483	0.269	
Fatty acids, total trans.....g									
Cholesterol.....mg	46		0		4		70	39	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.196		0		1		0.300	0.167	
Threonine.....g	0.767		0		1		1.174	0.652	
Isoleucine.....g	0.806		0		1		1.233	0.685	
Leucine.....g	1.422		0		1		2.176	1.209	
Lysine.....g	1.607		0		1		2.459	1.366	
Methionine.....g	0.518		0		1		0.793	0.440	
Cystine.....g	0.188		0		1		0.288	0.160	
Phenylalanine.....g	0.683		0		1		1.045	0.581	
Tyrosine.....g	0.591		0		1		0.904	0.502	
Valine.....g	0.902		0		1		1.380	0.767	
Arginine.....g	1.047		0		1		1.602	0.890	
Histidine.....g	0.515		0		1		0.788	0.438	
Alanine.....g	1.058		0		1		1.619	0.899	
Aspartic acid.....g	1.792		0		1		2.742	1.523	
Glutamic acid.....g	2.612		0		1		3.996	2.220	
Glycine.....g	0.840		0		1		1.285	0.714	
Proline.....g	0.619		0		1		0.947	0.526	
Serine.....g	0.714		0		1		1.092	0.607	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 153g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15225
Fish, yellowtail, mixed species, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.33		0		1		98.30	57.23	
Energy....kcal	187		0	NC	4		273	159	
Energy....kj	782				4		1142	665	
Protein (N x 6.25)....g	29.67		0		1		43.32	25.22	
Total lipid (fat)....g	6.72		0		1		9.81	5.71	
Ash....g	1.40		0		1		2.04	1.19	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	29		0		1		42	25	
Iron, Fe....mg	0.63		0		1		0.92	0.54	
Magnesium, Mg....mg	38		0		1		55	32	
Phosphorus, P....mg	201		0		1		293	171	
Potassium, K....mg	538		0		1		785	457	
Sodium, Na....mg	50		0		1		73	43	
Zinc, Zn....mg	0.67		0		1		0.98	0.57	
Copper, Cu....mg	0.058		0		1		0.085	0.049	
Manganese, Mn....mg	0.019		0		1		0.028	0.016	
Selenium, Se....mcg	46.8		0	BFSN	4		68.3	39.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.9		0		1		4.2	2.5	
Thiamin....mg	0.175		0		1		0.256	0.149	
Riboflavin....mg	0.051		0		1		0.074	0.043	
Niacin....mg	8.718		0		1		12.728	7.410	
Pantothenic acid....mg	0.681		0		1		0.994	0.579	
Vitamin B-6....mg	0.185		0		1		0.270	0.157	
Folate, total....mcg	4		0		1		6	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		1		6	3	
Folate, DFE....mcg_DFE	4		0	NC	4		6	3	
Vitamin B-12....mcg	1.25		0		1		1.83	1.06	
Vitamin A, IU....IU	104		0		1		152	88	
Vitamin A, RAE....mcg_RAE	31		0		1		46	27	
Retinol....mcg	31		0		1		46	27	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	71		0		1		104	60	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.332		0		1		0.485	0.282	
Threonine....g	1.301		0		1		1.899	1.106	
Isoleucine....g	1.367		0		1		1.996	1.162	
Leucine....g	2.411		0		1		3.520	2.049	
Lysine....g	2.725		0		1		3.979	2.316	
Methionine....g	0.878		0		1		1.282	0.746	
Cystine....g	0.318		0		1		0.464	0.270	

NDB No. 15225
Fish, yellowtail, mixed species, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine....g	1.158		0		1		1.691	0.984	
Tyrosine....g	1.002		0		1		1.463	0.852	
Valine....g	1.528		0		1		2.231	1.299	
Arginine....g	1.775		0		1		2.592	1.509	
Histidine....g	0.873		0		1		1.275	0.742	
Alanine....g	1.794		0		1		2.619	1.525	
Aspartic acid....g	3.038		0		1		4.435	2.582	
Glutamic acid....g	4.429		0		1		6.466	3.765	
Glycine....g	1.424		0		1		2.079	1.210	
Proline....g	1.049		0		1		1.532	0.892	
Serine....g	1.210		0		1		1.767	1.029	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 146g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15135

Fish, yellowtail, mixed species, raw

Seriola spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.52		32		1		139.35	63.34	
Energy....kcal	146		0	NC	4		273	124	
Energy....kj	611				4		1142	519	
Protein (N x 6.25)....g	23.14	0.217	29		1		43.27	19.67	
Total lipid (fat)....g	5.24	0.295	39		1		9.80	4.45	
Ash....g	1.09		1		1		2.04	0.93	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	23		0		4		43	20	
Iron, Fe....mg	0.49		1		1		0.92	0.42	
Magnesium, Mg....mg	30		0		4		56	26	
Phosphorus, P....mg	157		1		1		294	133	
Potassium, K....mg	420		0		4		785	357	
Sodium, Na....mg	39		1		1		73	33	
Zinc, Zn....mg	0.52	0.068	26		1		0.97	0.44	
Copper, Cu....mg	0.045		26		1		0.084	0.038	
Manganese, Mn....mg	0.015		0		1		0.028	0.013	
Selenium, Se....mcg	36.5		0	CAZN	4		68.3	31.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.8		1		1		5.2	2.4	
Thiamin....mg	0.144		1		1		0.269	0.122	
Riboflavin....mg	0.040		1		1		0.075	0.034	
Niacin....mg	6.800		1		1		12.716	5.780	
Pantothenic acid....mg	0.590	0.102	3		1		1.103	0.502	
Vitamin B-6....mg	0.160		2		1		0.299	0.136	
Folate, total....mcg	4	1.292	3		1		7	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4	1.292	3		1		7	3	
Folate, DFE....mcg_DFE	4		0	NC	4		7	3	
Vitamin B-12....mcg	1.30		1		1		2.43	1.11	
Vitamin A, IU....IU	95		1		1		178	81	
Vitamin A, RAE....mcg_RAE	29		1		1		53	24	
Retinol....mcg	29		1		1		53	24	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	T	4		0.2	0.1	
Lipids:									
Fatty acids, total saturated....g	1.280		0		4		2.394	1.088	
Fatty acids, total monounsaturated....g	1.990		0		4		3.721	1.692	
Fatty acids, total polyunsaturated....g	1.420		0		4		2.655	1.207	
Fatty acids, total trans....g									
Cholesterol....mg	55		0		4		103	47	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.259		0		1		0.484	0.220	
Threonine....g	1.015		0		1		1.898	0.863	
Isoleucine....g	1.066		0		1		1.993	0.906	
Leucine....g	1.881		0		1		3.517	1.599	
Lysine....g	2.126		0		1		3.976	1.807	
Methionine....g	0.685		0		1		1.281	0.582	
Cystine....g	0.248		0		1		0.464	0.211	

NDB No. 15135
Fish, yellowtail, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.904		0		1		1.690	0.768	
Tyrosine....g	0.781		0		1		1.460	0.664	
Valine....g	1.192		0		1		2.229	1.013	
Arginine....g	1.385		0		1		2.590	1.177	
Histidine....g	0.681		0		1		1.273	0.579	
Alanine....g	1.400		0		1		2.618	1.190	
Aspartic acid....g	2.370		0		1		4.432	2.015	
Glutamic acid....g	3.455		0		1		6.461	2.937	
Glycine....g	1.111		0		1		2.078	0.944	
Proline....g	0.818		0		1		1.530	0.695	
Serine....g	0.944		0		1		1.765	0.802	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 187g: .5 fillet

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 80200
Frog legs, raw

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.90				1				
Energy....kcal	73				1				
Energy....kj	305				1				
Protein....g	16.40				1				
Total lipid (fat)....g	0.30				1				
Ash....g	1.40		0	NR	4				
Carbohydrate, by difference....g	0.00			Z	7				
Fiber, total dietary....g	0.0				7				
Sugars, total....g	0.00		0	Z	7				
Starch....g									
Minerals:									
Calcium, Ca....mg	18				1				
Iron, Fe....mg	1.50				1				
Magnesium, Mg....mg	20				4				
Phosphorus, P....mg	147				1				
Potassium, K....mg	285				1				
Sodium, Na....mg	58				1				
Zinc, Zn....mg	1.00				4				
Copper, Cu....mg	0.250				4				
Manganese, Mn....mg									
Selenium, Se....mcg	14.1		0	BFSN	4				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0			Z	7				
Thiamin....mg	0.140				1				
Riboflavin....mg	0.250				1				
Niacin....mg	1.200				1				
Pantothenic acid....mg									
Vitamin B-6....mg	0.120				4				
Folate, total....mcg	15				4				
Folic acid....mcg	0		0	Z	7				
Folate, food....mcg	15		0	NR	4				
Folate, DFE....mcg_DFE	15		0	NC	4				
Vitamin B-12....mcg	0.40				4				
Vitamin A, IU....IU	50		0	NC	4				
Vitamin A, RAE....mcg_RAE	15		0	NC	4				
Retinol....mcg	15		0	NR	4				
Vitamin E (alpha-tocopherol)....mg	1.00		0	NR	4				
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	T	4				
Lipids:									
Fatty acids, total saturated....g	0.076				4				
4:0....g	0.000				4				
6.0....g	0.000				4				
8.0....g	0.000				4				
10:0....g	0.000				4				
12:0....g	0.000				4				
13:0....g									
14:0....g	0.001				4				
15:0....g									
16:0....g	0.054				4				
17:0....g									
18:0....g	0.021				4				
20:0....g									
22:0....g									
24:0....g									

NDB No. 80200
Frog legs, 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	0.053				4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009				4				
17:1.....g									
18:1 undifferentiated.....g	0.044				4				
20:1.....g	0.000				4				
22:1 undifferentiated.....g	0.000				4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.102				4				
18:2 undifferentiated.....g	0.020				4				
18:3 undifferentiated.....g	0.010				4				
18:4.....g	0.000				4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.031				4				
20:5 n-3.....g	0.014				4				
22:5 n-3.....g	0.007				4				
22:6 n-3.....g	0.020				4				
Fatty acids, total trans.....g									
Cholesterol.....mg	50				1				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7				
Caffeine.....mg	0		0	z	7				
Theobromine.....mg	0		0	z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7				
Carotene, alpha.....mcg	0		0	z	7				
Cryptoxanthin, beta.....mcg	0		0	z	7				
Lycopene.....mcg	0		0	z	7				
Lutein + zeaxanthin.....mcg	0		0	z	7				

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

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 43497
Jellyfish, dried, salted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.00				1		39.44		
Energy....kcal	36				1		21		
Energy....kj	151				1		87		
Protein....g	5.50				4		3.19		
Total lipid (fat)....g	1.40				1		0.81		
Ash....g	25.10		0	NR	4		14.56		
Carbohydrate, by difference....g	0.00			Z	7		0.00		
Fiber, total dietary....g	0.0				7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	2				1		1		
Iron, Fe....mg	2.27				1		1.32		
Magnesium, Mg....mg	2				1		1		
Phosphorus, P....mg	20				4		12		
Potassium, K....mg	3				4		2		
Sodium, Na....mg	9690				1		5620		
Zinc, Zn....mg	0.42				1		0.24		
Copper, Cu....mg	0.140				1		0.081		
Manganese, Mn....mg									
Selenium, Se....mcg	42.2		0	BFSN	4		24.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0				7		0.0		
Thiamin....mg	0.010				4		0.006		
Riboflavin....mg	0.010				4		0.006		
Niacin....mg	0.200				4		0.116		
Pantothenic acid....mg									
Vitamin B-6....mg	0.010				4		0.006		
Folate, total....mcg	1				4		1		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	1		0	NR	4		1		
Folate, DFE....mcg_DFE	1		0	NC	4		1		
Vitamin B-12....mcg	0.02				4		0.01		
Vitamin A, IU....IU	7		0	NC	4		4		
Vitamin A, RAE....mcg_RAE	2		0	NC	4		1		
Retinol....mcg	2		0	NR	4		1		
Vitamin E (alpha-tocopherol)....mg	0.02		0	NR	4		0.01		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	T	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.273				4		0.158		
4:0....g	0.000				4		0.000		
6:0....g	0.000				4		0.000		
8.0....g	0.000				4		0.000		
10:0....g	0.000				4		0.000		
12:0....g	0.000				4		0.000		
13:0....g									
14:0....g	0.019				4		0.011		
15:0....g									
16:0....g	0.190				4		0.110		
17:0....g									
18:0....g	0.063				4		0.037		
20:0....g									
22:0....g									
24:0....g									

NDB No. 43497
Jellyfish, dried, salted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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				4		0.117		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033				4		0.019		
17:1.....g									
18:1 undifferentiated.....g	0.127				4		0.074		
20:1.....g	0.031				4		0.018		
22:1 undifferentiated.....g	0.007				4		0.004		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.475				4		0.276		
18:2 undifferentiated.....g	0.011				4		0.006		
18:3 undifferentiated.....g	0.002				4		0.001		
18:4.....g	0.002				4		0.001		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.046				4		0.027		
20:5 n-3.....g	0.007				4		0.004		
22:5 n-3.....g	0.021				4		0.012		
22:6 n-3.....g	0.250				4		0.145		
Fatty acids, total trans.....g									
Cholesterol.....mg	5				4		3		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 58g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15156

Mollusks, abalone, mixed species, cooked, 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	60.10		0		1		51.09		
Energy....kcal	189		0	NC	4		161		
Energy....kj	791				4		672		
Protein (N x 6.23)....g	19.63		0		1		16.69		
Total lipid (fat)....g	6.78		0		1		5.76		
Ash....g	1.77		0		1		1.50		
Carbohydrate, by difference....g	11.05		0	NC	4		9.39		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	37		0		1		31		
Iron, Fe....mg	3.80		0		1		3.23		
Magnesium, Mg....mg	56		0		1		48		
Phosphorus, P....mg	217		0		4		184		
Potassium, K....mg	284		0		4		241		
Sodium, Na....mg	591		0		1		502		
Zinc, Zn....mg	0.95		0		1		0.81		
Copper, Cu....mg	0.228		0		1		0.194		
Manganese, Mn....mg	0.070		0		4		0.060		
Selenium, Se....mcg	51.8		0	RA	4		44.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8		0		4		1.5		
Thiamin....mg	0.220		0		4		0.187		
Riboflavin....mg	0.130		0		4		0.111		
Niacin....mg	1.900		0		4		1.615		
Pantothenic acid....mg	2.870		0		4		2.440		
Vitamin B-6....mg	0.150		0		4		0.128		
Folate, total....mcg	14		0	RA	4		12		
Folic acid....mcg	9		0	NC	4		7		
Folate, food....mcg	5		0		1		5		
Folate, DFE....mcg_DFE	20		0	NC	4		17		
Vitamin B-12....mcg	0.69		0		4		0.59		
Vitamin A, IU....IU	5		0		4		4		
Vitamin A, RAE....mcg_RAE	2		0		4		1		
Retinol....mcg	2		0		4		1		
Vitamin E (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	1.646		0		1		1.399		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.049		0		1		0.042		
15:0....g									
16:0....g	0.953		0		1		0.810		
17:0....g									
18:0....g	0.648		0		1		0.551		
20:0....g									
22:0....g									
24:0....g									

NDB No. 15156

Mollusks, abalone, mixed species, cooked, 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	2.741		0		1		2.330		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0		1		0.019		
17:1.....g									
18:1 undifferentiated.....g	2.721		0		1		2.313		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.676		0		1		1.425		
18:2 undifferentiated.....g	1.474		0		1		1.253		
18:3 undifferentiated.....g	0.095		0		1		0.081		
18:4.....g	0.007		0		1		0.006		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g	0.054		0		1		0.046		
22:5 n-3.....g	0.046		0		1		0.039		
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		1		80		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.224		0		1		0.190		
Threonine.....g	0.838		0		1		0.712		
Isoleucine.....g	0.854		0		1		0.726		
Leucine.....g	1.386		0		1		1.178		
Lysine.....g	1.433		0		1		1.218		
Methionine.....g	0.441		0		1		0.375		
Cystine.....g	0.261		0		1		0.222		
Phenylalanine.....g	0.715		0		1		0.608		
Tyrosine.....g	0.627		0		1		0.533		
Valine.....g	0.860		0		1		0.731		
Arginine.....g	1.411		0		1		1.199		
Histidine.....g	0.378		0		1		0.321		
Alanine.....g	1.169		0		1		0.994		
Aspartic acid.....g	1.862		0		1		1.583		
Glutamic acid.....g	2.819		0		1		2.396		
Glycine.....g	1.213		0		1		1.031		
Proline.....g	0.851		0		1		0.723		
Serine.....g	0.885		0		1		0.752		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 4.12

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15155
Mollusks, abalone, mixed species, raw
Haliotis spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.56		12		1		63.38		
Energy....kcal	105		0	NC	4		89		
Energy....kj	439				4		373		
Protein (N x 6.25)....g	17.10	0.400	3		1		14.54		
Total lipid (fat)....g	0.76		7		1		0.65		
Ash....g	1.57	0.090	9		1		1.33		
Carbohydrate, by difference....g	6.01		0	NC	4		5.11		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	31	11.170	6		1		26		
Iron, Fe....mg	3.19		7		1		2.71		
Magnesium, Mg....mg	48	21.192	6		1		41		
Phosphorus, P....mg	190		0		4		162		
Potassium, K....mg	250		0		4		213		
Sodium, Na....mg	301	27.817	6		1		256		
Zinc, Zn....mg	0.82		11		1		0.70		
Copper, Cu....mg	0.196	0.037	13		1		0.167		
Manganese, Mn....mg	0.040		0		1		0.034		
Selenium, Se....mcg	44.8		0	CAZN	4		38.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0		0		4		1.7		
Thiamin....mg	0.190		0		4		0.162		
Riboflavin....mg	0.100		0		4		0.085		
Niacin....mg	1.500		0		4		1.275		
Pantothenic acid....mg	3.000		1		1		2.550		
Vitamin B-6....mg	0.150		0		4		0.128		
Folate, total....mcg	5		1		1		4		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	5		1		1		4		
Folate, DFE....mcg_DFE	5		0	NC	4		4		
Vitamin B-12....mcg	0.73		0		4		0.62		
Vitamin A, IU....IU	7		0	NC	4		6		
Vitamin A, RAE....mcg_RAE	2		0	NC	4		2		
Retinol....mcg	2		0	NR	4		2		
Vitamin E (alpha-tocopherol)....mg	4.00		0	NR	4		3.40		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	23.0		0	T	4		19.6		
Lipids:									
Fatty acids, total saturated....g	0.149		0		1		0.127		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.023		2		1		0.020		
15:0....g									
16:0....g	0.103		2		1		0.088		
17:0....g									
18:0....g	0.021		2		1		0.018		
20:0....g									
22:0....g									
24:0....g									

