

Basic Report 15149, Crustaceans, shrimp, mixed species, raw

Report Date:December 20, 2013 12:31 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1.0 medium 6g	1.0 small 5g	3.0 oz 85g	4.0 large 28g
Proximates						
Water	g	83.01	4.98	4.15	70.56	23.24
Energy	kcal	71	4	4	60	20
Protein	g	13.61	0.82	0.68	11.57	3.81
Total lipid (fat)	g	1.01	0.06	0.05	0.86	0.28
Carbohydrate, by difference	g	0.91	0.05	0.05	0.77	0.25
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00	0.00
Minerals						
Calcium, Ca	mg	54	3	3	46	15
Iron, Fe	mg	0.21	0.01	0.01	0.18	0.06
Magnesium, Mg	mg	22	1	1	19	6
Phosphorus, P	mg	244	15	12	207	68
Potassium, K	mg	113	7	6	96	32
Sodium, Na ^a	mg	566	34	28	481	158
Zinc, Zn	mg	0.97	0.06	0.05	0.82	0.27
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.020	0.001	0.001	0.017	0.006
Riboflavin	mg	0.015	0.001	0.001	0.013	0.004
Niacin	mg	1.778	0.107	0.089	1.511	0.498
Vitamin B-6	mg	0.161	0.010	0.008	0.137	0.045
Folate, DFE	µg	19	1	1	16	5
Vitamin B-12	µg	1.11	0.07	0.06	0.94	0.31
Vitamin A, RAE	µg	54	3	3	46	15
Vitamin A, IU	IU	180	11	9	153	50
Vitamin E (alpha-tocopherol)	mg	1.32	0.08	0.07	1.12	0.37
Vitamin D (D2 + D3)	µg	0.1	0.0	0.0	0.1	0.0

Nutrient	Unit	1 Value Per100 g	1.0 medium 6g	1.0 small 5g	3.0 oz 85g	4.0 large 28g
Vitamin D	IU	2	0	0	2	1
Vitamin K (phylloquinone)	µg	0.3	0.0	0.0	0.3	0.1
Lipids						
Fatty acids, total saturated	g	0.261	0.016	0.013	0.222	0.073
Fatty acids, total monounsaturated	g	0.181	0.011	0.009	0.154	0.051
Fatty acids, total polyunsaturated	g	0.295	0.018	0.015	0.251	0.083
Fatty acids, total trans	g	0.018	0.001	0.001	0.015	0.005
Cholesterol	mg	126	8	6	107	35
Other						
Caffeine	mg	0	0	0	0	0

Footnotes

^a Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 148 mg sodium/100g.