

**Basic Report 15239, Fish, salmon, coho, farmed, cooked, dry heat**

Report Date: June 24, 2017 13:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fillet 143g	3.0 oz 85g
<b>Proximates</b>				
Water	g	67.00	95.81	56.95
Energy	kcal	178	255	151
Protein	g	24.30	34.75	20.66
Total lipid (fat)	g	8.23	11.77	7.00
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
<b>Minerals</b>				
Calcium, Ca	mg	12	17	10
Iron, Fe	mg	0.39	0.56	0.33
Magnesium, Mg	mg	34	49	29
Phosphorus, P	mg	332	475	282
Potassium, K	mg	460	658	391
Sodium, Na	mg	52	74	44
Zinc, Zn	mg	0.47	0.67	0.40
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	1.5	2.1	1.3
Thiamin	mg	0.100	0.143	0.085
Riboflavin	mg	0.113	0.162	0.096
Niacin	mg	7.393	10.572	6.284
Vitamin B-6	mg	0.568	0.812	0.483
Folate, DFE	µg	14	20	12
Vitamin B-12	µg	3.17	4.53	2.69
Vitamin A, RAE	µg	59	84	50
Vitamin A, IU	IU	197	282	167
<b>Lipids</b>				
Fatty acids, total saturated	g	1.944	2.780	1.652

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 fillet 143g</b>	<b>3.0 oz 85g</b>
Fatty acids, total monounsaturated	g	3.618	5.174	3.075
Fatty acids, total polyunsaturated	g	1.963	2.807	1.669
Cholesterol	mg	63	90	54
<b>Amino Acids</b>				
<b>Other</b>				