

Statistics Report 15253, Salmon, sockeye, canned, total can contents
Report Date: July 20, 2019 05:35 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 1	g	71.07	12	0.290	68.95	72.55	11.0	70.42	71.72	1	Analytical or derived from analytical	--	05/2011
Energy	kcal	153	--	--	0	0	--	--	--	--	Calculated or imputed	--	05/2011
Energy	kJ	639	--	--	0	0	--	--	--	--	Calculated or imputed	--	05/2011
Protein 1	g	20.63	12	0.100	19.75	21.06	11.0	20.39	20.87	1	Analytical or derived from analytical	--	05/2011
Total lipid (fat) 1	g	7.17	12	0.300	5.13	8.69	11.0	6.5	7.84	1	Analytical or derived from analytical	--	05/2011
Ash 1	g	2.45	12	0.040	2.26	2.74	11.0	2.34	2.55	1	Analytical or derived from analytical	--	05/2011
Carbohydrate, by difference	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	02/1996
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	02/1996
Sugars, total	g	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	15087	05/2011
Minerals													
Calcium, Ca 1	mg	198	12	6.000	167	247	11.0	182.0	212.0	1	Analytical or derived from analytical	--	05/2011

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Iron, Fe 1	mg	0.57	12	0.020	0.48	0.68	11.0	0.53	0.61	1	Analytical or derived from analytical	--	05/2011
Magnesium, Mg 1	mg	30	12	0.000	27	34	11.0	28.0	31.0	1	Analytical or derived from analytical	--	05/2011
Phosphorus, P 1	mg	321	12	4.000	298	358	11.0	309.0	331.0	1	Analytical or derived from analytical	--	05/2011
Potassium, K 1	mg	329	12	5.000	303	355	11.0	318.0	340.0	1	Analytical or derived from analytical	--	05/2011
Sodium, Na 1	mg	433	12	18.000	348	543	11.0	391.0	474.0	1	Analytical or derived from analytical	--	05/2011
Zinc, Zn 1	mg	0.67	12	0.010	0.59	0.77	11.0	0.63	0.7	1	Analytical or derived from analytical	--	05/2011
Copper, Cu 1	mg	0.061	12	0.001	0.05	0.07	11.0	0.058	0.064	1	Analytical or derived from analytical	--	05/2011
Manganese, Mn 1	mg	0.024	12	0.004	0.02	0.06	11.0	0.016	0.032	1	Analytical or derived from analytical	--	05/2011
Selenium, Se	µg	30.1	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	02/1996
Thiamin	mg	0.020	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1996
Riboflavin	mg	0.200	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1996

