

Statistics Report 15083, Fish, salmon, pink, raw
Report Date: July 15, 2019 20:30 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	75.52	3	2.000	71.57	78.11	2.0	66.88	84.16	1	Analytical or derived from analytical	--	07/2010
Energy	kcal	127	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Energy	kJ	532	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Protein 1	g	20.50	3	0.700	19.56	21.88	2.0	17.47	23.52	1	Analytical or derived from analytical	--	07/2010
Total lipid (fat) 1	g	4.40	3	2.090	2.04	8.57	2.0	-4.59	13.39	1	Analytical or derived from analytical	--	07/2010
Ash 1	g	1.52	3	0.220	1.25	1.96	2.0	0.55	2.47	1	Analytical or derived from analytical	--	07/2010
Carbohydrate, by difference	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	09/1987
Sugars, total	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Minerals													
Calcium, Ca 1	mg	7	3	0.000	6	8	2.0	4.0	9.0	1	Analytical or derived from analytical	--	07/2010

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Iron, Fe 1	mg	0.38	3	0.040	0.33	0.46	2.0	0.2	0.55	1	Analytical or derived from analytical	--	07/2010
Magnesium, Mg 1	mg	27	3	0.000	26	28	2.0	25.0	28.0	1	Analytical or derived from analytical	--	07/2010
Phosphorus, P 1	mg	261	3	10.000	243	279	2.0	216.0	305.0	1	Analytical or derived from analytical	--	07/2010
Potassium, K 1	mg	366	3	26.000	318	410	2.0	251.0	481.0	1	Analytical or derived from analytical	--	07/2010
Sodium, Na 1	mg	75	3	25.000	43	125	2.0	-33.0	183.0	1	Analytical or derived from analytical	--	07/2010
Zinc, Zn 1	mg	0.39	3	0.010	0.37	0.4	2.0	0.34	0.43	1	Analytical or derived from analytical	--	07/2010
Copper, Cu 1	mg	0.063	3	0.007	0.05	0.08	2.0	0.034	0.092	1	Analytical or derived from analytical	--	07/2010
Manganese, Mn 1	mg	0.011	3	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	07/2010
Selenium, Se 1	µg	31.4	3	2.700	26.3	35.6	2.0	19.6	43.0	1	Analytical or derived from analytical	--	07/2010
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	09/1987

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Thiamin 1	mg	0.080	2	--	0.06	0.1	1.0	--	--	1	Analytical or derived from analytical	--	07/2010
Riboflavin 1	mg	0.105	2	--	0.09	0.12	1.0	--	--	1	Analytical or derived from analytical	--	07/2010
Niacin 1	mg	7.995	2	--	7.5	8.49	1.0	--	--	1	Analytical or derived from analytical	--	07/2010
Pantothenic acid 1	mg	1.030	2	--	0.96	1.1	1.0	--	--	1	Analytical or derived from analytical	--	07/2010
Vitamin B-6 1	mg	0.611	2	--	0.52	0.7	1.0	--	--	1	Analytical or derived from analytical	--	07/2010
Folate, total	µg	4	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/1987
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	4	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Folate, DFE	µg	4	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Choline, total	mg	94.6	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin B-12 1	µg	4.15	2	--	4.1	4.2	1.0	--	--	1	Analytical or derived from analytical	--	07/2010
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	35	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Retinol	µg	35	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	117	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol) 1	mg	0.40	2	--	0.08	0.72	1.0	--	--	1	Analytical or derived from analytical	--	07/2010
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
Tocopherol, gamma 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
Tocopherol, delta 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
Tocotrienol, alpha 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
Tocotrienol, beta 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010

