

Basic Report 15076, Fish, salmon, Atlantic, wild, raw

Report Date: August 21, 2019 10:28 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 3.0 oz 85g | 0.5 fillet 198g |
|--------------------------------|------|------------------------|---------------|--------------------|
| Proximates | | | | |
| Water | g | 68.50 | 58.23 | 135.63 |
| Energy | kcal | 142 | 121 | 281 |
| Protein | g | 19.84 | 16.86 | 39.28 |
| Total lipid (fat) | g | 6.34 | 5.39 | 12.55 |
| 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 | 10 | 24 |
| Iron, Fe | mg | 0.80 | 0.68 | 1.58 |
| Magnesium, Mg | mg | 29 | 25 | 57 |
| Phosphorus, P | mg | 200 | 170 | 396 |
| Potassium, K | mg | 490 | 416 | 970 |
| Sodium, Na | mg | 44 | 37 | 87 |
| Zinc, Zn | mg | 0.64 | 0.54 | 1.27 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.226 | 0.192 | 0.447 |
| Riboflavin | mg | 0.380 | 0.323 | 0.752 |
| Niacin | mg | 7.860 | 6.681 | 15.563 |
| Vitamin B-6 | mg | 0.818 | 0.695 | 1.620 |
| Folate, DFE | µg | 25 | 21 | 50 |
| Vitamin B-12 | µg | 3.18 | 2.70 | 6.30 |
| Vitamin A, RAE | µg | 12 | 10 | 24 |
| Vitamin A, IU | IU | 40 | 34 | 79 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 0.981 | 0.834 | 1.942 |

| Nutrient | Unit | 1 Value Per100 g | 3.0 oz 85g | 0.5 fillet 198g |
|------------------------------------|-------------|---------------------------------|-----------------------|----------------------------|
| Fatty acids, total monounsaturated | g | 2.103 | 1.788 | 4.164 |
| Fatty acids, total polyunsaturated | g | 2.539 | 2.158 | 5.027 |
| Cholesterol | mg | 55 | 47 | 109 |
| Amino Acids | | | | |
| Other | | | | |