

National Nutrient Database for Standard Reference
Release 24

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Statistics Report

Nutrient data for 15076, Fish, salmon, Atlantic, wild, raw

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Nutrient values and weights are for edible portion

Nutrient	Unit	Value (100g)	Data Points	Std. Error	Min	Max	df	Lower error bound	Upper error bound	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	68.50	21	1.146	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	142	0	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	594	0	--	--	--	--	--	--	--	Calculated or imputed	--	01/2012
Protein	g	19.84	9	0.662	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	6.34	7	1.772	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	2.54	6	0.894	--	--	--	--	--	--	Analytical or derived	--	09/1987

												from analytical		
Carbohydrate, by difference	g	0.00	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Minerals														
Calcium, Ca	mg	12	3	4.117	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Iron, Fe	mg	0.80	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Magnesium, Mg	mg	29	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phosphorus, P	mg	200	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Potassium, K	mg	490	3	30.234	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	44	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	0.64	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.250	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.016	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Selenium, Se	µg	36.5	0	--	--	--	--	--	--	--	--	Calculated	--	12/1997

												or imputed		
Vitamins														
Vitamin C, total ascorbic acid	mg	0.0	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Thiamin	mg	0.226	11	0.038	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Riboflavin	mg	0.380	6	0.147	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Niacin	mg	7.860	13	0.618	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Pantothenic acid	mg	1.664	5	0.375	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin B-6	mg	0.818	4	0.035	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folate, total	µg	25	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folic acid	µg	0	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	25	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folate, DFE	mcg_DFE	25	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	3.18	10	0.312	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin A, RAE	mcg_RAE	12	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002

Retinol	µg	12	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Vitamin A, IU	IU	40	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lipids													
Fatty acids, total saturated	g	0.981	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
14:0	g	0.137	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	0.632	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.212	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	2.103	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	0.251	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	1.351	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	0.223	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:1 undifferentiated	g	0.279	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Isoleucine	g	0.914	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.613	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	1.822	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.587	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.213	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.775	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.670	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	1.022	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	1.187	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.584	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.200	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	2.032	0	--	--	--	--	--	--	--	Analytical or derived	--	09/1987

												from analytical		
Glutamic acid	g	2.962	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	0.952	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.702	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	0.809	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987