

WILD ALASKA SEAFOOD

NUTRITIONAL VALUES

Alaska seafood is a complete, high-quality protein, as well as a key source of marine omega-3 fatty acids (DHA and EPA), and is naturally high in many essential vitamins and minerals including vitamins A, B-12, D and E.



| | Calories | Protein (g) | Fat (g) | Saturated Fat (g) | Sodium (mcg) | Cholesterol (mcg) | Omega-3s DHA+EPA (mcg) | Vitamin B12 (mcg) | Vitamin A (mcg) | Vitamin D (iu) | Selenium (mcg) | Potassium (mg) | Iron (mcg) | Calcium (mcg) |
|---|----------|-------------|---------|-------------------|--------------|-------------------|------------------------|-------------------|-----------------|----------------|----------------|----------------|------------|---------------|
| WILD ALASKA SALMON | | | | | | | | | | | | | | |
| Alaska King | 200 | 22 | 11 | 3 | 50 | 70 | 1476 | 2.4 | 130 | NA | 40 | 430 | 0.8 | 20 |
| Alaska Coho | 120 | 20 | 4 | 1 | 50 | 50 | 900 | 4.3 | 40 | 383 | 32 | 370 | 0.5 | 40 |
| Alaska Sockeye | 130 | 23 | 5 | 1 | 80 | 50 | 730 | 3.8 | 50 | 570 | 30 | 370 | 0.4 | 10 |
| Alaska Keta | 130 | 22 | 4 | 1 | 55 | 80 | 683 | 2.9 | 30 | NA | 40 | 470 | 0.6 | 10 |
| Alaska Pink | 130 | 21 | 4 | 1 | 75 | 50 | 524 | 4 | 40 | 444 | 32 | 370 | 0.4 | 7 |
| WILD ALASKA CANNED SALMON | | | | | | | | | | | | | | |
| Alaska Sockeye (Traditional) | 140 | 20 | 6 | 1 | 350 | 70 | 1077 | 4.7 | 50 | 715 | 29 | 270 | 0.6 | 200 |
| Alaska Sockeye (Skinless/boneless) | 130 | 22 | 5 | 1 | 330 | 55 | 965 | 4.7 | 50 | 730 | 29 | 270 | 0.4 | 30 |
| Alaska Sockeye (No salt) | 130 | 17 | 6 | 1 | 65 | 40 | 982 | NA | 50 | NA | 30 | 320 | 0.9 | 200 |
| Alaska Pink (Traditional) | 120 | 20 | 4 | 1 | 320 | 70 | 916 | 4.2 | 20 | 493 | 34 | 280 | 0.7 | 240 |
| Alaska Pink (Skinless/boneless) | 120 | 21 | 4 | 1 | 320 | 70 | 812 | 4.2 | 20 | 479 | 34 | 280 | 0.5 | 50 |
| Alaska Pink (No salt, contains liquid) | 120 | 17 | 5 | 1 | 65 | 45 | 1403 | 3.7 | 10 | NA | 28 | 280 | 0.7 | 180 |
| Alaska Keta (Traditional) | 120 | 18 | 5 | 1 | 330 | 35 | 999 | 3.7 | 20 | 328 | 37 | 260 | 0.6 | 210 |
| Alaska Keta (No salt) | 120 | 18 | 5 | 1 | 65 | 35 | 999 | 3.7 | 20 | NA | 37 | 260 | 0.6 | 210 |

Cooked, 3 oz./ 85 g | Source: USDA Standard Reference Release 28 | Rounded per FDA guidelines



