



marineharvest
excellence in seafood

ATLANTIC SALMON
Nutrition facts
Serving size: 100 g
Amount Per Serving
Energy: 231 Kcal
Energy from fat: 90 Kcal
Total Fat: 13 g
Saturated Fat: 3.1 g
Trans Fat: 0.2 g
Monounsaturated Fat: 5.3 g
Polyunsaturated Fat: 3.6 g
Sum EPA+DHA: 1.6 g
Sum Omega 3: 2.0 g
Sum Omega 6: 1.3 g
Omega 6: Omega 3: 0.66
Cholesterol: 55 mg
Protein: 22 g
Total Carbohydrate: 9 g
Dietary fibre: 8.4 g
Sugars: 0.1 g
Moisture: 65 g
Minerals: 855 mg
Phosphorus: 250 mg
Potassium: 430 mg
Sodium: 37 mg
Calcium: 8 mg
Chloride: 100 mg
Copper: 0.2 mg
Iodine: 0.0 mg
Iron: 0.4 mg
Magnesium: 29 mg
Selenium: 0.0 mg
Zinc: 0.4 mg

Vitamins
Vitamin A: 1.00 iu
Vitamin B1: 0.12 mg
Vitamin B2: 0.05 mg
Vitamin B6: 0.55 mg
Vitamin B12: 4.50 ug
Vitamin C: 0.21 mg
Vitamin D: 0.75 ug
Vitamin E: 2.70 mg
Nicotinic acid: 8.10 mg
Amino Acids
Alanine: 1.21 g
Arginine 1.21 g
Aspartic acid: 2.12 g
Cystin: 0.24 g
Glutamic acid: 2.85 g
Glycine: 0.97 g
Histidine: 0.97 g
Isoleucine: 0.99 g
Lysine: 1.82 g
Methionin: 0.66 g
Phenylalanine: 0.80 g
Proline: 0.70 g
Serine: 0.79 g
Threonine: 1.00 g
Tyrosine: 0.66 g