

fremont fish market wild caught gulf shrimp nutrition facts

fremont fish market wild caught gulf shrimp nutrition facts provide essential insights into the health benefits and dietary value of one of the most popular seafood choices available. Wild caught Gulf shrimp, sourced directly from the Gulf of Mexico, are renowned for their freshness, flavor, and nutritional profile. Understanding the nutrition facts of these shrimp is crucial for consumers who prioritize healthy eating, sustainable sourcing, and high-quality protein options. This article delves into the detailed nutritional content of Fremont Fish Market's wild caught Gulf shrimp, highlighting their macronutrients, vitamins, minerals, and other health-related components. Additionally, it explores the benefits of choosing wild caught over farmed shrimp, considerations for dietary restrictions, and tips on incorporating shrimp into balanced meals. The following sections will provide a comprehensive overview to support informed choices and optimal health outcomes.

- Nutritional Composition of Fremont Fish Market Wild Caught Gulf Shrimp
- Health Benefits of Wild Caught Gulf Shrimp
- Comparison Between Wild Caught and Farmed Gulf Shrimp
- Incorporating Fremont Fish Market Wild Caught Gulf Shrimp into Your Diet
- Sustainability and Sourcing Practices at Fremont Fish Market

Nutritional Composition of Fremont Fish Market Wild Caught Gulf Shrimp

The nutritional composition of Fremont Fish Market wild caught Gulf shrimp reflects its status as a lean, nutrient-dense seafood option. These shrimp are low in calories and rich in high-quality protein, making them suitable for a variety of dietary needs, including weight management and muscle maintenance. The nutrition facts include a detailed breakdown of macronutrients and micronutrients essential for overall health.

Macronutrients in Wild Caught Gulf Shrimp

Per a typical 3-ounce (85 grams) serving, Fremont Fish Market wild caught Gulf shrimp provides approximately:

- Calories: 84-90 kcal
- Protein: 18-20 grams

- Total Fat: 0.5-1 gram
- Saturated Fat: Less than 0.2 grams
- Cholesterol: 160-190 mg
- Carbohydrates: 0 grams

This macronutrient profile emphasizes shrimp as a nearly fat-free protein source, with no carbohydrates, making it an excellent choice for low-carb and high-protein diets.

Micronutrients and Vitamins

Wild caught Gulf shrimp from Fremont Fish Market is also a good source of essential vitamins and minerals, including:

- Selenium: Important for antioxidant defense and immune function
- Vitamin B12: Crucial for nerve function and red blood cell production
- Phosphorus: Supports bone health and cellular function
- Iron: Necessary for oxygen transport and energy metabolism
- Niacin (Vitamin B3): Aids in metabolism and skin health
- Zinc: Supports immune response and wound healing

These micronutrients contribute to the overall health benefits associated with consuming wild caught Gulf shrimp regularly.

Health Benefits of Wild Caught Gulf Shrimp

Consuming Fremont Fish Market wild caught Gulf shrimp offers several health advantages due to its rich nutrient profile and bioactive compounds. The shrimp's low fat content combined with high protein makes it a heart-healthy choice, while its vitamin and mineral content supports various bodily functions.

Supports Heart Health

While shrimp contains cholesterol, studies indicate that dietary cholesterol from shrimp does not significantly raise blood cholesterol levels in most individuals. Moreover, the shrimp's low saturated fat and presence of omega-3 fatty acids contribute to cardiovascular health by reducing inflammation and improving lipid profiles.

Aids in Muscle Growth and Repair

The high-quality protein content in wild caught Gulf shrimp is essential for muscle growth, repair, and maintenance. This makes shrimp an ideal dietary protein for athletes, active individuals, and older adults seeking to preserve lean muscle mass.

Rich Source of Antioxidants

Selenium and other antioxidants found in Fremont Fish Market shrimp help protect cells from oxidative stress and may reduce the risk of chronic diseases such as cancer and neurodegenerative disorders. The natural astaxanthin pigment in shrimp also contributes to these antioxidant effects.

Comparison Between Wild Caught and Farmed Gulf Shrimp

Understanding the differences between wild caught and farmed shrimp is important for consumers concerned about nutrition, taste, and environmental impact. Fremont Fish Market exclusively offers wild caught Gulf shrimp, which presents distinct advantages.

