

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

Report Date: July 23, 2019 18:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 can 369g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0