

Nutrition Facts

Salmon

Serving size (100g)

Amount Per Serving

Calories

170

www.ihcare.ae % Daily Value*

Total Fat 9g	12%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 60mg	20%
Sodium 45mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 21g	42%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 0.54mg	4%
Potassium 423mg	8%
Vitamin A	4%
Thiamin	10%
Niacin	30%
Vitamin B6	8%
Vitamin B12	80%
Phosphorus	25%
Selenium	45%

* 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.