

Fish, salmon, coho, wild, raw

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Scientific Name: *Oncorhynchus kisutch* (Walbaum)

NDB No: 15081 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	72.66	178	0.162
Energy	kcal	146	0	0
Energy	kJ	611	0	0
Protein	g	21.62	178	0.044
Total lipid (fat)	g	5.93	219	0.161
Ash	g	1.21	178	0.004
Carbohydrate, by difference	g	0.00	0	0
Fiber, total dietary	g	0.0	0	0
Sugars, total	g	0.00	0	0
Minerals				
Calcium, Ca	mg	36	1	0
Iron, Fe	mg	0.56	3	0.077
Magnesium, Mg	mg	31	3	0.897
Phosphorus, P	mg	262	3	16.165
Potassium, K	mg	423	47	2.619
Sodium, Na	mg	46	47	1.105
Zinc, Zn	mg	0.41	74	0.017
Copper, Cu	mg	0.051	69	0.003
Manganese, Mn	mg	0.014	3	0.001
Selenium, Se	mcg	36.5	0	0
Vitamins				
Vitamin C, total ascorbic acid	mg	1.0	4	0.239
Thiamin	mg	0.113	3	0.03
Riboflavin	mg	0.140	3	0.012
Niacin	mg	7.230	3	0.922
Pantothenic acid	mg	0.823	3	0.055
Vitamin B-6	mg	0.549	3	0.132
Folate, total	mcg	9	3	3.215
Folic acid	mcg	0	0	0
Folate, food	mcg	9	3	3.215
Folate, DFE	mcg_DFE	9	0	0
Choline, total	mg	94.6	0	0

Vitamin B-12	mcg	4.17	3	0.694
Vitamin B-12, added	mcg	0.00	0	0
Vitamin A, RAE	mcg_RAE	30	0	0
Retinol	mcg	30	0	0
Carotene, beta	mcg	0	0	0
Carotene, alpha	mcg	0	0	0
Cryptoxanthin, beta	mcg	0	0	0
Vitamin A, IU	IU	100	0	0
Lycopene	mcg	0	0	0
Lutein + zeaxanthin	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.65	0	0
Vitamin E, added	mg	0.00	0	0
Vitamin K (phylloquinone)	mcg	0.1	0	0
Lipids				
Fatty acids, total saturated	g	1.260	0	0
4:0	g	0.000	0	0
6:0	g	0.000	0	0
8:0	g	0.000	0	0
10:0	g	0.000	0	0
12:0	g	0.000	0	0
14:0	g	0.264	6	0
16:0	g	0.751	6	0
18:0	g	0.207	6	0
Fatty acids, total monounsaturated	g	2.134	0	0
16:1 undifferentiated	g	0.506	6	0
18:1 undifferentiated	g	1.204	6	0
20:1	g	0.250	6	0
22:1 undifferentiated	g	0.146	6	0
Fatty acids, total polyunsaturated	g	1.992	0	0
18:2 undifferentiated	g	0.206	6	0
18:3 undifferentiated	g	0.157	6	0
18:4	g	0.119	6	0
20:4 undifferentiated	g	0.133	6	0
20:5 n-3	g	0.429	6	0
22:5 n-3	g	0.232	6	0
22:6 n-3	g	0.656	6	0
Cholesterol	mg	45	3	3.06
Amino acids				
Tryptophan	g	0.242	0	0
Threonine	g	0.948	0	0
Isoleucine	g	0.996	0	0
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	g	1.757	0	0
Lysine	g	1.985	0	0
Methionine	g	0.640	0	0
Cystine	g	0.232	0	0
Phenylalanine	g	0.844	0	0
Tyrosine	g	0.730	0	0
Valine	g	1.114	0	0
Arginine	g	1.294	0	0
Histidine	g	0.636	0	0
Alanine	g	1.307	0	0
Aspartic acid	g	2.214	0	0
Glutamic acid	g	3.227	0	0
Glycine	g	1.038	0	0
Proline	g	0.764	0	0
Serine	g	0.882	0	0
Other				
Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0

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

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