

Nutrition Facts

Serving Size One Medium Size Oyster (50 g)

Amount Per Serving

Calories 41

Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 1%

Trans Fat

Cholesterol 25mg 8%

Sodium 53mg 2%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Sugars

Protein 5g

Vitamin A 3% • Vitamin C 7%

Calcium 0% • Iron 14%

*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