^{48}Fe $Z = 26$ $N = 22$ adopted link ENSDF link

Based on ensdf_240402 (Apr 2024), and mass evaluation from 2020

BE = 385.091 (0.092) MeV
Qbeta+ = 11.288 (0.092) MeV

	Energy	T	J+	J-	J-other	T1/2
48FE 1	0.000		0+		1	45.5 MS 8
48FE 2	0.970		(2+)		2	
48FE 3	2.253		(4+)		3	
48FE 4	2.377		(2+)		4	
S-p = 2.731 (0.098)						
S-2p = 3.115 (0.093)						
48FE 5	3.197		(4+)		5	
48FE 6	3.241		(6+)		6	
48FE 7				3.475 (3-)	7	
48FE 8	3.497		(6+)		8	
48FE 9				4.205 (5-)	9	

S-p = 2.731 (0.098)
S-n = 18.961 (0.525)
S-2p = 3.115 (0.093)
S-2n = 35.353 (0.335)
S-alpha= 7.012 (0.105)

S+p = 0.931 (0.499)
S+n = -14.813 (0.095)
S+2p = -0.009 (0.508)
S+2n = -32.611 (0.093)
S+alpha = -6.976 (0.124)

gap p = 3.662 (0.508)
gap n = 4.147 (0.534)
gap 2p = 3.106 (0.517)
gap 2n = 2.742 (0.348)
gap alpha = 0.035 (0.163)