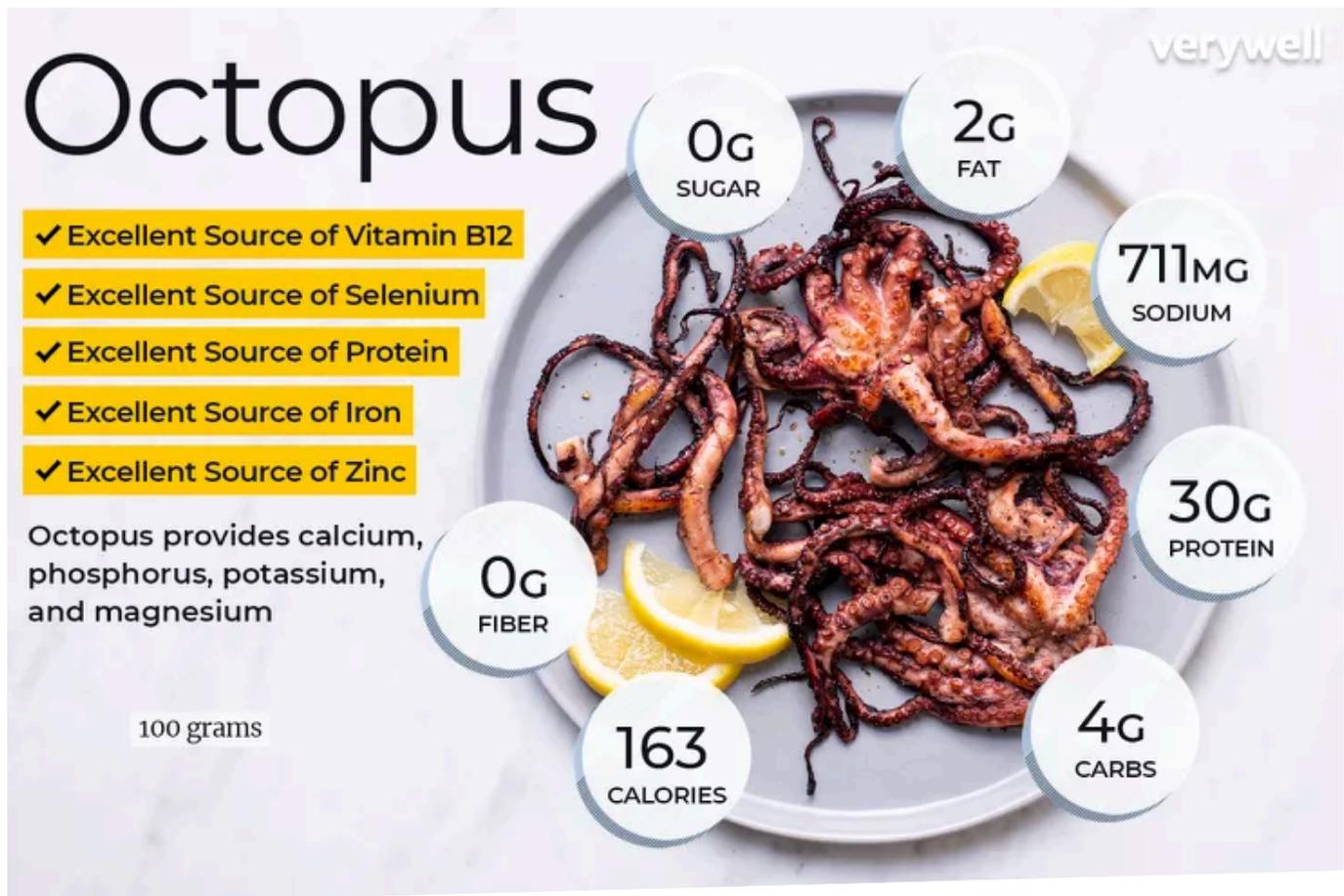


## Table of Contents

# Octopus Nutrition Facts and Health Benefits

By [Jill Corleone, RD](#) | Updated on October 23, 2022

✓ [Medically reviewed](#) by [Willow Jarosh, MS, RD](#)



Credit: Verywell / Alexandra Shytsman

## Table of Contents

---

## Table of Contents

[Allergies](#)

[Adverse Effects](#)

[Storage and Food Safety](#)

---

[VIEW ALL](#) ↓

Octopus is a type of shellfish that serves as an important source of protein for many coastal communities around the world. This fascinating sea creature is also considered a delicacy in many cultures.

High in protein and rich in many essential vitamins and minerals, more and more people are adding octopus to their menu. Here is a look at the nutrition, health benefits, and uses of octopus.

