

Nutritional Profile

	(per 100 grams or 3.5 oz. cooked Atlantic salmon meat)	(per 100 grams or 3.5 oz. smoked Atlantic salmon meat)
Energy	124 kcal or 594 kj	220 kcal or 903 kj
Protein	19.5 g	21.3 g
Fat	6.3 g	13.1 g
Saturated fats	1.0g	
Sodium	44.0 mg	737 mg (varies)
Cholesterol	55 mg	
Omega 3	1.4 g	