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Niacin	mg	6.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1996
Vitamin B-6	mg	0.330	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1996
Folic acid	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	15087	05/2011
Folate, food	µg	3	--	--	0	0	--	--	--	--	Calculated or imputed	15087	05/2011
Folate, DFE	µg	3	--	--	0	0	--	--	--	--	Calculated or imputed	15087	05/2011
Choline, total	mg	74.8	--	--	0	0	--	--	--	--	Calculated or imputed	15087	05/2011
Vitamin B-12	µg	0.40	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1996
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	15087	05/2011
Vitamin A, RAE	µg	39	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Retinol ↓	µg	39	12	2.000	25	58	11.0	32.0	45.0	1	Analytical or derived from analytical	--	05/2011
Carotene, beta	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	15087	05/2011
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	15087	05/2011
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	15087	05/2011
Vitamin A, IU	IU	129	--	--	0	0	--	--	--	--	Calculated or imputed	--	05/2011
Lycopene	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	15087	05/2011
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	15087	05/2011
Vitamin E (alpha-tocopherol)	mg	1.88	--	--	0	0	--	--	--	--	Calculated or imputed	15087	05/2011
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	15087	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	19.0	--	--	0	0	--	--	--	--	Calculated or imputed	15087	05/2011
Vitamin D3 (cholecalciferol)	µg	19.0	--	--	0	0	--	--	--	--	Calculated or imputed	15087	05/2011
Vitamin D	IU	761	--	--	0	0	--	--	--	--	Calculated or imputed	15087	05/2011
Vitamin K (phylloquinone)	µg	0.1	--	--	0	0	--	--	--	--	Calculated or imputed	15087	05/2011
Lipids													
Fatty acids, total saturated	g	1.460	--	--	0	0	--	--	--	--	Calculated or imputed	--	05/2011
4:0 1	g	0.005	12	0.000	0	0.01	11.0	0.004	0.006	1	Analytical or derived from analytical	--	05/2011
6:0 1	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
8:0 1	g	0.001	12	0.000	0	0	11.0	0.001	0.002	1	Analytical or derived from analytical	--	05/2011
10:0 1	g	0.020	12	0.004	0	0.04	11.0	0.011	0.028	1	Analytical or derived from analytical	--	05/2011
12:0 1	g	0.004	12	0.000	0	0.01	11.0	0.003	0.004	1	Analytical or derived from analytical	--	05/2011
14:0 1	g	0.238	12	0.012	0.15	0.3	11.0	0.212	0.264	1	Analytical or derived from analytical	--	05/2011
15:0 1	g	0.028	12	0.001	0.02	0.04	11.0	0.025	0.031	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0 1	g	0.978	12	0.050	0.72	1.27	11.0	0.867	1.088	1	Analytical or derived from analytical	--	05/2011
17:0 1	g	0.016	12	0.001	0.01	0.02	11.0	0.014	0.018	1	Analytical or derived from analytical	--	05/2011
18:0 1	g	0.157	12	0.007	0.12	0.21	11.0	0.141	0.174	1	Analytical or derived from analytical	--	05/2011
20:0 1	g	0.010	12	0.000	0.01	0.01	11.0	0.009	0.011	1	Analytical or derived from analytical	--	05/2011
22:0 1	g	0.003	12	0.000	0	0	11.0	0.002	0.003	1	Analytical or derived from analytical	--	05/2011
24:0 1	g	0.001	12	0.000	0	0	11.0	--	0.001	1	Analytical or derived from analytical	--	05/2011
Fatty acids, total monounsaturated	g	2.471	--	--	0	0	--	--	--	--	Calculated or imputed	--	05/2011
14:1 1	g	0.004	12	0.000	0	0.01	11.0	0.004	0.005	1	Analytical or derived from analytical	--	05/2011
15:1 1	g	0.000	12	0.000	0	0	11.0	--	--	1	Analytical or derived from analytical	--	05/2011
16:1 undifferentiated 1	g	0.323	12	0.020	0.21	0.44	11.0	0.279	0.367	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 c 1	g	0.312	12	0.020	0.2	0.43	11.0	0.269	0.356	1	Analytical or derived from analytical	--	05/2011
16:1 t 1	g	0.011	12	0.000	0.01	0.01	11.0	0.01	0.012	1	Analytical or derived from analytical	--	05/2011
17:1 1	g	0.017	12	0.001	0.01	0.02	11.0	0.015	0.019	1	Analytical or derived from analytical	--	05/2011
18:1 undifferentiated 1	g	1.333	12	0.072	0.92	1.71	11.0	1.175	1.491	1	Analytical or derived from analytical	--	05/2011
18:1 c 1	g	1.320	12	0.071	0.91	1.7	11.0	1.162	1.477	1	Analytical or derived from analytical	--	05/2011
18:1 t 1	g	0.014	12	0.001	0.01	0.02	11.0	0.012	0.015	1	Analytical or derived from analytical	--	05/2011
20:1 1	g	0.712	12	0.036	0.49	0.91	11.0	0.632	0.793	1	Analytical or derived from analytical	--	05/2011
