

Spiny Dogfish Nutrition

Squalus acanthias

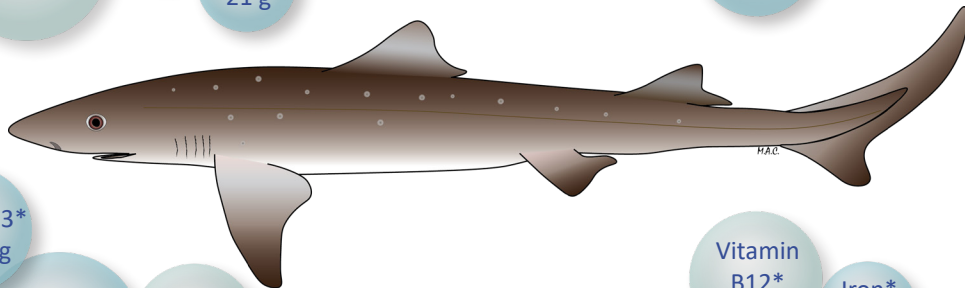
Cholesterol
51 mg

Calories
130 kcal

Protein
21 g

Selenium
36.5 µg

Sodium
79 mg



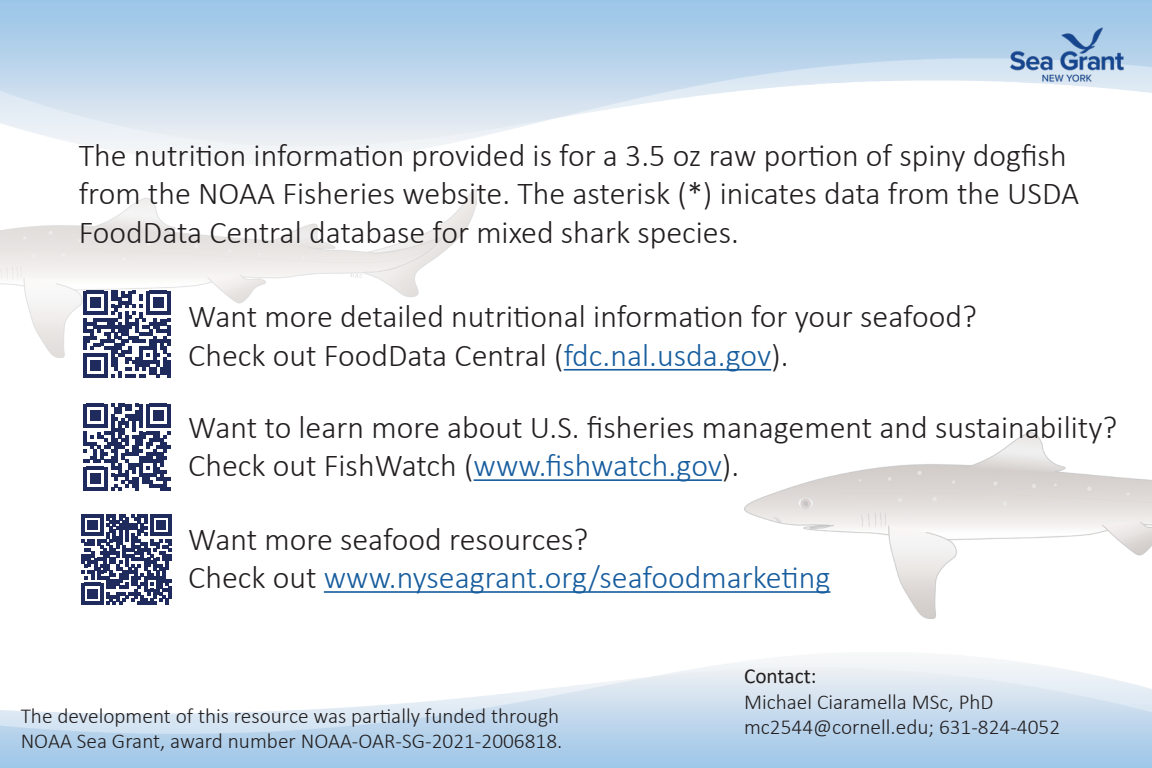
Omega-3*
0.84* g

Saturated
Fat
0.93 g

Total Fat
4.5 g

Vitamin
B12*
1.5 µg

Iron*
0.84 mg



The nutrition information provided is for a 3.5 oz raw portion of spiny dogfish from the NOAA Fisheries website. The asterisk (*) indicates data from the USDA FoodData Central database for mixed shark species.



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