



SEAFOOD NUTRITIONAL FACTS

Fish & shellfish are not significant sources of carbohydrates, sugar, fiber, or trans fat

PRODUCT NAME	SERVING	CAL	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	FIBER (g)	CARB (g)	SUGARS (g)	PROTEIN (g)	VIT D %DV	CALCIUM %DV	IRON %DV
Clam Chowder, New England	1 Cup	230	15	9	0	60	930	1	17	0	10	0	2	25
Cod Fillets, Icelandic	6 oz.	140	1	0.5	0	75	90	0	0	0	30	10	4	4
Cod, Pub-Style	2 pcs.	230	15	2.5	0	20	370	0	14	0	10	5	2	4
Crab Cakes, Gourmet	1 pc.	200	15	1.5	0	75	460	0	8	1	10	0	6	4
Crab Cocktail Claws, Snow	3 oz.	120	5	1	0	80	270	0	0	0	16	0	8	4
Crab Legs, King	3 oz.	100	1.5	0	0	55	1060	0	0	0	19	0	6	4
Crock-Pot® Meal: Jambalaya and Rice	8 oz.	320	18	7	0	120	890	3	18	4	19	0	6	20
Haddock Fillets, Ancient Grain	5 oz.	240	10	1.5	0	55	500	1	18	1	19	6	2	6
Halibut Steaks	6 oz.	180	3	0	0	60	90	0	0	0	35	40	4	10
Lobster Bisque	1 Cup	230	18	11	0	115	800	0	12	1	11	0	15	4
Lobster Ravioli, Maine	1/3 pkg.	310	15	9	0	75	670	1	33	3	10	0	6	6
Lobster Tail Halves, Maine	1/2 Tail	70	1	0	0	70	210	0	1	0	14	0	4	2
Lobster Tails, Cold Water	6 oz.	110	0	0	0	140	680	0	0	0	25	0	4	2
Mahi Mahi Fillets	6 oz.	140	1	0	0	125	150	0	0	0	31	0	0	60
Mahi Mahi Fillets, Ancient Grain	5 oz.	230	8	1.5	0	80	430	1	13	0	23	0	2	10
Salmon Burgers, Loaded	4 oz.	190	11	4	0	50	520	1	5	1	18	20	15	6
Salmon, Cold-Smoked	2 oz.	70	2.5	0.5	0	30	600	0	0	0	13	15	2	2
Salmon Fillets, Faroe Islands	6 oz.	350	23	5	0	90	100	0	0	0	35	95	0	4
Salmon Fillets, Lemon-Dill	6 oz.	270	17	3	0	70	320	0	1	1	30	75	2	4
Salmon Fillets, Marinated	6 oz.	360	22	4	0	90	200	0	2	2	40	75	0	8
Salmon Fillets, Wild	6 oz.	290	15	2.5	0	105	80	0	0	0	36	150	0	4
Scallops, Bacon-Wrapped	4 pcs.	150	9	3	0	40	540	0	3	1	13	0	0	6
Sea Bass, Chilean	5 oz.	260	20	4.5	0	70	230	0	0	0	19	40	0	0
Shrimp, Bacon-Wrapped Pepper Jack	4 pcs.	210	14	6	0	100	670	0	2	1	15	0	10	4
Shrimp, Blackened	4 oz.	70	0	0	0	150	530	0	0	0	16	0	0	0
Shrimp, Coconut	3 pcs.	210	11	3	0	60	250	1	19	3	10	0	2	8
Shrimp Fettuccine Alfredo	1/2 tray	560	33	18	0	210	710	2	38	3	19	0	15	20
Shrimp, Jumbo Cooked	4 pcs.	50	0	0	0	130	340	0	0	0	12	0	4	2
Shrimp, Redhook® Amber Beer-Beer Battered	6 pcs.	240	11	2	0	85	540	<1	21	0	14	0	4	15
Shrimp, Wild Argentinian Red	4 oz.	100	0	0	0	140	125	0	3	0	22	0	30	15
Skillet Meal: Shrimp Scampi	8 oz.	450	22	12	0.5	150	620	0	40	1	20	0	4	10
Sole Almondine	5 oz.	380	26	5	0	50	510	1	17	1	19	10	2	4
Stuffed Sole with Crabmeat & Mushrooms	1 pc.	190	13	6	0	55	320	0	4	0	12	10	4	6
Stuffed Sole with Scallops & Crabmeat	1 pc.	230	14	4.5	0	55	300	0	4	1	21	10	4	4
Stuffed Sole with Shrimp & Asian Vegetables	1 pc.	210	13	5	0	55	280	0	12	1	12	10	4	4
Stuffed Sole with Shrimp & Garlic	1 pc.	230	14	4.5	0	60	290	0	4	0	21	10	2	4
Snapper Fillets, Scarlet	6 oz.	170	2.5	0	0	65	110	0	0	0	35	90	4	0
Swordfish Steaks	6 oz.	210	7	2	0	65	150	0	0	0	34	120	0	8
Tilapia Fillets, Tortilla-Crusted	6.5 oz.	280	12	2	0	65	700	1	16	1	28	20	2	8
Tilapia, Fire-Roasted Lemon Garlic	4.5 oz.	170	9	3.5	0	60	310	0	1	0	23	15	2	4
Trout Fillets, Ancient Grain Rainbow	6 oz.	370	20	4	0	75	700	1	24	2	26	100	10	6
Trout Fillets, Harissa-Encrusted Rainbow	6 oz.	360	20	4	0	75	460	1	20	3	26	100	8	6
Tuna Steaks, Yellowfin	6 oz.	240	2	0.5	0	100	80	0	0	0	51	15	4	8