

# Eastern Oyster Nutrition

*Crassostrea virginica*

Calories  
50.2 kcal

Cholesterol  
21.2 mg

Protein  
4.4 g

Vitamin  
B12  
13.8 µg

Iron  
4.9 mg

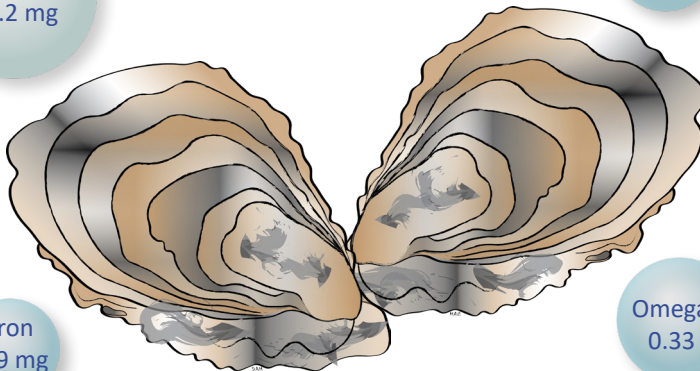
Sodium  
151 mg

Selenium  
54.1 µg

Total Fat  
1.3 g

Omega-3  
0.33 g

Saturated  
Fat  
0.38 g



The nutrition information provided is for a 3 oz raw portion of eastern oysters (about 6 medium sized oysters) 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](https://fdc.nal.usda.gov)).



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



Want more seafood resources?  
Check out [www.nyseagrant.org/seafoodmarketing](https://www.nyseagrant.org/seafoodmarketing)