

crab nutrition facts 100g

crab nutrition facts 100g provide valuable insight into the nutrient composition of crab meat, a popular seafood choice known for its delicate flavor and numerous health benefits. Understanding the nutritional profile of crab per 100 grams helps consumers make informed dietary decisions, especially those looking to increase their intake of protein, vitamins, and minerals while keeping calories and fat in check. This article explores the detailed nutrient content of crab, highlighting its macronutrients, essential vitamins, minerals, and other beneficial compounds. Additionally, it discusses the health advantages associated with consuming crab meat and offers guidance on how to incorporate it into a balanced diet. Whether for weight management, muscle building, or enhancing overall nutrition, crab stands out as a versatile and nutrient-dense option. The following sections will delve into the specific crab nutrition facts for 100 grams, covering its calorie content, protein levels, fat composition, micronutrients, and health implications in detail.

- Caloric and Macronutrient Composition of Crab
- Vitamins Present in 100g of Crab Meat
- Mineral Content in Crab Nutrition Facts 100g
- Health Benefits of Eating Crab
- Incorporating Crab into a Balanced Diet

Caloric and Macronutrient Composition of Crab

Examining crab nutrition facts 100g reveals that crab meat is a low-calorie, high-protein food source, making it an excellent choice for those aiming to maintain or lose weight while meeting protein requirements. The macronutrient breakdown includes calories, proteins, fats, and carbohydrates, each contributing to the overall dietary value of crab.

Calories in 100g of Crab

On average, 100 grams of cooked crab meat contains approximately 83 to 97 calories, depending on the species and cooking method. This relatively low calorie count makes crab a suitable option for calorie-conscious individuals and those managing their energy intake.

Protein Content

Crab is notably rich in protein, with around 18 to 20 grams per 100 grams of meat. The protein in crab is complete, supplying all essential amino acids necessary for muscle repair, immune function, and overall bodily maintenance. This high protein content supports muscle growth and satiety, which can aid in weight management.

Fat and Carbohydrate Levels

Crab meat contains minimal amounts of fat, approximately 0.5 to 2 grams per 100 grams, with a significant portion being healthy unsaturated fats. Carbohydrates in crab are negligible, typically less than 1 gram, making it a low-carb food suitable for ketogenic or low-carbohydrate diets.

- Calories: 83-97 kcal per 100g
- Protein: 18-20g per 100g
- Total Fat: 0.5-2g per 100g
- Carbohydrates: <1g per 100g

Vitamins Present in 100g of Crab Meat

The vitamin profile in crab nutrition facts 100g demonstrates that crab meat is a good source of several essential vitamins, which play vital roles in energy metabolism, immune support, and overall health maintenance. The key vitamins found in crab include B-complex vitamins, vitamin A, and vitamin C.

B-Vitamins

Crab contains various B vitamins, including vitamin B12, niacin (B3), riboflavin (B2), and folate (B9). Vitamin B12 is particularly abundant, providing more than 20% of the recommended daily intake per 100 grams. These vitamins are crucial for neurological function, red blood cell formation, and energy production.

Vitamin A and Vitamin C

While crab meat contains small amounts of vitamin A, it contributes to maintaining healthy skin and vision. Vitamin C content is generally low but present in trace amounts, supporting antioxidant defenses and immune health. The presence of these vitamins complements the overall nutrient density of crab meat.

- Vitamin B12: Approximately 9 mcg per 100g
- Niacin (B3): Around 2-3 mg per 100g
- Riboflavin (B2): About 0.1 mg per 100g
- Folate: Approximately 20 mcg per 100g

- Vitamin A: Trace amounts
- Vitamin C: Trace amounts

Mineral Content in Crab Nutrition Facts 100g

Minerals are a prominent feature of crab nutrition facts 100g, positioning crab as an excellent source of essential elements such as zinc, selenium, copper, phosphorus, and magnesium. These minerals support a range of physiological functions, from immune defense to bone health.

Zinc and Selenium

Crab meat is especially high in zinc, delivering about 6 to 7 mg per 100 grams, which is over half of the daily recommended intake. Zinc supports immune function, wound healing, and DNA synthesis. Selenium content is also significant, with around 30 to 50 mcg per 100 grams, acting as a powerful antioxidant and supporting thyroid health.

Other Important Minerals

Additional minerals found in crab include copper, which aids in iron metabolism and cardiovascular health; phosphorus, vital for bone and teeth formation; and magnesium, which plays a role in muscle and nerve function. The mineral-rich profile enhances the nutritional value of crab meat substantially.

- Zinc: 6-7 mg per 100g
- Selenium: 30-50 mcg per 100g
- Copper: Approximately 0.3 mg per 100g
- Phosphorus: Around 200 mg per 100g
- Magnesium: About 40 mg per 100g

Health Benefits of Eating Crab

Crab nutrition facts 100g highlight multiple health benefits derived from consuming crab meat. Its nutrient density supports various bodily functions and contributes to disease prevention and overall wellness.

Supports Heart Health

The presence of omega-3 fatty acids, although in moderate amounts, combined with low saturated fat content, promotes cardiovascular health by reducing inflammation and improving cholesterol profiles. Crab meat's potassium and magnesium content also helps regulate blood pressure.