Nutritional Differences

Wild caught shrimp generally contain lower fat levels and fewer contaminants compared to farmed varieties. They also tend to have higher levels of beneficial omega-3 fatty acids and a more favorable nutrient balance due to their natural diet in the Gulf of Mexico environment.

Flavor and Texture

Wild caught Gulf shrimp from Fremont Fish Market are prized for their firm texture and naturally sweet flavor, which many consumers prefer over the sometimes softer and less flavorful farmed shrimp. These sensory qualities enhance culinary versatility.

Environmental and Ethical Considerations

Wild caught shrimp harvesting is regulated to ensure sustainable practices, minimizing ecological disruption. In contrast, some shrimp farming operations may contribute to habitat destruction and pollution. Fremont Fish Market's commitment to sourcing wild caught shrimp supports environmentally responsible seafood consumption.

Incorporating Fremont Fish Market Wild Caught Gulf

Shrimp into Your Diet

Fremont Fish Market wild caught Gulf shrimp can be easily integrated into various meal plans, offering a versatile ingredient for healthy cooking. Their nutritional profile supports numerous dietary goals, from low-calorie eating to high-protein diets.

Cooking Methods

To maximize the health benefits, consider cooking methods that preserve nutrients and avoid excess fats or sodium:

- Grilling or broiling with minimal oil
- Steaming or boiling with herbs and spices
- Sautéing in small amounts of healthy oils such as olive oil
- Adding to salads, stir-fries, or soups

These approaches maintain the shrimp's natural flavor while keeping dishes nutrient-dense.

Recipe Ideas Featuring Wild Caught Gulf Shrimp

Popular recipes utilizing Fremont Fish Market wild caught Gulf shrimp include:

1. Garlic and lemon shrimp scampi
2. Spicy shrimp tacos with fresh salsa
3. Shrimp and vegetable stir-fry
4. Grilled shrimp skewers with herbs
5. Classic shrimp cocktail with homemade sauce

Each recipe highlights the shrimp's delicate taste and nutritional benefits.

Sustainability and Sourcing Practices at Fremont Fish Market

Fremont Fish Market prioritizes sustainable sourcing to ensure the long-term health of Gulf shrimp populations and their marine ecosystems. Their wild caught Gulf shrimp are harvested following strict federal and state regulations designed to protect shrimp stocks and habitat.

Regulatory Compliance and Quality Assurance

The market adheres to guidelines set by agencies such as the National Oceanic and Atmospheric Administration (NOAA) and the Gulf of Mexico Fishery Management Council. This compliance guarantees that the shrimp are harvested responsibly, with minimal environmental impact and maximum freshness and quality.

Traceability and Consumer Confidence

Fremont Fish Market offers transparency in product sourcing, allowing consumers to trace their shrimp from catch to plate. This traceability reinforces confidence in the purity and sustainability of the wild caught Gulf shrimp offered.

Frequently Asked Questions

What are the nutritional benefits of Fremont Fish Market wild caught Gulf shrimp?

Fremont Fish Market wild caught Gulf shrimp are a good source of lean protein, low in calories and fat, and rich in essential nutrients like vitamin B12, selenium, and omega-3 fatty acids.

How many calories are in a serving of Fremont Fish Market wild caught Gulf shrimp?

A typical 3-ounce serving of Fremont Fish Market wild caught Gulf shrimp contains approximately 85-90 calories, making it a low-calorie seafood option.

Are Fremont Fish Market wild caught Gulf shrimp high in cholesterol?

Yes, like most shrimp, Fremont Fish Market wild caught Gulf shrimp contain cholesterol, typically around 160-170 mg per 3-ounce serving, but they are low in saturated fat, which can help maintain healthy cholesterol levels.

Do Fremont Fish Market wild caught Gulf shrimp provide omega-3 fatty acids?

Yes, Fremont Fish Market wild caught Gulf shrimp contain omega-3 fatty acids, which are beneficial for heart health and brain function.

What vitamins and minerals are found in Fremont Fish Market

wild caught Gulf shrimp?

They are rich in vitamins and minerals such as vitamin B12, selenium, iodine, and phosphorus, which support metabolism, thyroid function, and bone health.

