

Pacific Salmon

Serving Size 3 oz/raw

Amount Per Serving

Calories 152 Calories from Fat 80

% Daily Value*

Total Fat 9g 14%

Saturated Fat 3g 13%

Trans Fat

Cholesterol 42mg 14%

Sodium 40mg 2%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 17g

Vitamin A 8% • Vitamin C 6%

Calcium 2% • Iron 1%

*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



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