22:1 undifferentiated 1	g	0.072	12	0.004	0.05	0.09	11.0	0.064	0.08	1	Analytical or derived from analytical	--	05/2011
22:1 c 1	g	0.069	12	0.003	0.05	0.09	11.0	0.061	0.077	1	Analytical or derived from analytical	--	05/2011
22:1 t 1	g	0.003	12	0.000	0	0	11.0	0.002	0.004	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:1 c 1	g	0.010	12	0.002	0	0.02	11.0	0.006	0.015	1	Analytical or derived from analytical	--	05/2011
Fatty acids, total polyunsaturated	g	1.744	--	--	0	0	--	--	--	--	Calculated or imputed	--	05/2011
18:2 undifferentiated 1	g	0.135	12	0.007	0.09	0.18	11.0	0.118	0.151	1	Analytical or derived from analytical	--	05/2011
18:2 n-6 c,c 1	g	0.118	12	0.006	0.08	0.15	11.0	0.104	0.132	1	Analytical or derived from analytical	--	05/2011
18:2 CLAs 1	g	0.003	12	0.001	0	0.01	11.0	0.001	0.004	1	Analytical or derived from analytical	--	05/2011
18:2 t not further defined 1	g	0.014	12	0.001	0.01	0.02	11.0	0.012	0.016	1	Analytical or derived from analytical	--	05/2011
18:3 undifferentiated 1	g	0.061	12	0.003	0.04	0.07	11.0	0.055	0.067	1	Analytical or derived from analytical	--	05/2011
18:3 n-3 c,c,c (ALA) 1	g	0.056	12	0.003	0.04	0.07	11.0	0.05	0.063	1	Analytical or derived from analytical	--	05/2011
18:3 n-6 c,c,c 1	g	0.005	12	0.001	0	0.01	11.0	0.004	0.006	1	Analytical or derived from analytical	--	05/2011
18:4 1	g	0.116	12	0.007	0.07	0.16	11.0	0.101	0.132	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:2 n-6 c,c 1	g	0.020	12	0.001	0.01	0.02	11.0	0.018	0.022	1	Analytical or derived from analytical	--	05/2011
20:3 undifferentiated 1	g	0.017	12	0.001	0.01	0.02	11.0	0.015	0.018	1	Analytical or derived from analytical	--	05/2011
20:3 n-6 1	g	0.008	12	0.000	0.01	0.01	11.0	0.007	0.008	1	Analytical or derived from analytical	--	05/2011
20:4 undifferentiated 1	g	0.026	12	0.001	0.02	0.04	11.0	0.024	0.029	1	Analytical or derived from analytical	--	05/2011
20:5 n-3 (EPA) 1	g	0.532	12	0.027	0.39	0.7	11.0	0.473	0.591	1	Analytical or derived from analytical	--	05/2011
22:4 1	g	0.004	12	0.000	0	0.01	11.0	0.003	0.004	1	Analytical or derived from analytical	--	05/2011
22:5 n-3 (DPA) 1	g	0.134	12	0.005	0.1	0.16	11.0	0.122	0.146	1	Analytical or derived from analytical	--	05/2011
22:6 n-3 (DHA) 1	g	0.695	12	0.021	0.54	0.82	11.0	0.648	0.742	1	Analytical or derived from analytical	--	05/2011
Fatty acids, total trans	g	0.041	--	--	0	0	--	--	--	--	Calculated or imputed	--	05/2011
Fatty acids, total trans-monoenoic	g	0.027	--	--	0	0	--	--	--	--	Calculated or imputed	--	05/2011
Cholesterol 1	mg	67	12	0.000	63	72	11.0	64.0	68.0	1	Analytical or derived from analytical	--	05/2011

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan <u>2</u>	g	0.248	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Threonine <u>2</u>	g	1.110	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Isoleucine <u>2</u>	g	0.988	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Leucine <u>2</u>	g	1.603	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Lysine <u>2</u>	g	1.801	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Methionine <u>2</u>	g	0.609	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Cystine <u>2</u>	g	0.157	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Phenylalanine <u>2</u>	g	0.877	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Tyrosine <u>2</u>	g	0.758	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Valine <u>2</u>	g	1.142	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine 2	g	1.297	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Histidine 2	g	0.559	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Alanine 2	g	1.329	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Aspartic acid 2	g	2.401	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glutamic acid 2	g	2.903	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glycine 2	g	1.262	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Proline 2	g	0.845	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Serine 2	g	0.926	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/1996
Caffeine	mg	0	--	--	0	0	--	--	--	--	Calculated or imputed	15087	05/2011
Theobromine	mg	0	--	--	0	0	--	--	--	--	Calculated or imputed	15087	05/2011

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 14e, 2010 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 7h, 2003 Beltsville MD

