

National Nutrient Database for Standard Reference
Release 24

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Statistics Report

Nutrient data for 15123, Fish, tuna, fresh, skipjack, raw

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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
Proximates													
Water	g	70.58	15	0.429	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	103	0	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	431	0	--	--	--	--	--	--	--	Calculated or imputed	--	01/2012
Protein	g	22.00	9	1.245	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	1.01	5	0.060	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	1.30	1	--	--	--	--	--	--	--	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
Minerals														
Calcium, Ca	mg	29	3	5.534	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Iron, Fe	mg	1.25	24	0.024	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Magnesium, Mg	mg	34	3	4.241	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phosphorus, P	mg	222	8	6.657	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Potassium, K	mg	407	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	37	4	5.234	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	0.82	70	0.064	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.086	93	0.004	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.015	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Selenium, Se	µg	36.5	0	--	--	--	--	--	--	--	--	Calculated	--	12/1997

or imputed

Vitamins

Vitamin C, total ascorbic acid	mg	1.0	0	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Thiamin	mg	0.033	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Riboflavin	mg	0.100	0	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Niacin	mg	15.400	0	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Pantothenic acid	mg	0.420	0	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin B-6	mg	0.850	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folate, total	µg	9	0	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folic acid	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	9	0	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folate, DFE	mcg_DFE	9	0	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	1.90	0	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin A, RAE	mcg_RAE	16	3	6.822	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	16	3	6.822	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Vitamin A, IU	IU	52	3	22.716	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Lipids

Fatty acids, total saturated	g	0.328	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
14:0	g	0.040	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	0.233	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.055	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	0.190	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	0.036	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	0.131	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	0.017	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:1 undifferentiated	g	0.006	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total polyunsaturated	g	0.315	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:2 undifferentiated	g	0.016	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:4	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived	--	09/1987

												from analytical		
20:4 undifferentiated	g	0.026	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.071	3	0.043	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.013	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	0.185	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	47	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Amino Acids														
Tryptophan	g	0.246	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	0.964	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	1.014	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.788	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	2.020	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.651	0	--	--	--	--	--	--	--	--	Analytical or derived	--	09/1987

												from analytical		
Cystine	g	0.236	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.859	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.743	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	1.133	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	1.316	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.648	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.331	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	2.253	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	3.284	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	1.056	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.778	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Serine	g	0.898	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
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