

Yellow tail fiber composition



Overview

Detailed nutrient breakdown of "Yellowtail (Raw)" per 100g including calories, carbohydrates, protein, fats, fiber, vitamins, and minerals.

Key Takeaways

Yellowtail fish contains no dietary fiber.

Yellowtail, a popular fish in the *Seriola* genus, is fiber-free, meaning it does not provide any dietary fiber in its nutritional profile . A 100-gram serving of yellowtail contains 0 grams of carbohydrates and 0 grams of fiber, while being rich in protein, with approximately 23 grams per 100 grams . This makes it a high-protein, low-carbohydrate food suitable for diets focused on protein intake rather than fiber consumption.

Nutritional Overview

- Protein: 23.14 grams per 100 grams, a complete source of essential amino acids .
- Fat: Yellowtail has a higher fat content than many other fish, contributing to its mild, buttery flavor .
- Vitamins and Minerals: Contains Vitamin A (95 IU), Vitamin B3 (6.8 mg), Vitamin B9 (4 mg), and 39 mg of sodium per 100 grams .
- Water Content: Approximately 74.5% of its weight is water .

Dietary Implications



Since yellowtail lacks fiber, it does not contribute to digestive health or bowel regularity in the way fiber-rich foods like vegetables, fruits, or whole grains do. However, it is an excellent source of high-quality protein and essential nutrients, making it valuable for muscle maintenance, weight management, and overall nutrition. In summary, while yellowtail is nutritious and protein-rich, it does not provide dietary fiber, so it should be complemented with fiber-containing foods in a balanced diet.

Article Content

Yellowtail — Nutrition Facts

Yellowtail contains n/d of total sugars, 0 grams of dietary fiber and n/d of starch. It has 71 milligrams of cholesterol and n/d of total

Complete Nutritional Information of "Yellowtail (Raw)"

Detailed nutrient breakdown of "Yellowtail (Raw)" per 100g including calories, carbohydrates, protein, fats, fiber, vitamins, and minerals.

Nutrition Facts for Raw Yellowtail

This food is low in carbohydrates and sugar relative to the fiber, protein, and fat. It is a good choice for maintaining healthy blood

Yellowtail Fillet Nutrition Facts (per 100g) | DietCompass

Yellowtail Fillet nutritional value per 100g: 146 kcal calories, 23g protein, 0g carbs, 5.2g fat, 0g fiber, 39mg sodium. Get

Yellowtail nutrition: calories, carbs, GI, protein, fiber, fats

Yellowtail nutrition (100 grams). Richest in Selenium: 47µg (85% of DV), Protein: 30g (71% of DV). Calories:187, Net carbs: 0,

Physicochemical and microbiological characteristics of fresh Indian ...

The present study provides valuable information on protein, ash, fat, moisture, fiber and essential minerals (Ca, Mg, Zn,

Contact Us

Continue your research online:

Website: <https://coetzerinvestments.co.za>

Technical inquiry: <https://coetzerinvestments.co.za/contact.html>

This document is for preliminary research. Verify specifications against current standards, product documentation and project requirements.

