Fish, anchovy, european, raw

New Search

Refuse: 0%
Scientific Name: *Engraulis encrasicholus (L.)*
NDB No: 15001 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	73.37	1	0
Energy	kcal	131	0	0
Energy	kJ	548	0	0
Protein	g	20.35	1	0
Total lipid (fat)	g	4.84	26	0.318
Ash	g	1.44	1	0
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	147	2	0
Iron, Fe	mg	3.25	4	0.6
Magnesium, Mg	mg	41	2	0
Phosphorus, P	mg	174	3	26.408
Potassium, K	mg	383	2	0
Sodium, Na	mg	104	2	0
Zinc, Zn	mg	1.72	4	0.126
Copper, Cu	mg	0.211	10	0.086
Manganese, Mn	mg	0.070	0	0
Selenium, Se	mcg	36.5	0	0
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0	0
Thiamin	mg	0.055	1	0
Riboflavin	mg	0.256	1	0
Niacin	mg	14.024	1	0
Pantothenic acid	mg	0.645	0	0
Vitamin B-6	mg	0.143	1	0
Folate, total	mcg	9	0	0
Folic acid	mcg	0	0	0
Folate, food	mcg	9	0	0
Folate, DFE	mcg_DFE	9	0	0
Vitamin B-12	mcg	0.62	1	0

Vitamin B-12, added	mcg	0.00	0	0
Vitamin A, RAE	mcg_RAE	15	0	0
Retinol	mcg	15	0	0
Carotene, beta	mcg	0	0	0
Carotene, alpha	mcg	0	0	0
Cryptoxanthin, beta	mcg	0	0	0
Vitamin A, IU	IU	50	0	0
Lycopene	mcg	0	0	0
Lutein + zeaxanthin	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.57	0	0
Vitamin E, added	mg	0.00	0	0
Vitamin K (phylloquinone)	mcg	0.1	0	0
Lipids				
Fatty acids, total saturated	g	1.282	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	0.014	1	0
14:0	g	0.302	0	0
16:0	g	0.715	1	0
18:0	g	0.252	1	0
Fatty acids, total monounsaturated	g	1.182	0	0
16:1 undifferentiated	g	0.400	1	0
18:1 undifferentiated	g	0.624	1	0
20:1	g	0.000	0	0
22:1 undifferentiated	g	0.115	1	0
Fatty acids, total polyunsaturated	g	1.637	0	0
18:2 undifferentiated	g	0.097	1	0
18:3 undifferentiated	g	0.000	0	0
18:4	g	0.055	1	0
20:4 undifferentiated	g	0.007	1	0
20:5 n-3	g	0.538	1	0
22:5 n-3	g	0.029	1	0
22:6 n-3	g	0.911	1	0
Cholesterol	mg	60	0	0
Amino acids				
Tryptophan	g	0.228	0	0
Threonine	g	0.892	0	0
Isoleucine	g	0.938	0	0
Leucine	g	1.654	0	0
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	g	1.869	0	0
Methionine	g	0.602	0	0
Cystine	g	0.218	0	0
Phenylalanine	g	0.794	0	0
Tyrosine	g	0.687	0	0
Valine	g	1.048	0	0
Arginine	g	1.217	0	0
Histidine	g	0.599	0	0
Alanine	g	1.231	0	0
Aspartic acid	g	2.084	0	0
Glutamic acid	g	3.038	0	0
Glycine	g	0.977	0	0
Proline	g	0.720	0	0
Serine	g	0.830	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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