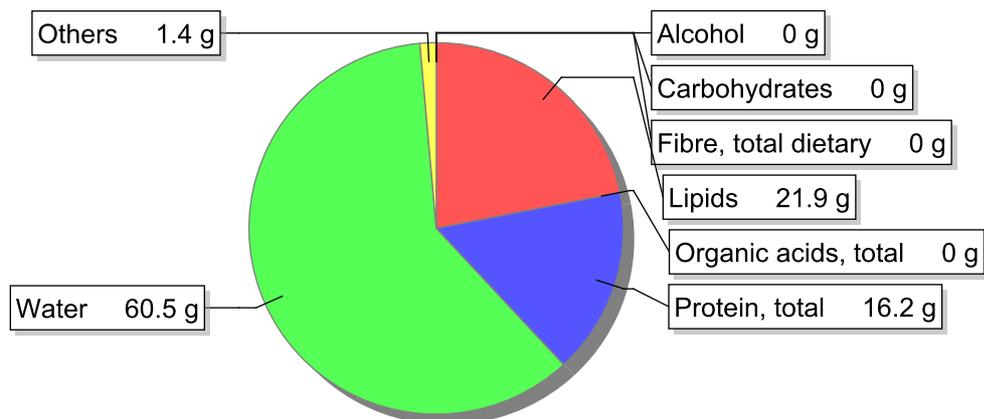


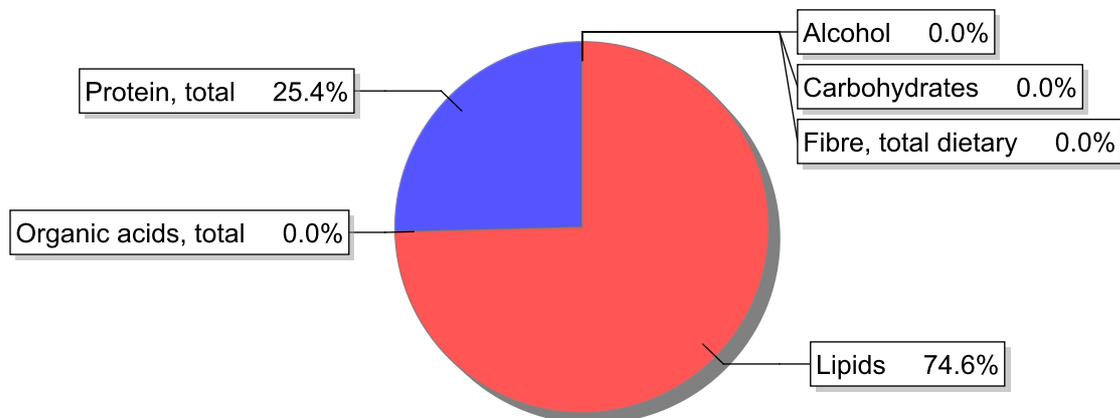
Food

Name: Salmon, raw
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 89%
Code: IS876
FoodEX2 Code: A0C75

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	262	kcal	
energy kJ, total metabolisable	1090	kJ	
fatty acids, total saturated	4.2	g	77
fatty acids, total monounsaturated	10	g	77
fatty acids, total polyunsaturated	5.1	g	77
fatty acid 18:2 n-6 cis,cis	0.7	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	16.2	g	77
alcohol	0	g	
water	60.5	g	77
organic acids, total	0	g	
cholesterol	40	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	33	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	11	µg	77
alpha-tocopherol	4	mg	77
thiamin	0.18	mg	77
riboflavin	0.04	mg	
niacin, preformed	3.6	mg	
niacin equivalents, total	6.6	mg	
niacin equivalents from tryptophan	3	mg	77
vitamin B-6, total	0.45	mg	77
vitamin B-12	1.9	µg	
vitamin C	0	mg	
folate, total	10	µg	77
ash	1.30	g	77
sodium	38	mg	
potassium	300	mg	
calcium	12	mg	
phosphorus	210	mg	
magnesium	23	mg	
iron, total	0.5	mg	
zinc	0.5	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
77	Bandarra, NM; Calhau, MA; Oliveira, L; Ramos, M; Dias, MG; Bártolo, H; Faria, MR; Fonseca, MC; Gonçalves, J; Batista, I; Nunes, ML. (2005) Composição e valor nutricional dos produtos da pesca mais consumidos em Portugal. INIAP/IPIMAR, INSA, FCT.