

# SeaBear SeaBear Opilio Crab (Snow Crab)

<b>Nutrition Facts</b>			
Serving Size 3.5 oz (99g)			
Amount Per Serving			
<b>Calories</b> 114	Calories from Fat 14		
<b>% Daily Values*</b>			
<b>Total Fat</b> 1.5g	<b>2%</b>		
Saturated Fat 0.181g	<b>1%</b>		
Trans Fat 0g			
Polyunsaturated Fat 0.536g			
Monounsaturated Fat 0.325g			
<b>Cholesterol</b> 70mg	<b>23%</b>		
<b>Potassium</b> 198mg	<b>6%</b>		
<b>Sodium</b> 685mg	<b>29%</b>		
<b>Total Carbohydrate</b> 0g	<b>0%</b>		
Dietary Fiber 0g	<b>0%</b>		
Sugars 0g			
<b>Protein</b> 23.52g	<b>47%</b>		
Vitamin A 5%	• Vitamin C 12%		
Calcium 3%	• Iron 16%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g