

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

Report Date: May 26, 2017 14:53 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	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
Minerals				
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
Vitamins				
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0