

Nutrition Facts Per Serving

Serving Size: 4oz. raw (110g)

Servings per container: 16

Amount per serving
Calories 118 Calories from fat: 35

		% Daily Value**
Total Fat	3.6g	2%
Saturated fat	1.2g	1%
Cholesterol	69.2mg	25%
Sodium	63.5mg	3%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	0%
Protein	20.2g	

Percent US RDA	*	•	Vitamin A	*	•	Vitamin C	*
Calcium	2%	•	Iron	2%			

* Contains less than 2 percent of the daily value of the nutrient.
 ** Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Sugars		50g	65g
Protein		50g	65g

Ingredients: Croaker