

FoodData Central Food Details

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Fish, tuna salad

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: 175160

NDB Number: 15128

FDC Published: 4/1/2019

Nutrients

Measures

Portion:

100g

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote	
Water	63.2	g								
Energy	187	kcal	Calculated							
Energy	782	kJ								
Protein	16	g								
Total lipid (fat)	9.26	g								
Ash	2.14	g								
Carbohydrate, by difference	9.41	g	Calculated							
Fiber, total dietary	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)							
Calcium, Ca	17	mg								

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote	
Iron, Fe	1	mg								
Magnesium, Mg	19	mg								
Phosphorus, P	178	mg								
Potassium, K	178	mg								
Sodium, Na	402	mg								
Zinc, Zn	0.56	mg								
Copper, Cu	0.145	mg								
Manganese, Mn	0.04	mg								
Selenium, Se	41.2	µg	Recipe; Approximate ingredient proportions (ex. combination of several recipes)							
Vitamin C, total ascorbic acid	2.2	mg								
Thiamin	0.031	mg								
Riboflavin	0.07	mg								
Niacin	6.7	mg								
Pantothenic acid	0.26	mg								
Vitamin B-6	0.081	mg								
Folate, total	8	µg	Recipe; Approximate ingredient proportions (ex. combination of several recipes)							
Folic acid	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)							
Folate, food	8	µg	Recipe; Approximate							

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote	
			ingredient proportions (ex. combination of several recipes)							
Folate, DFE	8	µg	Calculated							
Vitamin B-12	1.2	µg								
Vitamin A, RAE	24	µg	Calculated							
Retinol	22	µg	Calculated							
Vitamin A, IU	97	IU								
Fatty acids, total saturated	1.54	g								
SFA 14:0	0.014	g								
SFA 16:0	1.28	g								
SFA 18:0	0.249	g								
Fatty acids, total monounsaturated	2.89	g								
MUFA 16:1	0.045	g								
MUFA 18:1	2.83	g								
MUFA 20:1	0.014	g								
Fatty acids, total polyunsaturated	4.12	g								
PUFA 18:2	3.72	g								
PUFA 18:3	0.332	g								
PUFA 20:5 n-3 (EPA)	0.014	g								
PUFA 22:6 n-3 (DHA)	0.055	g								
Cholesterol	13	mg								
Tryptophan	0.18	g								
Threonine	0.701	g								
Isoleucine	0.739	g								
Leucine	1.29	g								
Lysine	1.46	g								
Methionine	0.47	g								
Cystine	0.172	g								
Phenylalanine	0.626	g								

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote	
Tyrosine	0.539	g								
Valine	0.824	g								
Arginine	0.967	g								
Histidine	0.467	g								
Alanine	0.962	g								
Aspartic acid	1.63	g								
Glutamic acid	2.4	g								
Glycine	0.767	g								
Proline	0.565	g								
Serine	0.657	g								

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