

Basic Report 15150, Crustaceans, shrimp, mixed species, cooked, breaded and fried

Report Date:December 20, 2013 12:28 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	4.0 large 30g
Proximates				
Water	g	52.86	44.93	15.86
Energy	kcal	242	206	73
Protein	g	21.39	18.18	6.42
Total lipid (fat)	g	12.28	10.44	3.68
Carbohydrate, by difference	g	11.47	9.75	3.44
Fiber, total dietary	g	0.4	0.3	0.1
Sugars, total	g	0.80	0.68	0.24
Minerals				
Calcium, Ca	mg	67	57	20
Iron, Fe	mg	1.26	1.07	0.38
Magnesium, Mg	mg	40	34	12
Phosphorus, P	mg	218	185	65
Potassium, K	mg	225	191	68
Sodium, Na	mg	344	292	103
Zinc, Zn	mg	1.38	1.17	0.41
Vitamins				
Vitamin C, total ascorbic acid	mg	1.5	1.3	0.4
Thiamin	mg	0.129	0.110	0.039
Riboflavin	mg	0.136	0.116	0.041
Niacin	mg	3.070	2.609	0.921
Vitamin B-6	mg	0.098	0.083	0.029
Folate, DFE	µg	39	33	12
Vitamin B-12	µg	1.87	1.59	0.56
Vitamin A, RAE	µg	56	48	17
Vitamin A, IU	IU	189	161	57
Vitamin E (alpha-tocopherol)	mg	1.30	1.10	0.39
Vitamin D (D2 + D3)	µg	0.1	0.1	0.0

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	4.0 large 30g
Vitamin D	IU	5	4	2
Vitamin K (phylloquinone)	µg	1.0	0.8	0.3
Lipids				
Fatty acids, total saturated	g	2.087	1.774	0.626
Fatty acids, total monounsaturated	g	3.812	3.240	1.144
Fatty acids, total polyunsaturated	g	5.085	4.322	1.526
Cholesterol	mg	138	117	41
Other				
Caffeine	mg	0	0	0