

Basic Report 15080, Fish, salmon, chum, canned, drained solids with bone

Report Date: June 15, 2019 23:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 can 369g
Proximates				
Water	g	70.77	60.15	261.14
Energy	kcal	141	120	520
Protein	g	21.43	18.22	79.08
Total lipid (fat)	g	5.50	4.67	20.30
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	249	212	919
Iron, Fe	mg	0.70	0.59	2.58
Magnesium, Mg	mg	30	26	111
Phosphorus, P	mg	354	301	1306
Potassium, K	mg	300	255	1107
Sodium, Na	mg	391	332	1443
Zinc, Zn	mg	1.00	0.85	3.69
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.020	0.017	0.074
Riboflavin	mg	0.160	0.136	0.590
Niacin	mg	7.000	5.950	25.830
Vitamin B-6	mg	0.380	0.323	1.402
Folate, DFE	µg	20	17	74
Vitamin B-12	µg	4.40	3.74	16.24
Vitamin A, RAE	µg	18	15	66
Vitamin A, IU	IU	60	51	221
Vitamin E (alpha-tocopherol)	mg	1.60	1.36	5.90

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Vitamin D (D2 + D3)	µg	9.6	8.2	35.4
Vitamin D	IU	386	328	1424
Vitamin K (phylloquinone)	µg	0.1	0.1	0.4
Lipids				
Fatty acids, total saturated	g	1.486	1.263	5.483
Fatty acids, total monounsaturated	g	1.919	1.631	7.081
Fatty acids, total polyunsaturated	g	1.517	1.289	5.598
Cholesterol	mg	39	33	144
Amino Acids				
Other				
Caffeine	mg	0	0	0