Boosts Immune Function and Energy

High levels of zinc and selenium enhance immune defenses, while the B vitamins in crab support energy metabolism and reduce fatigue. Protein content aids tissue repair and maintenance, which is essential for recovery and physical performance.

Promotes Bone and Brain Health

The phosphorus and calcium content in crab contributes to strong bones and teeth, while omega-3 fatty acids and vitamin B12 support cognitive function and may reduce the risk of neurodegenerative conditions.

- Improves cardiovascular health
- Enhances immune system function
- Supports muscle repair and growth
- Contributes to bone strength
- Promotes brain health and cognitive function

Incorporating Crab into a Balanced Diet

Integrating crab into daily meals can be both nutritious and delicious. Given the crab nutrition facts 100g, it is suitable for various dietary plans, including low-fat, low-carb, and high-protein diets. Proper preparation and pairing with complementary foods can maximize health benefits.

Cooking Methods

Steaming, boiling, grilling, or baking crab preserves its nutrients while minimizing added fats and calories. Avoiding heavy sauces or frying can keep the calorie and fat content low, maintaining the lean profile of the meat.

Meal Ideas Featuring Crab

Crab can be incorporated into salads, soups, seafood stews, or served as a main dish with vegetables and whole grains. It pairs well with citrus, herbs, and spices that enhance flavor without adding unhealthy ingredients.

- Steamed crab legs with lemon and herbs
- Crab salad with mixed greens and avocado
- Seafood chowder featuring crab and vegetables
- Grilled crab cakes made with minimal breadcrumbs
- Crab stir-fry with colorful vegetables and light soy sauce

Frequently Asked Questions

How many calories are in 100g of crab meat?

100 grams of crab meat contains approximately 97 calories, making it a low-calorie seafood option.

What is the protein content in 100g of crab?

100 grams of crab meat provides about 19 grams of high-quality protein, which is essential for muscle repair and growth.

Is crab meat a good source of omega-3 fatty acids?

Yes, crab meat contains omega-3 fatty acids, which are beneficial for heart health, though the amount is moderate compared to fatty fish.

What vitamins and minerals are found in 100g of crab?

Crab meat is rich in vitamins and minerals such as vitamin B12, selenium, zinc, copper, and phosphorus, supporting various bodily functions.

How much fat is in 100g of crab meat?

100 grams of crab meat contains approximately 1.5 grams of fat, most of which are healthy unsaturated fats.

Additional Resources

1. *Crab Nutrition Facts 100g: A Comprehensive Guide*

This book offers detailed nutritional information about crabs, focusing on the values per 100 grams. It covers macronutrients such as proteins, fats, and carbohydrates, as well as essential vitamins and minerals. Ideal for health enthusiasts and culinary professionals, it helps readers understand the health benefits of including crab in their diet.

2. *The Science of Crab Nutrition: 100g Servings Explained*

Delving into the science behind crab nutrition, this book explains how a 100-gram serving supports human health. It explores the biological composition of crab meat, highlighting its omega-3 fatty acids, low calorie content, and rich mineral profile. The author also discusses how crab compares nutritionally to other seafood options.

3. *Healthy Eating with Crab: Nutritional Facts per 100 Grams*

This practical guide focuses on incorporating crab into a balanced diet, emphasizing the nutritional facts based on 100-gram portions. Readers will find tips on selecting, preparing, and cooking crab to maximize its health benefits. The book also includes simple recipes designed to retain the nutrient integrity of crab meat.

4. *Crab Meat Nutrition: What 100 Grams Can Do for You*

Highlighting the health advantages of crab meat, this book breaks down the nutritional content found in a typical 100-gram serving. It discusses protein quality, mineral content such as zinc and selenium, and the low fat levels that make crab a heart-healthy choice. Nutritional comparisons with other shellfish are also provided.

5. *Seafood Nutrition Facts: Focus on Crab 100g Portions*

This book is part of a series on seafood nutrition, with a dedicated chapter on crab measured per 100 grams. It presents detailed charts and tables showing calories, vitamins, and minerals. The author provides insights into how crab consumption fits into various dietary plans, including keto and Mediterranean diets.

6. *Nutrition and Culinary Uses of Crab: 100g Serving Insights*

Combining nutrition science with culinary arts, this book explores the nutritional profile of crab in 100-gram servings alongside cooking techniques. It emphasizes preserving nutrients during cooking and offers guidance on pairing crab with complementary ingredients. The book is suitable for both nutritionists and chefs.

7. *Crab Nutrition Facts Handbook: Serving Size 100 Grams*

This handbook is a quick reference guide outlining the nutrition facts of crab meat based on a standard 100-gram serving. It includes macronutrient breakdowns, calorie counts, and essential micronutrient levels. Perfect for dietitians and fitness enthusiasts, it aids in meal planning and nutritional assessments.

8. *100 Grams of Crab: Nutritional Value and Health Benefits*

Focusing on the health benefits derived from a 100-gram portion of crab, this book discusses its role in weight management, immune support, and cardiovascular health. It also covers potential allergens and safe consumption guidelines. Readers gain a balanced perspective on enjoying crab as part of a healthy lifestyle.

9. *Crab Nutrition Facts and Diet Planning: The 100g Standard*

This book integrates crab nutrition facts per 100 grams into practical diet planning strategies. It provides meal plans, nutritional advice, and tips for incorporating crab into various diets. The author emphasizes the importance of portion control and nutrient balance to optimize health outcomes.

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