

Shrimp Nutrition

Mixed Species

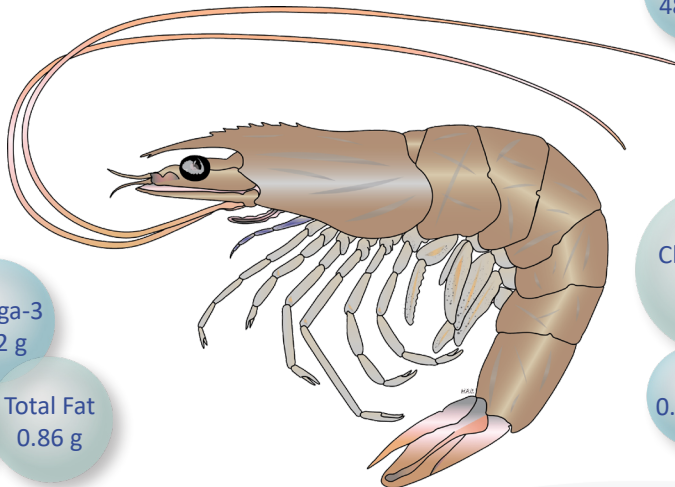
Calories
60.4 kcal

Protein
11.6 g

Omega-3
0.12 g

Saturated
Fat
0.22 g

Total Fat
0.86 g



Sodium
481 mg

Selenium
25.2 µg

Cholesterol
107 mg

Iron
0.18 mg

Vitamin
B12
0.94 µg

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