NDB No. 15155
Mollusks, abalone, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.107		0		1		0.091		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		2		1		0.017		
17:1.....g									
18:1 undifferentiated.....g	0.087		2		1		0.074		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.104		0		1		0.088		
18:2 undifferentiated.....g	0.007		2		1		0.006		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.006		1		1		0.005		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20.4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.049		2		1		0.042		
22:5 n-3.....g	0.041		2		1		0.035		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	85		1		1		72		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.192		43		1		0.163		
Threonine.....g	0.736		54		1		0.626		
Isoleucine.....g	0.744		54		1		0.632		
Leucine.....g	1.204		54		1		1.023		
Lysine.....g	1.278		66		1		1.086		
Methionine.....g	0.386		54		1		0.328		
Cystine.....g	0.224		49		1		0.190		
Phenylalanine.....g	0.613		54		1		0.521		
Tyrosine.....g	0.547		54		1		0.465		
Valine.....g	0.747		54		1		0.635		
Arginine.....g	1.248		54		1		1.061		
Histidine.....g	0.328		54		1		0.279		
Alanine.....g	1.034		54		1		0.879		
Aspartic acid.....g	1.650		54		1		1.403		
Glutamic acid.....g	2.326		54		1		1.977		
Glycine.....g	1.070		54		1		0.910		
Proline.....g	0.698		54		1		0.593		
Serine.....g	0.766		54		1		0.651		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g.	0.0		0		7		0.0		
Caffeine.....mg	0		0	z	7		0		
Theobromine.....mg	0		0	z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

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

Common Measures:

Measure 1 = 85g; 3 oz

NDB No. 15155
Mollusks, abalone, mixed species, raw

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15160

Mollusks, clam, mixed species, canned, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.64		0		1		101.82	54.09	
Energy....kcal	148		0	NC	4		237	126	
Energy....kj	619				4		991	526	
Protein (N x 6.25)....g	25.55		0		1		40.88	21.72	
Total lipid (fat)....g	1.95		0		1		3.12	1.66	
Ash....g	3.74		0		1		5.98	3.18	
Carbohydrate, by difference....g	5.13		0	NC	4		8.21	4.36	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	92		0		1		147	78	
Iron, Fe....mg	27.96		0		4		44.74	23.77	
Magnesium, Mg....mg	18		0		1		29	15	
Phosphorus, P....mg	338		0		1		541	287	
Potassium, K....mg	628		0		1		1005	534	
Sodium, Na....mg	112		0		1		179	95	
Zinc, Zn....mg	2.73		0		1		4.37	2.32	
Copper, Cu....mg	0.688		0		4		1.101	0.585	
Manganese, Mn....mg	1.000		0		4		1.600	0.850	
Selenium, Se....mcg	48.6	11.978	6	A	1		77.8	41.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	22.1		0		4		35.4	18.8	
Thiamin....mg	0.150		0		4		0.240	0.128	
Riboflavin....mg	0.426		0		1		0.682	0.362	
Niacin....mg	3.354		0		1		5.366	2.851	
Pantothenic acid....mg	0.680		0		4		1.088	0.578	
Vitamin B-6....mg	0.110		0		4		0.176	0.094	
Folate, total....mcg	29		0		4		46	24	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	29		0		4		46	24	
Folate, DFE....mcg_DFE	29		0	NC	4		46	24	
Vitamin B-12....mcg	98.89		0		1		158.22	84.05	
Vitamin A, IU....IU	603		0	NC	4		965	513	
Vitamin A, RAE....mcg_RAE	181		0	NC	4		289	154	
Retinol....mcg	181		0	BFFN	4		289	154	
Vitamin E (alpha-tocopherol)....mg	0.62		0	BFFN	4		1.00	0.53	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.4		0	BFFN	4		0.6	0.3	
Lipids:									
Fatty acids, total saturated....g	0.188		0		1		0.301	0.160	
4:0....g	0.000		0		1		0.000	0.000	
6.0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.026		0		1		0.042	0.022	
15 0....g									
16:0....g	0.120		0		1		0.192	0.102	
17 0....g									
18.0....g	0.036		0		1		0.058	0.031	
20:0....g									
22:0....g									
24:0....g									

NDB No. 15160
Mollusks, clam, mixed species, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.172		0		1		0.275	0.146	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0		1		0.070	0.037	
17:1.....g									
18:1 undifferentiated.....g	0.068		0		1		0.109	0.058	
20:1.....g	0.036		0		1		0.058	0.031	
22:1 undifferentiated.....g	0.012		0		1		0.019	0.010	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.552		0		1		0.883	0.469	
18:2 undifferentiated.....g	0.032		0		1		0.051	0.027	
18:3 undifferentiated.....g	0.008		0		1		0.013	0.007	
18:4.....g	0.032		0		1		0.051	0.027	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.082		0		1		0.131	0.070	
20:5 n-3.....g	0.138		0		1		0.221	0.117	
22:5 n-3.....g	0.104		0		1		0.166	0.088	
22:6 n-3.....g	0.146		0		1		0.234	0.124	
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0		1		107	57	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.286		0		1		0.458	0.243	
Threonine.....g	1.099		0		1		1.758	0.934	
Isoleucine.....g	1.112		0		1		1.779	0.945	
Leucine.....g	1.798		0		1		2.877	1.528	
Lysine.....g	1.909		0		1		3.054	1.623	
Methionine.....g	0.576		0		1		0.922	0.490	
Cystine.....g	0.335		0		1		0.536	0.285	
Phenylalanine.....g	0.915		0		1		1.464	0.778	
Tyrosine.....g	0.817		0		1		1.307	0.694	
Valine.....g	1.116		0		1		1.786	0.949	
Arginine.....g	1.864		0		1		2.982	1.584	
Histidine.....g	0.490		0		1		0.784	0.417	
Alanine.....g	1.545		0		1		2.472	1.313	
Aspartic acid.....g	2.464		0		1		3.942	2.094	
Glutamic acid.....g	3.474		0		1		5.558	2.953	
Glycine.....g	1.598		0		1		2.557	1.358	
Proline.....g	1.042		0		1		1.667	0.886	
Serine.....g	1.144		0		1		1.830	0.972	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
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 = 160g: 1 cup

Measure 2 = 85g: 3 oz

NDB No. 15160
Mollusks, clam, mixed species, canned, drained solids

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15162
Mollusks, clam, mixed species, canned, liquid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	97.70		1		1		234.48	83.05	
Energy....kcal	2		0	NC	4		5	2	
Energy....kj	8				4		20	7	
Protein (N x 6.25)....g	0.40		1		1		0.96	0.34	
Total lipid (fat)....g	0.02		1		1		0.05	0.02	
Ash....g	1.80		1		1		4.32	1.53	
Carbohydrate, by difference....g	0.10		0	NC	4		0.24	0.09	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	13		1		1		31	11	
Iron, Fe....mg	0.30		0		4		0.72	0.26	
Magnesium, Mg....mg	11		1		1		26	9	
Phosphorus, P....mg	114		0		4		274	97	
Potassium, K....mg	149		0		4		358	127	
Sodium, Na....mg	215		1		1		516	183	
Zinc, Zn....mg	0.10		0		1		0.24	0.09	
Copper, Cu....mg	0.389		1		1		0.934	0.331	
Manganese, Mn....mg	0.074		1		1		0.178	0.063	
Selenium, Se....mcg	4.1		0	BFSN	4		9.8	3.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		4		2.4	0.9	
Thiamin....mg	0.010		0		4		0.024	0.009	
Riboflavin....mg	0.020		0		4		0.048	0.017	
Niacin....mg	0.180		0		4		0.432	0.153	
Pantothenic acid....mg	0.040		0		4		0.096	0.034	
Vitamin B-6....mg	0.010		0		4		0.024	0.009	
Folate, total....mcg	2		0		4		5	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	2		0		4		5	2	
Folate, DFE....mcg_DFE	2		0	NC	4		5	2	
Vitamin B-12....mcg	5.00		0		4		12.00	4.25	
Vitamin A, IU....IU	30		0	NC	4		72	26	
Vitamin A, RAE....mcg_RAE	9		0	NC	4		22	8	
Retinol....mcg	9		0	NC	4		22	8	
Vitamin E (alpha-tocopherol)....mg	0.31		1	A	1		0.74	0.26	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta....mg	0.01		1	A	1		0.02	0.01	
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.2		0	T	4		0.5	0.2	
Lipids:									
Fatty acids, total saturated....g	0.002		0		4		0.005	0.002	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12.0....g	0.000		0		4		0.000	0.000	
13.0....g									
14:0....g	0.000		0		4		0.000	0.000	
15 0....g									
16.0....g	0.001		0		4		0.002	0.001	
17:0....g									
18.0....g	0.000		0		4		0.000	0.000	
20:0....g									
22:0....g									
24.0....g									

NDB No. 15162

Mollusks, clam, mixed species, canned, liquid

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	0.002		0		4		0.005	0.002	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.001		0		4		0.002	0.001	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.006		0		4		0.014	0.005	
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		4		0.002	0.001	
20:5 n-3....g	0.001		0		4		0.002	0.001	
22:5 n-3....g	0.001		0		4		0.002	0.001	
22:6 n-3....g	0.002		0		4		0.005	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	3		0		4		7	3	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.000		1		1		0.000	0.000	
Isoleucine....g	0.000		1		1		0.000	0.000	
Leucine....g	0.000		1		1		0.000	0.000	
Lysine....g	0.000		1		1		0.000	0.000	
Methionine....g									
Cystine....g									
Phenylalanine....g	0.000		1		1		0.000	0.000	
Tyrosine....g	0.000		1		1		0.000	0.000	
Valine....g	0.000		1		1		0.000	0.000	
Arginine....g	0.001		1		1		0.002	0.001	
Histidine....g	0.000		1		1		0.000	0.000	
Alanine....g	0.005		1		1		0.012	0.004	
Aspartic acid....g	0.001		1		1		0.002	0.001	
Glutamic acid....g	0.019		1		1		0.046	0.016	
Glycine....g	0.001		1		1		0.002	0.001	
Proline....g									
Serine....g	0.001		1		1		0.002	0.001	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	z	7		0	0	
Theobromine....mg	0		0	z	7		0	0	
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 = 240g: 1 cup

Measure 2 = 85g: 3 oz

NDB No. 15162
Mollusks, clam, mixed species, canned, liquid

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15158
Mollusks, clam, mixed species, cooked, breaded and fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.55		0		1		52.32	115.71	
Energy....kcal	202		0	NC	4		172	380	
Energy....kj	845				4		718	1589	
Protein (N x 6.2)....g	14.24		0		1		12.10	26.77	
Total lipid (fat)....g	11.15		0		1		9.48	20.96	
Ash....g	2.16		0		1		1.84	4.06	
Carbohydrate, by difference....g	10.33		0	NC	4		8.78	19.42	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	63		0		1		54	118	
Iron, Fe....mg	13.91		0		1		11.82	26.15	
Magnesium, Mg....mg	14		0		1		12	26	
Phosphorus, P....mg	188		0		1		160	353	
Potassium, K....mg	326		0		1		277	613	
Sodium, Na....mg	364		0		1		309	684	
Zinc, Zn....mg	1.46		0		1		1.24	2.74	
Copper, Cu....mg	0.356		0		1		0.303	0.669	
Manganese, Mn....mg	0.540		0		4		0.459	1.015	
Selenium, Se....mcg	28.9		0	RA	4		24.6	54.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	10.0		0		4		8.5	18.8	
Thiamin....mg	0.100		0		4		0.085	0.188	
Riboflavin....mg	0.244		0		1		0.207	0.459	
Niacin....mg	2.064		0		1		1.754	3.880	
Pantothenic acid....mg	0.430		0		4		0.366	0.808	
Vitamin B-6....mg	0.060		0		4		0.051	0.113	
Folate, total....mcg	36		0	RA	4		31	68	
Folic acid....mcg	18		0	NC	4		15	33	
Folate, food....mcg	18		0		4		15	34	
Folate, DFE....mcg_DFE	48		0	NC	4		41	91	
Vitamin B-12....mcg	40.27		0		1		34.23	75.71	
Vitamin A, IU....IU	302		0		1		257	568	
Vitamin A, RAE....mcg_RAE	91		0		1		77	170	
Retinol....mcg	91		0		1		77	170	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.683		0		1		2.281	5.044	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.058		0		1		0.049	0.109	
15:0....g									
16:0....g	1.551		0		1		1.318	2.916	
17:0....g									
18:0....g	1.070		0		1		0.910	2.012	
20:0....g									
22:0....g									
24:0....g									

NDB No. 15158
Mollusks, clam, mixed species, 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	4.545		0		1		3.863	8.545	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.042		0		1		0.036	0.079	
17:1.....g									
18:1 undifferentiated.....g	4.472		0		1		3.801	8.407	
20:1.....g	0.017		0		1		0.014	0.032	
22:1 undifferentiated.....g	0.006		0		1		0.005	0.011	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.870		0		1		2.440	5.396	
18:2 undifferentiated.....g	2.455		0		1		2.087	4.615	
18:3 undifferentiated.....g	0.160		0		1		0.136	0.301	
18:4.....g	0.015		0		1		0.013	0.028	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.044		0		1		0.037	0.083	
20:5 n-3.....g	0.066		0		1		0.056	0.124	
22:5 n-3.....g	0.050		0		1		0.043	0.094	
22:6 n-3.....g	0.070		0		1		0.060	0.132	
Fatty acids, total trans.....g									
Cholesterol.....mg	61		0		1		52	115	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.168		0		1		0.143	0.316	
Threonine.....g	0.602		0		1		0.512	1.132	
Isoleucine.....g	0.636		0		1		0.541	1.196	
Leucine.....g	1.024		0		1		0.870	1.925	
Lysine.....g	0.992		0		1		0.843	1.865	
Methionine.....g	0.324		0		1		0.275	0.609	
Cystine.....g	0.204		0		1		0.173	0.384	
Phenylalanine.....g	0.549		0		1		0.467	1.032	
Tyrosine.....g	0.464		0		1		0.394	0.872	
Valine.....g	0.650		0		1		0.553	1.222	
Arginine.....g	0.985		0		1		0.837	1.852	
Histidine.....g	0.280		0		1		0.238	0.526	
Alanine.....g	0.824		0		1		0.700	1.549	
Aspartic acid.....g	1.311		0		1		1.114	2.465	
Glutamic acid.....g	2.239		0		1		1.903	4.209	
Glycine.....g	0.836		0		1		0.711	1.572	
Proline.....g	0.691		0		1		0.587	1.299	
Serine.....g	0.673		0		1		0.572	1.265	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 188g: 20 small

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 4.12

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15159

Mollusks, clam, mixed species, cooked, moist heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.64		0		1		54.09	120.92	
Energy....kcal	148		0	NC	4		126	281	
Energy....kj	619				4		526	1177	
Protein (N x 6.25)....g	25.55		0		1		21.72	48.55	
Total lipid (fat)....g	1.95		0		1		1.66	3.71	
Ash....g	3.74		0		1		3.18	7.11	
Carbohydrate, by difference....g	5.13		0	NC	4		4.36	9.75	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	92		0		1		78	175	
Iron, Fe....mg	27.96		0		1		23.77	53.12	
Magnesium, Mg....mg	18		0		1		15	34	
Phosphorus, P....mg	338		0		1		287	642	
Potassium, K....mg	628		0		1		534	1193	
Sodium, Na....mg	112		0		1		95	213	
Zinc, Zn....mg	2.73		0		1		2.32	5.19	
Copper, Cu....mg	0.688		0		1		0.585	1.307	
Manganese, Mn....mg	1.000		0		4		0.850	1.900	
Selenium, Se....mcg	64.0		0	BFSN	4		54.4	121.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	22.1		0		4		18.8	42.0	
Thiamin....mg	0.150		0		4		0.128	0.285	
Riboflavin....mg	0.426		0		1		0.362	0.809	
Niacin....mg	3.354		0		1		2.851	6.373	
Pantothenic acid....mg	0.680		0		4		0.578	1.292	
Vitamin B-6....mg	0.110		0		4		0.094	0.209	
Folate, total....mcg	29		0		4		24	55	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	29		0		4		24	55	
Folate, DFE....mcg_DFE	29		0	NC	4		24	55	
Vitamin B-12....mcg	98.89		0		1		84.05	187.89	
Vitamin A, IU....IU	570		0		1		485	1083	
Vitamin A, RAE....mcg_RAE	171		0		1		145	325	
Retinol....mcg	171		0		1		145	325	
Vitamin E (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		0.160	0.357	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.026		0		1		0.022	0.049	
15.0....g									
16:0....g	0.120		0		1		0.102	0.228	
17:0....g									
18:0....g	0.036		0		1		0.031	0.068	
20:0....g									
22.0....g									
24:0....g									

NDB No. 15159
Mollusks, clam, mixed species, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	0.172		0		1		0.146	0.327	
14:1 ....g									
15:1....g									
16:1 undifferentiated....g	0.044		0		1		0.037	0.084	
17:1....g									
18:1 undifferentiated....g	0.068		0		1		0.058	0.129	
20:1....g	0.036		0		1		0.031	0.068	
22:1 undifferentiated....g	0.012		0		1		0.010	0.023	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.552		0		1		0.469	1.049	
18:2 undifferentiated....g	0.032		0		1		0.027	0.061	
18:3 undifferentiated....g	0.008		0		1		0.007	0.015	
18:4....g	0.032		0		1		0.027	0.061	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.082		0		1		0.070	0.156	
20:5 n-3....g	0.138		0		1		0.117	0.262	
22:5 n-3....g	0.104		0		1		0.088	0.198	
22:6 n-3....g	0.146		0		1		0.124	0.277	
Fatty acids, total trans....g									
Cholesterol....mg	67		0		1		57	127	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.286		0		1		0.243	0.543	
Threonine....g	1.099		0		1		0.934	2.088	
Isoleucine....g	1.112		0		1		0.945	2.113	
Leucine....g	1.798		0		1		1.528	3.416	
Lysine....g	1.909		0		1		1.623	3.627	
Methionine....g	0.576		0		1		0.490	1.094	
Cystine....g	0.335		0		1		0.285	0.637	
Phenylalanine....g	0.915		0		1		0.778	1.739	
Tyrosine....g	0.817		0		1		0.694	1.552	
Valine....g	1.116		0		1		0.949	2.120	
Arginine....g	1.864		0		1		1.584	3.542	
Histidine....g	0.490		0		1		0.417	0.931	
Alanine....g	1.545		0		1		1.313	2.936	
Aspartic acid....g	2.464		0		1		2.094	4.682	
Glutamic acid....g	3.474		0		1		2.953	6.601	
Glycine....g	1.598		0		1		1.358	3.036	
Proline....g	1.042		0		1		0.886	1.980	
Serine....g	1.144		0		1		0.972	2.174	
Hydroxyproline....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 190g: 20 small

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15157
Mollusks, clam, mixed species, raw
Lamellibranchia

