

**Basic Report 15152, Crustaceans, shrimp, mixed species, canned**

Report Date: December 20, 2013 12:29 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1.0 cup 128g	1.0 oz 28.35g	1.0 can (4.5 oz), drained 128g	10.0 shrimp 32g	3.0 oz 85g
<b>Proximates</b>							
Water	g	75.85	97.09	21.50	97.09	24.27	64.47
Energy	kcal	100	128	28	128	32	85
Protein	g	20.42	26.14	5.79	26.14	6.53	17.36
Total lipid (fat)	g	1.36	1.74	0.39	1.74	0.44	1.16
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00	0.00	0.00
<b>Minerals</b>							
Calcium, Ca	mg	145	186	41	186	46	123
Iron, Fe	mg	2.13	2.73	0.60	2.73	0.68	1.81
Magnesium, Mg	mg	33	42	9	42	11	28
Phosphorus, P	mg	195	250	55	250	62	166
Potassium, K	mg	80	102	23	102	26	68
Sodium, Na	mg	870	1114	247	1114	278	740
Zinc, Zn	mg	1.96	2.51	0.56	2.51	0.63	1.67
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	4.1	5.2	1.2	5.2	1.3	3.5
Thiamin	mg	0.007	0.009	0.002	0.009	0.002	0.006
Riboflavin	mg	0.015	0.019	0.004	0.019	0.005	0.013
Niacin	mg	0.558	0.714	0.158	0.714	0.179	0.474
Vitamin B-6	mg	0.010	0.013	0.003	0.013	0.003	0.008
Folate, DFE	µg	9	12	3	12	3	8
Vitamin B-12	µg	0.74	0.95	0.21	0.95	0.24	0.63
Vitamin A, RAE	µg	0	0	0	0	0	0
Vitamin A, IU	IU	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	1.10	1.41	0.31	1.41	0.35	0.94
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0

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Vitamin D	IU	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0	0.0
<b>Lipids</b>							
Fatty acids, total saturated	g	0.188	0.241	0.053	0.241	0.060	0.160
Fatty acids, total monounsaturated	g	0.108	0.138	0.031	0.138	0.035	0.092
Fatty acids, total polyunsaturated	g	0.684	0.876	0.194	0.876	0.219	0.581
Cholesterol	mg	252	323	71	323	81	214
<b>Other</b>							
Caffeine	mg	0	0	0	0	0	0