

Fish, shad, american, raw

[New Search](#)

Refuse: 0%

Scientific Name: *Alosa sapidissima* (Wilson)

NDB No: 15094 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	68.19	13	0.802
Energy	kcal	197	0	0
Energy	kJ	824	0	0
Protein	g	16.93	11	0.621
Total lipid (fat)	g	13.77	11	1.004
Ash	g	1.32	11	0.033
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	47	1	0
Iron, Fe	mg	0.97	2	0
Magnesium, Mg	mg	30	1	0
Phosphorus, P	mg	272	1	0
Potassium, K	mg	384	2	0
Sodium, Na	mg	51	2	0
Zinc, Zn	mg	0.37	60	0.01
Copper, Cu	mg	0.064	61	0.003
Manganese, Mn	mg	0.042	1	0
Selenium, Se	mcg	36.5	0	0
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0	0
Thiamin	mg	0.150	0	0
Riboflavin	mg	0.240	0	0
Niacin	mg	8.400	0	0
Pantothenic acid	mg	0.750	0	0
Vitamin B-6	mg	0.400	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	0.15	0	0
Vitamin B-12, added	mcg	0.00	0	0
Vitamin A, RAE	mcg_RAE	33	0	0
Retinol	mcg	33	0	0
Carotene, beta	mcg	0	0	0
Carotene, alpha	mcg	0	0	0
Cryptoxanthin, beta	mcg	0	0	0
Vitamin A, IU	IU	110	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	3.126	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	0.008	0	0
12:0	g	0.018	0	0
14:0	g	0.849	0	0
16:0	g	2.073	0	0
18:0	g	0.167	0	0
Fatty acids, total monounsaturated	g	5.724	0	0
16:1 undifferentiated	g	0.953	0	0
18:1 undifferentiated	g	2.323	0	0
20:1	g	1.105	0	0
22:1 undifferentiated	g	1.287	0	0
Fatty acids, total polyunsaturated	g	3.268	0	0
18:2 undifferentiated	g	0.199	0	0
18:3 undifferentiated	g	0.158	0	0
18:4	g	0.328	0	0
20:4 undifferentiated	g	0.092	0	0
20:5 n-3	g	1.086	0	0
22:5 n-3	g	0.084	0	0
22:6 n-3	g	1.321	0	0
Cholesterol	mg	75	0	0
Amino acids				
Tryptophan	g	0.190	0	0
Threonine	g	0.742	0	0
Isoleucine	g	0.780	0	0
.				

	g	1.376	0	0
Lysine	g	1.555	0	0
Methionine	g	0.501	0	0
Cystine	g	0.182	0	0
Phenylalanine	g	0.661	0	0
Tyrosine	g	0.572	0	0
Valine	g	0.872	0	0
Arginine	g	1.013	0	0
Histidine	g	0.498	0	0
Alanine	g	1.024	0	0
Aspartic acid	g	1.734	0	0
Glutamic acid	g	2.527	0	0
Glycine	g	0.813	0	0
Proline	g	0.599	0	0
Serine	g	0.691	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](#)