

## Basic Report 15085, Fish, salmon, sockeye, raw

Report Date: July 18, 2019 09:12 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz, boneless 28.35g	0.5 fillet 198g	3.0 oz 85g
<b>Proximates</b>					
Water	g	72.54	20.57	143.63	61.66
Energy	kcal	131	37	259	111
Protein	g	22.25	6.31	44.05	18.91
Total lipid (fat)	g	4.69	1.33	9.29	3.99
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00
<b>Minerals</b>					
Calcium, Ca	mg	9	3	18	8
Iron, Fe	mg	0.43	0.12	0.85	0.37
Magnesium, Mg	mg	30	9	59	26
Phosphorus, P	mg	257	73	509	218
Potassium, K	mg	367	104	727	312
Sodium, Na	mg	78	22	154	66
Zinc, Zn	mg	0.46	0.13	0.91	0.39
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.132	0.037	0.261	0.112
Riboflavin	mg	0.207	0.059	0.410	0.176
Niacin	mg	8.507	2.412	16.844	7.231
Vitamin B-6	mg	0.731	0.207	1.447	0.621
Folate, DFE	µg	6	2	12	5
Vitamin B-12	µg	4.69	1.33	9.29	3.99
Vitamin A, RAE	µg	49	14	97	42
Vitamin A, IU	IU	162	46	321	138
Vitamin E (alpha-tocopherol)	mg	0.83	0.24	1.64	0.71

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Vitamin D (D2 + D3)	µg	14.1	4.0	27.9	12.0
Vitamin D	IU	563	160	1115	479
Vitamin K (phylloquinone)	µg	0.1	0.0	0.2	0.1
<b>Lipids</b>					
Fatty acids, total saturated	g	0.814	0.231	1.612	0.692
Fatty acids, total monounsaturated	g	1.371	0.389	2.715	1.165
Fatty acids, total polyunsaturated	g	1.115	0.316	2.208	0.948
Fatty acids, total trans	g	0.019	0.005	0.038	0.016
Cholesterol	mg	51	14	101	43
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0