

FoodData Central Food Details

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Fish, tuna, fresh, skipjack, raw

SR Legacy, released in April 2018, is the final release of this data type and will not be updated. For more recent data, users should search other data types in FoodData Central.

Data Type: SR Legacy

Food Category: Finfish and Shellfish Products

FDC ID: 175156

NDB Number: 15123

FDC Published: 4/1/2019

Nutrients

Measures

Other Information

Portion:

100g

| Name | Amount | Unit | Deriv. By | n | Samples | Min | Max | Median | Footnote | |
|-----------------------------|--------|------|---|---|---------|-----|-----|--------|----------|--|
| Water | 70.6 | g | | | | | | | | |
| Energy | 103 | kcal | Calculated | | | | | | | |
| Energy | 431 | kJ | | | | | | | | |
| Protein | 22 | g | | | | | | | | |
| Total lipid (fat) | 1.01 | g | | | | | | | | |
| Ash | 1.3 | g | | | | | | | | |
| Carbohydrate, by difference | 0 | g | Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat) | | | | | | | |
| Fiber, total dietary | 0 | g | Assumed zero (Insignificant amount or | | | | | | | |

| Name | Amount | Unit | Deriv. By | n | Samples | Min | Max | Median | Footnote | |
|--------------------------------|--------|------|-----------|---|---------|-----|-----|--------|--|--|
| | | | | | | | | | not naturally occurring in a food, such as fiber in meat) | |
| Calcium, Ca | 29 | mg | | | | | | | | |
| Iron, Fe | 1.25 | mg | | | | | | | | |
| Magnesium, Mg | 34 | mg | | | | | | | | |
| Phosphorus, P | 222 | mg | | | | | | | | |
| Potassium, K | 407 | mg | | | | | | | | |
| Sodium, Na | 37 | mg | | | | | | | | |
| Zinc, Zn | 0.82 | mg | | | | | | | | |
| Copper, Cu | 0.086 | mg | | | | | | | | |
| Manganese, Mn | 0.015 | mg | | | | | | | | |
| Selenium, Se | 36.5 | µg | | | | | | | Calculated from different food; From average values for food category; No adjustment; Retention factors not used | |
| Vitamin C, total ascorbic acid | 1 | mg | | | | | | | | |
| Thiamin | 0.033 | mg | | | | | | | | |
| Riboflavin | 0.1 | mg | | | | | | | | |
| Niacin | 15.4 | mg | | | | | | | | |
| Pantothenic acid | 0.42 | mg | | | | | | | | |
| Vitamin B-6 | 0.85 | mg | | | | | | | | |
| Folate, total | 9 | µg | | | | | | | | |
| Folic acid | 0 | µg | | | | | | | Assumed zero (Insignificant amount or not naturally occurring in a food, such | |

| Name | Amount | Unit | Deriv. By | n | Samples | Min | Max | Median | Footnote | |
|------------------------------------|--------|------|------------|---|---------|-----|-----|--------|----------|-------------------|
| | | | | | | | | | | as fiber in meat) |
| Folate, food | 9 | µg | | | | | | | | |
| Folate, DFE | 9 | µg | Calculated | | | | | | | |
| Vitamin B-12 | 1.9 | µg | | | | | | | | |
| Vitamin A, RAE | 16 | µg | | | | | | | | |
| Retinol | 16 | µg | | | | | | | | |
| Vitamin A, IU | 52 | IU | | | | | | | | |
| Fatty acids, total saturated | 0.328 | g | | | | | | | | |
| SFA 14:0 | 0.04 | g | | | | | | | | |
| SFA 16:0 | 0.233 | g | | | | | | | | |
| SFA 18:0 | 0.055 | g | | | | | | | | |
| Fatty acids, total monounsaturated | 0.19 | g | | | | | | | | |
| MUFA 16:1 | 0.036 | g | | | | | | | | |
| MUFA 18:1 | 0.131 | g | | | | | | | | |
| MUFA 20:1 | 0.017 | g | | | | | | | | |
| MUFA 22:1 | 0.006 | g | | | | | | | | |
| Fatty acids, total polyunsaturated | 0.315 | g | | | | | | | | |
| PUFA 18:2 | 0.016 | g | | | | | | | | |
| PUFA 18:4 | 0.004 | g | | | | | | | | |
| PUFA 20:4 | 0.026 | g | | | | | | | | |
| PUFA 20:5 n-3 (EPA) | 0.071 | g | | | | | | | | |
| PUFA 22:5 n-3 (DPA) | 0.013 | g | | | | | | | | |
| PUFA 22:6 n-3 (DHA) | 0.185 | g | | | | | | | | |
| Cholesterol | 47 | mg | | | | | | | | |
| Tryptophan | 0.246 | g | | | | | | | | |
| Threonine | 0.964 | g | | | | | | | | |
| Isoleucine | 1.01 | g | | | | | | | | |
| Leucine | 1.79 | g | | | | | | | | |
| Lysine | 2.02 | g | | | | | | | | |
| Methionine | 0.651 | g | | | | | | | | |

| Name | Amount | Unit | Deriv. By | n | Samples | Min | Max | Median | Footnote | |
|---------------|--------|------|-----------|---|---------|-----|-----|--------|----------|--|
| Cystine | 0.236 | g | | | | | | | | |
| Phenylalanine | 0.859 | g | | | | | | | | |
| Tyrosine | 0.743 | g | | | | | | | | |
| Valine | 1.13 | g | | | | | | | | |
| Arginine | 1.32 | g | | | | | | | | |
| Histidine | 0.648 | g | | | | | | | | |
| Alanine | 1.33 | g | | | | | | | | |
| Aspartic acid | 2.25 | g | | | | | | | | |
| Glutamic acid | 3.28 | g | | | | | | | | |
| Glycine | 1.06 | g | | | | | | | | |
| Proline | 0.778 | g | | | | | | | | |
| Serine | 0.898 | g | | | | | | | | |

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