

Full Report (All Nutrients) 15252, USDA Commodity, salmon nuggets, cooked as purchased, unheated

Report Date: January 31, 2015 12:41 EST

Nutrient values and weights are for edible portion

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 4 Fat Factor: 9 Protein Factor: 4 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Proximates					
Water	g	64.57	1	--	18.31
Energy	kcal	189	--	--	54
Energy	kJ	791	--	--	224
Protein	g	11.97	1	--	3.39
Total lipid (fat)	g	10.43	1	--	2.96
Ash	g	1.19	1	--	0.34
Carbohydrate, by difference	g	11.85	--	--	3.36
Fiber, total dietary	g	0.0	1	--	0.0
Minerals					
Calcium, Ca	mg	9	1	--	3
Iron, Fe	mg	1.46	1	--	0.41
Magnesium, Mg	mg	20	1	--	6
Phosphorus, P	mg	173	1	--	49
Potassium, K	mg	161	1	--	46
Sodium, Na	mg	167	1	--	47
Zinc, Zn	mg	0.46	1	--	0.13
Copper, Cu	mg	0.069	--	--	0.020
Manganese, Mn	mg	0.106	--	--	0.030
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	1	--	0.0
Thiamin	mg	0.195	--	--	0.055
Riboflavin	mg	0.140	--	--	0.040
Niacin	mg	5.948	1	--	1.686

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz. 28.35g
Pantothenic acid	mg	0.520	--	--	0.147
Vitamin B-6	mg	0.220	--	--	0.062
Folate, total	µg	9	--	--	3
Folic acid	µg	3	--	--	1
Folate, food	µg	6	--	--	2
Folate, DFE	µg	11	--	--	3
Vitamin B-12	µg	2.18	--	--	0.62
Lipids					
Fatty acids, total saturated	g	1.497	1	--	0.424
4:0	g	0.000	1	--	0.000
6:0	g	0.000	1	--	0.000
8:0	g	0.011	1	--	0.003
10:0	g	0.000	1	--	0.000
12:0	g	0.002	1	--	0.001
14:0	g	0.060	1	--	0.017
16:0	g	0.921	1	--	0.261
18:0	g	0.339	1	--	0.096
Fatty acids, total monounsaturated	g	4.330	1	--	1.228
16:1 undifferentiated	g	0.068	1	--	0.019
18:1 undifferentiated	g	4.044	1	--	1.146
20:1	g	0.191	1	--	0.054
22:1 undifferentiated	g	0.012	1	--	0.003
Fatty acids, total polyunsaturated	g	2.863	1	--	0.812
18:2 undifferentiated	g	2.237	1	--	0.634
18:3 undifferentiated	g	0.122	1	--	0.035
18:4	g	0.000	1	--	0.000
20:4 undifferentiated	g	0.012	1	--	0.003
20:5 n-3 (EPA)	g	0.050	1	--	0.014
22:5 n-3 (DPA)	g	0.000	1	--	0.000
22:6 n-3 (DHA)	g	0.413	1	--	0.117
Cholesterol	mg	27	1	--	8
Other					
Alcohol, ethyl	g	0.0	--	--	0.0