

Black Sea Bass Nutrition

Mixed Species

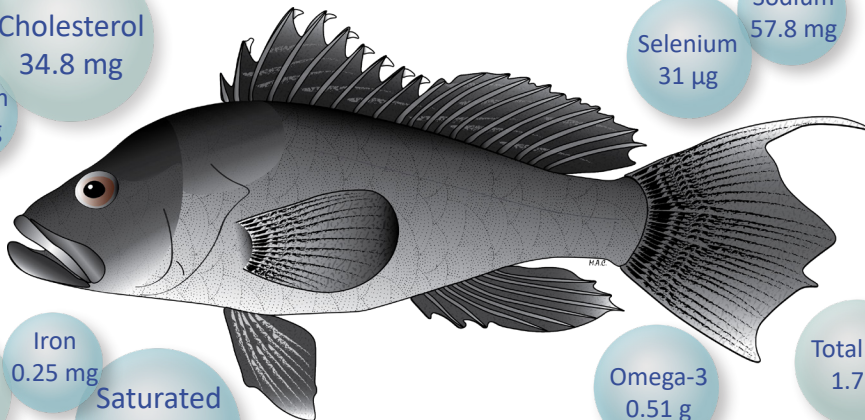
Calories
82.4 kcal

Cholesterol
34.8 mg

Sodium
57.8 mg

Selenium
31 µg

Protein
15.6 g



Vitamin
B12
0.26 µg

Iron
0.25 mg

Saturated
Fat
0.43 g

Omega-3
0.51 g

Total Fat
1.7 g

The nutrition information provided is for a 3 oz raw portion of mixed sea bass species, including *Centropristis striata*, from the United States Department of Agriculture's (USDA) 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 more seafood resources?
Check out www.nyseagrant.org/seafoodmarketing