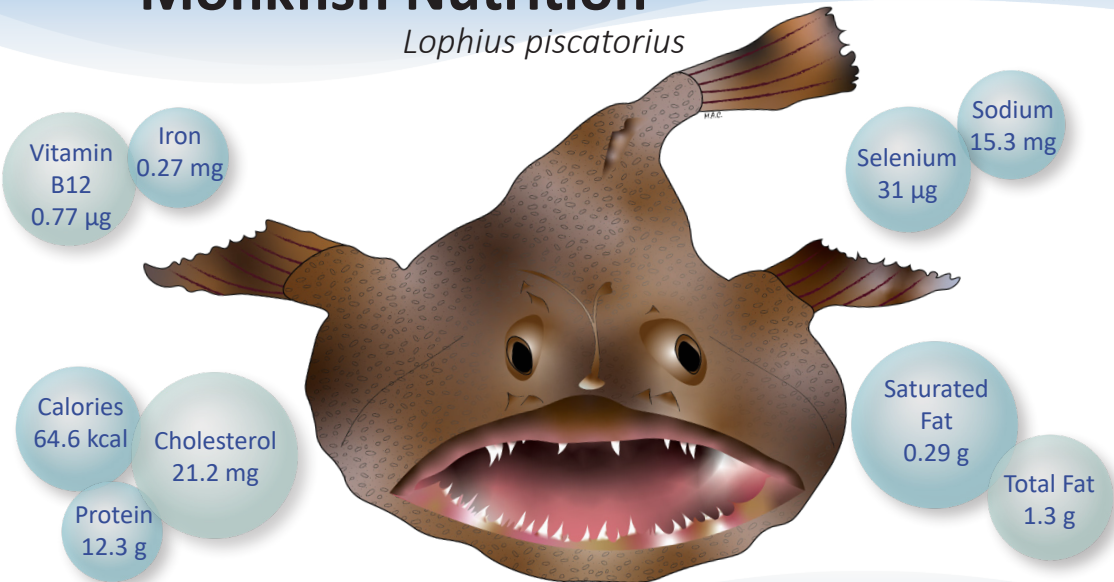


Monkfish Nutrition

Lophius piscatorius



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