



The Freshest Seafood in the Blackstone Valley

Call Us at (401) 769-1078

[Home](#) [Our Products](#) [Specials](#) [Recipes](#) [Nutrition](#) [Contact](#)

Nutrition

Today people are more health conscious in what food choices they are making and here at R & D Seafood we recognize this. The chart below is to help inform you of the nutritional value of the seafood we provide.

Finfish

3 oz. Edible portion, cooked, skinless without additional fat, sodium or sauces

	Calories	Protein (gms)	Carbohydrates (gms)	Total Fat (gms)	Saturated Fat (gms)	Omega-3 Fatty Acids (gms)	Cholesterol (mg)	Sodium (mg)
Bass	110	19	0	2	1	0.6	40	70
Bass, Striped	110	19	0	3	1	0.8	80	70
Bluefish	135	22	0	5	1	0.8	65	65
Catfish, Farm Raised	120	19	0	5	1	0.3	60	65
Cod, Atlantic	90	19	0	1	0	0.1	50	60
Flounder	100	20	0	1	0	0.4	50	85
Haddock	90	20	0	1	0	0.2	60	70
Halibut	120	22	0	2	0	0.4	30	60
Mackerel	190	21	0	12	3	1	60	95
Mahi mahi	90	20	0	1	0	0.1	75	85
Monkfish	80	15	0	2	0	N/A	30	20
Orange Roughy	70	16	0	1	0	N/A	20	70
Perch	100	20	0	2	0	0.3	50	80
Pollock, Atlantic	100	21	0	1	0	0.5	80	90
Red Snapper	110	22	0	1	0	0.3	35	65
Salmon, Atlantic	150	22	0	7	1	1.6	50	50
Sea Bass, Chilean	110	21	0	2	1	0.6	40	70
Shark	140	22	0	5	1	0.8	50	85

Smelt	100	19	0	2	1	0.8	80	60
Sole	100	19	0	1	0	0.7	70	75
Swordfish	130	21	0	4	1	0.7	40	110
Tilapia	70	16	0	1	0.4	0.8	40	30
Tuna, Bluefin	155	25	0	5	1	1.2	40	40
Tuna, Yellowfin	120	25	0	1	0	0.2	50	40
Whiting	100	19	0	1	0	0.7	70	75

Crustaceans

3 oz. Edible portion, cooked, skinless without additional fat, sodium or sauces

	Calories	Protein (gms)	Carbohydrates (gms)	Total Fat (gms)	Saturated Fat (gms)	Omega-3 Fatty Acids (gms)	Cholesterol (mg)	Sodium (mg)
Crab, Alaskan King	85	16	0	1	0	N/A	45	910
Crab, Imitation Surimi	100	7	14	2	0	N/A	10	590
Crab, Snow	100	20	0	1	0	0.4	55	540
Crayfish	75	12	0	1	0	0.2	110	75
Lobster, American	100	20	1	1	0	N/A	100	320
Shrimp, All Varieties	110	22	0	2	0	0.3	160	155

Mollusks

3 oz. Edible portion, cooked, skinless without additional fat, sodium or sauces

	Calories	Protein (gms)	Carbohydrates (gms)	Total Fat (gms)	Saturated Fat (gms)	Omega-3 Fatty Acids (gms)	Cholesterol (mg)	Sodium (mg)
Clams	130	22	4	2	0	0.2	60	95
Mussels, Blue	150	20	6	4	1	0.7	50	310
Oysters, Eastern	120	12	7	4	1	0.7	90	190
Oysters, Pacific	140	16	8	4	1	0.4	85	180
Scallops	150	29	2	1	0	0.2	60	275
Squid	90	16	1	1	0	0.5	235	45

