

Composition of Selected Finfish

SEAFOOD IS HEALTH FOOD

Fish and shellfish pack healthy amounts of protein, polyunsaturated fat and omega-3 fatty acids.

At the same time, they are low in total fat, saturated fat, sodium, calories and cholesterol. To add to their appeal, they are naturally rich in vitamins and minerals such as iron and B-vitamins, too.

The composition of selected finfish (per 3.5 ounces), many of which are found in North Carolina, is given below. Remember to source your fish and finfish from local sources, pack well in ice, cook to retain moisture and enjoy!



Species	Calories	Proteins (grams)	Total Fat (grams)	Saturated Fat (grams)	Cholesterol (mg)	Omega 3 (mg)
Bass, hybrid striped	97	17.7	2.3	0.5	80	.07
Bluefish	124	20	4.2	0.9	59	1.2
Croaker, Atlantic	104	17.8	3.2	1.1	61	0.2
Grouper, red	91	20.4	1.0	0.3	37	0.3
Mullet, striped	115	19.2	3.7	1.1	35	0.4
Salmon, Atlantic	129	18.4	5.6	0.9	55	1.4
Sea trout, gray	106	17.5	3.5	1.1	*	0.5
Snapper, red	110	20.2	2.6	0.5	40	0.6
Spot	135	18.8	6.1	1.8	*	0.8
Tuna, yellowfin	124	23.8	2.5	0.6	45	0.6

From: [*Mariner's Menu: 30 Years of Fresh Seafood Ideas*](#)

Contributed by David Green