

# Nutrient Analysis

## Fish, Blackened Catfish (NEW)

Serving Size : 17 Oz (481.95 gm)

Item Type : Recipe

Source Description : Fish, Blackened Catfish (NEW)

### Macro Nutrients

Calories:	631 Kcal
Protein:	36.60 gm
Carbohydrates:	80.46 gm
Total Fat:	20.68 gm
Monounsaturat: Fat:	11.03 gm
Polyunsaturat Fat:	3.48 gm
Saturat Fat:	3.77 gm
Trans Fat:	0.09 gm
Water:	642 ml
Total Sugar:	5.95 gm
Total Dietary Fiber:	10.17 gm
Insoluble Fiber:	4.74 gm
Cholesterol:	94 mg
Alcohol:	0.00 gm
Caffeine:	0.00 mg
Calcium:	248.51 mg
Magnesium:	154.87 mg
Phosphorus:	618.03 mg
Potassium:	2,498.30 mg
Sodium:	895.98 mg
Copper:	0.730 mg
Iron:	4.74 mg
Manganese:	2.470 mg
Zinc:	2.730 mg

### Vitamins

Vitamin A:	2,095.35 RE
Vitamin E:	3.74 mg
Thiamin (B1):	0.37 mg
Riboflavin (B2):	0.59 mg
Niacin (B3):	7.06 mg
Vitamin B6:	1.25 mg
Vitamin B12:	4.90 mcg
Folacin:	209.78 mcg
Pantothenic Acid:	3.76 mg
Vitamin C:	178.33 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

### Other Information

Calories from Carbohydrates:	47%
Calories from Fat:	30%
Calories from Protein:	23%
Poly/Sat Fat:	0.92:1
Sodium/Potassium:	0.36:1
Calcium/Phosphorus:	0.40:1

### Essential Amino Acids

Histidine:	0.77 gm
Isoleucine:	1.58 gm
Leucine:	2.58 gm
Lysine:	2.86 gm
Methionine:	0.94 gm
Phenylalanine:	1.48 gm
Threonine:	1.61 gm
Tryptophan:	0.41 gm
Valine:	1.80 gm

### Other Amino Acids

Alanine:	1.96 gm
Arginine:	2.13 gm
Aspartic Acid:	3.89 gm
Cystine:	0.39 gm
Glutamic Acid:	4.93 gm
Glycine:	1.72 gm
Proline:	1.39 gm
Serine:	1.41 gm
Tyrosine:	1.17 gm

### Fatty Acids

Linoleic:	2.62 gm
Oleic:	10.47 gm

\* indicates 1 or more Unreported values.

Menu Analysis does NOT include Snacks