

# Atlantic Salmon Nutrition

*Salmo salar*

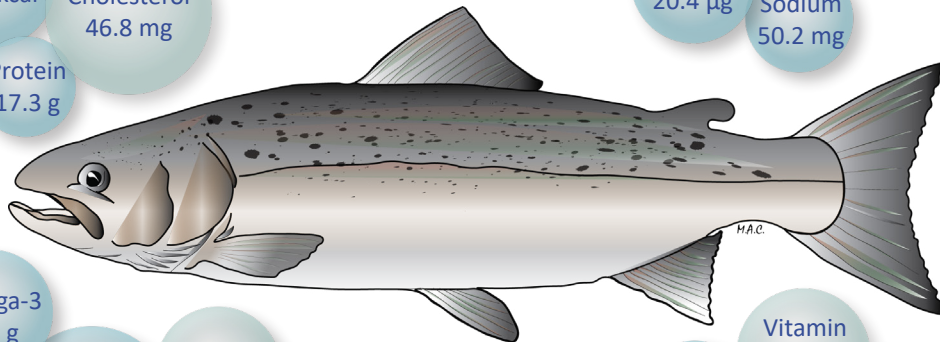
Calories  
177 kcal

Cholesterol  
46.8 mg

Selenium  
20.4  $\mu$ g

Sodium  
50.2 mg

Protein  
17.3 g



Omega-3  
1.7 g

Saturated  
Fat  
2.6 g

Total Fat  
11.4 g

Iron  
0.29 mg

Vitamin  
B12  
2.7  $\mu$ g

The nutrition information provided is for a 3 oz raw portion of farmed atlantic salmon from the United States Department of Agriculture's (USDA) FoodData Central database.



Want more detailed nutritional information for your seafood?  
Check out FoodData Central ([fdc.nal.usda.gov](https://fdc.nal.usda.gov)).



Want to learn more about U.S. fisheries management and sustainability?  
Check out FishWatch ([www.fishwatch.gov](https://www.fishwatch.gov)).



Want more seafood resources?  
Check out [www.nyseagrant.org/seafoodmarketing](https://www.nyseagrant.org/seafoodmarketing)