

Basic Report 15086, Fish, salmon, sockeye, cooked, dry heat

Report Date: October 21, 2017 06:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 155g
Proximates				
Water	g	67.33	57.23	104.36
Energy	kcal	156	133	242
Protein	g	26.48	22.51	41.04
Total lipid (fat)	g	5.57	4.73	8.63
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	11	9	17
Iron, Fe	mg	0.52	0.44	0.81
Magnesium, Mg	mg	36	31	56
Phosphorus, P	mg	305	259	473
Potassium, K	mg	436	371	676
Sodium, Na	mg	92	78	143
Zinc, Zn	mg	0.55	0.47	0.85
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.157	0.133	0.243
Riboflavin	mg	0.246	0.209	0.381
Niacin	mg	10.123	8.605	15.691
Vitamin B-6	mg	0.827	0.703	1.282
Folate, DFE	µg	7	6	11
Vitamin B-12	µg	4.47	3.80	6.93
Vitamin A, RAE	µg	58	49	90
Vitamin A, IU	IU	193	164	299
Vitamin E (alpha-tocopherol)	mg	0.99	0.84	1.53

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Vitamin D (D2 + D3)	µg	16.7	14.2	25.9
Vitamin D	IU	670	570	1038
Vitamin K (phylloquinone)	µg	0.1	0.1	0.2
Lipids				
Fatty acids, total saturated	g	0.969	0.824	1.502
Fatty acids, total monounsaturated	g	1.864	1.584	2.889
Fatty acids, total polyunsaturated	g	1.327	1.128	2.057
Fatty acids, total trans	g	0.023	0.020	0.036
Cholesterol	mg	61	52	95
Amino Acids				
Other				
Caffeine	mg	0	0	0