

# Nutrition Facts

Serving Size One Medium Size Oyster (50 g)

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## Amount Per Serving

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**Calories** 41

Calories from Fat 10

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### % Daily Value\*

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**Total Fat** 1g 2%

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Saturated Fat 0g 1%

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Trans Fat

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**Cholesterol** 25mg 8%

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**Sodium** 53mg 2%

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**Total Carbohydrate** 2g 1%

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Dietary Fiber 0g 0%

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Sugars

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**Protein** 5g

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Vitamin A 3% • Vitamin C 7%

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Calcium 0% • Iron 14%

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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.

**NutritionData.com**