

# Swordfish

Serving Size 3 oz/raw

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## Amount Per Serving

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**Calories** 103 Calories from Fat 31

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### % Daily Value\*

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**Total Fat** 3g 5%

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Saturated Fat 1g 5%

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Trans Fat

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**Cholesterol** 33mg 11%

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**Sodium** 77mg 3%

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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** 17g

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Vitamin A 2% • Vitamin C 2%

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Calcium 0% • Iron 4%

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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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