

Basic Report 15211, Fish, salmon, chum, cooked, dry heat

Report Date: September 20, 2019 21:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 154g
Proximates				
Water	g	68.44	58.17	105.40
Energy	kcal	154	131	237
Protein	g	25.82	21.95	39.76
Total lipid (fat)	g	4.83	4.11	7.44
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	14	12	22
Iron, Fe	mg	0.71	0.60	1.09
Magnesium, Mg	mg	28	24	43
Phosphorus, P	mg	363	309	559
Potassium, K	mg	550	468	847
Sodium, Na	mg	64	54	99
Zinc, Zn	mg	0.60	0.51	0.92
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.092	0.078	0.142
Riboflavin	mg	0.219	0.186	0.337
Niacin	mg	8.526	7.247	13.130
Vitamin B-6	mg	0.462	0.393	0.711
Folate, DFE	µg	5	4	8
Vitamin B-12	µg	3.46	2.94	5.33
Vitamin A, RAE	µg	34	29	52
Vitamin A, IU	IU	114	97	176
Lipids				
Fatty acids, total saturated	g	1.077	0.915	1.659

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 154g
Fatty acids, total monounsaturated	g	1.976	1.680	3.043
Fatty acids, total polyunsaturated	g	1.152	0.979	1.774
Cholesterol	mg	95	81	146
Amino Acids				
Other				