

Basic Report 15247, Fish, salmon, coho, wild, cooked, dry heat

Report Date: September 22, 2019 23:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 178g
Proximates				
Water	g	71.50	60.77	127.27
Energy	kcal	139	118	247
Protein	g	23.45	19.93	41.74
Total lipid (fat)	g	4.30	3.65	7.65
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	45	38	80
Iron, Fe	mg	0.61	0.52	1.09
Magnesium, Mg	mg	33	28	59
Phosphorus, P	mg	322	274	573
Potassium, K	mg	434	369	773
Sodium, Na	mg	58	49	103
Zinc, Zn	mg	0.56	0.48	1.00
Vitamins				
Vitamin C, total ascorbic acid	mg	1.4	1.2	2.5
Thiamin	mg	0.075	0.064	0.134
Riboflavin	mg	0.140	0.119	0.249
Niacin	mg	7.950	6.758	14.151
Vitamin B-6	mg	0.568	0.483	1.011
Folate, DFE	µg	13	11	23
Vitamin B-12	µg	5.00	4.25	8.90
Vitamin A, RAE	µg	51	43	91
Vitamin A, IU	IU	169	144	301
Vitamin E (alpha-tocopherol)	mg	0.92	0.78	1.64

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Vitamin D (D2 + D3)	µg	11.3	9.6	20.1
Vitamin D	IU	451	383	803
Vitamin K (phylloquinone)	µg	0.1	0.1	0.2
Lipids				
Fatty acids, total saturated	g	1.054	0.896	1.876
Fatty acids, total monounsaturated	g	1.581	1.344	2.814
Fatty acids, total polyunsaturated	g	1.273	1.082	2.266
Cholesterol	mg	55	47	98
Amino Acids				
Other				
Caffeine	mg	0	0	0