

Bluefish Nutrition

Pomatomus saltatrix

Calories
105 kcal

Cholesterol
50.2 mg

Protein
17 g

Selenium
31 µg

Sodium
51 mg

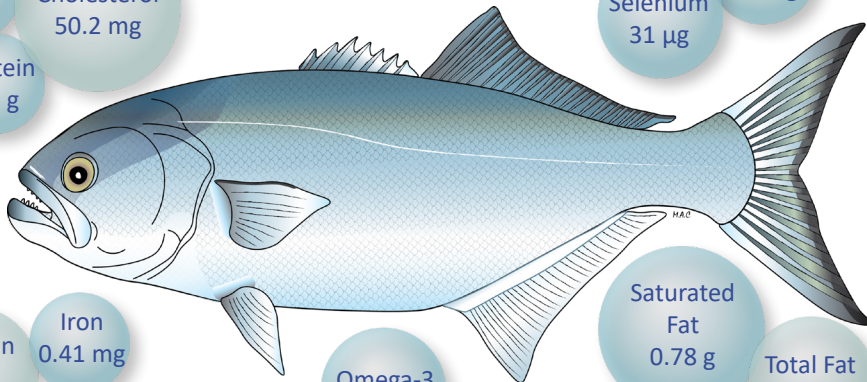
Vitamin
B12
4.6 µg

Iron
0.41 mg

Omega-3
0.66 g

Saturated
Fat
0.78 g

Total Fat
3.6 g



The nutrition information provided is for a 3 oz raw portion of bluefish 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