

Basic Report 15151, Crustaceans, shrimp, mixed species, cooked, moist heat

Report Date: December 20, 2013 12:21 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	4.0 large 22g
Proximates				
Water	g	71.56	60.83	15.74
Energy	kcal	119	101	26
Protein	g	22.78	19.36	5.01
Total lipid (fat)	g	1.70	1.44	0.37
Carbohydrate, by difference	g	1.52	1.29	0.33
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	91	77	20
Iron, Fe	mg	0.32	0.27	0.07
Magnesium, Mg	mg	37	31	8
Phosphorus, P	mg	306	260	67
Potassium, K	mg	170	144	37
Sodium, Na ^a	mg	947	805	208
Zinc, Zn	mg	1.63	1.39	0.36
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.032	0.027	0.007
Riboflavin	mg	0.024	0.020	0.005
Niacin	mg	2.678	2.276	0.589
Vitamin B-6	mg	0.242	0.206	0.053
Folate, DFE	µg	24	20	5
Vitamin B-12	µg	1.66	1.41	0.37
Vitamin A, RAE	µg	90	76	20
Vitamin A, IU	IU	301	256	66
Vitamin E (alpha-tocopherol)	mg	2.20	1.87	0.48
Vitamin D (D2 + D3)	µg	0.1	0.1	0.0

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	4.0 large 22g
Vitamin D	IU	4	3	1
Vitamin K (phylloquinone)	µg	0.4	0.3	0.1
Lipids				
Fatty acids, total saturated	g	0.521	0.443	0.115
Fatty acids, total monounsaturated	g	0.361	0.307	0.079
Fatty acids, total polyunsaturated	g	0.590	0.502	0.130
Fatty acids, total trans	g	0.035	0.030	0.008
Cholesterol	mg	211	179	46
Other				
Caffeine	mg	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 = 224 mg sodium/100g.