



Penn Cove Shellfish

Fresh From the Water - Not the Warehouse!

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Shellfish Nutrition Table

Proximate Composition, Fatty Acid and Minerals

Per 100 Grams of Shellfish

Nutrition Info	Mussels	Clams	Oysters
Calories	106	114	86
Fat Calories	25	17	22
Total Fat (g)	3.1	2.2	2.3
Saturated Fat (g)	0.65	0.44	0.53
Protein (g)	15.1	12.3	7.6
Omega-3 (g)	1.03	0.74	0.72
Cholesterol (mg)	37	36	48
Calcium (mg)	21.7	18.5	31.5
Iron (mg)	4.7	5	2.3
Magnesium (mg)	24.4	38.8	21.1
Manganese (mg)	1.5	0.4	0.1
Phosphorus (mg)	82	106	81
Potassium (mg)	69	136	91
Sodium (mg)	97	168	81
Zinc (mg)	1.0	0.8	8.4