

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

Report Date: June 24, 2017 18:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 198g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0