

FISH AND SHELLFISH NUTRITION FACTS					
Fish or Seafood (3 oz. Cooked)	Calories (kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)
Blue crab	87	17	2	0.2	85
Channel catfish	89	16	2	0.6	61
Flounder	99	21	1	0.3	58
Freshwater bass (mixed species)	124	21	4	0.9	74
Freshwater drum	130	19	5	1	70
Oysters (fried)	167	7	11	2.7	69
Shrimp (fried)	206	18	10	2	150
Snapper (mixed species)	109	22	1	0.3	40
Spotted seatrout (mixed species)	113	18	4	1	90
Striped bass	105	19	3	0.6	88
Sunfish "Perch"	97	21	1	0.2	73
Tilapia	82	17	1	0.5	42

Source: <http://www.nal.usda.gov/fnic/foodcomp/search/>