

Squid Nutrition

Mixed Species

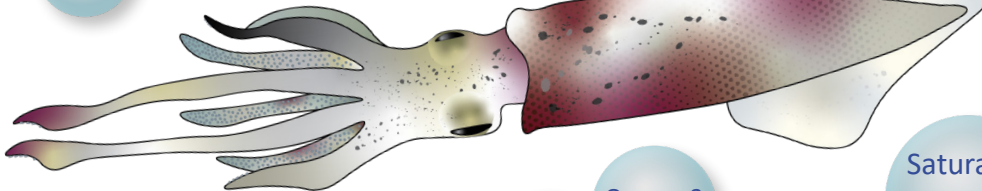
Calories
78.2 kcal

Cholesterol
198 mg

Protein
13.3 g

Selenium
38.1 μ g

Sodium
37.4 mg



Vitamin
B12
1.1 μ g

Iron
0.58 mg

Total Fat
1.17 g

Omega-3
0.42 g

Saturated
Fat
0.30 g

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