

Nutrition Facts

King crab, raw

Serving Size: 3oz (85g)

Amount per Serving: 1

Calories 71 Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0.1g 0%

Cholesterol 36mg 12%

Sodium 711mg 30%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 15.6g 31%

Vitamin A 0% • Vitamin C 10%

Calcium 4% • Iron 3%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Department of Agriculture,
Agricultural Research Service, 2012



**HIGH
PROTEIN**

