



NUTRITION FACTS

Your Favorite Seafood by the Numbers

PRODUCT NAME	SERVING	CAL	TOTAL FAT (g)	SAT. FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	PROTEIN (g)	VITAMIN D %DV
Icelandic Cod Fillets	6 oz.	140	1	0.5	75	90	30	10%
Snow Crab Cocktail Claws	3 oz.	120	5	1	80	270	16	0%
King Crab Legs	3 oz.	100	1.5	0	55	1060	19	0%
Halibut Steaks	6 oz.	180	3	0	60	90	35	40%
Cold Water Lobster Tails	6 oz.	110	0	0	140	680	25	0%
Mahi Mahi Fillets	6 oz.	140	1	0	125	150	31	0%
Wild Salmon Fillets	6 oz.	290	15	2.5	105	80	36	150%
Chilean Sea Bass Fillets	6 oz.	290	22	5	75	250	21	45%
Jumbo Cooked Shrimp	3 oz.	90	1.5	0	130	130	17	0%
Scarlet Snapper Fillets	6 oz.	170	2.5	0	65	110	35	90%
Swordfish Steaks	6 oz.	210	7	2	65	150	34	120%
Tilapia Fillets	6 oz.	160	3	1	85	90	34	30%
Butterflied Trout Fillets	6 oz.	250	12	3.5	100	65	33	140%
Yellowfin Tuna Steaks	6 oz.	240	2	0.5	100	80	51	15%

Fish & shellfish are not significant sources of carbohydrates, sugar, fiber, or trans fat. All items are subject to availability.