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.82		99		1		185.73	16.36	55.64
Energy....kcal	74		0	NC	4		168	15	50
Energy....kj	310				4		703	62	211
Protein (N x 6.25)....g	12.77		79		1		28.99	2.55	8.68
Total lipid (fat)....g	0.97		47		1		2.20	0.19	0.66
Ash....g	1.87		74		1		4.24	0.37	1.27
Carbohydrate, by difference....g	2.57		0	NC	4		5.83	0.51	1.75
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	46	2.311	89		1		104	9	31
Iron, Fe....mg	13.98		207		1		31.73	2.80	9.51
Magnesium, Mg....mg	9		1		1		20	2	6
Phosphorus, P....mg	169	3.797	86		1		384	34	115
Potassium, K....mg	314		1		1		713	63	214
Sodium, Na....mg	56		1		1		127	11	38
Zinc, Zn....mg	1.37		568		1		3.11	0.27	0.93
Copper, Cu....mg	0.344		578		1		0.781	0.069	0.234
Manganese, Mn....mg	0.500		1		1		1.135	0.100	0.340
Selenium, Se....mcg	24.3		0	BFSN	4		55.2	4.9	16.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	13.0		0		4		29.5	2.6	8.8
Thiamin....mg	0.080		0		4		0.182	0.016	0.054
Riboflavin....mg	0.213		14		1		0.484	0.043	0.145
Niacin....mg	1.765		14		1		4.007	0.353	1.200
Pantothenic acid....mg	0.362		14		1		0.822	0.072	0.246
Vitamin B-6....mg	0.060		0		4		0.136	0.012	0.041
Folate, total....mcg	16		0		4		36	3	11
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	16		0		4		36	3	11
Folate, DFE....mcg_DFE	16		0	NC	4		36	3	11
Vitamin B-12....mcg	49.44	3.138	34		1		112.24	9.89	33.62
Vitamin A, IU....IU	300		0	NC	4		681	60	204
Vitamin A, RAE....mcg_RAE	90		0	NC	4		204	18	61
Retinol....mcg	90		0	NC	4		204	18	61
Vitamin E (alpha-tocopherol)....mg	0.31		1	A	1		0.70	0.06	0.21
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta....mg	0.01		1	A	1		0.02	0.00	0.01
Vitamin D....IU	4.000		0	T	4		9.080	0.800	2.720
Vitamin K (phylloquinone)....mcg	0.2		0	T	4		0.5	0.0	0.1
Lipids:									
Fatty acids, total saturated....g	0.094		0		1		0.213	0.019	0.064
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8.0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.013		15		1		0.030	0.003	0.009
15:0....g									
16:0....g	0.060		15		1		0.136	0.012	0.041
17:0....g									
18:0....g	0.018		15		1		0.041	0.004	0.012
20:0....g									
22:0....g									
24:0....g									

NDB No. 15157
Mollusks, clam, 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	0.080		0		1		0.182	0.016	0.054
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.022		15		1		0.050	0.004	0.015
17:1....g									
18:1 undifferentiated....g	0.034		15		1		0.077	0.007	0.023
20:1....g	0.018		15		1		0.041	0.004	0.012
22:1 undifferentiated....g	0.006		6		1		0.014	0.001	0.004
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.282		0		1		0.640	0.056	0.192
18:2 undifferentiated....g	0.016		15		1		0.036	0.003	0.011
18:3 undifferentiated....g	0.004		15		1		0.009	0.001	0.003
18:4....g	0.016		15		1		0.036	0.003	0.011
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.041		15		1		0.093	0.008	0.028
20:5 n-3....g	0.069		15		1		0.157	0.014	0.047
22:5 n-3....g	0.052		15		1		0.118	0.010	0.035
22:6 n-3....g	0.073		15		1		0.166	0.015	0.050
Fatty acids, total trans....g									
Cholesterol....mg	34	4.021	13		1		77	7	23
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.143		0		1		0.325	0.029	0.097
Threonine....g	0.550		0		1		1.249	0.110	0.374
Isoleucine....g	0.556		0		1		1.262	0.111	0.378
Leucine....g	0.899		0		1		2.041	0.180	0.611
Lysine....g	0.954		0		1		2.166	0.191	0.649
Methionine....g	0.288		0		1		0.654	0.058	0.196
Cystine....g	0.168		0		1		0.381	0.034	0.114
Phenylalanine....g	0.458		0		1		1.040	0.092	0.311
Tyrosine....g	0.409		0		1		0.928	0.082	0.278
Valine....g	0.558		0		1		1.267	0.112	0.379
Arginine....g	0.932		0		1		2.116	0.186	0.634
Histidine....g	0.245		0		1		0.556	0.049	0.167
Alanine....g	0.772		0		1		1.752	0.154	0.525
Aspartic acid....g	1.232		0		1		2.797	0.246	0.838
Glutamic acid....g	1.737		0		1		3.943	0.347	1.181
Glycine....g	0.799		0		1		1.814	0.160	0.543
Proline....g	0.521		0		1		1.183	0.104	0.354
Serine....g	0.572		0		1		1.298	0.114	0.389
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0
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 = 227g: 1 cup (with liquid and clams)

Measure 2 = 20g: 1 large

Measure 3 = 68.0g: 1 lb (with shell), yield after shell removed

NDB No. 15157
Mollusks, clam, mixed species, raw

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15250
Mollusks, conch, baked or broiled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.40				4		88.14	11.80	
Energy....kcal	130				4		165	22	
Energy....kj	544				4		691	92	
Protein....g	26.30				4		33.40	4.47	
Total lipid (fat)....g	1.20				4		1.52	0.20	
Ash....g	1.40		0	NR	4		1.78	0.24	
Carbohydrate, by difference....g	1.70				4		2.16	0.29	
Fiber, total dietary....g	0.0				7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	98				4		124	17	
Iron, Fe....mg	1.41				4		1.79	0.24	
Magnesium, Mg....mg	238				4		302	40	
Phosphorus, P....mg	217				4		276	37	
Potassium, K....mg	163				4		207	28	
Sodium, Na....mg	153				4		194	26	
Zinc, Zn....mg	1.71				4		2.17	0.29	
Copper, Cu....mg	0.435				4		0.552	0.074	
Manganese, Mn....mg									
Selenium, Se....mcg	40.3		0	BFSN	4		51.2	6.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0			Z	7		0.0	0.0	
Thiamin....mg	0.060				4		0.076	0.010	
Riboflavin....mg	0.080				4		0.102	0.014	
Niacin....mg	1.040				4		1.321	0.177	
Pantothenic acid....mg									
Vitamin B-6....mg	0.060				4		0.076	0.010	
Folate, total....mcg	179				4		227	30	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	179		0	NR	4		227	30	
Folate, DFE....mcg_DFE	179		0	NC	4		227	30	
Vitamin B-12....mcg	5.25				4		6.67	0.89	
Vitamin A, IU....IU	23		0	NC	4		30	4	
Vitamin A, RAE....mcg_RAE	7		0	NC	4		9	1	
Retinol....mcg	7		0	NR	4		9	1	
Vitamin E (alpha-tocopherol)....mg	6.33		0	NR	4		8.03	1.08	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.2		0	BFYN	4		0.2	0.0	
Lipids:									
Fatty acids, total saturated....g	0.370				4		0.470	0.063	
4:0....g	0.000				7		0.000	0.000	
6:0....g	0.000				7		0.000	0.000	
8:0....g	0.000				7		0.000	0.000	
10:0....g	0.000				7		0.000	0.000	
12:0....g	0.000				7		0.000	0.000	
13:0....g									
14:0....g	0.024				4		0.030	0.004	
15:0....g									
16:0....g	0.239				4		0.304	0.041	
17.0....g									
18.0....g	0.107				4		0.136	0.018	
20:0....g									
22:0....g									
24:0....g									

NDB No. 15250
Mollusks, conch, baked or broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	0.334				4		0.424	0.057	
14:1....g									
15:1....g									
16.1 undifferentiated....g	0.060				4		0.076	0.010	
17.1....g									
18:1 undifferentiated....g	0.072				4		0.091	0.012	
20:1....g	0.095				4		0.121	0.016	
22.1 undifferentiated....g	0.107				4		0.136	0.018	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.274				4		0.348	0.047	
18.2 undifferentiated....g	0.048				4		0.061	0.008	
18:3 undifferentiated....g	0.000				7		0.000	0.000	
18:4....g	0.000				7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.107				4		0.136	0.018	
20:5 n-3....g	0.048				4		0.061	0.008	
22:5 n-3....g	0.000				7		0.000	0.000	
22:6 n-3....g	0.072				4		0.091	0.012	
Fatty acids, total trans....g									
Cholesterol....mg	65				4		83	11	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	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 cup, sliced

Measure 2 = 17g: 1 oz cooked, yield

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15229

Mollusks, cuttlefish, mixed species, cooked, moist heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.12		0		1		51.95		
Energy....kcal	158		0	NC	4		134		
Energy....kj	661				4		562		
Protein (N x 6.25)....g	32.48		0		1		27.61		
Total lipid (fat)....g	1.40		0		1		1.19		
Ash....g	3.36		0		1		2.86		
Carbohydrate, by difference....g	1.64		0	NC	4		1.39		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	180		0		1		153		
Iron, Fe....mg	10.84		0		1		9.21		
Magnesium, Mg....mg	60		0		1		51		
Phosphorus, P....mg	580		0		1		493		
Potassium, K....mg	637		0		1		541		
Sodium, Na....mg	744		0		1		632		
Zinc, Zn....mg	3.46		0		1		2.94		
Copper, Cu....mg	0.998		0		1		0.848		
Manganese, Mn....mg	0.209		0		1		0.178		
Selenium, Se....mcg	89.6		0	BFSN	4		76.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.5		0		1		7.2		
Thiamin....mg	0.017		0		1		0.014		
Riboflavin....mg	1.729		0		1		1.470		
Niacin....mg	2.189		0		1		1.861		
Pantothenic acid....mg	0.900		0		1		0.765		
Vitamin B-6....mg	0.270		0		1		0.230		
Folate, total....mcg	24		0		1		20		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	24		0		1		20		
Folate, DFE....mcg_DFE	24		0	NC	4		20		
Vitamin B-12....mcg	5.40		0		1		4.59		
Vitamin A, IU....IU	675		0		1		574		
Vitamin A, RAE....mcg_RAE	203		0		1		172		
Retinol....mcg	203		0		1		172		
Vitamin E (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	0.236		0		1		0.201		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.024		0		1		0.020		
15:0....g									
16:0....g	0.122		0		1		0.104		
17:0....g									
18 0....g	0.088		0		1		0.075		
20.0....g									
22.0....g									
24:0....g									

NDB No. 15229
Mollusks, cuttlefish, mixed species, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.162		0		1		0.138		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.024		0		1		0.020		
17:1.....g									
18:1 undifferentiated.....g	0.062		0		1		0.053		
20:1.....g	0.072		0		1		0.061		
22:1 undifferentiated.....g	0.002		0		1		0.002		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.268		0		1		0.228		
18:2 undifferentiated.....g	0.004		0		1		0.003		
18:3 undifferentiated.....g	0.002		0		1		0.002		
18:4.....g	0.004		0		1		0.003		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026		0		1		0.022		
20:5 n-3.....g	0.078		0		1		0.066		
22:5 n-3.....g	0.012		0		1		0.010		
22:6 n-3.....g	0.132		0		1		0.112		
Fatty acids, total trans.....g									
Cholesterol.....mg	224		0		1		190		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.364		0		1		0.309		
Threonine.....g	1.398		0		1		1.188		
Isoleucine.....g	1.414		0		1		1.202		
Leucine.....g	2.287		0		1		1.944		
Lysine.....g	2.427		0		1		2.063		
Methionine.....g	0.733		0		1		0.623		
Cystine.....g	0.426		0		1		0.362		
Phenylalanine.....g	1.164		0		1		0.989		
Tyrosine.....g	1.039		0		1		0.883		
Valine.....g	1.419		0		1		1.206		
Arginine.....g	2.370		0		1		2.015		
Histidine.....g	0.624		0		1		0.530		
Alanine.....g	1.964		0		1		1.669		
Aspartic acid.....g	3.134		0		1		2.664		
Glutamic acid.....g	4.417		0		1		3.754		
Glycine.....g	2.032		0		1		1.727		
Proline.....g	1.325		0		1		1.126		
Serine.....g	1.455		0		1		1.237		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15163
Mollusks, cuttlefish, mixed species, raw
Sepiidae

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.56	0.545	16		1		68.48		
Energy....kcal	79		0	NC	4		67		
Energy....kj	331				4		281		
Protein (N x 6 25)....g	16.24		14		1		13.80		
Total lipid (fat)....g	0.70		16		1		0.60		
Ash....g	1.68		14		1		1.43		
Carbohydrate, by difference....g	0.82		0	NC	4		0.70		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	90		13		1		77		
Iron, Fe....mg	6.02		5		1		5.12		
Magnesium, Mg....mg	30		0		4		26		
Phosphorus, P....mg	387		13		1		329		
Potassium, K....mg	354		2		1		301		
Sodium, Na....mg	372		1		1		316		
Zinc, Zn....mg	1.73		27		1		1.47		
Copper, Cu....mg	0.587	0.134	30		1		0.499		
Manganese, Mn....mg	0.110		0		4		0.094		
Selenium, Se....mcg	44.8		0	CAZN	4		38.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.3		1		1		4.5		
Thiamin....mg	0.009		1		1		0.008		
Riboflavin....mg	0.910		1		1		0.774		
Niacin....mg	1.216		1		1		1.034		
Pantothenic acid....mg	0.500		0		4		0.425		
Vitamin B-6....mg	0.150		0		4		0.128		
Folate, total....mcg	16		0		4		14		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	16		0		4		14		
Folate, DFE....mcg_DFE	16		0	NC	4		14		
Vitamin B-12....mcg	3.00		1		1		2.55		
Vitamin A, IU....IU	375		0		4		319		
Vitamin A, RAE....mcg_RAE	113		0		4		96		
Retinol....mcg	113		0		4		96		
Vitamin E (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	0.118		0		1		0.100		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.012		1		1		0.010		
15:0....g									
16:0....g	0.061		1		1		0.052		
17:0....g									
18:0....g	0.044		1		1		0.037		
20·0....g									
22.0....g									
24 0....g									

NDB No. 15163

Mollusks, cuttlefish, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.081		0		1		0.069		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		1		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.031		1		1		0.026		
20:1.....g	0.036		1		1		0.031		
22:1 undifferentiated.....g	0.001		1		1		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.134		0		1		0.114		
18:2 undifferentiated.....g	0.002		1		1		0.002		
18:3 undifferentiated.....g	0.001		1		1		0.001		
18:4.....g	0.002		1		1		0.002		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.013		1		1		0.011		
20:5 n-3.....g	0.039		1		1		0.033		
22:5 n-3.....g	0.006		1		1		0.005		
22:6 n-3.....g	0.066		1		1		0.056		
Fatty acids, total trans.....g									
Cholesterol.....mg	112		1		1		95		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.182		0		1		0.155		
Threonine.....g	0.699		0		1		0.594		
Isoleucine.....g	0.707		0		1		0.601		
Leucine.....g	1.143		0		1		0.972		
Lysine.....g	1.213		0		1		1.031		
Methionine.....g	0.366		0		1		0.311		
Cystine.....g	0.213		0		1		0.181		
Phenylalanine.....g	0.582		0		1		0.495		
Tyrosine.....g	0.520		0		1		0.442		
Valine.....g	0.709		0		1		0.603		
Arginine.....g	1.185		0		1		1.007		
Histidine.....g	0.312		0		1		0.265		
Alanine.....g	0.982		0		1		0.835		
Aspartic acid.....g	1.567		0		1		1.332		
Glutamic acid.....g	2.208		0		1		1.877		
Glycine.....g	1.016		0		1		0.864		
Proline.....g	0.662		0		1		0.563		
Serine.....g	0.727		0		1		0.618		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15165
Mollusks, mussel, blue, cooked, moist heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.15		0		1		51.98		
Energy....kcal	172		0	NC	4		146		
Energy....kj	720				4		612		
Protein (N x 6.25)....g	23.80		0		1		20.23		
Total lipid (fat)....g	4.48		0		1		3.81		
Ash.. ....g	3.18		0		1		2.70		
Carbohydrate, by difference....g	7.39		0	NC	4		6.28		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	33	1.905	18		1		28		
Iron, Fe....mg	6.72	0.233	18		1		5.71		
Magnesium, Mg....mg	37	1.268	18		1		31		
Phosphorus, P....mg	285	3.535	27		1		242		
Potassium, K....mg	268	10.371	18		1		228		
Sodium, Na....mg	369	18.253	18		1		314		
Zinc, Zn....mg	2.67	0.116	18		1		2.27		
Copper, Cu....mg	0.149	0.009	18		1		0.127		
Manganese, Mn....mg	6.800		0		4		5.780		
Selenium, Se....mcg	89.6		0	BFSN	4		76.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	13.6		0		4		11.6		
Thiamin....mg	0.300		0		4		0.255		
Riboflavin....mg	0.420		0		4		0.357		
Niacin....mg	3.000		0		4		2.550		
Pantothenic acid....mg	0.950		0		4		0.808		
Vitamin B-6....mg	0.100		0		4		0.085		
Folate, total....mcg	76		0		4		64		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	76		0		4		64		
Folate, DFE....mcg_DFE	76		0	NC	4		64		
Vitamin B-12....mcg	24.00		0		4		20.40		
Vitamin A, IU....IU	304		0		4		258		
Vitamin A, RAE....mcg_RAE	91		0		4		78		
Retinol....mcg	91		0		4		78		
Vitamin E (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	0.850		0		1		0.723		
4:0....g									
6:0....g									
8:0....g									
10:0.. ....g									
12:0....g									
13:0....g									
14:0....g	0.118		0		1		0.100		
15:0....g									
16:0....g	0.588		0		1		0.500		
17.0....g									
18:0....g	0.136		0		1		0.116		
20:0. ....g									
22.0. ....g									
24:0....g									

NDB No. 15165

Mollusks, mussel, blue, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.014		0		1		0.862		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.276		0		1		0.235		
17:1.....g									
18:1 undifferentiated.....g	0.410		0		1		0.349		
20.1.....g	0.276		0		1		0.235		
22.1 undifferentiated.....g	0.052		0		1		0.044		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.212		0		1		1.030		
18:2 undifferentiated.....g	0.036		0		1		0.031		
18:3 undifferentiated.....g	0.040		0		1		0.034		
18:4.....g	0.070		0		1		0.060		
20.2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20.4 undifferentiated.....g	0.140		0		1		0.119		
20:5 n-3.....g	0.276		0		1		0.235		
22:5 n-3.....g	0.044		0		1		0.037		
22:6 n-3.....g	0.506		0		1		0.430		
Fatty acids, total trans.....g									
Cholesterol.....mg	56		0		1		48		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.267		0		1		0.227		
Threonine.....g	1.025		0		1		0.871		
Isoleucine.....g	1.036		0		1		0.881		
Leucine.....g	1.676		0		1		1.425		
Lysine.....g	1.779		0		1		1.512		
Methionine.....g	0.537		0		1		0.456		
Cystine.....g	0.312		0		1		0.265		
Phenylalanine.....g	0.853		0		1		0.725		
Tyrosine.....g	0.762		0		1		0.648		
Valine.....g	1.040		0		1		0.884		
Arginine.....g	1.737		0		1		1.476		
Histidine.....g	0.457		0		1		0.388		
Alanine.....g	1.440		0		1		1.224		
Aspartic acid.....g	2.297		0		1		1.952		
Glutamic acid.....g	3.238		0		1		2.752		
Glycine.....g	1.489		0		1		1.266		
Proline.....g	0.971		0		1		0.825		
Serine.....g	1.067		0		1		0.907		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15164
Mollusks, mussel, blue, raw
Mytilus edulis L.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	80.58	0.618	16		1		120.87	22.84	16.12
Energy ... kcal	86		0	NC	4		129	24	17
Energy ... kj	360				4		540	102	72
Protein (N x 6.25) ... g	11.90	0.072	12		1		17.85	3.37	2.38
Total lipid (fat) ... g	2.24	0.131	23		1		3.36	0.64	0.45
Ash ... g	1.59	0.061	19		1		2.39	0.45	0.32
Carbohydrate, by difference ... g	3.69		0	NC	4		5.54	1.05	0.74
Fiber, total dietary ... g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total ... g	0.00		0	Z	7		0.00	0.00	0.00
Starch ... g									
Minerals:									
Calcium, Ca ... mg	26	2.303	6		1		39	7	5
Iron, Fe ... mg	3.95	0.153	6		1		5.93	1.12	0.79
Magnesium, Mg ... mg	34	0.768	6		1		51	10	7
Phosphorus, P ... mg	197	1.253	9		1		296	56	39
Potassium, K ... mg	320	6.908	6		1		480	91	64
Sodium, Na ... mg	286	2.303	6		1		429	81	57
Zinc, Zn ... mg	1.60	0.031	6		1		2.40	0.45	0.32
Copper, Cu ... mg	0.094	0.006	6		1		0.141	0.027	0.019
Manganese, Mn ... mg	3.400		0		4		5.100	0.964	0.680
Selenium, Se ... mcg	44.8		0	CAZN	4		67.2	12.7	9.0
Vitamins:									
Vitamin C, total ascorbic acid ... mg	8.0		0		4		12.0	2.3	1.6
Thiamin ... mg	0.160		0		4		0.240	0.045	0.032
Riboflavin ... mg	0.210		0		4		0.315	0.060	0.042
Niacin ... mg	1.600		0		4		2.400	0.454	0.320
Pantothenic acid ... mg	0.500		0		4		0.750	0.142	0.100
Vitamin B-6 ... mg	0.050		0		4		0.075	0.014	0.010
Folate, total ... mcg	42		0		4		63	12	8
Folic acid ... mcg	0		0	Z	7		0	0	0
Folate, food ... mcg	42		0		4		63	12	8
Folate, DFE ... mcg_DFE	42		0	NC	4		63	12	8
Vitamin B-12 ... mcg	12.00		0		4		18.00	3.40	2.40
Vitamin A, IU ... IU	160		0	NC	4		240	45	32
Vitamin A, RAE ... mcg_RAE	48		0	NC	4		72	14	10
Retinol ... mcg	48		0	NR	4		72	14	10
Vitamin E (alpha-tocopherol) ... mg	0.55		1	A	1		0.83	0.16	0.11
Tocopherol, beta ... mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma ... mg	0.02		1	A	1		0.03	0.01	0.00
Tocopherol, delta ... mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg	0.1		0	T	4		0.1	0.0	0.0
Lipids:									
Fatty acids, total saturated ... g	0.425		0		1		0.638	0.120	0.085
4:0 ... g	0.000		0		1		0.000	0.000	0.000
6:0 ... g	0.000		0		1		0.000	0.000	0.000
8:0 ... g	0.000		0		1		0.000	0.000	0.000
10:0 ... g	0.000		0		1		0.000	0.000	0.000
12:0 ... g	0.000		0		1		0.000	0.000	0.000
13:0 ... g									
14:0 ... g	0.059		1		1		0.089	0.017	0.012
15:0 ... g									
16:0 ... g	0.294		1		1		0.441	0.083	0.059
17:0 ... g									
18:0 ... g	0.068		1		1		0.102	0.019	0.014
20:0 ... g									
22:0 ... g									
24:0 ... g									

