

Nutrition Facts Per Serving

Serving Size: 4oz. raw (112g)

Servings per Container: About 8

Amount per serving

Calories 104 Calories from fat 20

% Daily Value**

| | | |
|--------------------|------|-----|
| Total Fat | 2g | 3% |
| Saturated fat | 0g | 0% |
| Cholesterol | 50mg | 17% |
| Sodium | 95mg | 4% |
| Total Carbohydrate | 0g | 0% |
| Dietary Fiber | 0g | 0% |
| Sugars | 0g | 0% |
| Protein | 21g | |

Percent US RDA

Vitamin A * * Vitamin C *

Calcium 10% * Iron 6%

* 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 |
| Calories per gram: | | | |
| Fat 9 | Carbohydrates 4 | | Protein 4 |
| Ingredients: Ocean Perch | | | |