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Alaska Salmon Roe: Nutritional Information

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Often referred to as “Golden” or “Ruby” eggs, Alaska salmon roe is a wild, natural product high in lean protein and omega-3 fatty acids.

While Alaska salmon is known for its high level of heart healthy omega-3 fatty acids and lean protein, the omega-3 and protein content found in the roe far exceeds that of the meat. In addition, important vitamins and minerals are abundant in Alaska salmon roe.

Alaska Salmon Roe Nutrients and Fatty Acids in 30 g (mean values in 3 samples of pink salmon caviar)

Calories - 60 cal

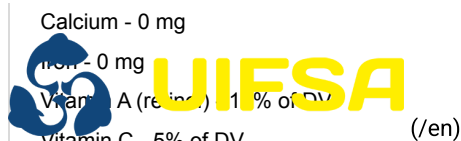
Calories from fat - 15 cal

Total fat - 2 g

- Saturated – 0 mg
- Monounsaturated - 0 mg
- Polyunsaturated - 0 mg

Protein - 9 g

Sodium - 390 mg



Calcium - 0 mg

Iron - 0 mg

Vitamin A (retinol) - 1% of DV

Vitamin C - 5% of DV

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Cholesterol - 145 mg

n-3 Fatty acids

- Alpha-linolenic (ALA) - 0 mg
- Eicosapentaenoic (EPA) - 310 mg
- Docosapentaenoic (DPA) - 0 mg
- Docosahexaenoic (DHA) - 370 mg

Total EPA + DHA - 680 mg

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Note: Data based on Alaska pink salmon roe, which is representative of most kinds of Alaska salmon roe. However, actual amounts will vary between species and according to individual packers.

When choosing salmon roe, you should take into consideration:

- High-grade salmon caviar has a consistent bright, red-orange outer color with a center the color and consistency of honey;
- Eggs should be shiny and slightly transparent, whole (not broken or squashed) and easily separated from one another;
- Caviar is graded on the basis of egg size (larger is better), salt content (lower is better) and drip (zero is best);
- High-grade caviar eggs should be firm but pliable to pressure without breakage;
- Alaska salmon caviar should have a mild, pleasant smell and a rich taste.

The material is provided by Alaska Seafood Marketing Institute (<https://eeu.alaskaseafood.org/>).

More information on Alaska Seafood here <https://eeu.alaskaseafood.org/> (<https://eeu.alaskaseafood.org/>), www.alaskaseafood.org (<https://www.alaskaseafood.org/>)



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