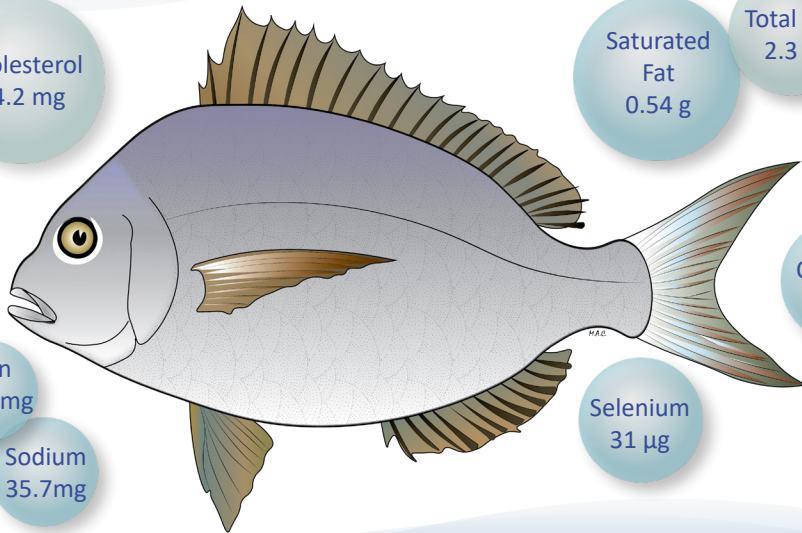


# Scup/Porgy Nutrition

*Stenotomus chrysops*



Calories  
89.2 kcal

Cholesterol  
44.2 mg

Protein  
16.1 g

Vitamin  
B12  
1.2 µg

Iron  
0.45 mg

Sodium  
35.7mg

Saturated  
Fat  
0.54 g

Total Fat  
2.3 g

Omega-3  
0.54 g

Selenium  
31 µg

The nutrition information provided is for a 3 oz raw portion of scup/porgy 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)