

Basic Report 15082, Fish, salmon, coho, wild, cooked, moist heat

Report Date: September 21, 2019 18:10 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 155g
Proximates				
Water	g	65.39	55.58	101.35
Energy	kcal	184	156	285
Protein	g	27.36	23.26	42.41
Total lipid (fat)	g	7.50	6.38	11.62
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	46	39	71
Iron, Fe	mg	0.71	0.60	1.10
Magnesium, Mg	mg	35	30	54
Phosphorus, P	mg	298	253	462
Potassium, K	mg	455	387	705
Sodium, Na	mg	53	45	82
Zinc, Zn	mg	0.52	0.44	0.81
Vitamins				
Vitamin C, total ascorbic acid	mg	1.0	0.8	1.6
Thiamin	mg	0.115	0.098	0.178
Riboflavin	mg	0.159	0.135	0.246
Niacin	mg	7.779	6.612	12.057
Vitamin B-6	mg	0.556	0.473	0.862
Folate, DFE	µg	9	8	14
Vitamin B-12	µg	4.48	3.81	6.94
Vitamin A, RAE	µg	32	27	50
Vitamin A, IU	IU	108	92	167
Lipids				
Fatty acids, total saturated	g	1.595	1.356	2.472

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 155g
Fatty acids, total monounsaturated	g	2.702	2.297	4.188
Fatty acids, total polyunsaturated	g	2.521	2.143	3.908
Cholesterol	mg	57	48	88
Amino Acids				
Other				