

Fish, whitefish, mixed species, raw

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Scientific Name: *Coregonus spp.*

NDB No: 15130 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	72.77	37	0.642
Energy	kcal	134	0	0
Energy	kJ	561	0	0
Protein	g	19.09	42	0.239
Total lipid (fat)	g	5.86	68	0.451
Ash	g	1.12	34	0.014
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	26	0	0
Iron, Fe	mg	0.37	0	0
Magnesium, Mg	mg	33	1	0
Phosphorus, P	mg	270	0	0
Potassium, K	mg	317	1	0
Sodium, Na	mg	51	17	1.004
Zinc, Zn	mg	0.99	3	0.319
Copper, Cu	mg	0.072	2	0
Manganese, Mn	mg	0.067	0	0
Selenium, Se	mcg	12.6	0	0
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0	0
Thiamin	mg	0.140	0	0
Riboflavin	mg	0.120	0	0
Niacin	mg	3.000	0	0
Pantothenic acid	mg	0.750	0	0
Vitamin B-6	mg	0.300	0	0
Folate, total	mcg	15	0	0
Folic acid	mcg	0	0	0
Folate, food	mcg	15	0	0
Folate, DFE	mcg_DFE	15	0	0
Choline, total	mg	65.0	0	0

Vitamin B-12	mcg	1.00	0	0
Vitamin B-12, added	mcg	0.00	0	0
Vitamin A, RAE	mcg_RAE	36	0	0
Retinol	mcg	36	0	0
Carotene, beta	mcg	0	0	0
Carotene, alpha	mcg	0	0	0
Cryptoxanthin, beta	mcg	0	0	0
Vitamin A, IU	IU	120	0	0
Lycopene	mcg	0	0	0
Lutein + zeaxanthin	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.20	0	0
Vitamin E, added	mg	0.00	0	0
Vitamin K (phylloquinone)	mcg	0.1	0	0
Lipids				
Fatty acids, total saturated	g	0.906	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	0.000	0	0
14:0	g	0.109	1	0
16:0	g	0.599	1	0
18:0	g	0.198	1	0
Fatty acids, total monounsaturated	g	1.996	0	0
16:1 undifferentiated	g	0.520	1	0
18:1 undifferentiated	g	1.347	1	0
20:1	g	0.104	1	0
22:1 undifferentiated	g	0.025	1	0
Fatty acids, total polyunsaturated	g	2.149	0	0
18:2 undifferentiated	g	0.272	1	0
18:3 undifferentiated	g	0.183	1	0
18:4	g	0.050	1	0
20:4 undifferentiated	g	0.223	1	0
20:5 n-3	g	0.317	1	0
22:5 n-3	g	0.163	1	0
22:6 n-3	g	0.941	1	0
Cholesterol	mg	60	24	1.186
Amino acids				
Tryptophan	g	0.214	0	0
Threonine	g	0.837	0	0
Isoleucine	g	0.880	0	0
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	g	1.551	0	0
Lysine	g	1.753	0	0
Methionine	g	0.565	0	0
Cystine	g	0.205	0	0
Phenylalanine	g	0.745	0	0
Tyrosine	g	0.644	0	0
Valine	g	0.983	0	0
Arginine	g	1.142	0	0
Histidine	g	0.562	0	0
Alanine	g	1.154	0	0
Aspartic acid	g	1.955	0	0
Glutamic acid	g	2.849	0	0
Glycine	g	0.916	0	0
Proline	g	0.675	0	0
Serine	g	0.779	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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