NDB No. 15164
Mollusks, mussel, blue, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.507		0		1		0.761	0.144	0.101
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.138		1		1		0.207	0.039	0.028
17:1.....g									
18:1 undifferentiated.....g	0.205		1		1		0.308	0.058	0.041
20:1.....g	0.138		1		1		0.207	0.039	0.028
22:1 undifferentiated.....g	0.026		1		1		0.039	0.007	0.005
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.606		0		1		0.909	0.172	0.121
18:2 undifferentiated.....g	0.018		1		1		0.027	0.005	0.004
18:3 undifferentiated.....g	0.020		1		1		0.030	0.006	0.004
18:4.....g	0.035		1		1		0.053	0.010	0.007
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		1		1		0.105	0.020	0.014
20:5 n-3.....g	0.188		1		1		0.282	0.053	0.038
22:5 n-3.....g	0.022		1		1		0.033	0.006	0.004
22:6 n-3.....g	0.253		1		1		0.380	0.072	0.051
Fatty acids, total trans.....g									
Cholesterol.....mg	28	2.914	6		1		42	8	6
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.133		0		1		0.200	0.038	0.027
Threonine.....g	0.512		0		1		0.768	0.145	0.102
Isoleucine.....g	0.518		0		1		0.777	0.147	0.104
Leucine.....g	0.838		0		1		1.257	0.238	0.168
Lysine.....g	0.889		0		1		1.334	0.252	0.178
Methionine.....g	0.268		0		1		0.402	0.076	0.054
Cystine.....g	0.156		0		1		0.234	0.044	0.031
Phenylalanine.....g	0.426		0		1		0.639	0.121	0.085
Tyrosine.....g	0.381		0		1		0.572	0.108	0.076
Valine.....g	0.520		0		1		0.780	0.147	0.104
Arginine.....g	0.868		0		1		1.302	0.246	0.174
Histidine.....g	0.228		0		1		0.342	0.065	0.046
Alanine.....g	0.720		0		1		1.080	0.204	0.144
Aspartic acid.....g	1.148		0		1		1.722	0.325	0.230
Glutamic acid.....g	1.618		0		1		2.427	0.459	0.324
Glycine.....g	0.744		0		1		1.116	0.211	0.149
Proline.....g	0.486		0		1		0.729	0.138	0.097
Serine.....g	0.533		0		1		0.800	0.151	0.107
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
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 = 150g: 1 cup
Measure 2 = 28.35g: 1 oz
Measure 3 = 20g: 1 large

NDB No. 15164
Mollusks, mussel, blue, raw

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15230

Mollusks, octopus, common, cooked, moist heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.50		0		1		51.43		
Energy....kcal	164		0	NC	4		139		
Energy....kj	686				4		583		
Protein (N x 6.25)....g	29.82		0		1		25.35		
Total lipid (fat)....g	2.08		0		1		1.77		
Ash....g	3.20		0		1		2.72		
Carbohydrate, by difference....g	4.40		0	NC	4		3.74		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	106		0		1		90		
Iron, Fe....mg	9.54		0		1		8.11		
Magnesium, Mg....mg	60		0		1		51		
Phosphorus, P....mg	279		0		1		237		
Potassium, K....mg	630		0		1		536		
Sodium, Na....mg	460		0		1		391		
Zinc, Zn....mg	3.36		0		1		2.86		
Copper, Cu....mg	0.739		0		1		0.628		
Manganese, Mn....mg	0.047		0		1		0.040		
Selenium, Se....mcg	89.6		0	BFSN	4		76.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.0		0		1		6.8		
Thiamin....mg	0.057		0		1		0.048		
Riboflavin....mg	0.076		0		1		0.065		
Niacin....mg	3.780		0		1		3.213		
Pantothenic acid....mg	0.900		0		1		0.765		
Vitamin B-6....mg	0.648		0		1		0.551		
Folate, total....mcg	24		0		1		20		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	24		0		1		20		
Folate, DFE....mcg_DFE	24		0	NC	4		20		
Vitamin B-12....mcg	36.00		0		1		30.60		
Vitamin A, IU....IU	300		0	NC	4		255		
Vitamin A, RAE....mcg_RAE	90		0	NC	4		77		
Retinol....mcg	90		0	BFYN	4		77		
Vitamin E (alpha-tocopherol)....mg	1.20		0	NR	4		1.02		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	BFYN	4		0.1		
Lipids:									
Fatty acids, total saturated....g	0.453		0		1		0.385		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14.0....g	0.050		0		1		0.043		
15.0....g									
16:0....g	0.296		0		1		0.252		
17·0....g									
18:0....g	0.100		0		1		0.085		
20:0....g									
22:0....g									
24.0....g									

NDB No. 15230

Mollusks, octopus, common, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.324		0		1		0.275		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.132		0		1		0.112		
17:1.....g									
18:1 undifferentiated.....g	0.124		0		1		0.105		
20:1.....g	0.048		0		1		0.041		
22:1 undifferentiated.....g	0.020		0		1		0.017		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.477		0		1		0.405		
18:2 undifferentiated.....g	0.018		0		1		0.015		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.056		0		1		0.048		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.078		0		1		0.066		
20:5 n-3.....g	0.152		0		1		0.129		
22:5 n-3.....g	0.012		0		1		0.010		
22:6 n-3.....g	0.162		0		1		0.138		
Fatty acids, total trans.....g									
Cholesterol.....mg	96		0		1		82		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.334		0		1		0.284		
Threonine.....g	1.283		0		1		1.091		
Isoleucine.....g	1.298		0		1		1.103		
Leucine.....g	2.099		0		1		1.784		
Lysine.....g	2.228		0		1		1.894		
Methionine.....g	0.673		0		1		0.572		
Cystine.....g	0.391		0		1		0.332		
Phenylalanine.....g	1.069		0		1		0.909		
Tyrosine.....g	0.954		0		1		0.811		
Valine.....g	1.303		0		1		1.108		
Arginine.....g	2.176		0		1		1.850		
Histidine.....g	0.573		0		1		0.487		
Alanine.....g	1.804		0		1		1.533		
Aspartic acid.....g	2.877		0		1		2.445		
Glutamic acid.....g	4.056		0		1		3.448		
Glycine.....g	1.866		0		1		1.586		
Proline.....g	1.217		0		1		1.034		
Serine.....g	1.336		0		1		1.136		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	z	7		0		
Theobromine.....mg	0		0	z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

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

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15230
Mollusks, octopus, common, cooked, moist heat

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15166
Mollusks, octopus, common, raw
Octopus vulgaris Lamarck

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.25	0.625	19		1		68.21		
Energy.....kcal	82		0	NC	4		70		
Energy.....kj	343				4		292		
Protein (N x 6.25).....g	14.91	0.699	18		1		12.67		
Total lipid (fat).....g	1.04	0.066	17		1		0.88		
Ash.....g	1.60	0.086	14		1		1.36		
Carbohydrate, by difference.....g	2.20		0	NC	4		1.87		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	53	11.706	13		1		45		
Iron, Fe.....mg	5.30		1		1		4.51		
Magnesium, Mg.....mg	30		0		4		26		
Phosphorus, P.....mg	186	16.071	15		1		158		
Potassium, K.....mg	350		0		4		298		
Sodium, Na.....mg	230		0		4		196		
Zinc, Zn.....mg	1.68	0.280	11		1		1.43		
Copper, Cu.....mg	0.435	0.077	14		1		0.370		
Manganese, Mn.....mg	0.025		1		1		0.021		
Selenium, Se.....mcg	44.8		0	CAZN	4		38.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	5.0		0		4		4.3		
Thiamin.....mg	0.030		1		1		0.026		
Riboflavin.....mg	0.040		1		1		0.034		
Niacin.....mg	2.100		1		1		1.785		
Pantothenic acid.....mg	0.500		0		4		0.425		
Vitamin B-6.....mg	0.360		0		4		0.306		
Folate, total.....mcg	16		0		4		14		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	16		0		4		14		
Folate, DFE.....mcg_DFE	16		0	NC	4		14		
Vitamin B-12.....mcg	20.00		0		4		17.00		
Vitamin A, IU.....IU	150		0	NC	4		128		
Vitamin A, RAE.....mcg_RAE	45		0	NC	4		38		
Retinol.....mcg	45		0	NR	4		38		
Vitamin E (alpha-tocopherol).....mg	1.20		0	NR	4		1.02		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D..... IU									
Vitamin K (phylloquinone).....mcg	0.1		0	T	4		0.1		
Lipids:									
Fatty acids, total saturated.....g	0.227		0		1		0.193		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.025		2		1		0.021		
15:0.....g									
16:0.....g	0.148		2		1		0.126		
17:0.....g									
18:0.....g	0.050		2		1		0.043		
20 0.....g									
22:0.....g									
24:0.....g									

NDB No. 15166
Mollusks, octopus, common, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	0.162		0		1		0.138		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.066		2		1		0.056		
17:1....g									
18:1 undifferentiated....g	0.062		2		1		0.053		
20:1....g	0.024		1		1		0.020		
22:1 undifferentiated....g	0.010		1		1		0.009		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.239		0		1		0.203		
18:2 undifferentiated....g	0.009		2		1		0.008		
18:3 undifferentiated....g	0.000		0		1		0.000		
18:4....g	0.028		1		1		0.024		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.039		1		1		0.033		
20:5 n-3....g	0.076		2		1		0.065		
22:5 n-3....g	0.006		2		1		0.005		
22:6 n-3....g	0.081		2		1		0.069		
Fatty acids, total trans....g									
Cholesterol....mg	48		1		1		41		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.167		0		1		0.142		
Threonine....g	0.642		0		1		0.546		
Isoleucine....g	0.649		0		1		0.552		
Leucine....g	1.049		0		1		0.892		
Lysine....g	1.114		0		1		0.947		
Methionine....g	0.336		0		1		0.286		
Cystine....g	0.196		0		1		0.167		
Phenylalanine....g	0.534		0		1		0.454		
Tyrosine....g	0.477		0		1		0.405		
Valine....g	0.651		0		1		0.553		
Arginine....g	1.088		0		1		0.925		
Histidine....g	0.286		0		1		0.243		
Alanine....g	0.902		0		1		0.767		
Aspartic acid....g	1.438		0		1		1.222		
Glutamic acid....g	2.027		0		1		1.723		
Glycine....g	0.933		0		1		0.793		
Proline....g	0.608		0		1		0.517		
Serine....g	0.668		0		1		0.568		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	z	7		0		
Theobromine....mg	0		0	z	7		0		
Carotenoids:									
Carotene, beta....mcg	0		0	z	7		0.000		
Carotene, alpha....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta....mcg	0		0	z	7		0.000		
Lycopene....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin....mcg	0		0	z	7		0.000		

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

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15166
Mollusks, octopus, common, raw

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15231
Mollusks, oyster, Pacific, cooked, moist heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.12		0		1		16.03	54.50	
Energy....kcal	163		0	NC	4		41	139	
Energy....kj	682				4		170	580	
Protein (N x 6.25)....g	18.90		0		1		4.73	16.07	
Total lipid (fat)....g	4.60		0		1		1.15	3.91	
Ash....g	2.46		0		1		0.62	2.09	
Carbohydrate, by difference....g	9.90		0	NC	4		2.48	8.42	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0		1		4	14	
Iron, Fe....mg	9.20		0		1		2.30	7.82	
Magnesium, Mg....mg	44		0		1		11	37	
Phosphorus, P....mg	243		0		1		61	207	
Potassium, K....mg	302		0		1		76	257	
Sodium, Na....mg	212		0		1		53	180	
Zinc, Zn....mg	33.24		0		1		8.31	28.25	
Copper, Cu....mg	2.679		0		1		0.670	2.277	
Manganese, Mn....mg	1.222		0		1		0.306	1.039	
Selenium, Se....mcg	154.0		0	BFSN	4		38.5	130.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	12.8		0		1		3.2	10.9	
Thiamin....mg	0.127		0		1		0.032	0.108	
Riboflavin....mg	0.443		0		1		0.111	0.377	
Niacin....mg	3.618		0		1		0.905	3.075	
Pantothenic acid....mg	0.900		0		1		0.225	0.765	
Vitamin B-6....mg	0.090		0		1		0.023	0.077	
Folate, total....mcg	15		0		1		4	13	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	15		0		1		4	13	
Folate, DFE....mcg_DFE	15		0	NC	4		4	13	
Vitamin B-12....mcg	28.80		0		1		7.20	24.48	
Vitamin A, IU....IU	487		0	NC	4		122	414	
Vitamin A, RAE....mcg_RAE	146		0	NC	4		37	124	
Retinol....mcg	146		0	NC	4		37	124	
Vitamin E (alpha-tocopherol)....mg	0.85		0	BFZN	4		0.21	0.72	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	BFZN	4		0.0	0.1	
Lipids:									
Fatty acids, total saturated....g	1.020		0	NC	4		0.255	0.867	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.000		0	BFZN	4		0.000	0.000	
10:0....g	0.000		0	BFZN	4		0.000	0.000	
12:0....g	0.000		0	BFZN	4		0.000	0.000	
13:0....g									
14.0....g	0.164		0		1		0.041	0.139	
15:0....g									
16:0....g	0.714		0		1		0.179	0.607	
17.0....g									
18.0....g	0.142		0		1		0.036	0.121	
20:0....g									
22.0....g									
24·0....g									

NDB No. 15231

Mollusks, oyster, Pacific, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.776		0	NC	4		0.194	0.660	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.228		0		1		0.057	0.194	
17:1.....g									
18:1 undifferentiated.....g	0.382		0		1		0.096	0.325	
20:1.....g	0.060		0	BFZN	4		0.015	0.051	
22:1 undifferentiated.....g	0.106		0		1		0.027	0.090	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.788		0	NC	4		0.447	1.520	
18:2 undifferentiated.....g	0.064		0		1		0.016	0.054	
18:3 undifferentiated.....g	0.064		0		1		0.016	0.054	
18:4.....g	0.168		0		1		0.042	0.143	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.076		0		1		0.019	0.065	
20:5 n-3.....g	0.876		0		1		0.219	0.745	
22:5 n-3.....g	0.040		0		1		0.010	0.034	
22:6 n-3.....g	0.500		0		1		0.125	0.425	
Fatty acids, total trans.....g									
Cholesterol.....mg	100		0		1		25	85	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.212		0		1		0.053	0.180	
Threonine.....g	0.813		0		1		0.203	0.691	
Isoleucine.....g	0.823		0		1		0.206	0.700	
Leucine.....g	1.331		0		1		0.333	1.131	
Lysine.....g	1.412		0		1		0.353	1.200	
Methionine.....g	0.426		0		1		0.107	0.362	
Cystine.....g	0.248		0		1		0.062	0.211	
Phenylalanine.....g	0.677		0		1		0.169	0.575	
Tyrosine.....g	0.605		0		1		0.151	0.514	
Valine.....g	0.826		0		1		0.207	0.702	
Arginine.....g	1.379		0		1		0.345	1.172	
Histidine.....g	0.363		0		1		0.091	0.309	
Alanine.....g	1.143		0		1		0.286	0.972	
Aspartic acid.....g	1.823		0		1		0.456	1.550	
Glutamic acid.....g	2.570		0		1		0.643	2.185	
Glycine.....g	1.182		0		1		0.296	1.005	
Proline.....g	0.771		0		1		0.193	0.655	
Serine.....g	0.847		0		1		0.212	0.720	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
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 = 25g: 1 medium

Measure 2 = 85g: 3 oz

NDB No. 15231
Mollusks, oyster, Pacific, cooked, moist heat

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15171

Mollusks, oyster, Pacific, raw

Crassostrea gigas (Thunberg)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.06	0.674	27		1		41.03	69.75	
Energy....kcal	81		0	NC	4		41	69	
Energy....kj	339				4		169	288	
Protein (N x 6.25)....g	9.45	0.360	14		1		4.73	8.03	
Total lipid (fat)....g	2.30	0.209	13		1		1.15	1.96	
Ash....g	1.23	0.081	7		1		0.62	1.05	
Carbohydrate, by difference....g	4.95		0	NC	4		2.48	4.21	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8		2		1		4	7	
Iron, Fe....mg	5.11	0.546	23		1		2.56	4.34	
Magnesium, Mg....mg	22		2		1		11	19	
Phosphorus, P....mg	162		2		1		81	138	
Potassium, K....mg	168		2		1		84	143	
Sodium, Na....mg	106		2		1		53	90	
Zinc, Zn....mg	16.62	1.432	102		1		8.31	14.13	
Copper, Cu....mg	1.576	0.075	112		1		0.788	1.340	
Manganese, Mn....mg	0.643		2		1		0.322	0.547	
Selenium, Se....mcg	77.0		0	BFSN	4		38.5	65.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.0		0		4		4.0	6.8	
Thiamin....mg	0.067	0.007	3		1		0.034	0.057	
Riboflavin....mg	0.233	0.018	3		1		0.117	0.198	
Niacin....mg	2.010	0.110	3		1		1.005	1.709	
Pantothenic acid....mg	0.500		0		4		0.250	0.425	
Vitamin B-6....mg	0.050		0		4		0.025	0.043	
Folate, total....mcg	10		0		4		5	9	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	10		0		4		5	9	
Folate, DFE....mcg_DFE	10		0	NC	4		5	9	
Vitamin B-12....mcg	16.00		0		4		8.00	13.60	
Vitamin A, IU....IU	270		0		4		135	230	
Vitamin A, RAE....mcg_RAE	81		0		4		41	69	
Retinol....mcg	81		0		4		41	69	
Vitamin E (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	0.510		0		1		0.255	0.434	
4:0....g	0.000		0		1		0.000	0.000	
6.0....g	0.000		0		1		0.000	0.000	
8.0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.082		2		1		0.041	0.070	
15:0....g									
16:0....g	0.357		2		1		0.179	0.303	
17:0....g									
18:0....g	0.071		2		1		0.036	0.060	
20.0....g									
22:0....g									
24:0....g									

