

Nutrition Facts

Serving Size 1 lb Steamed in Shell (68 g)

Amount Per Serving

Calories 50

Calories from Fat 6

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 23mg 8%

Sodium 38mg 2%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Sugars 0g

Protein 9g

Vitamin A 4% • Vitamin C 15%

Calcium 3% • Iron 53%

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

NutritionData.com