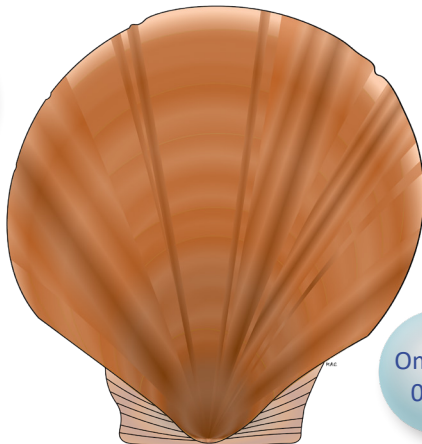


Scallop Nutrition

Mixed Species



Calories
58.6 kcal

Cholesterol
20.4 mg

Protein
10.3 g

Vitamin
B12
1.2 μ g

Iron
0.32 mg

Selenium
10.9 μ g

Sodium
333 mg

Total Fat
0.42 g

Omega-3
0.09 g

Saturated
Fat
0.11 g

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