

**Fish, salmon, sockeye, raw**[New Search](#)

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Scientific Name: *Oncorhynchus nerka* (Walbaum)

NDB No: 15085 (Nutrient values and weights are for edible portion)

| Nutrient                       | Units   | Value per 100 grams | Number of Data Points | Std. Error |
|--------------------------------|---------|---------------------|-----------------------|------------|
| <b>Proximates</b>              |         |                     |                       |            |
| Water                          | g       | 70.24               | 48                    | 0.645      |
| Energy                         | kcal    | 168                 | 0                     | 0          |
| Energy                         | kJ      | 704                 | 0                     | 0          |
| Protein                        | g       | 21.30               | 45                    | 0.209      |
| Total lipid (fat)              | g       | 8.56                | 48                    | 0.392      |
| Ash                            | g       | 1.18                | 45                    | 0.01       |
| Carbohydrate, by difference    | g       | 0.00                | 0                     | 0          |
| Fiber, total dietary           | g       | 0.0                 | 0                     | 0          |
| Sugars, total                  | g       | 0.00                | 0                     | 0          |
| <b>Minerals</b>                |         |                     |                       |            |
| Calcium, Ca                    | mg      | 6                   | 1                     | 0          |
| Iron, Fe                       | mg      | 0.47                | 11                    | 0.03       |
| Magnesium, Mg                  | mg      | 24                  | 1                     | 0          |
| Phosphorus, P                  | mg      | 215                 | 17                    | 4.06       |
| Potassium, K                   | mg      | 391                 | 46                    | 3.21       |
| Sodium, Na                     | mg      | 47                  | 46                    | 0.874      |
| Zinc, Zn                       | mg      | 0.54                | 62                    | 0.022      |
| Copper, Cu                     | mg      | 0.052               | 61                    | 0.003      |
| Manganese, Mn                  | mg      | 0.014               | 1                     | 0          |
| Selenium, Se                   | mcg     | 33.7                | 11                    | 0.992      |
| <b>Vitamins</b>                |         |                     |                       |            |
| Vitamin C, total ascorbic acid | mg      | 0.0                 | 0                     | 0          |
| Thiamin                        | mg      | 0.203               | 11                    | 0.007      |
| Riboflavin                     | mg      | 0.149               | 11                    | 0.006      |
| Niacin                         | mg      | 5.780               | 11                    | 0.183      |
| Pantothenic acid               | mg      | 0.610               | 51                    | 0.017      |
| Vitamin B-6                    | mg      | 0.190               | 41                    | 0.013      |
| 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          |
| Choline, total                 | mg      | 94.6                | 0                     | 0          |

|                                    |         |       |    |     |
|------------------------------------|---------|-------|----|-----|
| Vitamin B-12                       | mcg     | 5.00  | 1  | 0   |
| Vitamin B-12, added                | mcg     | 0.00  | 0  | 0   |
| Vitamin A, RAE                     | mcg_RAE | 58    | 0  | 0   |
| Retinol                            | mcg     | 58    | 0  | 0   |
| Carotene, beta                     | mcg     | 0     | 0  | 0   |
| Carotene, alpha                    | mcg     | 0     | 0  | 0   |
| Cryptoxanthin, beta                | mcg     | 0     | 0  | 0   |
| Vitamin A, IU                      | IU      | 193   | 0  | 0   |
| Lycopene                           | mcg     | 0     | 0  | 0   |
| Lutein + zeaxanthin                | mcg     | 0     | 0  | 0   |
| Vitamin E (alpha-tocopherol)       | mg      | 0.64  | 0  | 0   |
| Vitamin E, added                   | mg      | 0.00  | 0  | 0   |
| Vitamin K (phylloquinone)          | mcg     | 0.4   | 0  | 0   |
| <b>Lipids</b>                      |         |       |    |     |
| Fatty acids, total saturated       | g       | 1.495 | 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       | 0.290 | 3  | 0   |
| 16:0                               | g       | 1.011 | 3  | 0   |
| 18:0                               | g       | 0.155 | 3  | 0   |
| Fatty acids, total monounsaturated | g       | 4.125 | 0  | 0   |
| 16:1 undifferentiated              | g       | 0.523 | 3  | 0   |
| 18:1 undifferentiated              | g       | 1.382 | 3  | 0   |
| 20:1                               | g       | 1.334 | 2  | 0   |
| 22:1 undifferentiated              | g       | 0.848 | 2  | 0   |
| Fatty acids, total polyunsaturated | g       | 1.879 | 0  | 0   |
| 18:2 undifferentiated              | g       | 0.380 | 3  | 0   |
| 18:3 undifferentiated              | g       | 0.092 | 3  | 0   |
| 18:4                               | g       | 0.102 | 2  | 0   |
| 20:4 undifferentiated              | g       | 0.094 | 2  | 0   |
| 20:5 n-3                           | g       | 0.519 | 3  | 0   |
| 22:5 n-3                           | g       | 0.039 | 2  | 0   |
| 22:6 n-3                           | g       | 0.653 | 3  | 0   |
| Cholesterol                        | mg      | 62    | 11 | 3.4 |
| <b>Amino acids</b>                 |         |       |    |     |
| Tryptophan                         | g       | 0.239 | 0  | 0   |
| Threonine                          | g       | 0.934 | 0  | 0   |
| Isoleucine                         | g       | 0.982 | 0  | 0   |
| .                                  |         |       |    |     |

|                |    |       |   |   |
|----------------|----|-------|---|---|
|                | g  | 1.731 | 0 | 0 |
| Lysine         | g  | 1.956 | 0 | 0 |
| Methionine     | g  | 0.630 | 0 | 0 |
| Cystine        | g  | 0.228 | 0 | 0 |
| Phenylalanine  | g  | 0.832 | 0 | 0 |
| Tyrosine       | g  | 0.719 | 0 | 0 |
| Valine         | g  | 1.097 | 0 | 0 |
| Arginine       | g  | 1.275 | 0 | 0 |
| Histidine      | g  | 0.627 | 0 | 0 |
| Alanine        | g  | 1.288 | 0 | 0 |
| Aspartic acid  | g  | 2.181 | 0 | 0 |
| Glutamic acid  | g  | 3.180 | 0 | 0 |
| Glycine        | g  | 1.022 | 0 | 0 |
| Proline        | g  | 0.753 | 0 | 0 |
| Serine         | g  | 0.869 | 0 | 0 |
| <b>Other</b>   |    |       |   |   |
| 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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