

# Atlantic Salmon

Serving Size 3 oz/raw

---

## Amount Per Serving

**Calories** 121 **Calories from Fat** 49

---

**% Daily Value\***

---

**Total Fat** 5g 8%

Saturated Fat 1g 4%

Trans Fat

---

**Cholesterol** 47mg 16%

---

**Sodium** 37mg 2%

---

**Total Carbohydrate** 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

---

**Protein** 17g

---

Vitamin A 1% • Vitamin C 0%

---

Calcium 1% • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. © www.NutritionData.com



[www.ginc.com](http://www.ginc.com)