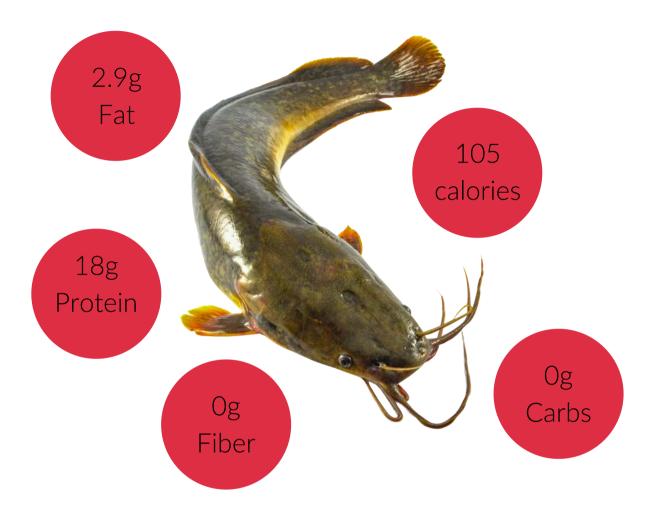# Catfish Nutrition Facts

2.9g
Fat

105
calories

18g
Protein

0g
Fiber

0g
Carbs

A 3.5-ounce serving of catfish (100g) provides 105 calories, 0 grams of carbohydrates, 0 grams of fiber, 18 grams of protein, 2.9 grams of fat, and 50mg of sodium. Catfish are low in calories and sodium, high in protein and healthy fats, and rich in vitamin B12, selenium, and phosphorus.

- Calories: 105
- Fat: 2.9g
- Carbohydrate: 0g
- Fiber: 0g
- Protein: 18g
- Sodium: 50mg

Catfish Health Benefits

Promotes Heart Health
Catfish contains omega-3 fatty acids which helps reduce inflammation, lower blood pressure, and improve heart health. It can also decrease the risk of heart attacks and strokes.

Provides Energy
Catfish is a good source of lean protein, which provides energy. Protein also builds and repairs tissue and muscle.

Contributes to Stronger Bones
Catfish contains phosphorus, which is important for bone formation and maintenance and can prevent conditions like osteoporosis.

Boosts Immune Functions
Catfish contains selenium, a mineral with antioxidant properties that can support immunity by shielding cells from harm caused by free radicals.