

Fish, herring, Atlantic, raw

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Scientific Name: *Clupea harengus harengus* (L.)

NDB No: 15039 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	72.05	138	0.496
Energy	kcal	158	0	0
Energy	kJ	661	0	0
Protein	g	17.96	59	0.235
Total lipid (fat)	g	9.04	2524	0.091
Ash	g	1.46	28	0.035
Carbohydrate, by difference	g	0.00	0	0
Fiber, total dietary	g	0.0	0	0
Sugars, total	g	0.00	0	0
Minerals				
Calcium, Ca	mg	57	3	16.753
Iron, Fe	mg	1.10	1	0
Magnesium, Mg	mg	32	1	0
Phosphorus, P	mg	236	4	33.702
Potassium, K	mg	327	5	50.952
Sodium, Na	mg	90	7	4.019
Zinc, Zn	mg	0.99	56	0.073
Copper, Cu	mg	0.092	48	0.006
Manganese, Mn	mg	0.035	0	0
Selenium, Se	mcg	36.5	0	0
Vitamins				
Vitamin C, total ascorbic acid	mg	0.7	2	0
Thiamin	mg	0.092	43	0.007
Riboflavin	mg	0.233	32	0.031
Niacin	mg	3.217	34	0.166
Pantothenic acid	mg	0.645	12	0.098
Vitamin B-6	mg	0.302	17	0.022
Folate, total	mcg	10	0	0
Folic acid	mcg	0	0	0
Folate, food	mcg	10	0	0
Folate, DFE	mcg_DFE	10	0	0
Choline, total	mg	65.0	0	0

Vitamin B-12	mcg	13.67	6	0.558
Vitamin B-12, added	mcg	0.00	0	0
Vitamin A, RAE	mcg_RAE	28	0	0
Retinol	mcg	28	0	0
Carotene, beta	mcg	0	0	0
Carotene, alpha	mcg	0	0	0
Cryptoxanthin, beta	mcg	0	0	0
Vitamin A, IU	IU	93	0	0
Lycopene	mcg	0	0	0
Lutein + zeaxanthin	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	1.07	0	0
Vitamin E, added	mg	0.00	0	0
Vitamin D	IU	1628	0	0
Vitamin K (phylloquinone)	mcg	0.1	0	0
Lipids				
Fatty acids, total saturated	g	2.040	0	0
4:0	g	0.000	0	0
6:0	g	0.000	0	0
8:0	g	0.000	0	0
10:0	g	0.005	12	0
12:0	g	0.012	20	0.001
14:0	g	0.554	24	0.021
16:0	g	1.353	24	0.048
18:0	g	0.109	24	0.008
Fatty acids, total monounsaturated	g	3.736	0	0
16:1 undifferentiated	g	0.622	24	0.029
18:1 undifferentiated	g	1.516	24	0.09
20:1	g	0.721	24	0.056
22:1 undifferentiated	g	0.840	24	0.09
Fatty acids, total polyunsaturated	g	2.133	0	0
18:2 undifferentiated	g	0.130	22	0.005
18:3 undifferentiated	g	0.103	20	0.008
18:4	g	0.214	21	0.026
20:4 undifferentiated	g	0.060	21	0.004
20:5 n-3	g	0.709	24	0.028
22:5 n-3	g	0.055	22	0.009
22:6 n-3	g	0.862	24	0.057
Cholesterol	mg	60	20	1.593
Amino acids				
Tryptophan	g	0.201	0	0
Threonine	g	0.787	0	0
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	g	0.828	0	0
Leucine	g	1.460	0	0
Lysine	g	1.650	0	0
Methionine	g	0.532	0	0
Cystine	g	0.193	0	0
Phenylalanine	g	0.701	0	0
Tyrosine	g	0.606	0	0
Valine	g	0.925	0	0
Arginine	g	1.075	0	0
Histidine	g	0.529	0	0
Alanine	g	1.086	0	0
Aspartic acid	g	1.839	0	0
Glutamic acid	g	2.681	0	0
Glycine	g	0.862	0	0
Proline	g	0.635	0	0
Serine	g	0.733	0	0
Other				
Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0

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

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