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| | Calories | Protein (g) | Fat (g) | Saturated Fat (g) | Sodium (mg) | Cholesterol (mg) | Omega-3s DHA+EPA (mg) | Vitamin B12 (mcg) | Vitamin A (mcg) | Vitamin D (IU) | Selenium (mcg) | Potassium (mg) | Iron (mg) | Calcium (mg) |
|------------------------------|----------|-------------|---------|-------------------|-------------|------------------|-----------------------|-------------------|-----------------|----------------|----------------|----------------|-----------|--------------|
| WILD ALASKA WHITEFISH | | | | | | | | | | | | | | |
| Alaska Cod | 70 | 17 | 0 | 0 | 115 | 50 | 70 | 1.6 | NA | NA | 24 | 320 | 0.1 | 10 |
| Alaska Halibut | 90 | 19 | 1 | 0 | 70 | 50 | 201 | 1.1 | 20 | 196 | 47 | 450 | 0.2 | 10 |
| Alaska Pollock | 70 | 17 | 0 | 0 | 140 | 65 | 281 | 3.1 | 10 | NA | 38 | 310 | 0.3 | 10 |
| Alaska Rockfish | 90 | 19 | 1 | 0 | 75 | 50 | 293 | 1.4 | 4 | 156 | 65 | 400 | 0.3 | 10 |
| Alaska Sablefish | 210 | 15 | 17 | 3 | 60 | 55 | 1519 | 1.2 | 90 | NA | 40 | 390 | 1.4 | 40 |
| Alaska Sole | 70 | 13 | 2 | 0 | 90 | 50 | 255 | 1.1 | 10 | 118 | 28 | 170 | 0.2 | 20 |
| Alaska Lingcod | 90 | 19 | 1 | 0 | 65 | 60 | 224 | 3.5 | 10 | NA | 40 | 480 | 0.4 | 20 |
| Alaska Herring | 210 | 18 | 15 | 3.5 | 80 | 85 | 1807 | 8.2 | 30 | NA | 40 | 460 | 1.2 | 90 |



| | Calories | Protein (g) | Fat (g) | Saturated Fat (g) | Sodium (mg) | Cholesterol (mg) | Omega-3s DHA+EPA (mg) | Vitamin B12 (mcg) | Vitamin A (mcg) | Vitamin D (IU) | Selenium (mcg) | Potassium (mg) | Iron (mg) | Calcium (mg) |
|------------------------------|----------|-------------|---------|-------------------|-------------|------------------|-----------------------|-------------------|-----------------|----------------|----------------|----------------|-----------|--------------|
| WILD ALASKA SHELLFISH | | | | | | | | | | | | | | |
| Alaska King Crab | 80 | 16 | 1 | 0 | 910 | 45 | 351 | 9.8 | 10 | NA | 34 | 220 | 0.7 | 50 |
| Alaska Snow Crab | 100 | 20 | 1 | 0 | 590 | 60 | 405 | 8.8 | 40 | NA | 38 | 170 | 2.5 | 30 |
| Alaska Dungeness Crab | 90 | 19 | 1 | 0 | 320 | 65 | 335 | 8.8 | 30 | NA | 41 | 350 | 0.4 | 50 |
| Alaska Shrimp | 80 | 20 | 0 | 0 | 95 | 160 | 26 | NA | NA | NA | NA | 220 | 0.4 | 60 |
| Alaska Scallops | 90 | 17 | 1 | 0 | 570 | 35 | 149 | 1.8 | 2 | 2 | 18 | 270 | 0.5 | 8 |
| Alaska Geoduck | 70 | 15 | 0 | NA | 260 | 30 | NA | NA | NA | NA | NA | NA | NA | 70 |
| Alaska Razor Clam | 130 | 22 | 2 | 0 | 1020 | 60 | 241 | NA | 145 | NA | 54 | 530 | 2.4 | 80 |
| Alaska Sea Urchin (Roe) | 120 | 15 | 7 | NA | 65 | 266 | NA | NA | NA | NA | NA | NA | NA | NA |
| Alaska Sea Cucumber | 45 | 11 | 0 | NA | NA | NA | NA | NA | 260 | NA | NA | NA | 0.5 | 30 |

Cooked, 3 oz. / 85g | Source: USDA Standard Reference Release 28 | Rounded per FDA guidelines

