

How you prepare fish makes a difference

NUTRIENT (3 ounces for all)	RAW	COOKED dry heat	FRIED battered or breaded
Water	69.04g	64.53g	45.53g
Calories	70kcal	89kcal	197.2kcal
Protein	15.14g	19.41g	12.46g
Total lipid (fat)	0.57g	0.73g	10.45g
Saturated fat	0.11g	0.14g	2.4g
Monounsaturated fat	0.08g	0.11g	2.19g
Polyunsaturated fat	0.2g	0.25g	5.33g
Cholesterol	37mg	47mg	28.9mg
Carbohydrate, by difference	0g	0g	14.43g
Fiber, total dietary	0g	0g	0.43g
Sugars, total	0g	0g	0g
Calcium, Ca	14mg	12mg	15.3mg
Iron, Fe	0.32mg	0.42mg	1.79mg
Potassium, K	351mg	207mg	272mg
Sodium, Na	46mg	66mg	452.2mg

source: United States Department of Agriculture
13290-000



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