NDB No. 15171
Mollusks, oyster, 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	0.358		0		1		0.179	0.304	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.114		2		1		0.057	0.097	
17:1.....g									
18:1 undifferentiated.....g	0.191		2		1		0.096	0.162	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.053		1		1		0.027	0.045	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.894		0		1		0.447	0.760	
18:2 undifferentiated.....g	0.032		2		1		0.016	0.027	
18:3 undifferentiated.....g	0.032		1		1		0.016	0.027	
18:4.....g	0.084		2		1		0.042	0.071	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038		1		1		0.019	0.032	
20:5 n-3.....g	0.438		2		1		0.219	0.372	
22:5 n-3.....g	0.020		1		1		0.010	0.017	
22:6 n-3.....g	0.250		2		1		0.125	0.213	
Fatty acids, total trans.....g									
Cholesterol.....mg	50		0		4		25	43	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.106		0		1		0.053	0.090	
Threonine.....g	0.407		0		1		0.204	0.346	
Isoleucine.....g	0.411		0		1		0.206	0.349	
Leucine.....g	0.665		0		1		0.333	0.565	
Lysine.....g	0.706		0		1		0.353	0.600	
Methionine.....g	0.213		0		1		0.107	0.181	
Cystine.....g	0.124		0		1		0.062	0.105	
Phenylalanine.....g	0.339		0		1		0.170	0.288	
Tyrosine.....g	0.302		0		1		0.151	0.257	
Valine.....g	0.413		0		1		0.207	0.351	
Arginine.....g	0.689		0		1		0.345	0.586	
Histidine.....g	0.181		0		1		0.091	0.154	
Alanine.....g	0.572		0		1		0.286	0.486	
Aspartic acid.....g	0.912		0		1		0.456	0.775	
Glutamic acid.....g	1.285		0		1		0.643	1.092	
Glycine.....g	0.591		0		1		0.296	0.502	
Proline.....g	0.386		0		1		0.193	0.328	
Serine.....g	0.423		0		1		0.212	0.360	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 50g: 1 medium

Measure 2 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15170

Mollusks, oyster, eastern, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.14		0		1		137.93	211.15	19.58
Energy....kcal	69		0	NC	4		112	171	16
Energy....kj	289				4		468	716	66
Protein (N x 6.25)....g	7.06		0		1		11.44	17.51	1.62
Total lipid (fat)....g	2.47		0		1		4.00	6.13	0.57
Ash....g	1.42		0		1		2.30	3.52	0.33
Carbohydrate, by difference....g	3.91		0	NC	4		6.33	9.70	0.90
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	45		0		1		73	112	10
Iron, Fe....mg	6.70		0		1		10.85	16.62	1.54
Magnesium, Mg....mg	54		0		1		87	134	12
Phosphorus, P....mg	139		0		1		225	345	32
Potassium, K....mg	229		0		1		371	568	53
Sodium, Na....mg	112		0		1		181	278	26
Zinc, Zn....mg	90.95		0		1		147.34	225.56	20.92
Copper, Cu....mg	4.461		0		1		7.227	11.063	1.026
Manganese, Mn....mg	0.450		0		4		0.729	1.116	0.104
Selenium, Se....mcg	35.8		0	BFSN	4		58.0	88.8	8.2
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.0		0		4		8.1	12.4	1.2
Thiamin....mg	0.150		0		4		0.243	0.372	0.035
Riboflavin....mg	0.166		0		1		0.269	0.412	0.038
Niacin....mg	1.244		0		1		2.015	3.085	0.286
Pantothenic acid....mg	0.180		0		4		0.292	0.446	0.041
Vitamin B-6....mg	0.095		0		1		0.154	0.236	0.022
Folate, total....mcg	9		0		1		14	22	2
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	9		0		1		14	22	2
Folate, DFE....mcg_DFE	9		0	NC	4		14	22	2
Vitamin B-12....mcg	19.13		0		1		31.00	47.45	4.40
Vitamin A, IU....IU	300		0	NC	4		486	744	69
Vitamin A, RAE....mcg_RAE	90		0	NC	4		146	223	21
Retinol....mcg	90		0	NC	4		146	223	21
Vitamin E (alpha-tocopherol)....mg	0.85		0	NR	4		1.38	2.11	0.20
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	T	4		0.2	0.2	0.0
Lipids:									
Fatty acids, total saturated....g	0.631		0		1		1.022	1.565	0.145
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.109		0		1		0.177	0.270	0.025
15:0....g									
16:0....g	0.435		0		1		0.705	1.079	0.100
17:0....g									
18:0....g	0.060		0		1		0.097	0.149	0.014
20:0....g									
22:0....g									
24:0....g									

NDB No. 15170

Mollusks, oyster, eastern, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.250		0		1		0.405	0.620	0.058
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.074		0		1		0.120	0.184	0.017
17.1.....g									
18:1 undifferentiated.....g	0.097		0		1		0.157	0.241	0.022
20:1.....g	0.060		0		1		0.097	0.149	0.014
22:1 undifferentiated.....g	0.009		0		1		0.015	0.022	0.002
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.739		0		1		1.197	1.833	0.170
18:2 undifferentiated.....g	0.049		0		1		0.079	0.122	0.011
18:3 undifferentiated.....g	0.037		0		1		0.060	0.092	0.009
18:4.....g	0.096		0		1		0.156	0.238	0.022
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.068		0		1		0.110	0.169	0.016
20:5 n-3.....g	0.211		0		1		0.342	0.523	0.049
22:5 n-3.....g	0.050		0		1		0.081	0.124	0.012
22:6 n-3.....g	0.228		0		1		0.369	0.565	0.052
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0		1		89	136	13
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.079		0		1		0.128	0.196	0.018
Threonine.....g	0.304		0		1		0.492	0.754	0.070
Isoleucine.....g	0.307		0		1		0.497	0.761	0.071
Leucine.....g	0.497		0		1		0.805	1.233	0.114
Lysine.....g	0.528		0		1		0.855	1.309	0.121
Methionine.....g	0.159		0		1		0.258	0.394	0.037
Cystine.....g	0.093		0		1		0.151	0.231	0.021
Phenylalanine.....g	0.253		0		1		0.410	0.627	0.058
Tyrosine.....g	0.226		0		1		0.366	0.560	0.052
Valine.....g	0.308		0		1		0.499	0.764	0.071
Arginine.....g	0.515		0		1		0.834	1.277	0.118
Histidine.....g	0.136		0		1		0.220	0.337	0.031
Alanine.....g	0.427		0		1		0.692	1.059	0.098
Aspartic acid.....g	0.681		0		1		1.103	1.689	0.157
Glutamic acid.....g	0.961		0		1		1.557	2.383	0.221
Glycine.....g	0.442		0		1		0.716	1.096	0.102
Proline.....g	0.288		0		1		0.467	0.714	0.066
Serine.....g	0.316		0		1		0.512	0.784	0.073
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
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 = 162g: 1 cup, drained

Measure 2 = 248g: 1 cup, undrained

Measure 3 = 23g: 1 oz, drained

NDB No. 15170
Mollusks, oyster, eastern, canned

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15168
Mollusks, oyster, eastern, cooked, breaded and fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.72		0		1		55.01	56.95	
Energy....kcal	197		0	NC	4		167	173	
Energy....kJ	824				4		701	725	
Protein (N x 6.18)....g	8.77		0		1		7.45	7.72	
Total lipid (fat)....g	12.58		0		1		10.69	11.07	
Ash....g	1.72		0		1		1.46	1.51	
Carbohydrate, by difference....g	11.62		0	NC	4		9.88	10.23	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	62		0		1		53	55	
Iron, Fe....mg	6.95		0		1		5.91	6.12	
Magnesium, Mg....mg	58		0		1		49	51	
Phosphorus, P....mg	159		0		1		135	140	
Potassium, K....mg	244		0		1		207	215	
Sodium, Na....mg	417		0		1		354	367	
Zinc, Zn....mg	87.13		0		1		74.06	76.67	
Copper, Cu....mg	4.294		0		1		3.650	3.779	
Manganese, Mn....mg	0.490		0		4		0.417	0.431	
Selenium, Se....mcg	66.5		0	RA	4		56.5	58.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.8		0		4		3.2	3.3	
Thiamin....mg	0.150		0		4		0.128	0.132	
Riboflavin....mg	0.202		0		1		0.172	0.178	
Niacin....mg	1.650		0		1		1.403	1.452	
Pantothenic acid....mg	0.270		0		4		0.230	0.238	
Vitamin B-6....mg	0.064		0		1		0.054	0.056	
Folate, total....mcg	31		0	RA	4		26	27	
Folic acid....mcg	17		0	NC	4		15	15	
Folate, food....mcg	14		0		1		12	12	
Folate, DFE....mcg_DFE	43		0	NC	4		37	38	
Vitamin B-12....mcg	15.63		0		1		13.28	13.75	
Vitamin A, IU....IU	302		0		4		257	266	
Vitamin A, RAE....mcg_RAE	91		0		4		77	80	
Retinol....mcg	91		0		4		77	80	
Vitamin E (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	3.197		0		1		2.717	2.813	
4:0....g									
6:0....g									
8.0....g									
10:0....g									
12:0....g									
13.0....g									
14 0....g	0.150		0		1		0.128	0.132	
15:0....g									
16:0....g	1.910		0		1		1.624	1.681	
17:0....g									
18:0....g	1.110		0		1		0.944	0.977	
20:0....g									
22:0....g									
24 0....g									

NDB No. 15168

Mollusks, oyster, eastern, cooked, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.702		0		1		3.997	4.138	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.092		0		1		0.078	0.081	
17:1.....g									
18:1 undifferentiated.....g	4.440		0		1		3.774	3.907	
20:1.....g	0.057		0		1		0.048	0.050	
22:1 undifferentiated.....g	0.009		0		1		0.008	0.008	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.313		0		1		2.816	2.915	
18:2 undifferentiated.....g	2.440		0		1		2.074	2.147	
18:3 undifferentiated.....g	0.156		0		1		0.133	0.137	
18:4.....g	0.092		0		1		0.078	0.081	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.060	0.062	
20:5 n-3.....g	0.202		0		1		0.172	0.178	
22:5 n-3.....g	0.048		0		1		0.041	0.042	
22:6 n-3.....g	0.218		0		1		0.185	0.192	
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		69	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.105		0		1		0.089	0.092	
Threonine.....g	0.365		0		1		0.310	0.321	
Isoleucine.....g	0.396		0		1		0.337	0.348	
Leucine.....g	0.638		0		1		0.542	0.561	
Lysine.....g	0.582		0		1		0.495	0.512	
Methionine.....g	0.199		0		1		0.169	0.175	
Cystine.....g	0.131		0		1		0.111	0.115	
Phenylalanine.....g	0.352		0		1		0.299	0.310	
Tyrosine.....g	0.290		0		1		0.247	0.255	
Valine.....g	0.409		0		1		0.348	0.360	
Arginine.....g	0.585		0		1		0.497	0.515	
Histidine.....g	0.175		0		1		0.149	0.154	
Alanine.....g	0.491		0		1		0.417	0.432	
Aspartic acid.....g	0.782		0		1		0.665	0.688	
Glutamic acid.....g	1.495		0		1		1.271	1.316	
Glycine.....g	0.493		0		1		0.419	0.434	
Proline.....g	0.470		0		1		0.400	0.414	
Serine.....g	0.429		0		1		0.365	0.378	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 88g: 6 medium

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 4.12

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15246

Mollusks, oyster, eastern, farmed, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.95	1.580	4		1		69.66	48.35	
Energy....kcal	79		0	NC	4		67	47	
Energy....kj	331				4		281	195	
Protein (N x 6.25)....g	7.00	0.258	4		1		5.95	4.13	
Total lipid (fat)....g	2.12	0.364	4		1		1.80	1.25	
Ash....g	1.65	0.087	4		1		1.40	0.97	
Carbohydrate, by difference....g	7.28		0	NC	4		6.19	4.30	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	56		0		4		48	33	
Iron, Fe....mg	7.77	2.621	4		1		6.60	4.58	
Magnesium, Mg....mg	33	2.131	4		1		28	19	
Phosphorus, P....mg	115	16.044	4		1		98	68	
Potassium, K....mg	152	20.318	4		1		129	90	
Sodium, Na....mg	163	8.607	4		1		139	96	
Zinc, Zn....mg	45.15	5.353	4		1		38.38	26.64	
Copper, Cu....mg	1.434	0.384	4		1		1.219	0.846	
Manganese, Mn....mg	0.425	0.118	4		1		0.361	0.251	
Selenium, Se....mcg	77.5		0	BFSN	4		65.9	45.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.0	0.999	4		1		5.1	3.5	
Thiamin....mg	0.130	0.015	4		1		0.111	0.077	
Riboflavin....mg	0.055	0.022	4		1		0.047	0.032	
Niacin....mg	1.792	0.326	4		1		1.523	1.057	
Pantothenic acid....mg	0.195	0.038	4		1		0.166	0.115	
Vitamin B-6....mg	0.076	0.009	4		1		0.065	0.045	
Folate, total....mcg	24	3.838	4		1		20	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	24	3.838	4		1		20	14	
Folate, DFE....mcg_DFE	24		0	NC	4		20	14	
Vitamin B-12....mcg	24.30	1.079	4		1		20.66	14.34	
Vitamin A, IU....IU	63	31.458	4		1		54	37	
Vitamin A, RAE....mcg_RAE	19	9.447	4		1		16	11	
Retinol....mcg	19	9.447	4		1		16	11	
Vitamin E (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	0.683		0		1		0.581	0.403	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.053		4		1		0.045	0.031	
15:0....g									
16:0....g	0.489		4		1		0.416	0.289	
17:0....g									
18:0....g	0.070		4		1		0.060	0.041	
20:0....g									
22:0....g									
24:0....g									

NDB No. 15246

Mollusks, oyster, eastern, farmed, 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	0.230		0		1		0.196	0.136	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.059		4		1		0.050	0.035	
17:1.....g									
18:1 undifferentiated.....g	0.111		4		1		0.094	0.065	
20:1.....g	0.049		4		1		0.042	0.029	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.713		0		1		0.606	0.421	
18:2 undifferentiated.....g	0.043		4		1		0.037	0.025	
18:3 undifferentiated.....g	0.063		4		1		0.054	0.037	
18:4.....g	0.118		4		1		0.100	0.070	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.044		4		1		0.037	0.026	
20:5 n-3.....g	0.229		4		1		0.195	0.135	
22:5 n-3.....g									
22:6 n-3.....g	0.211		4		1		0.179	0.124	
Fatty acids, total trans.....g									
Cholesterol.....mg	38	3.202	4		1		32	22	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.078		0		1		0.066	0.046	
Threonine.....g	0.301		0		1		0.256	0.178	
Isoleucine.....g	0.305		0		1		0.259	0.180	
Leucine.....g	0.493		0		1		0.419	0.291	
Lysine.....g	0.523		0		1		0.445	0.309	
Methionine.....g	0.158		0		1		0.134	0.093	
Cystine.....g	0.092		0		1		0.078	0.054	
Phenylalanine.....g	0.251		0		1		0.213	0.148	
Tyrosine.....g	0.224		0		1		0.190	0.132	
Valine.....g	0.306		0		1		0.260	0.181	
Arginine.....g	0.511		0		1		0.434	0.301	
Histidine.....g	0.134		0		1		0.114	0.079	
Alanine.....g	0.423		0		1		0.360	0.250	
Aspartic acid.....g	0.675		0		1		0.574	0.398	
Glutamic acid.....g	0.952		0		1		0.809	0.562	
Glycine.....g	0.438		0		1		0.372	0.258	
Proline.....g	0.286		0		1		0.243	0.169	
Serine.....g	0.314		0		1		0.267	0.185	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 59g: 6 medium

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15245

Mollusks, oyster, eastern, farmed, raw

Crassostrea virginica (Gmelin)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.20	1.521	4		1		73.27	72.41	
Energy....kcal	59		0	NC	4		50	50	
Energy....kj	247				4		210	207	
Protein (N x 6.25)....g	5.22	0.345	4		1		4.44	4.38	
Total lipid (fat)....g	1.55	0.250	4		1		1.32	1.30	
Ash....g	1.50	0.108	4		1		1.28	1.26	
Carbohydrate, by difference....g	5.53		0	NC	4		4.70	4.65	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	44		0	BFZN	4		37	37	
Iron, Fe....mg	5.78	1.340	4		1		4.91	4.86	
Magnesium, Mg....mg	33	2.352	4		1		28	28	
Phosphorus, P....mg	93	10.351	4		1		79	78	
Potassium, K....mg	124	15.201	4		1		105	104	
Sodium, Na....mg	178	8.319	4		1		151	150	
Zinc, Zn....mg	37.92	3.558	4		1		32.23	31.85	
Copper, Cu....mg	0.738	0.362	4		1		0.627	0.620	
Manganese, Mn....mg	0.394	0.113	4		1		0.335	0.331	
Selenium, Se....mcg	63.7		6	A	1		54.1	53.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.7	0.556	4		1		4.0	3.9	
Thiamin....mg	0.105	0.013	4		1		0.089	0.088	
Riboflavin....mg	0.065	0.021	4		1		0.055	0.055	
Niacin....mg	1.267	0.185	4		1		1.077	1.064	
Pantothenic acid....mg	0.157	0.047	4		1		0.133	0.132	
Vitamin B-6....mg	0.060	0.008	4		1		0.051	0.050	
Folate, total....mcg	18	4.031	4		1		15	15	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	18	4.031	4		1		15	15	
Folate, DFE....mcg_DFE	18		0	NC	4		15	15	
Vitamin B-12....mcg	16.20	1.143	4		1		13.77	13.61	
Vitamin A, IU....IU	25	14.434	4		1		21	21	
Vitamin A, RAE....mcg_RAE	8	4.335	4		1		6	6	
Retinol....mcg	8	4.335	4		1		6	6	
Vitamin E (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	0.443		0		1		0.377	0.372	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.035		4		1		0.030	0.029	
15:0....g									
16:0....g	0.314		4		1		0.267	0.264	
17:0....g									
18:0....g	0.045		4		1		0.038	0.038	
20:0....g									
22:0....g									
24:0....g									

