

Basic Report 15251, USDA Commodity, salmon nuggets, breaded, frozen, heated

Report Date: January 25, 2015 19:22 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per 100 g	1 oz 28.35g
Proximates			
Water	g	60.38	17.12
Energy	kcal	212	60
Protein	g	12.69	3.60
Total lipid (fat)	g	11.72	3.32
Carbohydrate, by difference	g	13.96	3.96
Fiber, total dietary	g	0.0	0.0
Minerals			
Calcium, Ca	mg	8	2
Iron, Fe	mg	1.24	0.35
Magnesium, Mg	mg	20	6
Phosphorus, P	mg	176	50
Potassium, K	mg	165	47
Sodium, Na	mg	173	49
Zinc, Zn	mg	0.52	0.15
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.207	0.059
Riboflavin	mg	0.156	0.044
Niacin	mg	4.527	1.283
Vitamin B-6	mg	0.222	0.063
Folate, DFE	µg	11	3
Vitamin B-12	µg	2.07	0.59
Lipids			
Fatty acids, total saturated	g	1.570	0.445
Fatty acids, total monounsaturated	g	4.625	1.311
Fatty acids, total polyunsaturated	g	3.028	0.858

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Cholesterol	mg	26		7