

# Trout

Serving Size 3 oz/raw

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## Amount Per Serving

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**Calories** 117 Calories from Fat 41

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**% Daily Value\***

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**Total Fat** 5g 7%

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Saturated Fat 1g 7%

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Trans Fat

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**Cholesterol** 50mg 17%

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**Sodium** 30mg 1%

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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** 18g

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Vitamin A 5% • Vitamin C 4%

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Calcium 6% • 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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