

FoodData Central Food Details

ARS HOME > FOODDATA CENTRAL > SALMON, RAW (SURVEY (FNDDS), 1098960) > FOOD SEARCH > FOOD SEARCH > FISH, TUNA, FRESH, YELLOWFIN, RAW (SR LEGACY, 175159)

Fish, tuna, fresh, yellowfin, 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: 175159

NDB Number: 15127

FDC Published: 4/1/2019

Nutrients

Measures

Other Information

Portion:

100g

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
Water	74	g	Analytical	11		69.5	81.3		
Energy	109	kcal	Calculated						
Energy	454	kJ	Calculated						
Protein	24.4	g	Analytical	11		18.4	27.8		
Total lipid (fat)	0.49	g	Analytical	11		0.22	1.25		
Ash	1.64	g	Analytical	11		1.27	2.13		
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						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
									not naturally occurring in a 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	4	mg	Analytical	11		3	4		
Iron, Fe	0.77	mg	Analytical	11		0.27	2.1		
Magnesium, Mg	35	mg	Analytical	11		27	38		
Phosphorus, P	278	mg	Analytical	11		248	297		
Potassium, K	441	mg	Analytical	11		396	491		
Sodium, Na	45	mg	Analytical	11		26	83		
Zinc, Zn	0.37	mg	Analytical	11		0.32	0.44		
Copper, Cu	0.036	mg	Analytical	11		0.019	0.068		
Manganese, Mn	0.011	mg	Analytical	11		0.011	0.011		
Selenium, Se	90.6	µg	Analytical	11		61.9	221		
Vitamin C, total ascorbic acid	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Thiamin	0.118	mg	Analytical	4		0.07	0.191		
Riboflavin	0.115	mg	Analytical	4		0.02	0.31		
Niacin	18.5	mg	Analytical	4		17.4	19.4		
Pantothenic acid	0.28	mg	Analytical	4		0.24	0.37		
Vitamin B-6	0.933	mg	Analytical	4		0.807	1.02		
Folate, total	2	µg							

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
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	2.08	µg	Analytical	4		1.6	3		
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	18	µg	Calculated						
Retinol	18	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						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
									occurring in a food, such as fiber in meat)
Cryptoxanthin, beta	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Vitamin A, IU	60	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)	0.24	mg	Analytical	4		0.13	0.35		
Vitamin E, added	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Tocopherol, beta	0	mg	Analytical	4		0	0		
Tocopherol, gamma	0	mg	Analytical	4		0	0		
Tocopherol, delta	0	mg	Analytical	4		0	0		
Tocotrienol, alpha	0	mg	Analytical	4		0	0		

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
Tocotrienol, beta	0	mg	Analytical	4		0	0		
Tocotrienol, gamma	0	mg	Analytical	4		0	0		
Tocotrienol, delta	0	mg	Analytical	4		0	0		
Vitamin D (D2 + D3), International Units	69	IU	Analytical	4		59	78		
Vitamin D (D2 + D3)	1.7	µg				1.5	2		
Vitamin D3 (cholecalciferol)	1.7	µg	Analytical	4		1.5	2		
Vitamin K (phylloquinone)	0.1	µg	Taken from another source-- other tables of food composition						
Fatty acids, total saturated	0.172	g	Calculated						
SFA 4:0	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
SFA 6:0	0	g	Analytical	7		0	0		
SFA 8:0	0	g	Analytical	11		0	0		
SFA 10:0	0	g							
SFA 12:0	0.001	g	Analytical	11		0.001	0.002		
SFA 14:0	0.009	g	Analytical	11		0.002	0.026		
SFA 15:0	0.003	g	Analytical	11		0.001	0.008		
SFA 16:0	0.106	g	Analytical	11		0.031	0.266		
SFA 17:0	0.004	g	Analytical	11		0.001	0.012		
SFA 18:0	0.045	g	Analytical	11		0.019	0.087		
SFA 20:0	0.002	g	Analytical	11		0	0.005		
SFA 22:0	0.001	g	Analytical	11		0	0.003		
SFA 24:0	0.001	g	Analytical	11		0	0.002		
Fatty acids, total monounsaturated	0.116	g	Calculated						
MUFA 14:1	0.001	g	Analytical	11		0.001	0.002		

