

Wild Sockeye Salmon Fillet

Nutrition Facts

Serving size 3 oz (85g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 6g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 110mg 5%

Total Carbohydrate 0g

Dietary Fiber 0g

Total Sugars 0g

Protein 22g

Vitamin A 4%

Vitamin C 0%

Calcium 0%

Iron 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.