

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

Report Date: August 16, 2017 15:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 155g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0