

## Basic Report 04593, Fish oil, salmon

Report Date: September 18, 2019 07:36 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 13.6g	1 tsp 4.5g	1 cup 218g
<b>Proximates</b>					
Water	g	0.00	0.00	0.00	0.00
Energy	kcal	902	123	41	1966
Protein	g	0.00	0.00	0.00	0.00
Total lipid (fat)	g	100.00	13.60	4.50	218.00
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0
<b>Minerals</b>					
Calcium, Ca	mg	0	0	0	0
Iron, Fe	mg	0.00	0.00	0.00	0.00
Magnesium, Mg	mg	0	0	0	0
Phosphorus, P	mg	0	0	0	0
Potassium, K	mg	0	0	0	0
Sodium, Na	mg	0	0	0	0
Zinc, Zn	mg	0.00	0.00	0.00	0.00
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.000	0.000	0.000	0.000
Riboflavin	mg	0.000	0.000	0.000	0.000
Niacin	mg	0.000	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	0.000	0.000
Folate, DFE	µg	0	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
<b>Lipids</b>					
Fatty acids, total saturated	g	19.872	2.703	0.894	43.321

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 tbsp 13.6g</b>	<b>1 tsp 4.5g</b>	<b>1 cup 218g</b>
Fatty acids, total monounsaturated	g	29.037	3.949	1.307	63.301
Fatty acids, total polyunsaturated	g	40.324	5.484	1.815	87.906
Cholesterol	mg	485	66	22	1057
<b>Amino Acids</b>					
<b>Other</b>					