



YELLOWTAIL ROCKFISH

(Sebastes flavidus)

Serving Size	100g
Calories	85 kcal
Protein	18.3g
Protein calories: 78 kcal Protein calories % : 92.1%	
Fat	0.7g
Fat calories: 7 kcal Fat calories % : 7.9%	
Carbohydrates	0.0g
Carb calories: 0 kcal Carb calories % : 0.0%	
Cholesterol	30.5 mg
Sodium	41.8 mg

Serving Size	per 100g	per 100 kcal
Omega 3 (EPA+DHA)	274 mg	280 mg
Vitamin B3	2.4 mg	2.5 mg
Vitamin B6	0.2 mg	0.2 mg
Vitamin B12	2.4 mcg	2.5 mcg
Vitamin D	174 IU	178 IU
Vitamin E	0 mg	0 mg
Calcium	7.0 mg	7.1 mg
Magnesium	27 mg	28 mg
Phosphorus	221 mg	226 mg
Potassium	443 mg	452 mg
Selenium	80 mcg	82 mcg

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