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
MUFA 15:1	0.001	g	Analytical	11		0	0.003		
MUFA 16:1	0.011	g				0.001	0.034		
MUFA 16:1 c	0.011	g	Analytical	11		0.001	0.032		
MUFA 17:1	0.002	g	Analytical	11		0	0.004		
MUFA 18:1	0.083	g				0.022	0.227		
MUFA 18:1 c	0.08	g	Analytical	11		0.02	0.223		
MUFA 20:1	0.008	g	Analytical	11		0.001	0.025		
MUFA 22:1	0.001	g				0	0.004		
MUFA 22:1 c	0.001	g	Analytical	11		0	0.004		
MUFA 24:1 c	0.008	g	Analytical	11		0.005	0.015		
Fatty acids, total polyunsaturated	0.147	g	Calculated						
PUFA 18:2	0.019	g				0.008	0.033		
PUFA 18:2 n-6 c,c	0.006	g	Analytical	11		0.003	0.017		
PUFA 18:2 CLAs	0	g	Analytical	11		0	0.002		
PUFA 18:3	0.002	g				0	0.005		
PUFA 18:3 n-3 c,c,c (ALA)	0.002	g	Analytical	11		0	0.005		
PUFA 18:3 n-6 c,c,c	0	g	Analytical	11		0	0		
PUFA 18:4	0	g	Analytical	11		0	0.002		
PUFA 20:2 n-6 c,c	0.001	g	Analytical	11		0	0.004		
PUFA 20:3	0.003	g				0	0.006		
PUFA 20:3 n-3	0.001	g	Analytical	11		0	0.004		
PUFA 20:3 n-6	0.001	g	Analytical	11		0	0.003		
PUFA 20:4	0.015	g	Analytical	11		0.009	0.027		
PUFA 20:5 n-3 (EPA)	0.012	g	Analytical	11		0.003	0.044		
PUFA 22:4	0.002	g	Analytical	11		0.001	0.003		
PUFA 22:5 n-3 (DPA)	0.004	g	Analytical	11		0.001	0.012		
PUFA 22:6 n-3 (DHA)	0.088	g	Analytical	11		0.026	0.267		
Fatty acids, total trans	0.016	g	Calculated						
Fatty acids, total trans-monoenoic	0.003	g	Calculated						
TFA 16:1 t	0.001	g	Analytical	11		0	0.002		

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
TFA 18:1 t	0.003	g	Analytical	11		0.001	0.004		
TFA 22:1 t	0	g	Analytical	11		0	0		
TFA 18:2 t not further defined	0.013	g	Analytical	11		0.004	0.023		
Fatty acids, total trans-polyenoic	0.013	g	Calculated						
Cholesterol	39	mg	Analytical	4		38	40		
Tryptophan	0.262	g	Analytical	0					
Threonine	1.02	g	Analytical	0					
Isoleucine	1.08	g	Analytical	0					
Leucine	1.9	g	Analytical	0					
Lysine	2.15	g	Analytical	0					
Methionine	0.692	g	Analytical	0					
Cystine	0.251	g	Analytical	0					
Phenylalanine	0.913	g	Analytical	0					
Tyrosine	0.789	g	Analytical	0					
Valine	1.2	g	Analytical	0					
Arginine	1.4	g	Analytical	0					
Histidine	0.688	g	Analytical	0					
Alanine	1.41	g	Analytical	0					
Aspartic acid	2.39	g	Analytical	0					
Glutamic acid	3.49	g	Analytical	0					
Glycine	1.12	g	Analytical	0					
Proline	0.827	g	Analytical	0					
Serine	0.954	g	Analytical	0					
Alcohol, ethyl	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Caffeine	0	mg	Assumed zero (Insignificant						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
Theobromine	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						

[Return to Top](#)

Home

Food Search

Component Search

Data Type Documentation

Download Data

API Guide

Help

FAQ

About Us

Contact FoodData Central

AskUSDA

USDA.gov

Agricultural Research Service

Plain Writing

FOIA

Accessibility Statement

Information Quality

Privacy Policy

Non-Discrimination Statement

USA.gov

