



The extra lean meat of the sunray venus clam is high in protein and low in fat and cholesterol content.

NUTRITIONAL PROFILE

SUNRAY VENUS CLAMS are a low-fat source of protein. A single 3-ounce (85 g) serving of sunray venus clams (18 to 20 cooked clams) provides approximately 9 g of protein. The low fat content (<1%) was composed primarily of polyunsaturated fat (68%, with 50%

omega-3 fatty acids) and the remainder (32%) as saturated fat. The level of cholesterol in sunray venus clams was about 25 mg per 85 g serving. This level is low when compared to fish, shellfish, and other foods, such as pork, eggs, chicken, and cheese.

ALSO IN THIS SERIES

- ▶ Consumer Acceptance of Cooked and Raw Clams
- ▶ Sensory Profile
- ▶ Shelf Life Assessment
- ▶ Aquaculture Production Potential



A single serving of sunray venus clams provides a good complement of vitamins and minerals.

