

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

Report Date: September 24, 2017 18:50 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 3.0 oz<br>85g | 0.5 fillet<br>198g |
|--------------------------------|------|------------------------|---------------|--------------------|
| <b>Proximates</b>              |      |                        |               |                    |
| 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                |
| <b>Minerals</b>                |      |                        |               |                    |
| 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               |
| <b>Vitamins</b>                |      |                        |               |                    |
| 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                 |
| <b>Lipids</b>                  |      |                        |               |                    |
| Fatty acids, total saturated   | g    | 0.981                  | 0.834         | 1.942              |

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|------------------------------------|-------------|---------------------------------|-----------------------|----------------------------|
| 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**