

National Nutrient Database for Standard Reference  
Release 24

- [NDL Home](#)
[Foods List](#)
[Ground Beef Calculator](#)
[SR24 Documentation](#)
[Help](#)

## Statistics Report

Nutrient data for 15015, Fish, cod, Atlantic, raw

[Return to Search Results](#)
[Basic Report](#)
[Full Report](#)

*Nutrient values and weights are for edible portion*

Nutrient	Unit	Value (100g)	Data Points	Std. Error	Min	Max	df	Lower error bound	Upper error bound	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	81.22	537	0.040	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	82	0	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Energy	kJ	343	0	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Protein	g	17.81	605	0.040	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	0.67	293	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	1.16	165	0.013	--	--	--	--	--	--	Analytical or derived	--	09/1987

												from analytical		
Carbohydrate, by difference	g	0.00	0	--	--	--	--	--	--	--	Assumed zero	--	09/1987	
Fiber, total dietary	g	0.0	0	--	--	--	--	--	--	--	Assumed zero	--	09/1987	
Sugars, total	g	0.00	0	--	--	--	--	--	--	--	Assumed zero	--	02/2003	
<b>Minerals</b>														
Calcium, Ca	mg	16	101	1.489	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987	
Iron, Fe	mg	0.38	26	0.031	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987	
Magnesium, Mg	mg	32	30	1.273	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987	
Phosphorus, P	mg	203	75	3.657	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987	
Potassium, K	mg	413	49	11.091	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987	
Sodium, Na	mg	54	44	3.370	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987	
Zinc, Zn	mg	0.45	188	0.012	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987	
Copper, Cu	mg	0.028	136	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987	
Manganese, Mn	mg	0.015	0	--	--	--	--	--	--	--	Analytical or derived from	--	09/1987	

											analytical		
Selenium, Se	µg	33.1	11	2.412	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	1.0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Thiamin	mg	0.076	40	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Riboflavin	mg	0.065	68	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Niacin	mg	2.063	69	0.074	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Pantothenic acid	mg	0.153	45	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin B-6	mg	0.245	4	0.035	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folate, total	µg	7	0	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folic acid	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	7	0	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Folate, DFE	mcg_DFE	7	0	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Choline, total	mg	65.2	0	--	--	--	--	--	--	--	Calculated or imputed	<b>15016</b>	03/2007
Vitamin B-12	µg	0.91	55	0.051	--	--	--	--	--	--	Analytical or derived from	--	09/1987

												analytical		
Vitamin B-12, added	µg	0.00	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	mcg_RAE	12	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Retinol	µg	12	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Carotene, beta	µg	0	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Carotene, alpha	µg	0	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	40	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Lycopene	µg	0	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.64	2	--	0.63	0.64	1.0	--	--	1	1	Calculated or imputed	--	03/2009
Vitamin E, added	mg	0.00	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta	mg	0.00	2	--	--	--	--	--	--	1	1	Calculated or imputed	--	03/2009
Tocopherol, gamma	mg	0.00	2	--	--	--	--	--	--	1	1	Calculated or imputed	--	03/2009
Tocopherol, delta	mg	0.00	2	--	--	--	--	--	--	1	1	Calculated or imputed	--	03/2009
Vitamin D (D2 + D3)	µg	0.9	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Vitamin D3 (cholecalciferol)	µg	0.9	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Vitamin D	IU	36	1	--	--	--	--	--	--	--	--	Analytical or derived from	--	05/2009

											analytical		
Vitamin K (phylloquinone)	µg	0.1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	0.131	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
4:0	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.009	25	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	0.091	26	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.030	26	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	0.094	0	--	--	--	--	--	--	--	Analytical or derived from	--	09/1987

												analytical		
16:1 undifferentiated	g	0.016	26	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	0.061	26	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	0.015	23	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:1 undifferentiated	g	0.003	19	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total polyunsaturated	g	0.231	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:2 undifferentiated	g	0.005	25	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:3 undifferentiated	g	0.001	19	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:4	g	0.001	22	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:4 undifferentiated	g	0.022	23	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.064	26	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.010	22	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

22:6 n-3 (DHA)	g	0.120	26	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	43	37	0.969	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
<b>Amino Acids</b>													
Tryptophan	g	0.199	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	0.781	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	0.821	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.447	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	1.635	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.527	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.191	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.695	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.601	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Valine	g	0.917	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	1.066	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.524	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.077	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	1.823	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	2.658	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	0.855	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.630	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	0.726	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
<b>Other</b>													
Alcohol, ethyl	g	0.0	0	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	0	--	--	--	--	--	--	--	Assumed zero	--	02/2001
Theobromine	mg	0	0	--	--	--	--	--	--	--	Assumed zero	--	02/2001



