

Basic Report 15081, Fish, salmon, coho, wild, raw

Report Date: May 24, 2017 03:46 EDT

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	72.66	61.76	143.87
Energy	kcal	146	124	289
Protein	g	21.62	18.38	42.81
Total lipid (fat)	g	5.93	5.04	11.74
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
Minerals				
Calcium, Ca	mg	36	31	71
Iron, Fe	mg	0.56	0.48	1.11
Magnesium, Mg	mg	31	26	61
Phosphorus, P	mg	262	223	519
Potassium, K	mg	423	360	838
Sodium, Na	mg	46	39	91
Zinc, Zn	mg	0.41	0.35	0.81
Vitamins				
Vitamin C, total ascorbic acid	mg	1.0	0.8	2.0
Thiamin	mg	0.113	0.096	0.224
Riboflavin	mg	0.140	0.119	0.277
Niacin	mg	7.230	6.146	14.315
Vitamin B-6	mg	0.549	0.467	1.087
Folate, DFE	µg	9	8	18
Vitamin B-12	µg	4.17	3.54	8.26
Vitamin A, RAE	µg	40	34	79
Vitamin A, IU	IU	135	115	267
Vitamin E (alpha-tocopherol)	mg	0.73	0.62	1.45

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Vitamin D (D2 + D3)	µg	9.0	7.7	17.8
Vitamin D	IU	361	307	715
Vitamin K (phylloquinone)	µg	0.1	0.1	0.2
Lipids				
Fatty acids, total saturated	g	1.260	1.071	2.495
Fatty acids, total monounsaturated	g	2.134	1.814	4.225
Fatty acids, total polyunsaturated	g	1.992	1.693	3.944
Cholesterol	mg	45	38	89
Amino Acids				
Other				
Caffeine	mg	0	0	0