

## Basic Report 15253, Salmon, sockeye, canned, total can contents

Report Date: June 25, 2019 22:25 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 can total can contents 417g
<b>Proximates</b>				
Water	g	71.07	60.41	296.36
Energy	kcal	153	130	638
Protein	g	20.63	17.54	86.03
Total lipid (fat)	g	7.17	6.09	29.90
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
<b>Minerals</b>				
Calcium, Ca	mg	198	168	826
Iron, Fe	mg	0.57	0.48	2.38
Magnesium, Mg	mg	30	26	125
Phosphorus, P	mg	321	273	1339
Potassium, K	mg	329	280	1372
Sodium, Na	mg	433	368	1806
Zinc, Zn	mg	0.67	0.57	2.79
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.020	0.017	0.083
Riboflavin	mg	0.200	0.170	0.834
Niacin	mg	6.000	5.100	25.020
Vitamin B-6	mg	0.330	0.281	1.376
Folate, DFE	µg	3	3	13
Vitamin B-12	µg	0.40	0.34	1.67
Vitamin A, RAE	µg	39	33	163
Vitamin A, IU	IU	129	110	538
Vitamin E (alpha-tocopherol)	mg	1.88	1.60	7.84

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Vitamin D (D2 + D3)	µg	19.0	16.1	79.2
Vitamin D	IU	761	647	3173
Vitamin K (phylloquinone)	µg	0.1	0.1	0.4
<b>Lipids</b>				
Fatty acids, total saturated	g	1.460	1.241	6.088
Fatty acids, total monounsaturated	g	2.471	2.100	10.304
Fatty acids, total polyunsaturated	g	1.744	1.482	7.272
Fatty acids, total trans	g	0.041	0.035	0.171
Cholesterol	mg	67	57	279
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0