## Octopus Nutrition Facts

This delicacy is high in protein, low in fat, and provides many essential vitamins and minerals you need for good health. This nutrition information comes from the USDA for 100 grams of steamed octopus prepared with table salt. [\[1\]](#)

---

## Table of Contents

**Sodium:** 711mg

**Carbohydrates:** 4g

**Protein:** 30g

**Cholesterol:** 95mg

**Calcium:** 106mg

**Iron:** 9.48mg

**Zinc:** 3.34mg

**Selenium:** 89mcg

**Vitamin B12:** 35.8mcg

**Potassium:** 626mg

**Magnesium:** 60mg

**Vitamin A:** 89mcg

**Vitamin B6:** 0.6mg

## Carbs

Though not a significant source of carbohydrates, a 100-gram serving of steamed octopus has 4 grams of carbs. It contains no fiber or sugar.

## Fats

Octopus contains 2 grams of total fat per serving. This total fat is made up of 0.45 grams from saturated fat, 0.322 grams from

---

## Table of Contents

Most of the fat in shellfish comes from unsaturated fats. The American Heart Association (AHA) says these types of fat may help lower cholesterol and improve health when part of a balanced eating plan. [\[2\]](#)

A 100-gram serving of octopus has 95 milligrams of cholesterol. However, the dietary guidelines from the AHA no longer provide limits on the consumption of dietary cholesterol. [\[3\]](#) For most people, it is not the cholesterol in food that increases blood cholesterol, but the saturated fat.

### Protein

With 30 grams of protein in a 100-gram serving, steamed octopus is an excellent source of this essential nutrient.

### Vitamins and Minerals

Octopus has many essential vitamins and minerals, providing more than 20% of the daily value for iron, zinc, selenium, and vitamin B12 in a 3.5-ounce serving. It is also a source of calcium, phosphorus, potassium, and [magnesium](#).

Depending on the preparation methods, octopus may be high in [sodium](#).

### Calories

---

## Table of Contents

# Health Benefits

Octopus is a nutrient-dense food with a number of benefits when incorporated into a balanced eating plan. Here is an overview of the potential health benefits.

## Promotes Heart Health

Omega-3 fatty acids are essential fats your body uses to make cell membranes and hormones that control blood clotting, blood pressure, and inflammation.<sup>[4]</sup> Including [fish and seafood](#) rich in omega-3 fatty acids into your eating plan may improve heart health and lower the risk of heart disease when part of a healthy balanced diet.

Omega-3 fatty acids are found in certain plants as alpha-linolenic acid (ALA). In fish and other seafood, the omega-3s are in the form of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Your body only uses EPA and DHA to perform essential functions, including those that benefit heart health.

ALA is converted to EPA and DHA in your liver, but the conversion is inefficient. ALA is the primary source of Omega-

---

## Table of Contents

day.

A 100-gram serving of steamed octopus has 0.38 grams of omega-3 fatty acids in the form of EPA and DHA, providing more than 20% of the recommended amounts.

**Related:**

### Supports Immune Function

Your immune system relies on a number of essential nutrients to run efficiently, including some nutrients in octopus like protein, zinc, selenium, and vitamin B12. No food provides everything your body needs, but octopus can provide you with many of the nutrients it needs to support your immune system when combined with other nutrient-dense foods, getting enough sleep, and other healthy lifestyle factors like stress management.

**Related:** [Pili Nuts Nutrition Facts and Health Benefits](#)

### May Improve Male Fertility

Many couples struggle with infertility. In men, poor semen quality is a common cause of infertility. <sup>[5]</sup> According to a July

---

## Table of Contents

The researchers noted eating a diet high in omega-3 fatty acids and antioxidants like zinc and selenium from nutritious foods like fish and shellfish may improve semen quality and male fertility. Because this was an observational study, it does not necessarily prove causation. Consequently, additional research is needed. <sup>[6]</sup>

**Related:** [What Is the Fertility Diet?](#)

## Allergies

Octopus is a type of shellfish. If you have an allergy to shellfish, you need to avoid eating octopus. Shellfish allergies are one of the most common food allergies. <sup>[7]</sup>

Though most often diagnosed in adults, shellfish allergies also occur in children. Treatment for this type of allergy is avoiding all shellfish, including meals or dishes containing octopus.

**Related:** [Is Smoothie King Healthy? Menu Choices and Nutrition Facts](#)

---

## Table of Contents

is relatively low. Mercury is a toxic metal that causes brain damage and learning disabilities when consumed in excessive amounts. Pregnant women and young children need to limit their intake of foods high in mercury. <sup>[8]</sup>

Though a source of mercury, octopus often has low levels of heavy metal and is safe to eat during pregnancy. <sup>[9]</sup> However, never eat raw fish or shellfish, including raw octopus, during pregnancy.

