

Calorie chart: shellfish (PDF)

Calories, protein, carbohydrate and fat for 58 foods, per serving and per 100 g.

Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Abalone Fried	3 oz (85 g)	161	189	19.6	11.1	6.8
Abalone Raw	3 oz (85 g)	89	105	17.1	6	0.8
Alaska King Crab Raw	3 oz (85 g)	71	84	18.3	0	0.6
Blue Crab	3 oz (85 g)	71	83	17.9	0	0.7
Blue Crab Raw	3 oz (85 g)	74	87	18.1	0	1.1
Canned Clams	3 oz (85 g)	121	142	24.3	5.9	1.6
Canned Crab	3 oz (85 g)	71	83	17.9	0	0.7
Canned Oysters	3 oz (85 g)	58	68	7.1	3.9	2.5
Clam Liquid Canned	3 oz (85 g)	2	2	0.4	0.1	0
Clams	3 oz (85 g)	126	148	25.6	5.1	2
Clams Breaded and Fried	3 oz (85 g)	172	202	14.2	10.3	11.2
Conch Baked or Broiled	1 cup, sliced (127 g)	165	130	26.3	1.7	1.2
Cooked Oysters	3 oz (85 g)	87	102	11.4	5.5	3.4
Crab Cakes	1 cake (60 g)	93	155	20.2	0.5	7.5
Crawfish	3 oz (85 g)	74	87	17.5	0	1.3
Cuttlefish Cooked	3 oz (85 g)	134	158	32.5	1.6	1.4
Cuttlefish Raw	3 oz (85 g)	67	79	16.2	0.8	0.7
Dungeness Crab	3 oz (85 g)	94	110	22.3	1	1.2
Dungeness Crab Raw	3 oz (85 g)	73	86	17.4	0.7	1
Escargot	3 oz (85 g)	77	90	16.1	2	1.4
Farmed Crayfish Raw	3 oz (85 g)	61	72	14.9	0	1
Farmed Eastern Oysters Cooked	3 oz (85 g)	67	79	7	7.3	2.1
Farmed Eastern Oysters Raw	3 oz (85 g)	50	59	5.2	5.5	1.6
Fried Calamari	3 oz (85 g)	149	175	17.9	7.8	7.5
Fried Oysters	3 oz (85 g)	169	199	8.8	11.6	12.6
Fried Shrimp	3 oz (85 g)	206	242	21.4	11.5	12.3
Imitation Crab	3 oz (85 g)	81	95	7.6	15	0.5
Imitation Scallops from Surimi	3 oz (85 g)	84	99	12.8	10.6	0.4
Imitation Shrimp from Surimi	3 oz (85 g)	86	101	12.4	9.1	1.5
King Crab	3 oz (85 g)	82	97	19.4	0	1.5
Lobster	3 oz (85 g)	76	89	19	0	0.9
Mussels	3 oz (85 g)	146	172	23.8	7.4	4.5
Northern Lobster Raw	3 oz (85 g)	65	77	16.5	0	0.8
Octopus	3 oz (85 g)	139	164	29.8	4.4	2.1
Octopus Raw	3 oz (85 g)	70	82	14.9	2.2	1
Oysters	6 medium (84 g)	43	51	5.7	2.7	1.7
Pacific Oysters Cooked	3 oz (85 g)	139	163	18.9	9.9	4.6
Pacific Oysters Raw	3 oz (85 g)	69	81	9.5	5	2.3
Queen Crab Raw	3 oz (85 g)	77	90	18.5	0	1.2
Raw Clams	3 oz (85 g)	73	86	14.7	3.6	1
Raw Mussels	3 oz (85 g)	73	86	11.9	3.7	2.2

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	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Raw Scallops	3 oz (85 g)	59	69	12.1	3.2	0.5
Raw Shrimp	3 oz (85 g)	60	71	13.6	0.9	1
Scallops	3 oz (85 g)	94	111	20.5	5.4	0.8
Scallops Breaded and Fried	2 large (31 g)	67	216	18.1	10.1	10.9
Shrimp	3 oz (85 g)	101	119	22.8	1.5	1.7
Shrimp Canned	3 oz (85 g)	85	100	20.4	0	1.4
Shrimp Cooked	3 oz (85 g)	84	99	24	0.2	0.3
Shrimp Raw	3 oz (85 g)	72	85	20.1	0	0.5
Snow Crab	3 oz (85 g)	98	115	23.7	0	1.5
Spiny Lobster	3 oz (85 g)	122	143	26.4	3.1	1.9
Spiny Lobster Raw	3 oz (85 g)	95	112	20.6	2.4	1.5
Squid	3 oz (85 g)	78	92	15.6	3.1	1.4
Whelk Cooked	3 oz (85 g)	234	275	47.7	15.5	0.8
Whelk Raw	3 oz (85 g)	116	137	23.8	7.8	0.4
Wild Crayfish Cooked	3 oz (85 g)	70	82	16.8	0	1.2
Wild Crayfish Raw	3 oz (85 g)	65	77	16	0	1
Wild Eastern Oysters Cooked Dry Heat	3 oz (85 g)	67	79	8.9	4.2	2.7

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight.
Interactive tables and Nutrition Facts labels: <https://nutritionfactlabel.com/nutrition-database/shellfish/>