

Striped Bass Nutrition

3oz cooked portion



Calories
105 kcal

Cholesterol
87.6mg

Protein
19.3 g

Selenium
39.8µg

Sodium
74.8 mg



Vitamin
B12
3.75µg

Iron
0.92mg

Omega-3
0.82g

Saturated
Fat
0.55g

Total Fat
2.54g



The nutrition information provided is for a 3 oz dry cooked portion of striped bass from the United States Department of Agriculture (USDA)'s FoodData Central Database.



Want more detailed nutritional information for your seafood? Check out FoodData Central (fdc.nal.usda.gov).



Want to learn more about U.S. fisheries management and sustainability? Check out FishWatch (www.fishwatch.gov).



Want to learn about all these seafood topics and more? Check out seafoodhealthfacts.org

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