Fish, mackerel, Pacific and jack, mixed species, raw

New Search

Refuse: 0%
Scientific Name: *Scomber spp. and Trachurus spp.*
NDB No: 15050 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	70.15	12	2.322
Energy	kcal	158	0	0
Energy	kJ	661	0	0
Protein	g	20.07	11	0
Total lipid (fat)	g	7.89	126	0.865
Ash	g	1.62	6	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	23	1	0
Iron, Fe	mg	1.16	4	0.143
Magnesium, Mg	mg	28	1	0
Phosphorus, P	mg	125	1	0
Potassium, K	mg	406	3	8.686
Sodium, Na	mg	86	3	1.938
Zinc, Zn	mg	0.67	63	0.028
Copper, Cu	mg	0.093	56	0.006
Manganese, Mn	mg	0.015	0	0
Selenium, Se	mcg	36.5	0	0
Vitamins				
Vitamin C, total ascorbic acid	mg	2.0	0	0
Thiamin	mg	0.111	2	0
Riboflavin	mg	0.421	5	0
Niacin	mg	8.320	3	0
Pantothenic acid	mg	0.316	12	0.075
Vitamin B-6	mg	0.330	11	0.029
Folate, total	mcg	2	5	0.06
Folic acid	mcg	0	0	0
Folate, food	mcg	2	5	0.06
Folate, DFE	mcg_DFE	2	0	0
Choline, total	mg	65.0	0	0

Vitamin B-12	mcg	4.40	4	0
Vitamin B-12, added	mcg	0.00	0	0
Vitamin A, RAE	mcg_RAE	13	0	0
Retinol	mcg	13	0	0
Carotene, beta	mcg	0	0	0
Carotene, alpha	mcg	0	0	0
Cryptoxanthin, beta	mcg	0	0	0
Vitamin A, IU	IU	43	0	0
Lycopene	mcg	0	0	0
Lutein + zeaxanthin	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	1.00	0	0
Vitamin E, added	mg	0.00	0	0
Vitamin K (phylloquinone)	mcg	0.1	0	0
Lipids				
Fatty acids, total saturated	g	2.247	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	0.009	11	0
14:0	g	0.340	83	0
16:0	g	1.389	83	0
18:0	g	0.441	83	0
Fatty acids, total monounsaturated	g	2.629	0	0
16:1 undifferentiated	g	0.470	83	0
18:1 undifferentiated	g	1.328	83	0
20:1	g	0.325	65	0
22:1 undifferentiated	g	0.485	41	0
Fatty acids, total polyunsaturated	g	1.940	0	0
18:2 undifferentiated	g	0.116	83	0
18:3 undifferentiated	g	0.050	42	0
18:4	g	0.125	33	0
20:4 undifferentiated	g	0.081	58	0
20:5 n-3	g	0.509	83	0
22:5 n-3	g	0.123	60	0
22:6 n-3	g	0.932	82	0
Cholesterol	mg	47	6	0
Amino acids				
Tryptophan	g	0.225	0	0
Threonine	g	0.880	0	0
Isoleucine	g	0.925	0	0

	g	1.631	0	0
Lysine	g	1.843	0	0
Methionine	g	0.594	0	0
Cystine	g	0.215	0	0
Phenylalanine	g	0.783	0	0
Tyrosine	g	0.678	0	0
Valine	g	1.034	0	0
Arginine	g	1.201	0	0
Histidine	g	0.591	0	0
Alanine	g	1.214	0	0
Aspartic acid	g	2.055	0	0
Glutamic acid	g	2.996	0	0
Glycine	g	0.963	0	0
Proline	g	0.710	0	0
Serine	g	0.819	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)

New Search