

Basic Report 15239, Fish, salmon, coho, farmed, cooked, dry heat

Report Date: September 18, 2019 18:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 143g	3.0 oz 85g
Proximates				
Water	g	67.00	95.81	56.95
Energy	kcal	178	255	151
Protein	g	24.30	34.75	20.66
Total lipid (fat)	g	8.23	11.77	7.00
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	12	17	10
Iron, Fe	mg	0.39	0.56	0.33
Magnesium, Mg	mg	34	49	29
Phosphorus, P	mg	332	475	282
Potassium, K	mg	460	658	391
Sodium, Na	mg	52	74	44
Zinc, Zn	mg	0.47	0.67	0.40
Vitamins				
Vitamin C, total ascorbic acid	mg	1.5	2.1	1.3
Thiamin	mg	0.100	0.143	0.085
Riboflavin	mg	0.113	0.162	0.096
Niacin	mg	7.393	10.572	6.284
Vitamin B-6	mg	0.568	0.812	0.483
Folate, DFE	µg	14	20	12
Vitamin B-12	µg	3.17	4.53	2.69
Vitamin A, RAE	µg	59	84	50
Vitamin A, IU	IU	197	282	167
Lipids				
Fatty acids, total saturated	g	1.944	2.780	1.652

Nutrient	Unit	1 Value Per100 g	1 fillet 143g	3.0 oz 85g
Fatty acids, total monounsaturated	g	3.618	5.174	3.075
Fatty acids, total polyunsaturated	g	1.963	2.807	1.669
Cholesterol	mg	63	90	54
Amino Acids				
Other				