

Basic Report 15212, Fish, salmon, pink, cooked, dry heat

Report Date: June 26, 2019 06:26 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 124g
Proximates				
Water	g	70.65	60.05	87.61
Energy	kcal	153	130	190
Protein	g	24.58	20.89	30.48
Total lipid (fat)	g	5.28	4.49	6.55
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	8	7	10
Iron, Fe	mg	0.45	0.38	0.56
Magnesium, Mg	mg	32	27	40
Phosphorus, P	mg	313	266	388
Potassium, K	mg	439	373	544
Sodium, Na	mg	90	76	112
Zinc, Zn	mg	0.46	0.39	0.57
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.091	0.077	0.113
Riboflavin	mg	0.126	0.107	0.156
Niacin	mg	9.588	8.150	11.889
Vitamin B-6	mg	0.696	0.592	0.863
Folate, DFE	µg	5	4	6
Vitamin B-12	µg	4.73	4.02	5.87
Vitamin A, RAE	µg	42	36	52
Vitamin A, IU	IU	126	107	156
Vitamin E (alpha-tocopherol)	mg	0.48	0.41	0.60

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Vitamin D (D2 + D3)	µg	13.0	11.1	16.1
Vitamin D	IU	522	444	647
Vitamin K (phylloquinone)	µg	0.5	0.4	0.6
Lipids				
Fatty acids, total saturated	g	0.971	0.825	1.204
Fatty acids, total monounsaturated	g	1.617	1.374	2.005
Fatty acids, total polyunsaturated	g	0.973	0.827	1.207
Fatty acids, total trans	g	0.041	0.035	0.051
Cholesterol	mg	55	47	68
Amino Acids				
Other				
Caffeine	mg	0	0	0