

# Lobster

Serving Size 3 oz/raw

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## Amount Per Serving

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**Calories** 77 Calories from Fat 7

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**% Daily Value\***

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**Total Fat** 1g 1%

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Saturated Fat 0g 1%

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Trans Fat

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**Cholesterol** 81mg 27%

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**Sodium** 252mg 10%

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**Total Carbohydrate** 0g 0%

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Dietary Fiber 0g 0%

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Sugars 0g

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**Protein** 16g

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Vitamin A 1% • Vitamin C 0%

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Calcium 4% • Iron 1%

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\*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



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