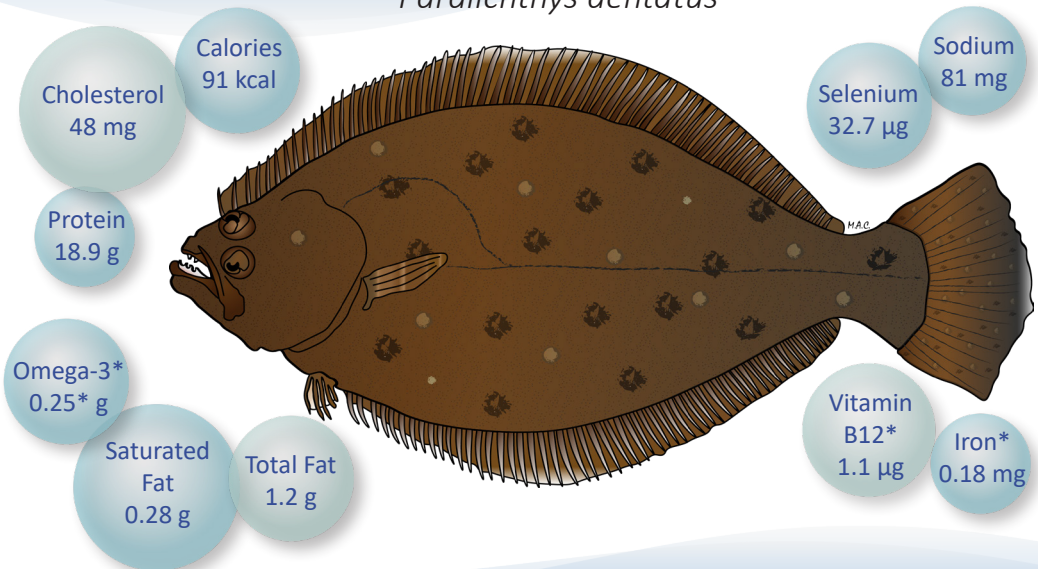


Summer Flounder Nutrition

Paralichthys dentatus



The nutrition information provided is for a 3.5 oz raw portion of summer flounder (fluke) from the NOAA Fisheries website. The asterisk (*) indicates data from the USDA FoodData Central database for mixed flounder/sole 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