

## Basic Report 15236, Fish, salmon, Atlantic, farmed, raw

Report Date: October 24, 2017 01:37 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	64.89	55.16	128.48
Energy	kcal	208	177	412
Protein	g	20.42	17.36	40.43
Total lipid (fat)	g	13.42	11.41	26.57
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	9	8	18
Iron, Fe	mg	0.34	0.29	0.67
Magnesium, Mg	mg	27	23	53
Phosphorus, P	mg	240	204	475
Potassium, K	mg	363	309	719
Sodium, Na	mg	59	50	117
Zinc, Zn	mg	0.36	0.31	0.71
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	3.9	3.3	7.7
Thiamin	mg	0.207	0.176	0.410
Riboflavin	mg	0.155	0.132	0.307
Niacin	mg	8.672	7.371	17.171
Vitamin B-6	mg	0.636	0.541	1.259
Folate, DFE	µg	26	22	51
Vitamin B-12	µg	3.23	2.75	6.40
Vitamin A, RAE	µg	58	49	115
Vitamin A, IU	IU	193	164	382
Vitamin E (alpha-tocopherol)	mg	3.55	3.02	7.03

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Vitamin D (D2 + D3)	µg	11.0	9.3	21.8
Vitamin D	IU	441	375	873
Vitamin K (phylloquinone)	µg	0.5	0.4	1.0
<b>Lipids</b>				
Fatty acids, total saturated	g	3.050	2.592	6.039
Fatty acids, total monounsaturated	g	3.770	3.204	7.465
Fatty acids, total polyunsaturated	g	3.886	3.303	7.694
Cholesterol	mg	55	47	109
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0