Is Fremont Fish Market wild caught Gulf shrimp a good source of protein?

Yes, a 3-ounce serving of Fremont Fish Market wild caught Gulf shrimp provides about 18-20 grams of high-quality protein, which is essential for muscle repair and growth.

How does the fat content in Fremont Fish Market wild caught Gulf shrimp compare to other seafood?

Fremont Fish Market wild caught Gulf shrimp are low in total fat, usually under 1 gram per serving, making them leaner than many other seafood options like salmon or mackerel.

Are there any allergens associated with Fremont Fish Market wild caught Gulf shrimp?

Yes, shrimp are a common allergen. Individuals with shellfish allergies should avoid Fremont Fish Market wild caught Gulf shrimp to prevent allergic reactions.

Additional Resources

1. *Fremont Fish Market: A Guide to Wild Caught Gulf Shrimp*

This book offers an in-depth look at the sourcing and quality of wild caught Gulf shrimp available at Fremont Fish Market. It explores sustainable fishing practices, the benefits of wild caught seafood, and how Fremont Fish Market ensures freshness and flavor. Readers will gain insights into choosing the best shrimp and what sets Gulf shrimp apart from other varieties.

2. *The Nutritional Power of Gulf Shrimp: A Comprehensive Guide*

Focusing on the nutritional profile of Gulf shrimp, this book breaks down the vitamins, minerals, and health benefits packed into each serving. It highlights how wild caught shrimp can be a lean source of protein, rich in omega-3 fatty acids and antioxidants. Practical advice on incorporating shrimp into a balanced diet is also included.

3. *From Ocean to Table: The Journey of Wild Caught Gulf Shrimp*

This title traces the entire supply chain of Gulf shrimp, from sustainable harvesting in the Gulf waters to processing and retail at places like Fremont Fish Market. The book emphasizes freshness, handling techniques, and how these factors affect the nutritional quality of the shrimp. It's perfect for food enthusiasts and health-conscious consumers alike.

4. *Seafood Nutrition Facts: Wild Caught vs. Farmed Shrimp*

This comparative guide delves into the differences between wild caught Gulf shrimp and farmed shrimp, particularly focusing on nutritional content, taste, and environmental impact. It provides clear facts and figures to help readers make informed seafood choices. The book also discusses how

Fremont Fish Market prioritizes wild caught options for optimal nutrition.

5. Healthy Eating with Gulf Shrimp: Recipes and Nutrition Tips

Combining culinary inspiration with nutritional guidance, this book features recipes using wild caught Gulf shrimp that maximize taste and health benefits. Nutritional facts accompany each recipe, making it easy to track dietary intake. The book encourages readers to enjoy shrimp as part of a heart-healthy, nutrient-rich diet.

6. Understanding Seafood Labels: Decoding Wild Caught Gulf Shrimp

This informative guide helps consumers navigate the often confusing labels found on seafood at markets like Fremont Fish Market. It explains terms such as "wild caught," "sustainably harvested," and "Gulf shrimp," and how these labels relate to nutrition and quality. The book empowers shoppers to make confident, health-conscious seafood purchases.

7. The Environmental Impact of Wild Caught Gulf Shrimp

Exploring the ecological considerations behind shrimp harvesting, this book discusses how wild caught Gulf shrimp fishing practices affect marine ecosystems. It highlights sustainable methods used by suppliers to Fremont Fish Market and the importance of responsible consumption. Readers will also learn how environmental factors influence the nutritional profile of shrimp.

8. Gulf Shrimp Nutrition Facts: Myths and Facts

This myth-busting book addresses common misconceptions about Gulf shrimp nutrition, such as concerns about cholesterol and contaminants. Backed by scientific research, it clarifies the real health benefits of including wild caught shrimp in the diet. The book is an excellent resource for anyone seeking factual information on seafood nutrition.

9. Fremont Fish Market Cookbook: Wild Caught Gulf Shrimp Edition

A specialty cookbook featuring a variety of dishes made with wild caught Gulf shrimp sourced from Fremont Fish Market. Alongside delicious recipes, each chapter includes nutritional facts and tips on how to retain the shrimp's health benefits during cooking. Ideal for home cooks who want to enjoy flavorful and nutritious seafood meals.

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