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Tocotrienol, gamma 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
Tocotrienol, delta 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
Vitamin D (D2 + D3) 1	µg	10.9	3	1.800	7.1	13.1	2.0	2.7	19.0	1	Analytical or derived from analytical	--	07/2010
Vitamin D3 (cholecalciferol) 1	µg	10.9	3	1.800	7.1	13.1	2.0	2.7	19.0	1	Analytical or derived from analytical	--	07/2010
Vitamin D 1	IU	435	3	75.000	285	525	2.0	110.0	759.0	1	Analytical or derived from analytical	--	07/2010
Vitamin K (phylloquinone)	µg	0.4	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2003
Lipids													
Fatty acids, total saturated	g	0.810	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
8:0 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2010
10:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0 1	g	0.003	3	0.000	0	0	2.0	0.001	0.004	1	Analytical or derived from analytical	--	07/2010
14:0 1	g	0.203	3	0.123	0.07	0.45	2.0	-0.328	0.734	1	Analytical or derived from analytical	--	07/2010
15:0 1	g	0.013	3	0.004	0.01	0.02	2.0	-0.005	0.03	1	Analytical or derived from analytical	--	07/2010
16:0 1	g	0.472	3	0.207	0.21	0.88	2.0	-0.419	1.363	1	Analytical or derived from analytical	--	07/2010
17:0 1	g	0.010	3	0.002	0.01	0.01	2.0	--	0.02	1	Analytical or derived from analytical	--	07/2010
18:0 1	g	0.102	3	0.032	0.07	0.17	2.0	-0.034	0.238	1	Analytical or derived from analytical	--	07/2010
20:0 1	g	0.006	3	0.003	0	0.01	2.0	-0.006	0.017	1	Analytical or derived from analytical	--	07/2010
22:0 1	g	0.002	3	0.001	0	0	2.0	-0.001	0.005	1	Analytical or derived from analytical	--	07/2010
24:0 1	g	0.001	3	0.000	0	0	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	07/2010
Fatty acids, total monounsaturated	g	1.348	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:1 1	g	0.003	3	0.002	0	0.01	2.0	-0.006	0.012	1	Analytical or derived from analytical	--	07/2010
15:1 1	g	0.002	3	0.001	0	0.01	2.0	-0.004	0.009	1	Analytical or derived from analytical	--	07/2010
16:1 undifferentiated 1	g	0.180	3	0.118	0.05	0.42	2.0	-0.33	0.689	1	Analytical or derived from analytical	--	07/2010
16:1 c 1	g	0.175	3	0.117	0.05	0.41	2.0	-0.328	0.678	1	Analytical or derived from analytical	--	07/2010
16:1 t 1	g	0.005	3	0.002	0	0.01	2.0	-0.002	0.012	1	Analytical or derived from analytical	--	07/2010
17:1 1	g	0.004	3	0.002	0	0.01	2.0	-0.006	0.013	1	Analytical or derived from analytical	--	07/2010
18:1 undifferentiated 1	g	0.630	3	0.349	0.22	1.32	2.0	-0.873	2.134	1	Analytical or derived from analytical	--	07/2010
18:1 c 1	g	0.622	3	0.346	0.21	1.31	2.0	-0.866	2.109	1	Analytical or derived from analytical	--	07/2010
18:1 t 1	g	0.009	3	0.004	0.01	0.02	2.0	-0.007	0.024	1	Analytical or derived from analytical	--	07/2010
20:1 1	g	0.449	3	0.284	0.11	1.01	2.0	-0.771	1.669	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated 1	g	0.047	3	0.011	0.03	0.07	2.0	0.001	0.092	1	Analytical or derived from analytical	--	07/2010
22:1 c 1	g	0.045	3	0.009	0.03	0.06	2.0	0.005	0.086	1	Analytical or derived from analytical	--	07/2010
22:1 t 1	g	0.001	3	0.001	0	0	2.0	-0.004	0.007	1	Analytical or derived from analytical	--	07/2010
24:1 c 1	g	0.034	3	0.015	0.01	0.06	2.0	-0.033	0.1	1	Analytical or derived from analytical	--	07/2010
Fatty acids, total polyunsaturated	g	0.811	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
18:2 undifferentiated 1	g	0.081	3	0.027	0.05	0.14	2.0	-0.035	0.197	1	Analytical or derived from analytical	--	07/2010
18:2 n-6 c,c 1	g	0.057	3	0.028	0.02	0.11	2.0	-0.066	0.18	1	Analytical or derived from analytical	--	07/2010
18:2 CLAs 1	g	0.005	3	0.002	0	0.01	2.0	-0.005	0.015	1	Analytical or derived from analytical	--	07/2010
18:2 t not further defined 1	g	0.019	3	0.005	0.01	0.03	2.0	-0.004	0.042	1	Analytical or derived from analytical	--	07/2010
18:3 undifferentiated 1	g	0.047	3	0.020	0.02	0.09	2.0	-0.039	0.133	1	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-3 c,c,c (ALA) 1	g	0.045	3	0.019	0.02	0.08	2.0	-0.037	0.127	1	Analytical or derived from analytical	--	07/2010
18:3 n-6 c,c,c 1	g	0.002	3	0.001	0	0	2.0	-0.002	0.006	1	Analytical or derived from analytical	--	07/2010
18:4 1	g	0.072	3	0.044	0.02	0.16	2.0	-0.119	0.263	1	Analytical or derived from analytical	--	07/2010
20:2 n-6 c,c 1	g	0.018	3	0.010	0.01	0.04	2.0	-0.024	0.059	1	Analytical or derived from analytical	--	07/2010
20:3 undifferentiated 1	g	0.013	3	0.004	0.01	0.02	2.0	-0.003	0.029	1	Analytical or derived from analytical	--	07/2010
20:3 n-6 1	g	0.004	3	0.001	0	0.01	2.0	-0.002	0.011	1	Analytical or derived from analytical	--	07/2010
20:4 undifferentiated 1	g	0.014	3	0.004	0.01	0.02	2.0	-0.004	0.031	1	Analytical or derived from analytical	--	07/2010
20:5 n-3 (EPA) 1	g	0.182	3	0.072	0.09	0.33	2.0	-0.129	0.493	1	Analytical or derived from analytical	--	07/2010
22:4 1	g	0.001	3	0.000	0	0	2.0	--	0.003	1	Analytical or derived from analytical	--	07/2010
22:5 n-3 (DPA) 1	g	0.047	3	0.014	0.03	0.08	2.0	-0.015	0.109	1	Analytical or derived from analytical	--	07/2010

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22:6 n-3 (DHA) 1	g	0.333	3	0.036	0.26	0.38	2.0	0.177	0.489	1	Analytical or derived from analytical	--	07/2010
Fatty acids, total trans	g	0.034	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Fatty acids, total trans-monoenoic	g	0.015	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Cholesterol 1	mg	46	2	--	42	50	1.0	--	--	1	Analytical or derived from analytical	--	07/2010
Amino Acids													
Tryptophan 2	g	0.221	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2010
Threonine 2	g	1.066	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2010
Isoleucine 2	g	0.954	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2010
Leucine 2	g	1.562	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2010
Lysine 2	g	1.759	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2010
Methionine 2	g	0.577	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2010
Cystine 2	g	0.159	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine 2	g	0.845	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2010
Tyrosine 2	g	0.742	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2010
Valine 2	g	1.100	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2010
Arginine 2	g	1.287	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2010
Histidine 2	g	0.543	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2010
Alanine 2	g	1.308	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2010
Aspartic acid 2	g	2.575	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2010
Glutamic acid 2	g	2.903	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2010
Glycine 2	g	1.263	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2010
Proline 2	g	0.867	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2010

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Serine ²	g	0.905	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2010
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12e, 2008 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 7h, 2003 Beltsville MD