NDB No. 15245
Mollusks, oyster, eastern, farmed, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.152		0		1		0.129	0.128	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		4		1		0.032	0.032	
17:1.....g									
18:1 undifferentiated.....g	0.074		4		1		0.063	0.062	
20:1.....g	0.033		4		1		0.028	0.028	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.591		0		1		0.502	0.496	
18:2 undifferentiated.....g	0.028		4		1		0.024	0.024	
18:3 undifferentiated.....g	0.044		4		1		0.037	0.037	
18:4.....g	0.092		4		1		0.078	0.077	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		4		1		0.028	0.028	
20:5 n-3.....g	0.188		4		1		0.160	0.158	
22:5 n-3.....g									
22:6 n-3.....g	0.203		4		1		0.173	0.171	
Fatty acids, total trans.....g									
Cholesterol.....mg	25	1.273	4		1		21	21	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.059		0		1		0.050	0.050	
Threonine.....g	0.225		0		1		0.191	0.189	
Isoleucine.....g	0.227		0		1		0.193	0.191	
Leucine.....g	0.368		0		1		0.313	0.309	
Lysine.....g	0.390		0		1		0.332	0.328	
Methionine.....g	0.118		0		1		0.100	0.099	
Cystine.....g	0.069		0		1		0.059	0.058	
Phenylalanine.....g	0.187		0		1		0.159	0.157	
Tyrosine.....g	0.167		0		1		0.142	0.140	
Valine.....g	0.228		0		1		0.194	0.192	
Arginine.....g	0.381		0		1		0.324	0.320	
Histidine.....g	0.100		0		1		0.085	0.084	
Alanine.....g	0.316		0		1		0.269	0.265	
Aspartic acid.....g	0.504		0		1		0.428	0.423	
Glutamic acid.....g	0.711		0		1		0.604	0.597	
Glycine.....g	0.327		0		1		0.278	0.275	
Proline.....g	0.213		0		1		0.181	0.179	
Serine.....g	0.234		0		1		0.199	0.197	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 84g: 6 medium

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15244

Mollusks, oyster, eastern, wild, cooked, dry heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.30		2		1		70.81	49.15	
Energy....kcal	72		0	NC	4		61	42	
Energy....kj	301				4		256	178	
Protein (N x 6.25)....g	8.25		2		1		7.01	4.87	
Total lipid (fat)....g	1.90		2		1		1.62	1.12	
Ash....g	1.75		2		1		1.49	1.03	
Carbohydrate, by difference....g	4.80		0	NC	4		4.08	2.83	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	45		0	BFZN	4		38	27	
Iron, Fe....mg	4.33		2		1		3.68	2.55	
Magnesium, Mg....mg	46		2		1		39	27	
Phosphorus, P....mg	136		2		1		116	80	
Potassium, K....mg	168		2		1		143	99	
Sodium, Na....mg	244		2		1		207	144	
Zinc, Zn....mg	73.60		2		1		62.56	43.42	
Copper, Cu....mg	3.455		2		1		2.937	2.038	
Manganese, Mn....mg	0.288		2		1		0.245	0.170	
Selenium, Se....mcg	71.7		0	BFSN	4		60.9	42.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.1		2		1		3.5	2.4	
Thiamin....mg	0.085		2		1		0.072	0.050	
Riboflavin....mg	0.080		2		1		0.068	0.047	
Niacin....mg	1.675		2		1		1.424	0.988	
Pantothenic acid....mg	0.225		2		1		0.191	0.133	
Vitamin B-6....mg	0.096		2		1		0.082	0.057	
Folate, total....mcg	18		2		1		15	11	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	18		2		1		15	11	
Folate, DFE....mcg_DFE	18		0	NC	4		15	11	
Vitamin B-12....mcg	27.80		2		1		23.63	16.40	
Vitamin A, IU....IU	0		2		1		0	0	
Vitamin A, RAE....mcg_RAE	0		2		1		0	0	
Retinol....mcg	0		2		1		0	0	
Vitamin E (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	0.550		0		1		0.468	0.325	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.047		2		1		0.040	0.028	
15:0....g									
16:0....g	0.394		2		1		0.335	0.232	
17:0....g									
18:0....g	0.049		2		1		0.042	0.029	
20:0....g									
22:0....g									
24:0....g									

NDB No. 15244

Mollusks, oyster, eastern, wild, cooked, dry heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.230		0		1		0.196	0.136	
14:1.....g									
15:1.....g									
16.1 undifferentiated .....g	0.061		2		1		0.052	0.036	
17:1.....g									
18·1 undifferentiated.....g	0.089		2		1		0.076	0.053	
20:1 .....g	0.063		2		1		0.054	0.037	
22:1 undifferentiated.....g									
24·1 c.....g									
Fatty acids, total polyunsaturated.....g	0.809		0		1		0.688	0.477	
18:2 undifferentiated. .....g	0.032		2		1		0.027	0.019	
18:3 undifferentiated.....g	0.050		2		1		0.043	0.030	
18:4.....g	0.087		2		1		0.074	0.051	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.053		2		1		0.045	0.031	
20:5 n-3.....g	0.260		2		1		0.221	0.153	
22:5 n-3.....g									
22:6 n-3.....g	0.291		2		1		0.247	0.172	
Fatty acids, total trans.....g									
Cholesterol.....mg	49		2		1		42	29	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.092		0		1		0.078	0.054	
Threonine.....g	0.355		0		1		0.302	0.209	
Isoleucine.....g	0.359		0		1		0.305	0.212	
Leucine.....g	0.581		0		1		0.494	0.343	
Lysine.....g	0.616		0		1		0.524	0.363	
Methionine.....g	0.186		0		1		0.158	0.110	
Cystine.....g	0.108		0		1		0.092	0.064	
Phenylalanine.....g	0.296		0		1		0.252	0.175	
Tyrosine.....g	0.264		0		1		0.224	0.156	
Valine.....g	0.360		0		1		0.306	0.212	
Arginine.....g	0.602		0		1		0.512	0.355	
Histidine.....g	0.158		0		1		0.134	0.093	
Alanine.....g	0.499		0		1		0.424	0.294	
Aspartic acid.....g	0.796		0		1		0.677	0.470	
Glutamic acid.....g	1.122		0		1		0.954	0.662	
Glycine.....g	0.516		0		1		0.439	0.304	
Proline.....g	0.337		0		1		0.286	0.199	
Serine.....g	0.370		0		1		0.315	0.218	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 59g: 6 medium

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15169

Mollusks, oyster, eastern, wild, cooked, moist heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.32		0		1		59.77	29.53	
Energy....kcal	137		0	NC	4		116	58	
Energy....kj	573				4		487	241	
Protein (N x 6.25)....g	14.10		0		1		11.99	5.92	
Total lipid (fat)....g	4.91		0		1		4.17	2.06	
Ash....g	2.84		0		1		2.41	1.19	
Carbohydrate, by difference....g	7.82		0	NC	4		6.65	3.28	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	90		0		1		77	38	
Iron, Fe....mg	11.99		0		1		10.19	5.04	
Magnesium, Mg....mg	95		0		1		81	40	
Phosphorus, P....mg	203		0		1		173	85	
Potassium, K....mg	281		0		1		239	118	
Sodium, Na....mg	422		0		1		359	177	
Zinc, Zn....mg	181.61		0		1		154.37	76.28	
Copper, Cu....mg	7.569		0		1		6.434	3.179	
Manganese, Mn....mg	0.697		0		1		0.592	0.293	
Selenium, Se....mcg	71.6	10.425	4	A	1		60.9	30.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.0		0		1		5.1	2.5	
Thiamin....mg	0.190		0		1		0.162	0.080	
Riboflavin....mg	0.181		0		1		0.154	0.076	
Niacin....mg	2.484		0		1		2.111	1.043	
Pantothenic acid....mg	0.351		0		1		0.298	0.147	
Vitamin B-6....mg	0.118		0		1		0.100	0.050	
Folate, total....mcg	14		0		1		12	6	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	14		0		1		12	6	
Folate, DFE....mcg_DFE	14		0	NC	4		12	6	
Vitamin B-12....mcg	35.02		0		1		29.77	14.71	
Vitamin A, IU....IU	180		0		1		153	76	
Vitamin A, RAE....mcg_RAE	54		0		1		46	23	
Retinol....mcg	54		0		1		46	23	
Vitamin E (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	1.544		0		1		1.312	0.648	
4:0....g									
6:0....g									
8:0....g									
10.0....g									
12:0....g									
13:0....g									
14:0....g	0.249		0		1		0.212	0.105	
15:0....g									
16:0....g	1.070		0		1		0.910	0.449	
17.0....g									
18.0....g	0.146		0		1		0.124	0.061	
20·0....g									
22.0....g									
24:0....g									

NDB No. 15169

Mollusks, oyster, eastern, wild, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.628		0		1		0.534	0.264	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.181		0		1		0.154	0.076	
17:1.....g									
18:1 undifferentiated.....g	0.244		0		1		0.207	0.102	
20:1.....g	0.150		0		1		0.128	0.063	
22:1 undifferentiated.....g	0.022		0		1		0.019	0.009	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.936		0		1		1.646	0.813	
18:2 undifferentiated.....g	0.117		0		1		0.099	0.049	
18:3 undifferentiated.....g	0.100		0		1		0.085	0.042	
18:4.....g	0.233		0		1		0.198	0.098	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.160		0		1		0.136	0.067	
20:5 n-3.....g	0.536		0		1		0.456	0.225	
22:5 n-3.....g	0.125		0		1		0.106	0.053	
22:6 n-3.....g	0.584		0		1		0.496	0.245	
Fatty acids, total trans.....g									
Cholesterol.....mg	105		0		1		89	44	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.158		0		1		0.134	0.066	
Threonine.....g	0.607		0		1		0.516	0.255	
Isoleucine.....g	0.614		0		1		0.522	0.258	
Leucine.....g	0.993		0		1		0.844	0.417	
Lysine.....g	1.053		0		1		0.895	0.442	
Methionine.....g	0.318		0		1		0.270	0.134	
Cystine.....g	0.185		0		1		0.157	0.078	
Phenylalanine.....g	0.505		0		1		0.429	0.212	
Tyrosine.....g	0.451		0		1		0.383	0.189	
Valine.....g	0.616		0		1		0.524	0.259	
Arginine.....g	1.029		0		1		0.875	0.432	
Histidine.....g	0.271		0		1		0.230	0.114	
Alanine.....g	0.853		0		1		0.725	0.358	
Aspartic acid.....g	1.360		0		1		1.156	0.571	
Glutamic acid.....g	1.917		0		1		1.629	0.805	
Glycine.....g	0.882		0		1		0.750	0.370	
Proline.....g	0.575		0		1		0.489	0.242	
Serine.....g	0.632		0		1		0.537	0.265	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 42g: 6 medium

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15167

Mollusks, oyster, eastern, wild, raw

Crassostrea virginica (Gmelin)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ....g	85.16	0.197	254		1		211.20	71.53	
Energy ....kcal	68		0	NC	4		169	57	
Energy ....kJ	285				4		706	239	
Protein (N x 6.25) ....g	7.05	0.097	212		1		17.48	5.92	
Total lipid (fat) ....g	2.46	0.099	195		1		6.10	2.07	
Ash ....g	1.42	0.050	160		1		3.52	1.19	
Carbohydrate, by difference ....g	3.91		0	NC	4		9.70	3.28	
Fiber, total dietary ....g	0.0		0	Z	7		0.0	0.0	
Sugars, total ....g	0.00		0	Z	7		0.00	0.00	
Starch ....g									
Minerals:									
Calcium, Ca ....mg	45	2.757	37		1		112	38	
Iron, Fe ....mg	6.66	0.407	102		1		16.52	5.59	
Magnesium, Mg ....mg	47	3.697	3		1		117	39	
Phosphorus, P ....mg	135	5.372	29		1		335	113	
Potassium, K ....mg	156	36.748	3		1		387	131	
Sodium, Na ....mg	211	58.810	3		1		523	177	
Zinc, Zn ....mg	90.81	3.557	586		1		225.21	76.28	
Copper, Cu ....mg	4.452	0.328	490		1		11.041	3.740	
Manganese, Mn ....mg	0.367	0.080	3		1		0.910	0.308	
Selenium, Se ....mcg	63.7	8.557	6	A	1		158.0	53.5	
Vitamins:									
Vitamin C, total ascorbic acid ....mg	3.7	0.636	3		1		9.2	3.1	
Thiamin ....mg	0.100	0.025	3		1		0.248	0.084	
Riboflavin ....mg	0.095	0.042	3		1		0.236	0.080	
Niacin ....mg	1.380	0.135	3		1		3.422	1.159	
Pantothenic acid ....mg	0.185	0.003	3		1		0.459	0.155	
Vitamin B-6 ....mg	0.062	0.006	3		1		0.154	0.052	
Folate, total ....mcg	10	1.103	5		1		25	8	
Folic acid ....mcg	0		0	Z	7		0	0	
Folate, food ....mcg	10	1.103	5		1		25	8	
Folate, DFE ....mcg_DFE	10		0	NC	4		25	8	
Vitamin B-12 ....mcg	19.46	1.121	14		1		48.26	16.35	
Vitamin A, IU ....IU	100		0	NC	4		248	84	
Vitamin A, RAE ....mcg_RAE	30		0	NC	4		74	25	
Retinol ....mcg	30		0	NC	4		74	25	
Vitamin E (alpha-tocopherol) ....mg	0.85		0	NR	4		2.11	0.71	
Tocopherol, beta ....mg									
Tocopherol, gamma ....mg									
Tocopherol, delta ....mg									
Vitamin D ....IU	320.000		0	T	4		793.600	268.800	
Vitamin K (phylloquinone) ....mcg	0.1		0	T	4		0.2	0.1	
Lipids:									
Fatty acids, total saturated ....g	0.772		0		1		1.915	0.648	
4:0 ....g	0.000		0		1		0.000	0.000	
6:0 ....g	0.000		0		1		0.000	0.000	
8:0 ....g	0.000		0		1		0.000	0.000	
10:0 ....g	0.000		0		1		0.000	0.000	
12:0 ....g	0.000		0		1		0.000	0.000	
13:0 ....g									
14:0 ....g	0.125		14		1		0.310	0.105	
15:0 ....g									
16:0 ....g	0.535		14		1		1.327	0.449	
17:0 ....g									
18:0 ....g	0.073		14		1		0.181	0.061	
20:0 ....g									
22:0 ....g									
24:0 ....g									

NDB No. 15167
Mollusks, oyster, eastern, wild, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	0.314		0		1		0.779	0.264	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.090		14		1		0.223	0.076	
17:1....g									
18:1 undifferentiated....g	0.122		14		1		0.303	0.102	
20:1....g	0.075		14		1		0.186	0.063	
22:1 undifferentiated....g	0.011		14		1		0.027	0.009	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.968		0		1		2.401	0.813	
18:2 undifferentiated....g	0.058		14		1		0.144	0.049	
18:3 undifferentiated....g	0.050		14		1		0.124	0.042	
18:4....g	0.117		14		1		0.290	0.098	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.080		14		1		0.198	0.067	
20:5 n-3....g	0.268		14		1		0.665	0.225	
22:5 n-3....g	0.062	0.000	14		1		0.154	0.052	
22:6 n-3....g	0.292		14		1		0.724	0.245	
Fatty acids, total trans....g									
Cholesterol....mg	53	7.258	19		1		131	45	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.079		0		1		0.196	0.066	
Threonine....g	0.303		0		1		0.751	0.255	
Isoleucine....g	0.307		0		1		0.761	0.258	
Leucine....g	0.496		0		1		1.230	0.417	
Lysine....g	0.527		0		1		1.307	0.443	
Methionine....g	0.159		0		1		0.394	0.134	
Cystine....g	0.092		0		1		0.228	0.077	
Phenylalanine....g	0.253		0		1		0.627	0.213	
Tyrosine....g	0.226		0		1		0.560	0.190	
Valine....g	0.308		0		1		0.764	0.259	
Arginine....g	0.514		0		1		1.275	0.432	
Histidine....g	0.135		0		1		0.335	0.113	
Alanine....g	0.426		0		1		1.056	0.358	
Aspartic acid....g	0.680		0		1		1.686	0.571	
Glutamic acid....g	0.959		0		1		2.378	0.806	
Glycine....g	0.441		0		1		1.094	0.370	
Proline....g	0.288		0		1		0.714	0.242	
Serine....g	0.316		0		1		0.784	0.265	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	z	7		0	0	
Theobromine....mg	0		0	z	7		0	0	
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 = 248g: 1 cup

Measure 2 = 84g: 6 medium

NDB No. 15167
Mollusks, oyster, eastern, wild, raw

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 90240

Mollusks, scallop, (bay and sea), cooked, steamed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.10				1				
Energy	kcal	112				1				
Energy	kj	469				1				
Protein	g	23.20				1				
Total lipid (fat)	g	1.40				1				
Ash	g	3.06		0	BFYN	4				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0				7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	115				1				
Iron, Fe	mg	3.00				1				
Magnesium, Mg	mg	55				4				
Phosphorus, P	mg	338				1				
Potassium, K	mg	476				1				
Sodium, Na	mg	265				1				
Zinc, Zn	mg	3.00				4				
Copper, Cu	mg	0.300				4				
Manganese, Mn	mg									
Selenium, Se	mcg	27.9		0	BFSN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0			Z	7				
Thiamin	mg	0.100				1				
Riboflavin	mg	0.060				1				
Niacin	mg	1.300				1				
Pantothenic acid	mg									
Vitamin B-6	mg	0.100				4				
Folate, total	mcg	12				4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	12		0	NR	4				
Folate, DFE	mcg_DFE	12		0	NC	4				
Vitamin B-12	mcg	1.30				4				
Vitamin A, IU	IU	100		0	NC	4				
Vitamin A, RAE	mcg_RAE	30		0	NC	4				
Retinol	mcg	30		0	BFYN	4				
Vitamin E (alpha-tocopherol)	mg	1.50		0	NR	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.2		0	BFYN	4				
Lipids:										
Fatty acids, total saturated	g	0.146				4				
4:0	g	0.000				4				
6:0	g	0.000				4				
8:0	g	0.000				4				
10:0	g	0.000				4				
12:0	g	0.000				4				
13:0	g									
14:0	g	0.020				4				
15:0	g									
16:0	g	0.099				4				
17:0	g									
18:0	g	0.020				4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 90240
Mollusks, scallop, (bay and sea), cooked, steamed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.068				4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020				4				
17:1.....g									
18:1 undifferentiated.....g	0.031				4				
20:1.....g	0.011				4				
22:1 undifferentiated.....g	0.000				4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.481				4				
18:2 undifferentiated.....g	0.007				4				
18:3 undifferentiated.....g	0.000				4				
18:4.....g	0.022				4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.042				4				
20:5 n-3.....g	0.166				4				
22:5 n-3.....g	0.031				4				
22:6 n-3.....g	0.199				4				
Fatty acids, total trans.....g									
Cholesterol.....mg	53				1				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7				
Caffeine.....mg	0		0	z	7				
Theobromine.....mg	0		0	z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7				
Carotene, alpha.....mcg	0		0	z	7				
Cryptoxanthin, beta.....mcg	0		0	z	7				
Lycopene.....mcg	0		0	z	7				
Lutein + zeaxanthin.....mcg	0		0	z	7				

