

Nutrition Facts

Serving Size 3oz picked meat (85g - about one large blue crab)

Amount Per Serving

Calories 87 Calories from Fat 14

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.2g **1%**

Polyunsaturated Fat 0.6g **3%**

Monounsaturated Fat 0.2g **1%**

Cholesterol 85mg **28%**

Sodium 237mg **10%**

Potassium 275mg **8%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g **0%**

Protein 17g **34%**

Vitamin A 0% • Vitamin C 5%

Calcium 9% • Iron 4%

Magnesium 7% • Phosphorous 18%

Zinc 24% • Copper 27%

Thiamin 6% • Riboflavin 3%

Niacin 14% • Pantothenic Acid 4%

Vitamin B-6 8% • Vitamin B-12 103%

Vitamin E 9%

Not a significant source of saturated fat, dietary fiber, sugars, or vitamin A.

* Percent Daily Values are based on a 2,000 calorie diet.



**HIGH
PROTEIN**

