

## Full Report (All Nutrients) 15085, Fish, salmon, sockeye, raw

Report Date: July 22, 2019 18:42 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz, boneless 28.35g	0.5 fillet 198g	3.0 oz 85g
<b>Proximates</b>							
Water <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	72.54	22	--	20.57	143.63	61.66
Energy	kcal	131	--	--	37	259	111
Energy	kJ	549	--	--	156	1087	467
Protein <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	22.25	22	--	6.31	44.05	18.91
Total lipid (fat) <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	4.69	22	--	1.33	9.29	3.99
Ash <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	1.26	22	--	0.36	2.49	1.07
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 <a href="#">1</a>	g	0.00	1	--	0.00	0.00	0.00
Sucrose <a href="#">1</a>	g	0.00	1	--	0.00	0.00	0.00
Glucose (dextrose) <a href="#">1</a>	g	0.00	1	--	0.00	0.00	0.00
Fructose <a href="#">1</a>	g	0.00	1	--	0.00	0.00	0.00
Lactose <a href="#">1</a>	g	0.00	1	--	0.00	0.00	0.00
Maltose <a href="#">1</a>	g	0.00	1	--	0.00	0.00	0.00
Galactose <a href="#">1</a>	g	0.00	1	--	0.00	0.00	0.00
Starch <a href="#">1</a>	g	0.00	1	--	0.00	0.00	0.00
<b>Minerals</b>							
Calcium, Ca <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	9	22	--	3	18	8
Iron, Fe <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.43	22	--	0.12	0.85	0.37
Magnesium, Mg <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	30	22	--	9	59	26
Phosphorus, P <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	257	22	--	73	509	218
Potassium, K <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	367	22	--	104	727	312
Sodium, Na <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	78	22	--	22	154	66

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Zinc, Zn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.46	22	--	0.13	0.91	0.39
Copper, Cu <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.064	22	--	0.018	0.127	0.054
Manganese, Mn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	0.011	22	--	0.003	0.022	0.009
Selenium, Se <a href="#">1</a> <a href="#">3</a>	µg	29.8	19	--	8.4	59.0	25.3
<b>Vitamins</b>							
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.0	1	--	0.0	0.0	0.0
Thiamin <a href="#">1</a> <a href="#">3</a>	mg	0.132	19	--	0.037	0.261	0.112
Riboflavin <a href="#">1</a> <a href="#">3</a>	mg	0.207	19	--	0.059	0.410	0.176
Niacin <a href="#">1</a> <a href="#">3</a>	mg	8.507	19	--	2.412	16.844	7.231
Pantothenic acid <a href="#">1</a> <a href="#">3</a>	mg	1.070	17	--	0.303	2.119	0.909
Vitamin B-6 <a href="#">1</a> <a href="#">3</a>	mg	0.731	19	--	0.207	1.447	0.621
Folate, total <a href="#">1</a> <a href="#">3</a>	µg	6	19	--	2	12	5
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	6	19	--	2	12	5
Folate, DFE	µg	6	--	--	2	12	5
Choline, total	mg	94.6	--	--	26.8	187.3	80.4
Vitamin B-12 <a href="#">1</a> <a href="#">3</a>	µg	4.69	19	--	1.33	9.29	3.99
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	49	--	--	14	97	42
Retinol <a href="#">3</a>	µg	49	15	2.000	14	97	42
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	162	--	--	46	321	138
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol) <a href="#">1</a> <a href="#">3</a>	mg	0.83	19	--	0.24	1.64	0.71
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta <a href="#">1</a>	mg	0.01	4	0.008	0.00	0.02	0.01
Tocopherol, gamma <a href="#">1</a>	mg	0.16	4	0.100	0.05	0.32	0.14
Tocopherol, delta <a href="#">1</a>	mg	0.19	4	0.140	0.05	0.38	0.16
Tocotrienol, alpha <a href="#">1</a>	mg	0.00	4	0.000	0.00	0.00	0.00

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Tocotrienol, beta <a href="#">1</a>	mg	0.00	4	0.000	0.00	0.00	0.00
Tocotrienol, gamma <a href="#">1</a>	mg	0.00	4	0.000	0.00	0.00	0.00
Tocotrienol, delta <a href="#">1</a>	mg	0.00	4	0.000	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	14.1	--	--	4.0	27.9	12.0
Vitamin D3 (cholecalciferol) <a href="#">1</a> <a href="#">3</a>	µg	14.1	27	--	4.0	27.9	12.0
Vitamin D	IU	563	--	--	160	1115	479
Vitamin K (phylloquinone) <a href="#">1</a>	µg	0.1	4	0.063	0.0	0.2	0.1
<b>Lipids</b>							
Fatty acids, total saturated	g	0.814	--	--	0.231	1.612	0.692
4:0 <a href="#">2</a> <a href="#">3</a>	g	0.000	18	--	0.000	0.000	0.000
6:0 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.000	22	--	0.000	0.000	0.000
8:0 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.000	22	--	0.000	0.000	0.000
10:0 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.001	22	--	0.000	0.002	0.001
12:0 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.002	22	--	0.001	0.004	0.002
14:0 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.126	22	--	0.036	0.249	0.107
15:0 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.015	22	--	0.004	0.030	0.013
16:0 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.549	22	--	0.156	1.087	0.467
17:0 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.011	22	--	0.003	0.022	0.009
18:0 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.104	22	--	0.029	0.206	0.088
20:0 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.005	22	--	0.001	0.010	0.004
22:0 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.001	21	--	0.000	0.002	0.001
24:0 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.000	22	--	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	1.371	--	--	0.389	2.715	1.165
14:1 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.003	20	--	0.001	0.006	0.003
15:1 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.000	22	--	0.000	0.000	0.000
16:1 undifferentiated <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.137	--	--	0.039	0.271	0.116
16:1 c <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.132	22	--	0.037	0.261	0.112
16:1 t <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.006	22	--	0.002	0.012	0.005
17:1 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.013	22	--	0.004	0.026	0.011
18:1 undifferentiated <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.709	--	--	0.201	1.404	0.603
18:1 c <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.701	22	--	0.199	1.388	0.596
18:1 t <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.008	22	--	0.002	0.016	0.007

