



<b>Atlantic Salmon Nutrition Facts*</b>	
<b>Serving Size</b>	100g
<b>Amount Per Serving</b>	
<b>Energy</b>	161Kcal
<b>Energy from Fat</b>	90Kcal
<b>Total Fat</b>	7.7g
Saturated Fat	1.4g
Trans Fat	0.0g
Monounsaturated Fat	3.5g
Polyunsaturated Fat	2.5g
Sum EPA + DHA	1.0g
Sum Omega 3	1.6g
Sum Omega 6	1.0g
Omega 6: Omega 3	0.66
Cholesterol	52mg
<b>Protein</b>	22.2g
<b>Total Carbohydrate</b>	0.5g
<b>Minerals</b>	
Phosphorus	230mg
Potassium	380mg
Sodium	38mg
Calcium	13mg
Chloride	61mg
Copper	0.3mg
Iodine	0.11mg
Iron	0.7mg
Magnesium	27mg
Zinc	0.4mg

<b>Vitamins</b>	
Vitamin A	45.95µg
Vitamin B1	0.10mg
Vitamin B2	0.05mg
Vitamin B3	10.41mg
Vitamin B6	0.53mg
Vitamin B12	5.48µg
Vitamin C	0.77mg
Vitamin D	3.41 µg
Vitamin E	2.34mg
<b>Amino Acids</b>	
Alanine	1.32g
Arginine	1.27g
Aspartic Acid	2.15g
Cystin	0.26g
Fultamic Acid	3.11g
Glycine	1.06g
Histidine	0.68g
Isoleucine	1.10g
Leucine	1.71g
Lysine	2.02g
Methionin	0.68g
Phenylalanine	0.87g
Proline	0.78g
Serine	0.88g
Threonine	1.01g
Tyrosine	0.78g
Valine	1.23g

\*Average of all testing from 2008-2012