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

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15173

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.44		0		1		18.12		
Energy....kcal	215		0	NC	4		67		
Energy....kj	900				4		279		
Protein (N x 6.21)....g	18.07		0		1		5.60		
Total lipid (fat)....g	10.94		0		1		3.39		
Ash....g	1.83		0		1		0.57		
Carbohydrate, by difference....g	10.13		0	NC	4		3.14		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	42		0		1		13		
Iron, Fe....mg	0.82		0		1		0.25		
Magnesium, Mg....mg	59		0		1		18		
Phosphorus, P....mg	236		0		1		73		
Potassium, K....mg	333		0		1		103		
Sodium, Na....mg	464		0		1		144		
Zinc, Zn....mg	1.06		0		1		0.33		
Copper, Cu....mg	0.078		0		1		0.024		
Manganese, Mn....mg	0.140		0		4		0.043		
Selenium, Se....mcg	26.9		0	RA	4		8.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.3		0		4		0.7		
Thiamin....mg	0.042		0		1		0.013		
Riboflavin....mg	0.110		0		1		0.034		
Niacin....mg	1.505		0		1		0.467		
Pantothenic acid....mg	0.200		0		4		0.062		
Vitamin B-6....mg	0.140		0		4		0.043		
Folate, total....mcg	37		0	RA	4		11		
Folic acid....mcg	19		0	NC	4		6		
Folate, food....mcg	18		0		4		6		
Folate, DFE....mcg_DFE	50		0	NC	4		16		
Vitamin B-12....mcg	1.32		0		1		0.41		
Vitamin A, IU....IU	75		0		4		23		
Vitamin A, RAE....mcg_RAE	23		0		4		7		
Retinol....mcg	23		0		4		7		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.669		0		1		0.827		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.056		0		1		0.017		
15:0....g									
16:0....g	1.546		0		1		0.479		
17:0....g									
18:0....g	1.063		0		1		0.330		
20:0....g									
22.0....g									
24:0....g									

NDB No. 15173

Mollusks, scallop, mixed species, 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	4.498		0		1		1.394		
14.1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	4.456		0		1		1.381		
20:1.....g	0.006		0		1		0.002		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.856		0		1		0.885		
18:2 undifferentiated.....g	2.443		0		1		0.757		
18:3 undifferentiated.....g	0.156		0		1		0.048		
18:4.....g	0.011		0		1		0.003		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20.4 undifferentiated.....g	0.027		0		1		0.008		
20:5 n-3.....g	0.086		0		1		0.027		
22:5 n-3.....g	0.016		0		1		0.005		
22:6 n-3.....g	0.103		0		1		0.032		
Fatty acids, total trans.....g									
Cholesterol.....mg	61		0		1		19		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.210		0		1		0.065		
Threonine.....g	0.768		0		1		0.238		
Isoleucine.....g	0.800		0		1		0.248		
Leucine.....g	1.295		0		1		0.401		
Lysine.....g	1.280		0		1		0.397		
Methionine.....g	0.407		0		1		0.126		
Cystine.....g	0.250		0		1		0.078		
Phenylalanine.....g	0.687		0		1		0.213		
Tyrosine.....g	0.588		0		1		0.182		
Valine.....g	0.818		0		1		0.254		
Arginine.....g	1.266		0		1		0.392		
Histidine.....g	0.355		0		1		0.110		
Alanine.....g	1.059		0		1		0.328		
Aspartic acid.....g	1.679		0		1		0.520		
Glutamic acid.....g	2.765		0		1		0.857		
Glycine.....g	1.074		0		1		0.333		
Proline.....g	0.850		0		1		0.264		
Serine.....g	0.847		0		1		0.263		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 31g: 2 large

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 4.12

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15174
Mollusks, scallop, mixed species, imitation, made from surimi

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	73.82	1.184	3		1		62.75		
Energy ... kcal	99		0	NC	4		84		
Energy ... kj	414				4		352		
Protein (N x 6.25) ... g	12.77	0.629	3		1		10.85		
Total lipid (fat) ... g	0.41	0.064	3		1		0.35		
Ash ... g	2.37	0.173	3		1		2.01		
Carbohydrate, by difference ... g	10.62		0	NC	4		9.03		
Fiber, total dietary ... g	0.0		0	Z	7		0.0		
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	8	0.635	3		1		7		
Iron, Fe ... mg	0.31	0.040	3		1		0.26		
Magnesium, Mg ... mg	43		0		4		37		
Phosphorus, P ... mg	282		0		4		240		
Potassium, K ... mg	103	10.393	3		1		88		
Sodium, Na ... mg	795	23.627	3		1		676		
Zinc, Zn ... mg	0.33		0		4		0.28		
Copper, Cu ... mg	0.032		0		4		0.027		
Manganese, Mn ... mg	0.011		0		4		0.009		
Selenium, Se ... mcg	23.6		0	BFPN	4		20.1		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	Z	7		0.0		
Thiamin ... mg	0.010		2		1		0.009		
Riboflavin ... mg	0.016	0.002	3		1		0.014		
Niacin ... mg	0.310	0.035	3		1		0.264		
Pantothenic acid ... mg	0.070		0		4		0.060		
Vitamin B-6 ... mg	0.030		0		4		0.026		
Folate, total ... mcg	2		0		4		1		
Folic acid ... mcg	0		0	Z	7		0		
Folate, food ... mcg	2		0		4		1		
Folate, DFE ... mcg_DFE	2		0	NC	4		1		
Vitamin B-12 ... mcg	1.60		0		4		1.36		
Vitamin A, IU ... IU	66		0		4		56		
Vitamin A, RAE ... mcg_RAE	20		0		4		17		
Retinol ... mcg	20		0		4		17		
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	0.080		0		4		0.068		
Fatty acids, total monounsaturated ... g	0.060		0		4		0.051		
Fatty acids, total polyunsaturated ... g	0.210		0		4		0.179		
Fatty acids, total trans ... g									
Cholesterol ... mg	22	12.400	3		1		19		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.078		0		1		0.066		
Threonine ... g	0.617		0		1		0.524		
Isoleucine ... g	0.597		0		1		0.507		
Leucine ... g	1.011		0		1		0.859		
Lysine ... g	1.167		0		1		0.992		
Methionine ... g	0.433		0		1		0.368		
Cystine ... g	0.137		0		1		0.116		

NDB No. 15174

Mollusks, scallop, mixed species, imitation, made from surimi

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.501		0		1		0.426		
Tyrosine.....g	0.515		0		1		0.438		
Valine.....g	0.648		0		1		0.551		
Arginine.....g	0.848		0		1		0.721		
Histidine.....g	0.294		0		1		0.250		
Alanine.....g	0.750		0		1		0.638		
Aspartic acid.....g	1.277		0		1		1.085		
Glutamic acid.....g	2.016		0		1		1.714		
Glycine.....g	0.494		0		1		0.420		
Proline.....g	0.476		0		1		0.405		
Serine.....g	0.558		0		1		0.474		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15172
Mollusks, scallop, mixed species, raw
Pectinidae

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.57	0.172	137		1		23.57	66.78	
Energy....kcal	88		0	NC	4		26	75	
Energy....kj	368				4		110	313	
Protein (N x 6.25)....g	16.78	0.153	132		1		5.03	14.26	
Total lipid (fat)....g	0.76	0.025	114		1		0.23	0.65	
Ash....g	1.53		132		1		0.46	1.30	
Carbohydrate, by difference....g	2.36		0	NC	4		0.71	2.01	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	24	1.355	55		1		7	20	
Iron, Fe....mg	0.29	0.058	3		1		0.09	0.25	
Magnesium, Mg....mg	56		1		1		17	48	
Phosphorus, P....mg	219	7.590	58		1		66	186	
Potassium, K....mg	322		6		1		97	274	
Sodium, Na....mg	161	21.372	4		1		48	137	
Zinc, Zn....mg	0.95	0.041	103		1		0.29	0.81	
Copper, Cu....mg	0.053	0.006	77		1		0.016	0.045	
Manganese, Mn....mg	0.090		1		1		0.027	0.077	
Selenium, Se....mcg	22.2	2.007	7	A	1		6.7	18.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.0		0		4		0.9	2.6	
Thiamin....mg	0.012	0.001	3		1		0.004	0.010	
Riboflavin....mg	0.065		1		1		0.020	0.055	
Niacin....mg	1.150		1		1		0.345	0.978	
Pantothenic acid....mg	0.143		1		1		0.043	0.122	
Vitamin B-6....mg	0.150		0		4		0.045	0.128	
Folate, total....mcg	16		0		4		5	14	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	16		0		4		5	14	
Folate, DFE....mcg_DFE	16		0	NC	4		5	14	
Vitamin B-12....mcg	1.53	0.084	19		1		0.46	1.30	
Vitamin A, IU....IU	50		0	NC	4		15	43	
Vitamin A, RAE....mcg_RAE	15		0	NC	4		5	13	
Retinol....mcg	15		0	NR	4		5	13	
Vitamin E (alpha-tocopherol)....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, beta....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	T	4		0.0	0.1	
Lipids:									
Fatty acids, total saturated....g	0.079		0		1		0.024	0.067	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.011		16		1		0.003	0.009	
15:0....g									
16:0....g	0.054		16		1		0.016	0.046	
17:0....g									
18:0....g	0.011		16		1		0.003	0.009	
20:0....g									
22:0....g									
24:0....g									

NDB No. 15172
Mollusks, scallop, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.037		0		1		0.011	0.031	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		16		1		0.003	0.009	
17:1.....g									
18:1 undifferentiated.....g	0.017		16		1		0.005	0.014	
20:1.....g	0.006		16		1		0.002	0.005	
22:1 undifferentiated.....g	0.000		7		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.261		0		1		0.078	0.222	
18:2 undifferentiated.....g	0.004		16		1		0.001	0.003	
18:3 undifferentiated.....g	0.000		16		1		0.000	0.000	
18.4.....g	0.012		16		1		0.004	0.010	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.023		16		1		0.007	0.020	
20:5 n-3.....g	0.090		16		1		0.027	0.077	
22:5 n-3.....g	0.017		16		1		0.005	0.014	
22:6 n-3.....g	0.108		16		1		0.032	0.092	
Fatty acids, total trans.....g									
Cholesterol.....mg	33	1.768	32		1		10	28	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.188		0		1		0.056	0.160	
Threonine.....g	0.722		0		1		0.217	0.614	
Isoleucine.....g	0.730		0		1		0.219	0.621	
Leucine.....g	1.181		0		1		0.354	1.004	
Lysine.....g	1.254		0		1		0.376	1.066	
Methionine.....g	0.379		0		1		0.114	0.322	
Cystine.....g	0.220		0		1		0.066	0.187	
Phenylalanine.....g	0.601		0		1		0.180	0.511	
Tyrosine.....g	0.537		0		1		0.161	0.456	
Valine.....g	0.733		0		1		0.220	0.623	
Arginine.....g	1.224		0		1		0.367	1.040	
Histidine.....g	0.322		0		1		0.097	0.274	
Alanine.....g	1.015		0		1		0.305	0.863	
Aspartic acid.....g	1.619		0		1		0.486	1.376	
Glutamic acid.....g	2.282		0		1		0.685	1.940	
Glycine.....g	1.050		0		1		0.315	0.893	
Proline.....g	0.685		0		1		0.206	0.582	
Serine.....g	0.752		0		1		0.226	0.639	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
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 = 30g: 1 unit 2 large or 5 small

Measure 2 = 85g: 3 oz

NDB No. 15172
Mollusks, scallop, mixed species, raw

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 90560
Mollusks, snail, raw

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	79.20				1				
Energy....kcal	90				1				
Energy....kj	377				1				
Protein....g	16.10				1				
Total lipid (fat)....g	1.40				1				
Ash....g	1.30		0	NR	4				
Carbohydrate, by difference....g	2.00			NC	4				
Fiber, total dietary....g	0.0				7				
Sugars, total....g	0.00		0	Z	7				
Starch....g									
Minerals:									
Calcium, Ca....mg	10				1				
Iron, Fe....mg	3.50				1				
Magnesium, Mg....mg	250				4				
Phosphorus, P....mg	272				1				
Potassium, K....mg	382				1				
Sodium, Na....mg	70				1				
Zinc, Zn....mg	1.00				4				
Copper, Cu....mg	0.400				4				
Manganese, Mn....mg									
Selenium, Se....mcg	27.4		0	BFSN	4				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0			Z	7				
Thiamin....mg	0.010				1				
Riboflavin....mg	0.120				1				
Niacin....mg	1.400				1				
Pantothenic acid....mg									
Vitamin B-6....mg	0.130				4				
Folate, total....mcg	6				4				
Folic acid....mcg	0		0	Z	7				
Folate, food....mcg	6		0	NR	4				
Folate, DFE....mcg_DFE	6		0	NC	4				
Vitamin B-12....mcg	0.50				4				
Vitamin A, IU....IU	100		0	NC	4				
Vitamin A, RAE....mcg_RAE	30		0	NC	4				
Retinol....mcg	30		0	NR	4				
Vitamin E (alpha-tocopherol)....mg	5.00		0	NR	4				
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	T	4				
Lipids:									
Fatty acids, total saturated....g	0.361				4				
4:0....g	0.000				4				
6:0....g	0.000				4				
8.0....g	0.000				4				
10:0....g	0.000				4				
12:0....g	0.000				4				
13:0....g									
14:0....g	0.056				4				
15:0....g									
16:0....g	0.249				4				
17:0....g									
18.0....g	0.051				4				
20:0....g									
22:0....g									
24:0....g									

NDB No. 90560
Mollusks, snail, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.259				4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.048				4				
17·1.....g									
18:1 undifferentiated.....g	0.211				4				
20:1.....g	0.000				4				
22:1 undifferentiated.....g	0.000				4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.252				4				
18:2 undifferentiated.....g	0.017				4				
18:3 undifferentiated.....g	0.000				4				
18.4.....g	0.015				4				
20·2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4				
20:5 n-3.....g	0.119				4				
22:5 n-3.....g	0.099				4				
22:6 n-3.....g	0.000				4				
Fatty acids, total trans.....g									
Cholesterol.....mg	50				1				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7				
Caffeine.....mg	0		0	z	7				
Theobromine.....mg	0		0	z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7				
Carotene, alpha.....mcg	0		0	z	7				
Cryptoxanthin, beta.....mcg	0		0	z	7				
Lycopene.....mcg	0		0	z	7				
Lutein + zeaxanthin.....mcg	0		0	z	7				

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

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15176

Mollusks, squid, mixed species, cooked, fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.54		0		1		54.86		
Energy....kcal	175		0	NC	4		149		
Energy....kj	732				4		622		
Protein (N x 6.25)....g	17.94		0		1		15.25		
Total lipid (fat)....g	7.48		0		1		6.36		
Ash....g	1.59		0		1		1.35		
Carbohydrate, by difference....g	7.79		0	NC	4		6.62		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	39		0		1		33		
Iron, Fe....mg	1.01		0		1		0.86		
Magnesium, Mg....mg	38		0		1		32		
Phosphorus, P....mg	251		0		1		213		
Potassium, K....mg	279		0		1		237		
Sodium, Na....mg	306		0		1		260		
Zinc, Zn....mg	1.74		0		1		1.48		
Copper, Cu....mg	2.114		0		1		1.797		
Manganese, Mn....mg	0.070		0		4		0.060		
Selenium, Se....mcg	51.8		0	RA	4		44.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.2		0		1		3.6		
Thiamin....mg	0.056		0		1		0.048		
Riboflavin....mg	0.458		0		1		0.389		
Niacin....mg	2.602		0		1		2.212		
Pantothenic acid....mg	0.510		0		4		0.434		
Vitamin B-6....mg	0.058		0		1		0.049		
Folate, total....mcg	14		0	RA	4		12		
Folic acid....mcg	9		0	NC	4		7		
Folate, food....mcg	5		0		4		5		
Folate, DFE....mcg_DFE	20		0	NC	4		17		
Vitamin B-12....mcg	1.23		0		1		1.04		
Vitamin A, IU....IU	35		0		4		30		
Vitamin A, RAE....mcg_RAE	11		0		4		9		
Retinol....mcg	11		0		4		9		
Vitamin E (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	1.878		0		1		1.596		
4:0....g									
6:0....g									
8.0....g									
10:0....g									
12:0....g									
13·0....g									
14:0....g	0.064		0		1		0.054		
15:0....g									
16:0....g	1.131		0		1		0.961		
17.0....g									
18:0....g	0.689		0		1		0.586		
20:0....g									
22:0....g									
24.0....g									

NDB No. 15176

Mollusks, squid, mixed species, cooked, 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	2.749		0		1		2.337		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0		1		0.008		
17:1.....g									
18:1 undifferentiated.....g	2.675		0		1		2.274		
20:1.....g	0.049		0		1		0.042		
22:1 undifferentiated.....g	0.008		0		1		0.007		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.136		0		1		1.816		
18:2 undifferentiated.....g	1.468		0		1		1.248		
18:3 undifferentiated.....g	0.100		0		1		0.085		
18:4.....g	0.007		0		1		0.006		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		0		1		0.009		
20.5 n-3.....g	0.162		0		1		0.138		
22:5 n-3.....g	0.004		0		1		0.003		
22:6 n-3.....g	0.380		0		1		0.323		
Fatty acids, total trans.....g									
Cholesterol.....mg	260		0		1		221		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.202		0		1		0.172		
Threonine.....g	0.763		0		1		0.649		
Isoleucine.....g	0.780		0		1		0.663		
Leucine.....g	1.267		0		1		1.077		
Lysine.....g	1.310		0		1		1.114		
Methionine.....g	0.403		0		1		0.343		
Cystine.....g	0.242		0		1		0.206		
Phenylalanine.....g	0.656		0		1		0.558		
Tyrosine.....g	0.576		0		1		0.490		
Valine.....g	0.786		0		1		0.668		
Arginine.....g	1.290		0		1		1.097		
Histidine.....g	0.348		0		1		0.296		
Alanine.....g	1.068		0		1		0.908		
Aspartic acid.....g	1.699		0		1		1.444		
Glutamic acid.....g	2.588		0		1		2.200		
Glycine.....g	1.108		0		1		0.942		
Proline.....g	0.783		0		1		0.666		
Serine.....g	0.812		0		1		0.690		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 **Fat** 8.84 **Carbohydrate** 4.12

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15175

Mollusks, squid, mixed species, raw

Loligoidae and Ommastrephidae

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.55	0.601	8		1		22.27	66.77	
Energy....kcal	92		0	NC	4		26	78	
Energy....kj	385				4		109	327	
Protein (N x 6.25)....g	15.58	0.857	11		1		4.42	13.24	
Total lipid (fat)....g	1.38	0.256	12		1		0.39	1.17	
Ash....g	1.41	0.242	7		1		0.40	1.20	
Carbohydrate, by difference....g	3.08		0	NC	4		0.87	2.62	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	32		2		1		9	27	
Iron, Fe....mg	0.68		2		1		0.19	0.58	
Magnesium, Mg....mg	33		1		1		9	28	
Phosphorus, P....mg	221		2		1		63	188	
Potassium, K....mg	246		2		1		70	209	
Sodium, Na....mg	44		1		1		12	37	
Zinc, Zn....mg	1.53	0.066	157		1		0.43	1.30	
Copper, Cu....mg	1.891	0.119	133		1		0.536	1.607	
Manganese, Mn....mg	0.035		0		1		0.010	0.030	
Selenium, Se....mcg	44.8		0	CAZN	4		12.7	38.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.7		1		1		1.3	4.0	
Thiamin....mg	0.020		3		1		0.006	0.017	
Riboflavin....mg	0.412		3		1		0.117	0.350	
Niacin....mg	2.175		3		1		0.617	1.849	
Pantothenic acid....mg	0.500		0		4		0.142	0.425	
Vitamin B-6....mg	0.056		1		1		0.016	0.048	
Folate, total....mcg	5		0		4		1	4	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		4		1	4	
Folate, DFE....mcg_DFE	5		0	NC	4		1	4	
Vitamin B-12....mcg	1.30		6		1		0.37	1.10	
Vitamin A, IU....IU	33		0	NC	4		9	28	
Vitamin A, RAE....mcg_RAE	10		0	NC	4		3	9	
Retinol....mcg	10		0	NR	4		3	9	
Vitamin E (alpha-tocopherol)....mg	1.20		0	NR	4		0.34	1.02	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	T	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.358		0		1		0.101	0.304	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12.0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.036		2		1		0.010	0.031	
15:0....g									
16:0....g	0.263		3		1		0.075	0.224	
17:0....g									
18:0....g	0.058		3		1		0.016	0.049	
20:0....g									
22:0....g									
24.0....g									

