

Basic Report 15272, Fish, salmon, sockeye, untreated, raw

Report Date: January 26, 2015 22:23 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Proximates			
Water	g	71.86	61.08
Energy	kcal	131	111
Protein	g	22.56	19.18
Total lipid (fat)	g	4.53	3.85
Carbohydrate, by difference	g	0.00	0.00
Minerals			
Calcium, Ca	mg	9	8
Iron, Fe	mg	0.42	0.36
Magnesium, Mg	mg	30	26
Phosphorus, P	mg	256	218
Potassium, K	mg	360	306
Sodium, Na	mg	70	60
Zinc, Zn	mg	0.49	0.42
Lipids			
Fatty acids, total saturated	g	1.088	0.925
Fatty acids, total monounsaturated	g	1.652	1.404
Fatty acids, total polyunsaturated	g	1.358	1.154
Cholesterol	mg	50	42