

Fish, salmon, chum, raw

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Scientific Name: *Oncorhynchus keta* (Walbaum)

NDB No: 15079 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	75.38	8	1.391
Energy	kcal	120	0	0
Energy	kJ	502	0	0
Protein	g	20.14	8	1.222
Total lipid (fat)	g	3.77	13	0.65
Ash	g	1.18	7	0.035
Carbohydrate, by difference	g	0.00	0	0
Fiber, total dietary	g	0.0	0	0
Minerals				
Calcium, Ca	mg	11	1	0
Iron, Fe	mg	0.55	0	0
Magnesium, Mg	mg	22	0	0
Phosphorus, P	mg	283	1	0
Potassium, K	mg	429	6	5.797
Sodium, Na	mg	50	6	1.029
Zinc, Zn	mg	0.47	56	0.015
Copper, Cu	mg	0.055	57	0.002
Manganese, Mn	mg	0.015	0	0
Selenium, Se	mcg	36.5	0	0
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0	0
Thiamin	mg	0.080	1	0
Riboflavin	mg	0.180	1	0
Niacin	mg	7.000	0	0
Pantothenic acid	mg	0.750	0	0
Vitamin B-6	mg	0.400	0	0
Folate, total	mcg	4	0	0
Folic acid	mcg	0	0	0
Folate, food	mcg	4	0	0
Folate, DFE	mcg_DFE	4	0	0
Vitamin B-12	mcg	3.00	0	0
Vitamin A, RAE	mcg_RAE	30	1	0

Retinol	mcg	30	1	0
Vitamin A, IU	IU	99	1	0
Vitamin E (alpha-tocopherol)	mg	1.09	0	0
Lipids				
Fatty acids, total saturated	g	0.840	0	0
14:0	g	0.150	2	0
16:0	g	0.586	2	0
18:0	g	0.104	2	0
Fatty acids, total monounsaturated	g	1.541	0	0
16:1 undifferentiated	g	0.221	2	0
18:1 undifferentiated	g	0.816	2	0
20:1	g	0.184	1	0
22:1 undifferentiated	g	0.320	1	0
Fatty acids, total polyunsaturated	g	0.898	0	0
18:2 undifferentiated	g	0.060	2	0
18:3 undifferentiated	g	0.034	1	0
18:4	g	0.068	1	0
20:4 undifferentiated	g	0.030	1	0
20:5 n-3	g	0.233	2	0
22:5 n-3	g	0.079	1	0
22:6 n-3	g	0.394	2	0
Cholesterol	mg	74	2	0
Amino acids				
Tryptophan	g	0.226	0	0
Threonine	g	0.883	0	0
Isoleucine	g	0.928	0	0
Leucine	g	1.637	0	0
Lysine	g	1.849	0	0
Methionine	g	0.596	0	0
Cystine	g	0.216	0	0
Phenylalanine	g	0.786	0	0
Tyrosine	g	0.680	0	0
Valine	g	1.037	0	0
Arginine	g	1.205	0	0
Histidine	g	0.593	0	0
Alanine	g	1.218	0	0
Aspartic acid	g	2.062	0	0
Glutamic acid	g	3.006	0	0
Glycine	g	0.967	0	0
Proline	g	0.712	0	0
Serine	g	0.822	0	0

Alcohol, ethyl	g	0.0	0	0

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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