

# Lobster Nutrition

*Homarus americanus*

Calories  
65.4 kcal

Protein  
14.0 g

Cholesterol  
108 mg

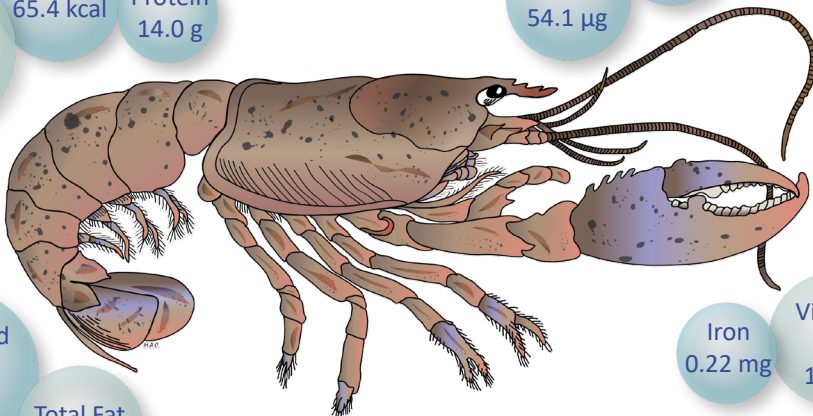
Selenium  
54.1  $\mu$ g

Sodium  
360 mg

Omega-3  
0.15 g

Saturated  
Fat  
0.15 g

Total Fat  
0.64 g



Iron  
0.22 mg

Vitamin  
B12  
1.1  $\mu$ g

The nutrition information provided is for a 3 oz raw portion of American lobster 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)