# Salmon: 3oz Portion



**Protein**
**19g**

**Saturated Fat 2g**

**Sodium 50mg**

**Fat 11g**

**Omega-3 1800mg**

**Calories 180**

**Cholesterol 55mg**

**Trans-Fat 0g**

**Selenium 45%**

www.seafoodhealthfacts.org