

**Basic Report 15085, Fish, salmon, sockeye, raw**

Report Date: March 05, 2015 13:42 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz, boneless 28.35g	0.5 fillet 198g	3.0 oz 85g
<b>Proximates</b>					
Water	g	73.15	20.74	144.84	62.18
Energy	kcal	142	40	281	121
Protein	g	21.31	6.04	42.19	18.11
Total lipid (fat)	g	5.61	1.59	11.11	4.77
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00
<b>Minerals</b>					
Calcium, Ca	mg	10	3	20	8
Iron, Fe	mg	0.42	0.12	0.83	0.36
Magnesium, Mg	mg	30	9	59	26
Phosphorus, P	mg	266	75	527	226
Potassium, K	mg	343	97	679	292
Sodium, Na <sup>a</sup>	mg	112	32	222	95
Zinc, Zn	mg	0.42	0.12	0.83	0.36
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.180	0.051	0.356	0.153
Riboflavin	mg	0.118	0.033	0.234	0.100
Niacin	mg	8.138	2.307	16.113	6.917
Vitamin B-6	mg	0.612	0.174	1.212	0.520
Folate, DFE	µg	8	2	16	7
Vitamin B-12	µg	5.95	1.69	11.78	5.06
Vitamin A, RAE	µg	58	16	115	49
Vitamin A, IU	IU	193	55	382	164
Vitamin E (alpha-tocopherol)	mg	0.95	0.27	1.88	0.81

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Vitamin D (D2 + D3)	µg	11.0	3.1	21.8	9.4
Vitamin D	IU	441	125	873	375
Vitamin K (phylloquinone)	µg	0.1	0.0	0.2	0.1
<b>Lipids</b>					
Fatty acids, total saturated	g	1.182	0.335	2.340	1.005
Fatty acids, total monounsaturated	g	1.863	0.528	3.689	1.584
Fatty acids, total polyunsaturated	g	1.945	0.551	3.851	1.653
Fatty acids, total trans	g	0.028	0.008	0.055	0.024
Cholesterol	mg	53	15	105	45
<b>Other</b>					
Caffeine	mg	0	0	0	0

**Footnotes**

<sup>a</sup> Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 47 mg sodium/100g.