

## Basic Report 15083, Fish, salmon, pink, raw

Report Date: June 26, 2019 06:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 159g
<b>Proximates</b>				
Water	g	75.52	64.19	120.08
Energy	kcal	127	108	202
Protein	g	20.50	17.43	32.59
Total lipid (fat)	g	4.40	3.74	7.00
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	7	6	11
Iron, Fe	mg	0.38	0.32	0.60
Magnesium, Mg	mg	27	23	43
Phosphorus, P	mg	261	222	415
Potassium, K	mg	366	311	582
Sodium, Na	mg	75	64	119
Zinc, Zn	mg	0.39	0.33	0.62
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.080	0.068	0.127
Riboflavin	mg	0.105	0.089	0.167
Niacin	mg	7.995	6.796	12.712
Vitamin B-6	mg	0.611	0.519	0.971
Folate, DFE	µg	4	3	6
Vitamin B-12	µg	4.15	3.53	6.60
Vitamin A, RAE	µg	35	30	56
Vitamin A, IU	IU	117	99	186
Vitamin E (alpha-tocopherol)	mg	0.40	0.34	0.64

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Vitamin D (D2 + D3)	µg	10.9	9.3	17.3
Vitamin D	IU	435	370	692
Vitamin K (phylloquinone)	µg	0.4	0.3	0.6
<b>Lipids</b>				
Fatty acids, total saturated	g	0.810	0.689	1.288
Fatty acids, total monounsaturated	g	1.348	1.146	2.143
Fatty acids, total polyunsaturated	g	0.811	0.689	1.289
Fatty acids, total trans	g	0.034	0.029	0.054
Cholesterol	mg	46	39	73
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0