NDB No. 15175

Mollusks, squid, mixed species, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.107		0		1		0.030	0.091	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		3		1		0.002	0.007	
17:1.....g									
18:1 undifferentiated.....g	0.046		3		1		0.013	0.039	
20:1.....g	0.044		3		1		0.012	0.037	
22:1 undifferentiated.....g	0.007		2		1		0.002	0.006	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.524		0		1		0.149	0.445	
18:2 undifferentiated.....g	0.002		3		1		0.001	0.002	
18:3 undifferentiated.....g	0.004		3		1		0.001	0.003	
18:4.....g	0.006		2		1		0.002	0.005	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.009		3		1		0.003	0.008	
20:5 n-3.....g	0.146		3		1		0.041	0.124	
22:5 n-3.....g	0.004		3		1		0.001	0.003	
22:6 n-3.....g	0.342		3		1		0.097	0.291	
Fatty acids, total trans.....g									
Cholesterol.....mg	233	16.597	7		1		66	198	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.174		0		1		0.049	0.148	
Threonine.....g	0.670		0		1		0.190	0.570	
Isoleucine.....g	0.678		0		1		0.192	0.576	
Leucine.....g	1.096		0		1		0.311	0.932	
Lysine.....g	1.164		0		1		0.330	0.989	
Methionine.....g	0.351		0		1		0.100	0.298	
Cystine.....g	0.204		0		1		0.058	0.173	
Phenylalanine.....g	0.558		0		1		0.158	0.474	
Tyrosine.....g	0.498		0		1		0.141	0.423	
Valine.....g	0.680		0		1		0.193	0.578	
Arginine.....g	1.136		0		1		0.322	0.966	
Histidine.....g	0.299		0		1		0.085	0.254	
Alanine.....g	0.942		0		1		0.267	0.801	
Aspartic acid.....g	1.503		0		1		0.426	1.278	
Glutamic acid.....g	2.118		0		1		0.600	1.800	
Glycine.....g	0.974		0		1		0.276	0.828	
Proline.....g	0.635		0		1		0.180	0.540	
Serine.....g	0.698		0		1		0.198	0.593	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
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, boneless

Measure 2 = 85g: 3 oz

NDB No. 15175
Mollusks, squid, mixed species, raw

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15178
Mollusks, whelk, unspecified, cooked, moist heat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	32.00		0		1		27.20		
Energy....kcal	275		0	NC	4		234		
Energy....kj	1151				4		978		
Protein (N x 6.25)....g	47.68		0		1		40.53		
Total lipid (fat)....g	0.80		0		1		0.68		
Ash....g	4.00		0		1		3.40		
Carbohydrate, by difference....g	15.52		0	NC	4		13.19		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	113		0		1		96		
Iron, Fe....mg	10.06		0		1		8.55		
Magnesium, Mg....mg	172		0		1		146		
Phosphorus, P....mg	282		0		1		240		
Potassium, K....mg	694		0		1		590		
Sodium, Na....mg	412		0		1		350		
Zinc, Zn....mg	3.26		0		1		2.77		
Copper, Cu....mg	2.060		0		1		1.751		
Manganese, Mn....mg	0.890		0		4		0.757		
Selenium, Se....mcg	89.6		0	BFSN	4		76.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.8		0		4		5.8		
Thiamin....mg	0.049		0		1		0.042		
Riboflavin....mg	0.214		0		1		0.182		
Niacin....mg	1.995		0		1		1.696		
Pantothenic acid....mg	0.400		0		4		0.340		
Vitamin B-6....mg	0.650		0		1		0.553		
Folate, total....mcg	11		0		1		10		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	11		0		1		10		
Folate, DFE....mcg_DFE	11		0	NC	4		10		
Vitamin B-12....mcg	18.14		0		1		15.42		
Vitamin A, IU....IU	162		0		1		138		
Vitamin A, RAE....mcg_RAE	49		0		1		41		
Retinol....mcg	49		0		1		41		
Vitamin E (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	0.062		0		1		0.053		
4.0....g									
6.0....g									
8 0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.004		0		1		0.003		
15:0....g									
16:0....g	0.040		0		1		0.034		
17:0....g									
18:0....g	0.018		0		1		0.015		
20:0....g									
22:0....g									
24.0....g									

NDB No. 15178

Mollusks, whelk, unspecified, cooked, moist heat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.056		0		1		0.048		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.009		
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.010		
20:1.....g	0.016		0		1		0.014		
22:1 undifferentiated.....g	0.018		0		1		0.015		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.046		0		1		0.039		
18:2 undifferentiated.....g	0.008		0		1		0.007		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.018		0		1		0.015		
20:5 n-3.....g	0.008		0		1		0.007		
22:5 n-3.....g									
22:6 n-3.....g	0.012		0		1		0.010		
Fatty acids, total trans.....g									
Cholesterol.....mg	130		0		1		111		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.618		0		1		0.525		
Threonine.....g	2.136		0		1		1.816		
Isoleucine.....g	1.655		0		1		1.407		
Leucine.....g	3.807		0		1		3.236		
Lysine.....g	2.930		0		1		2.491		
Methionine.....g	1.205		0		1		1.024		
Cystine.....g	0.374		0		1		0.318		
Phenylalanine.....g	1.648		0		1		1.401		
Tyrosine.....g	1.518		0		1		1.290		
Valine.....g	2.075		0		1		1.764		
Arginine.....g	4.936		0		1		4.196		
Histidine.....g	0.977		0		1		0.830		
Alanine.....g	3.113		0		1		2.646		
Aspartic acid.....g	5.127		0		1		4.358		
Glutamic acid.....g	7.339		0		1		6.238		
Glycine.....g	2.991		0		1		2.542		
Proline.....g	2.365		0		1		2.010		
Serine.....g	2.220		0		1		1.887		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15177
Mollusks, whelk, unspecified, raw
Buccinidae

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.00		2		1		56.10		
Energy....kcal	137		0	NC	4		116		
Energy....kj	573				4		487		
Protein (N x 6.25)....g	23.84		2		1		20.26		
Total lipid (fat)....g	0.40		2		1		0.34		
Ash....g	2.00		2		1		1.70		
Carbohydrate, by difference....g	7.76		0	NC	4		6.60		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	57		2		1		48		
Iron, Fe....mg	5.03		2		1		4.28		
Magnesium, Mg....mg	86		2		1		73		
Phosphorus, P....mg	141		2		1		120		
Potassium, K....mg	347		2		1		295		
Sodium, Na....mg	206		2		1		175		
Zinc, Zn....mg	1.63		2		1		1.39		
Copper, Cu....mg	1.030		2		1		0.876		
Manganese, Mn....mg	0.447		2		1		0.380		
Selenium, Se....mcg	44.8		0	CAZN	4		38.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.0		0		4		3.4		
Thiamin....mg	0.026		2		1		0.022		
Riboflavin....mg	0.107		2		1		0.091		
Niacin....mg	1.050		2		1		0.893		
Pantothenic acid....mg	0.208		2		1		0.177		
Vitamin B-6....mg	0.342		2		1		0.291		
Folate, total....mcg	6		2		1		5		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	6		2		1		5		
Folate, DFE....mcg_DFE	6		0	NC	4		5		
Vitamin B-12....mcg	9.07		2		1		7.71		
Vitamin A, IU....IU	87		0	NC	4		74		
Vitamin A, RAE....mcg_RAE	26		0	NC	4		22		
Retinol....mcg	26		0	NR	4		22		
Vitamin E (alpha-tocopherol)....mg	0.13		0	NR	4		0.11		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	T	4		0.1		
Lipids:									
Fatty acids, total saturated....g	0.031		0		1		0.026		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.002		2		1		0.002		
15:0....g									
16:0....g	0.020		2		1		0.017		
17:0....g									
18:0....g	0.009		2		1		0.008		
20:0....g									
22:0....g									
24:0....g									

NDB No. 15177

Mollusks, whelk, unspecified, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	0.028		0		1		0.024		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		2		1		0.004		
17:1....g									
18:1 undifferentiated....g	0.006		2		1		0.005		
20:1....g	0.008		2		1		0.007		
22:1 undifferentiated....g	0.009		2		1		0.008		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.023		0		1		0.020		
18:2 undifferentiated....g	0.004		2		1		0.003		
18:3 undifferentiated....g	0.000		0		1		0.000		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.009		2		1		0.008		
20:5 n-3....g	0.004		2		1		0.003		
22:5 n-3....g	0.000		2		1		0.000		
22:6 n-3....g	0.006		2		1		0.005		
Fatty acids, total trans....g									
Cholesterol....mg	65		2		1		55		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.309		2		1		0.263		
Threonine....g	1.068		2		1		0.908		
Isoleucine....g	0.828		2		1		0.704		
Leucine....g	1.903		2		1		1.618		
Lysine....g	1.465		2		1		1.245		
Methionine....g	0.603		2		1		0.513		
Cystine....g	0.187		2		1		0.159		
Phenylalanine....g	0.824		2		1		0.700		
Tyrosine....g	0.759		2		1		0.645		
Valine....g	1.037		2		1		0.881		
Arginine....g	2.468		2		1		2.098		
Histidine....g	0.488		1		1		0.415		
Alanine....g	1.556		2		1		1.323		
Aspartic acid....g	2.563		2		1		2.179		
Glutamic acid....g	3.669		2		1		3.119		
Glycine....g	1.495		2		1		1.271		
Proline....g	1.182		2		1		1.005		
Serine....g	1.110		2		1		0.944		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	z	7		0		
Theobromine....mg	0		0	z	7		0		
Carotenoids:									
Carotene, beta....mcg	0		0	z	7		0.000		
Carotene, alpha....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta....mcg	0		0	z	7		0.000		
Lycopene....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin....mcg	0		0	z	7		0.000		

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

Common Measures:

Measure 1 = 85g: 3 oz

NDB No. 15177
Mollusks, whelk, unspecified, raw

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

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 93600
Turtle, green, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.50				1				
Energy....kcal	89				1				
Energy....kj	372				1				
Protein....g	19.80				1				
Total lipid (fat)....g	0.50				1				
Ash....g	1.20		0	NR	4				
Carbohydrate, by difference....g	0.00			Z	7				
Fiber, total dietary....g	0.0				7				
Sugars, total....g	0.00		0	Z	7				
Starch....g									
Minerals:									
Calcium, Ca....mg	118				1				
Iron, Fe....mg	1.40				1				
Magnesium, Mg....mg	20				4				
Phosphorus, P....mg	180				1				
Potassium, K....mg	230				1				
Sodium, Na....mg	68				1				
Zinc, Zn....mg	1.00				4				
Copper, Cu....mg	0.250				4				
Manganese, Mn....mg									
Selenium, Se....mcg	16.8		0	BFSN	4				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0			Z	7				
Thiamin....mg	0.120				1				
Riboflavin....mg	0.150				1				
Niacin....mg	1.100				1				
Pantothenic acid....mg									
Vitamin B-6....mg	0.120				4				
Folate, total....mcg	15				4				
Folic acid....mcg	0		0	Z	7				
Folate, food....mcg	15		0	NR	4				
Folate, DFE....mcg_DFE	15		0	NC	4				
Vitamin B-12....mcg	1.00				4				
Vitamin A, IU....IU	100		0	NC	4				
Vitamin A, RAE....mcg_RAE	30		0	NC	4				
Retinol....mcg	30		0	NR	4				
Vitamin E (alpha-tocopherol)....mg	0.50		0	NR	4				
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1		0	T	4				
Lipids:									
Fatty acids, total saturated....g	0.127				4				
4:0....g	0.000				4				
6:0....g	0.000				4				
8:0....g	0.000				4				
10:0....g	0.000				4				
12:0....g	0.000				4				
13:0....g									
14:0....g	0.002				4				
15:0....g									
16:0....g	0.090				4				
17:0....g									
18:0....g	0.035				4				
20:0....g									
22.0....g									
24:0....g									

NDB No. 93600
Turtle, green, 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	0.088				4				
14:1.....g									
15:1.....g									
16:1 undifferentiated .....g	0.015				4				
17:1.....g									
18:1 undifferentiated.....g	0.073				4				
20:1.....g	0.000				4				
22:1 undifferentiated.....g	0.000				4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.170				4				
18:2 undifferentiated.....g	0.033				4				
18:3 undifferentiated.....g	0.017				4				
18:4.....g	0.000				4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.052				4				
20:5 n-3 .....g	0.023				4				
22:5 n-3.....g	0.012				4				
22:6 n-3.....g	0.033				4				
Fatty acids, total trans.....g									
Cholesterol.....mg	50				1				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7				
Caffeine.....mg	0		0	z	7				
Theobromine.....mg	0		0	z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7				
Carotene, alpha.....mcg	0		0	z	7				
Cryptoxanthin, beta.....mcg	0		0	z	7				
Lycopene.....mcg	0		0	z	7				
Lutein + zeaxanthin.....mcg	0		0	z	7				

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

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15251

USDA Commodity, salmon nuggets, breaded, frozen, heated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.38		1	A	1				
Energy....kcal	212		0	NC	4				
Energy....kj	887				4				
Protein (N x 6.25)....g	12.69		1	A	1				
Total lipid (fat)....g	11.72		1	A	1				
Ash....g	1.25		1	A	1				
Carbohydrate, by difference....g	13.96		0	NC	4				
Fiber, total dietary....g	0.0		1	A	1				
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	A	1				
Iron, Fe....mg	1.24		1	A	1				
Magnesium, Mg....mg	20		1	A	1				
Phosphorus, P....mg	176		1	A	1				
Potassium, K....mg	165		1	A	1				
Sodium, Na....mg	173		1	A	1				
Zinc, Zn....mg	0.52		1	A	1				
Copper, Cu....mg	0.077		0	FLA	4				
Manganese, Mn....mg	0.118		0	FLA	4				
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1				
Thiamin....mg	0.207		1	A	1				
Riboflavin....mg	0.156		1	A	1				
Niacin....mg	4.527		1	A	1				
Pantothenic acid....mg	0.523		1	A	1				
Vitamin B-6....mg	0.222		1	A	1				
Folate, total....mcg	9		0	RA	4				
Folic acid....mcg	3		0	NC	4				
Folate, food....mcg	6		0		4				
Folate, DFE....mcg_DFE	11		0	NC	4				
Vitamin B-12....mcg	2.07		1	A	1				
Vitamin A, IU....IU	43		1	A	1				
Vitamin A, RAE....mcg_RAE	7		0	NC	4				
Retinol....mcg	6		0	NC	4				
Vitamin E (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	1.570		1	A	1				
4:0....g	0.000		1	A	1				
6:0....g	0.000		1	A	1				
8:0....g	0.009		1	A	1				
10:0....g	0.000		1	A	1				
12:0....g	0.000		1	A	1				
13:0....g									
14:0....g	0.066		1	A	1				
15:0....g									
16:0....g	0.964		1	A	1				
17:0....g									
18:0....g	0.357		1	A	1				
20:0....g									
22:0....g									
24.0....g									

NDB No. 15251
USDA Commodity, salmon nuggets, breaded, frozen, heated

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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	4.625		1	A	1				
14:1.....g									
15.1.....g									
16:1 undifferentiated.....g	0.074		1	A	1				
17:1.....g									
18:1 undifferentiated.....g	4.318		1	A	1				
20:1.....g	0.209		1	A	1				
22:1 undifferentiated.....g	0.012		1	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.028		1	A	1				
18:2 undifferentiated.....g	2.372		1	A	1				
18:3 undifferentiated.....g	0.129		1	A	1				
18:4.....g	0.000		1	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		1	A	1				
20:5 n-3.....g	0.055		1	A	1				
22:5 n-3.....g	0.000		1	A	1				
22:6 n-3.....g	0.441		1	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	26		1	A	1				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 15 Finfish and Shellfish Products

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

NDB No. 15252

USDA Commodity, salmon nuggets, cooked as purchased, unheated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.57		1	A	1				
Energy....kcal	189		0	NC	4				
Energy....kj	791				4				
Protein (N x 6.25)....g	11.97		1	A	1				
Total lipid (fat)....g	10.43		1	A	1				
Ash....g	1.19		1	A	1				
Carbohydrate, by difference....g	11.85		0	NC	4				
Fiber, total dietary....g	0.0		1	A	1				
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		1	A	1				
Iron, Fe....mg	1.46		1	A	1				
Magnesium, Mg....mg	20		1	A	1				
Phosphorus, P....mg	173		1	A	1				
Potassium, K....mg	161		1	A	1				
Sodium, Na....mg	167		1	A	1				
Zinc, Zn....mg	0.46		1	A	1				
Copper, Cu....mg	0.069		0	BFSN	4				
Manganese, Mn....mg	0.106		0	BFSN	4				
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1				
Thiamin....mg	0.195		0	FLA	4				
Riboflavin....mg	0.140		0	FLA	4				
Niacin....mg	5.948		1	A	1				
Pantothenic acid....mg	0.520		0	FLA	4				
Vitamin B-6....mg	0.220		0	FLA	4				
Folate, total....mcg	9		0	RA	4				
Folic acid....mcg	3		0	NC	4				
Folate, food....mcg	6		0		4				
Folate, DFE....mcg_DFE	11		0	NC	4				
Vitamin B-12....mcg	2.18		0	FLA	4				
Vitamin A, IU....IU	42		1	A	1				
Vitamin A, RAE....mcg_RAE	7		0	NC	4				
Retinol....mcg	6		0	NC	4				
Vitamin E (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	1.497		1	A	1				
4:0....g	0.000		1	A	1				
6:0....g	0.000		1	A	1				
8:0....g	0.011		1	A	1				
10:0....g	0.000		1	A	1				
12:0....g	0.002		1	A	1				
13:0....g									
14:0....g	0.060		1	A	1				
15:0....g									
16.0....g	0.921		1	A	1				
17:0....g									
18:0....g	0.339		1	A	1				
20:0....g									
22:0....g									
24:0....g									

NDB No. 15252

USDA Commodity, salmon nuggets, cooked as purchased, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.330		1	A	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.068		1	A	1				
17:1.....g									
18:1 undifferentiated.....g	4.044		1	A	1				
20:1.....g	0.191		1	A	1				
22:1 undifferentiated.....g	0.012		1	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.863		1	A	1				
18:2 undifferentiated.....g	2.237		1	A	1				
18:3 undifferentiated.....g	0.122		1	A	1				
18:4.....g	0.000		1	A	1				
20:2 n-6 c,c.....g									
20.3 undifferentiated.....g									
20:4 undifferentiated.....g	0.012		1	A	1				
20:5 n-3.....g	0.050		1	A	1				
22:5 n-3.....g	0.000		1	A	1				
22:6 n-3.....g	0.413		1	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	27		1	A	1				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 15 Finfish and Shellfish Products

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