

Crab

Serving Size 3 oz/raw

Amount Per Serving

Calories 71 Calories from Fat 5

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 36mg 12%

Sodium 711mg 30%

Total Carbohydrate 0g 1%

Dietary Fiber 0g 0%

Sugars 0g

Protein 16g

Vitamin A 0% • Vitamin C 10%

Calcium 4% • Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. © www.NutritionData.com



www.ginc.com