

Nutrition Facts Per Serving

Serving Size: 4oz. raw (approx 2/3 of a fillet)

Servings per container: 8

Amount per Serving

Calories 90 **Calories from fat: 10**

% Daily Value**

Total Fat 1g **2%**

Saturated fat 0g **0%**

Cholesterol 80mg **27%**

Sodium 110mg **5%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g **0%**

Protein 20g

Percent US RDA

Vitamin A * **Vitamin C** *

Calcium * **Iron** **2%**

* Contains less than 2 percent of the daily value of the nutrient.

**Percent Daily Values are based on a 2,000 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**

Protein **50g** **65g**

Ingredients: Pollock Fillets