

**Basic Report 15273, Fish, salmon, sockeye, untreated, cooked**

Report Date: January 30, 2015 16:35 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
<b>Proximates</b>			
Water	g	69.51	59.08
Energy	kcal	143	122
Protein	g	25.23	21.45
Total lipid (fat)	g	4.65	3.95
Carbohydrate, by difference	g	0.00	0.00
<b>Minerals</b>			
Calcium, Ca	mg	8	7
Iron, Fe	mg	0.46	0.39
Magnesium, Mg	mg	33	28
Phosphorus, P	mg	282	240
Potassium, K	mg	410	348
Sodium, Na	mg	70	60
Zinc, Zn	mg	0.48	0.41
<b>Lipids</b>			
Fatty acids, total saturated	g	1.128	0.959
Fatty acids, total monounsaturated	g	1.671	1.420
Fatty acids, total polyunsaturated	g	1.411	1.199
Cholesterol	mg	54	46