

## Basic Report 15237, Fish, salmon, Atlantic, farmed, cooked, dry heat

Report Date: August 20, 2017 07:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 178g
<b>Proximates</b>				
Water	g	64.75	55.04	115.25
Energy	kcal	206	175	367
Protein	g	22.10	18.79	39.34
Total lipid (fat)	g	12.35	10.50	21.98
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	15	13	27
Iron, Fe	mg	0.34	0.29	0.61
Magnesium, Mg	mg	30	26	53
Phosphorus, P	mg	252	214	449
Potassium, K	mg	384	326	684
Sodium, Na	mg	61	52	109
Zinc, Zn	mg	0.43	0.37	0.77
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	3.7	3.1	6.6
Thiamin	mg	0.340	0.289	0.605
Riboflavin	mg	0.135	0.115	0.240
Niacin	mg	8.045	6.838	14.320
Vitamin B-6	mg	0.647	0.550	1.152
Folate, DFE	µg	34	29	61
Vitamin B-12	µg	2.80	2.38	4.98
Vitamin A, RAE	µg	69	59	123
Vitamin A, IU	IU	230	196	409
Vitamin E (alpha-tocopherol)	mg	1.14	0.97	2.03

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Vitamin D (D2 + D3)	µg	13.1	11.1	23.3
Vitamin D	IU	526	447	936
Vitamin K (phylloquinone)	µg	0.1	0.1	0.2
<b>Lipids</b>				
Fatty acids, total saturated	g	2.397	2.037	4.267
Fatty acids, total monounsaturated	g	4.181	3.554	7.442
Fatty acids, total polyunsaturated	g	4.553	3.870	8.104
Cholesterol	mg	63	54	112
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0