## Storage and Food Safety

When buying fresh octopus, only buy if refrigerated or kept on a bed of ice making sure it has no fishy smell. <sup>[10]</sup> Keep your octopus in the refrigerator and cook it within 2 days.

You can store frozen octopus for up to 3 months in the freezer. <sup>[11]</sup> Defrost in the refrigerator overnight before cooking.

**Related:** [Octopus Nutrition Facts and Health Benefits](#)

## How to Prepare

---

## Table of Contents

Simmering octopus in a pot of water tenderizes the shellfish. Add octopus, salt, pepper, and one fresh lemon cut in half in a pot and fill with water. Cook covered over medium heat until it comes to a boil, then lower the heat and simmer for 30 to 90 minutes.

Once tenderized, quickly grill or broil your octopus to get a nice brown sear. Brush with olive oil and serve with wedges of lemon. Or, use your octopus to make a comforting seafood stew. Marinating your octopus after boiling may add more flavor to your dish.

### Read More:

NUTRITION

NUTRITION FACTS

11 Sources 



Jill Corleone By [Jill Corleone, RD](#)

Jill is a registered dietitian who's been learning and writing about nutrition for more than 20 years.

---

## Table of Contents

 [Share Feedback](#)

### Related Articles

 [Northern Beans](#)

NUTRITION FACTS

## Great Northern Bean Nutrition Facts and Health Benefits

Medically reviewed by Ayana Habtemariam, MSW, RDN, LDN

 [Navy Beans](#)

NUTRITION FACTS

---

## Table of Contents

Medically reviewed by Malisa Moore, RDN, MEdA

### [Kidney Beans](#)

NUTRITION FACTS

## Kidney Bean Nutrition Facts and Health Benefits

Medically reviewed by Mia Syn, MS, RDN

### [Whey protein powder](#)

NUTRITION FACTS

## Whey Protein Powder Nutrition and Health Benefits

Medically reviewed by Samina Qureshi, RD

---

## Table of Contents

NUTRITION FACTS

# Fish Egg Nutrition Facts and Health Benefits

Medically reviewed by Barbie Cervoni MS, RD, CDCES, CDN

## Almond Butter

NUTRITION FACTS

# Almond Butter Nutrition Facts and Health Benefits

Medically reviewed by Barbie Cervoni MS, RD, CDCES, CDN

## Cooked Duck

---

## Table of Contents

Medically reviewed by Barbie Cervoni MS, RD, CDCES, CDN

### [Macadamia nuts](#)

NUTRITION FACTS

## Macadamia Nut Nutrition Facts and Health Benefits

Medically reviewed by Mia Syn, MS, RDN

### [Turkey Bacon](#)

NUTRITION FACTS

## Turkey Bacon Nutrition Facts and Health Benefits

Medically reviewed by Barbie Cervoni MS, RD, CDCES, CDN

---

## Table of Contents

NUTRITION FACTS

# Pumpkin Seed Nutrition Facts and Health Benefits

Medically reviewed by Jonathan Valdez, RDN, CDCES, CPT

 [Fish](#)

NUTRITION FACTS

# Best Fish for Omega-3 Fatty Acids

Medically reviewed by Ayana Habtemariam, MSW, RDN, LDN

 [Scallops in a bowl with a fork](#)

NUTRITION FACTS

---

## Table of Contents

Medically reviewed by Malisa Moore, RDN, MBA

### Lentils

NUTRITION FACTS

## Lentils Nutrition and Health Benefits: A Smart Addition to Your Diet

Medically reviewed by Barbie Cervoni MS, RD, CDCES, CDN

### Fish

NUTRITION FACTS

## Fish Calories and Nutrition Facts

Medically reviewed by Mia Syn, MS, RDN

---

## Table of Contents

NUTRITION FACTS

# Ham Nutrition Facts and Health Benefits

Medically reviewed by Jonathan Valdez, RDN, CDCES, CPT

 [Pistachio](#)

NUTRITION FACTS

# Pistachio Nutrition Facts and Health Benefits

Medically reviewed by Barbie Cervoni MS, RD, CDCES, CDN

 fit

---

Expert Wellness Picks and Advice to Your Inbox

---

## Table of Contents

**FOLLOW US**

---

**Fitness**

**Nutrition**

**Weight Loss**

---

Meet Our Review Board

About Us

Editorial Process

Privacy Policy

In the News

Advertise

Terms of Service

Careers

Contact

---

Verywell Fit's content is for informational and educational purposes only. Our website is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

© 2025 Dotdash Media, Inc. — All rights reserved

---

## Table of Contents