

## Basic Report 15247, Fish, salmon, coho, wild, cooked, dry heat

Report Date: October 23, 2017 03:50 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	71.50	60.77	127.27
Energy	kcal	139	118	247
Protein	g	23.45	19.93	41.74
Total lipid (fat)	g	4.30	3.65	7.65
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	45	38	80
Iron, Fe	mg	0.61	0.52	1.09
Magnesium, Mg	mg	33	28	59
Phosphorus, P	mg	322	274	573
Potassium, K	mg	434	369	773
Sodium, Na	mg	58	49	103
Zinc, Zn	mg	0.56	0.48	1.00
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	1.4	1.2	2.5
Thiamin	mg	0.075	0.064	0.134
Riboflavin	mg	0.140	0.119	0.249
Niacin	mg	7.950	6.758	14.151
Vitamin B-6	mg	0.568	0.483	1.011
Folate, DFE	µg	13	11	23
Vitamin B-12	µg	5.00	4.25	8.90
Vitamin A, RAE	µg	51	43	91
Vitamin A, IU	IU	169	144	301
Vitamin E (alpha-tocopherol)	mg	0.92	0.78	1.64

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Vitamin D (D2 + D3)	µg	11.3	9.6	20.1
Vitamin D	IU	451	383	803
Vitamin K (phylloquinone)	µg	0.1	0.1	0.2
<b>Lipids</b>				
Fatty acids, total saturated	g	1.054	0.896	1.876
Fatty acids, total monounsaturated	g	1.581	1.344	2.814
Fatty acids, total polyunsaturated	g	1.273	1.082	2.266
Cholesterol	mg	55	47	98
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0