

Salmon Fillets

Wild Caught
salmon

D+ **99**
Grade Calories

Nutrition Facts

Serving Size 1 fillet (113 g)

Per Serving	% Daily Value*
Calories 99	
Calories from Fat 13	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Polyunsaturated Fat 2g	
Monounsaturated Fat 0g	
Cholesterol 44mg	15%
Sodium 127mg	5%
Potassium 50mg	1%
Carbohydrates 0g	0%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 21g	

Vitamin A 0% · Vitamin C 0%

Calcium 0% · Iron 4%

*Based on a [2000 calorie diet](#)