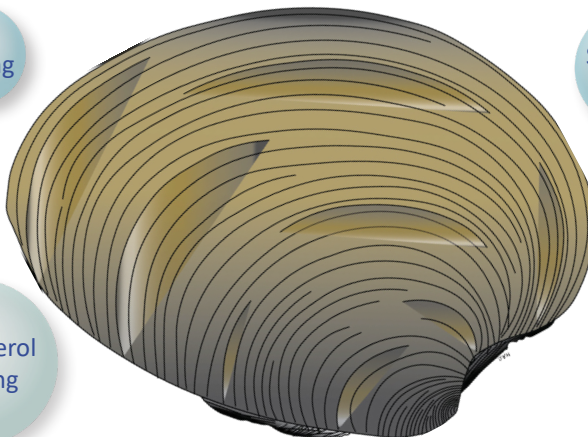


Clam Nutrition

Mixed Species



Vitamin
B12
9.6 μ g

Iron
1.4 mg

Selenium
26 μ g

Sodium
47.6 mg

Calories
73.1 kcal

Cholesterol
25.5 mg

Omega-3
0.09 g

Total Fat
0.82 g

Protein
12.5 g

Saturated
Fat
0.16 g

The nutrition information provided is for a 3 oz raw portion of mixed clam species 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