

Fish, mackerel, Atlantic, raw

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Scientific Name: *Scomber scombrus* L.

NDB No: 15046 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	63.55	142	0.657
Energy	kcal	205	0	0
Energy	kJ	858	0	0
Protein	g	18.60	83	0.171
Total lipid (fat)	g	13.89	364	0.38
Ash	g	1.35	60	0.032
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	12	7	2.437
Iron, Fe	mg	1.63	3	0.398
Magnesium, Mg	mg	76	1	0
Phosphorus, P	mg	217	8	11.557
Potassium, K	mg	314	10	19.569
Sodium, Na	mg	90	14	7.283
Zinc, Zn	mg	0.63	82	0.017
Copper, Cu	mg	0.073	81	0.004
Manganese, Mn	mg	0.015	0	0
Selenium, Se	mcg	44.1	11	2.285
Vitamins				
Vitamin C, total ascorbic acid	mg	0.4	2	0
Thiamin	mg	0.176	6	0.05
Riboflavin	mg	0.312	7	0.032
Niacin	mg	9.080	11	1.278
Pantothenic acid	mg	0.856	7	0.113
Vitamin B-6	mg	0.399	16	0.045
Folate, total	mcg	1	0	0
Folic acid	mcg	0	0	0
Folate, food	mcg	1	0	0
Folate, DFE	mcg_DFE	1	0	0
Choline, total	mg	65.0	0	0

Vitamin B-12	mcg	8.71	9	1.332
Vitamin B-12, added	mcg	0.00	0	0
Vitamin A, RAE	mcg_RAE	50	0	0
Retinol	mcg	50	0	0
Carotene, beta	mcg	0	0	0
Carotene, alpha	mcg	0	0	0
Cryptoxanthin, beta	mcg	0	0	0
Vitamin A, IU	IU	167	0	0
Lycopene	mcg	0	0	0
Lutein + zeaxanthin	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	1.52	0	0
Vitamin E, added	mg	0.00	0	0
Vitamin D	IU	360	0	0
Vitamin K (phylloquinone)	mcg	5.0	0	0
Lipids				
Fatty acids, total saturated	g	3.257	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	0.000	0	0
12:0	g	0.017	18	0
14:0	g	0.674	29	0
16:0	g	2.125	29	0
18:0	g	0.423	29	0
Fatty acids, total monounsaturated	g	5.456	0	0
16:1 undifferentiated	g	0.727	29	0
18:1 undifferentiated	g	2.283	29	0
20:1	g	1.039	29	0
22:1 undifferentiated	g	1.407	29	0
Fatty acids, total polyunsaturated	g	3.350	0	0
18:2 undifferentiated	g	0.219	23	0
18:3 undifferentiated	g	0.159	20	0
18:4	g	0.278	27	0
20:4 undifferentiated	g	0.183	20	0
20:5 n-3	g	0.898	29	0
22:5 n-3	g	0.212	23	0
22:6 n-3	g	1.401	29	0
Cholesterol	mg	70	2	0
Amino acids				
Tryptophan	g	0.208	0	0
Threonine	g	0.815	0	0
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	g	0.857	0	0
Leucine	g	1.512	0	0
Lysine	g	1.708	0	0
Methionine	g	0.551	0	0
Cystine	g	0.199	0	0
Phenylalanine	g	0.726	0	0
Tyrosine	g	0.628	0	0
Valine	g	0.958	0	0
Arginine	g	1.113	0	0
Histidine	g	0.548	0	0
Alanine	g	1.125	0	0
Aspartic acid	g	1.905	0	0
Glutamic acid	g	2.777	0	0
Glycine	g	0.893	0	0
Proline	g	0.658	0	0
Serine	g	0.759	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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