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20:1 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.376	22	--	0.107	0.744	0.320
22:1 undifferentiated	g	0.314	--	--	0.089	0.622	0.267
22:1 c <a href="#">3</a>	g	0.314	15	0.025	0.089	0.622	0.267
22:1 t <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.001	22	--	0.000	0.002	0.001
24:1 c <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.014	22	--	0.004	0.028	0.012
Fatty acids, total polyunsaturated	g	1.115	--	--	0.316	2.208	0.948
18:2 undifferentiated <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.160	--	--	0.045	0.317	0.136
18:2 n-6 c,c <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.151	22	--	0.043	0.299	0.128
18:2 CLAs <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.004	22	--	0.001	0.008	0.003
18:2 t not further defined <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.005	22	--	0.001	0.010	0.004
18:3 undifferentiated <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.048	--	--	0.014	0.095	0.041
18:3 n-3 c,c,c (ALA) <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.047	22	--	0.013	0.093	0.040
18:3 n-6 c,c,c <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.002	22	--	0.001	0.004	0.002
18:3i <a href="#">3</a>	g	0.000	15	0.000	0.000	0.000	0.000
18:4 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.054	22	--	0.015	0.107	0.046
20:2 n-6 c,c <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.016	22	--	0.005	0.032	0.014
20:3 undifferentiated <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.014	--	--	0.004	0.028	0.012
20:3 n-6 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.006	22	--	0.002	0.012	0.005
20:4 undifferentiated <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.017	22	--	0.005	0.034	0.014
20:5 n-3 (EPA) <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.251	22	--	0.071	0.497	0.213
22:4 <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.003	22	--	0.001	0.006	0.003
22:5 n-3 (DPA) <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.079	22	--	0.022	0.156	0.067
22:6 n-3 (DHA) <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	0.471	22	--	0.134	0.933	0.400
Fatty acids, total trans	g	0.019	--	--	0.005	0.038	0.016
Fatty acids, total trans-monoenoic	g	0.014	--	--	0.004	0.028	0.012
Cholesterol <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	mg	51	22	--	14	101	43
<b>Amino Acids</b>							
Tryptophan <a href="#">1</a>	g	0.282	--	--	0.080	0.558	0.240
Threonine <a href="#">1</a>	g	1.048	--	--	0.297	2.075	0.891
Isoleucine <a href="#">1</a>	g	1.070	--	--	0.303	2.119	0.909
Leucine <a href="#">1</a>	g	1.837	--	--	0.521	3.637	1.561
Lysine <a href="#">1</a>	g	2.163	--	--	0.613	4.283	1.839

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz, boneless 28.35g	0.5 fillet 198g	3.0 oz 85g
Methionine <sup>1</sup>	g	0.721	--	--	0.204	1.428	0.613
Cystine <sup>1</sup>	g	0.248	--	--	0.070	0.491	0.211
Phenylalanine <sup>1</sup>	g	0.913	--	--	0.259	1.808	0.776
Tyrosine <sup>1</sup>	g	1.014	--	--	0.287	2.008	0.862
Valine <sup>1</sup>	g	1.228	--	--	0.348	2.431	1.044
Arginine <sup>1</sup>	g	1.442	--	--	0.409	2.855	1.226
Histidine <sup>1</sup>	g	0.597	--	--	0.169	1.182	0.507
Alanine <sup>1</sup>	g	1.386	--	--	0.393	2.744	1.178
Aspartic acid <sup>1</sup>	g	2.276	--	--	0.645	4.506	1.935
Glutamic acid <sup>1</sup>	g	3.279	--	--	0.930	6.492	2.787
Glycine <sup>1</sup>	g	1.070	--	--	0.303	2.119	0.909
Proline <sup>1</sup>	g	0.823	--	--	0.233	1.630	0.700
Serine <sup>1</sup>	g	0.890	--	--	0.252	1.762	0.757
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11e, 2007 Beltsville MD

<sup>2</sup>National Fisheries Institute National Food and Nutrient Analysis Program Wave 15s, 2011 McLean VA

<sup>3</sup>Alaska Seafood Marketing Institute Alaska Seafood Marketing Institute Sockeye Salmon Study, 2013