

# FoodData Central Food Details

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## Fish, tuna, fresh, bluefin, raw

**SR Legacy, released in April 2018, is the final release of this data type and will not be updated. For more recent data, users should search other data types in FoodData Central.**

**Data Type:** SR Legacy

**Food Category:** Finfish and Shellfish Products

**FDC ID:** 173706

**NDB Number:** 15117

**FDC Published:** 4/1/2019

**Nutrients**

Measures

Other Information

### Portion:

100g

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
Water	68.1	g							
Energy	144	kcal	<a href="#">Calculated</a>						
Energy	602	kJ							
Protein	23.3	g							
Total lipid (fat)	4.9	g							
Ash	1.18	g							
Carbohydrate, by difference	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Fiber, total dietary	0	g	Assumed zero (Insignificant amount or not naturally occurring in a						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
									food, such as fiber in meat)
Total Sugars	0	g							Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)
Calcium, Ca	8	mg							
Iron, Fe	1.02	mg							
Magnesium, Mg	50	mg							
Phosphorus, P	254	mg							
Potassium, K	252	mg							
Sodium, Na	39	mg							
Zinc, Zn	0.6	mg							
Copper, Cu	0.086	mg							
Manganese, Mn	0.015	mg							
Selenium, Se	36.5	µg							Calculated from different food; From average values for food category; No adjustment; Retention factors not used
Vitamin C, total ascorbic acid	0	mg							Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)
Thiamin	0.241	mg							
Riboflavin	0.251	mg							
Niacin	8.65	mg							
Pantothenic acid	1.05	mg							
Vitamin B-6	0.455	mg							

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
Folate, total	2	µg							
Folic acid	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Folate, food	2	µg							
Folate, DFE	2	µg	Calculated						
Choline, total	65	mg	Taken from another source--other tables of food composition						
Vitamin B-12	9.43	µg							
Vitamin B-12, added	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Vitamin A, RAE	655	µg	Calculated						
Retinol	655	µg	Taken from another source--other tables of food composition						
Carotene, beta	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Carotene, alpha	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Cryptoxanthin, beta	0	µg	Assumed zero (Insignificant amount or						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
									not naturally occurring in a food, such as fiber in meat)
Vitamin A, IU	2180	IU	Calculated						
Lycopene	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Lutein + zeaxanthin	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Vitamin E (alpha-tocopherol)	1	mg	Nutrient that is based on other nutrient/s; value used directly, ex. Nut.#204 from Nut.#298						
Vitamin E, added	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Vitamin D (D2 + D3), International Units	227	IU	Based on another form of the food or similar food; Concentration adjustment; Fat; Retention factors not used						
Vitamin D (D2 + D3)	5.7	µg							
Vitamin D3 (cholecalciferol)	5.7	µg	Based on another form of the food or similar food;						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
									Concentration adjustment; Fat; Retention factors not used
Vitamin K (phylloquinone)	0	µg							Taken from another source--other tables of food composition
Fatty acids, total saturated	1.26	g							
SFA 4:0	0	g							
SFA 6:0	0	g							
SFA 8:0	0	g							
SFA 10:0	0	g							
SFA 12:0	0	g							
SFA 14:0	0.139	g							
SFA 16:0	0.81	g							
SFA 18:0	0.307	g							
Fatty acids, total monounsaturated	1.6	g							
MUFA 16:1	0.162	g							
MUFA 18:1	0.924	g							
MUFA 20:1	0.277	g							
MUFA 22:1	0.237	g							
Fatty acids, total polyunsaturated	1.43	g							
PUFA 18:2	0.053	g							
PUFA 18:3	0	g							
PUFA 18:4	0.039	g							
PUFA 20:4	0.043	g							
PUFA 20:5 n-3 (EPA)	0.283	g							
PUFA 22:5 n-3 (DPA)	0.125	g							
PUFA 22:6 n-3 (DHA)	0.89	g							
Cholesterol	38	mg							
Tryptophan	0.261	g							

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
Threonine	1.02	g							
Isoleucine	1.08	g							
Leucine	1.9	g							
Lysine	2.14	g							
Methionine	0.69	g							
Cystine	0.25	g							
Phenylalanine	0.911	g							
Tyrosine	0.787	g							
Valine	1.2	g							
Arginine	1.4	g							
Histidine	0.687	g							
Alanine	1.41	g							
Aspartic acid	2.39	g							
Glutamic acid	3.48	g							
Glycine	1.12	g							
Proline	0.825	g							
Serine	0.952	g							
Alcohol, ethyl	0	g							
Caffeine	0	mg							Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)
Theobromine	0	mg							Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)

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