

Statistics Report 15212, Fish, salmon, pink, cooked, dry heat
Report Date: July 15, 2019 20:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	70.65	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Energy	kcal	153	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Energy	kJ	638	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Protein	g	24.58	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Total lipid (fat)	g	5.28	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Ash	g	1.82	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Carbohydrate, by difference	g	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Sugars, total	g	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Minerals													
Calcium, Ca	mg	8	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Iron, Fe	mg	0.45	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Magnesium, Mg	mg	32	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Phosphorus, P	mg	313	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Potassium, K	mg	439	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Sodium, Na	mg	90	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	0.46	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Copper, Cu	mg	0.075	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Manganese, Mn	mg	0.013	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Selenium, Se	µg	37.6	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Thiamin	mg	0.091	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Riboflavin	mg	0.126	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Niacin	mg	9.588	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Pantothenic acid	mg	1.235	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin B-6	mg	0.696	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Folate, total	µg	5	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Folic acid	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Folate, food	µg	5	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Folate, DFE	µg	5	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Choline, total	mg	113.4	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin B-12	µg	4.73	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin A, RAE	µg	42	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Retinol	µg	42	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin A, IU	IU	126	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Lycopene	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin E (alpha-tocopherol)	mg	0.48	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Tocopherol, beta	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Tocopherol, gamma	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Tocopherol, delta	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Tocotrienol, alpha	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Tocotrienol, beta	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Tocotrienol, gamma	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Tocotrienol, delta	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin D (D2 + D3)	µg	13.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin D3 (cholecalciferol)	µg	13.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin D	IU	522	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin K (phylloquinone)	µg	0.5	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010

Lipids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	0.971	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
4:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
6:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
8:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
10:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
12:0	g	0.003	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
14:0	g	0.243	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
15:0	g	0.015	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
16:0	g	0.566	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
17:0	g	0.012	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
18:0	g	0.122	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
20:0	g	0.007	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
22:0	g	0.002	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
24:0	g	0.001	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Fatty acids, total monounsaturated	g	1.617	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
14:1	g	0.004	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
15:1	g	0.003	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
16:1 undifferentiated	g	0.215	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
17:1	g	0.004	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	0.756	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
20:1	g	0.538	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
22:1 undifferentiated	g	0.056	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
24:1 c	g	0.040	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Fatty acids, total polyunsaturated	g	0.973	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
18:2 undifferentiated	g	0.097	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
18:3 undifferentiated	g	0.056	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
18:4	g	0.087	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
20:2 n-6 c,c	g	0.021	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
20:3 undifferentiated	g	0.015	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
20:4 undifferentiated	g	0.016	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
20:5 n-3 (EPA)	g	0.218	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
22:4	g	0.002	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
22:5 n-3 (DPA)	g	0.057	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
22:6 n-3 (DHA)	g	0.399	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Fatty acids, total trans	g	0.041	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Cholesterol	mg	55	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Amino Acids													
Tryptophan	g	0.265	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Threonine	g	1.278	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Isoleucine	g	1.145	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Leucine	g	1.874	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Lysine	g	2.110	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Methionine	g	0.692	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Cystine	g	0.190	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Phenylalanine	g	1.013	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Tyrosine	g	0.890	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Valine	g	1.319	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Arginine	g	1.543	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Histidine	g	0.651	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Alanine	g	1.568	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Aspartic acid	g	3.088	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Glutamic acid	g	3.482	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Glycine	g	1.514	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Proline	g	1.039	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Serine	g	1.086	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Caffeine	mg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010
Theobromine	mg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2010