

Fish, herring, Pacific, raw

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Scientific Name: *Clupea harengus pallasii Valenciennes*

NDB No: 15043 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	71.52	84	0.477
Energy	kcal	195	0	0
Energy	kJ	816	0	0
Protein	g	16.39	70	0.133
Total lipid (fat)	g	13.88	128	0.475
Ash	g	2.37	71	0.031
Carbohydrate, by difference	g	0.00	0	0
Fiber, total dietary	g	0.0	0	0
Minerals				
Calcium, Ca	mg	83	0	0
Iron, Fe	mg	1.12	1	0
Magnesium, Mg	mg	32	0	0
Phosphorus, P	mg	228	0	0
Potassium, K	mg	423	31	7.117
Sodium, Na	mg	74	31	0.631
Zinc, Zn	mg	0.53	14	0.05
Copper, Cu	mg	0.078	18	0.006
Manganese, Mn	mg	0.045	0	0
Selenium, Se	mcg	36.5	0	0
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0	0
Thiamin	mg	0.060	0	0
Riboflavin	mg	0.200	0	0
Niacin	mg	2.200	0	0
Pantothenic acid	mg	1.000	0	0
Vitamin B-6	mg	0.450	0	0
Folate, total	mcg	5	0	0
Folic acid	mcg	0	0	0
Folate, food	mcg	5	0	0
Folate, DFE	mcg_DFE	5	0	0
Vitamin B-12	mcg	10.00	0	0
Vitamin A, RAE	mcg_RAE	32	2	0

Retinol	mcg	32	2	0
Vitamin A, IU	IU	106	2	0
Lipids				
Fatty acids, total saturated	g	3.257	0	0
14:0	g	0.913	3	0.043
16:0	g	2.023	3	0.266
18:0	g	0.257	3	0.024
Fatty acids, total monounsaturated	g	6.872	0	0
16:1 undifferentiated	g	1.057	3	0.016
18:1 undifferentiated	g	2.913	3	0.471
20:1	g	1.359	2	0
22:1 undifferentiated	g	1.492	2	0
Fatty acids, total polyunsaturated	g	2.423	0	0
18:2 undifferentiated	g	0.192	3	0.051
18:3 undifferentiated	g	0.057	2	0
18:4	g	0.248	2	0
20:4 undifferentiated	g	0.096	2	0
20:5 n-3	g	0.969	3	0.165
22:5 n-3	g	0.172	2	0
22:6 n-3	g	0.689	3	0.17
Cholesterol	mg	77	3	5.391
Amino acids				
Tryptophan	g	0.184	0	0
Threonine	g	0.719	0	0
Isoleucine	g	0.755	0	0
Leucine	g	1.332	0	0
Lysine	g	1.506	0	0
Methionine	g	0.485	0	0
Cystine	g	0.176	0	0
Phenylalanine	g	0.640	0	0
Tyrosine	g	0.553	0	0
Valine	g	0.845	0	0
Arginine	g	0.981	0	0
Histidine	g	0.483	0	0
Alanine	g	0.991	0	0
Aspartic acid	g	1.679	0	0
Glutamic acid	g	2.447	0	0
Glycine	g	0.787	0	0
Proline	g	0.580	0	0
Serine	g	0.669	0	0

