

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

Report Date: February 19, 2018 14:44 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 198g
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
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				