

# Nutrition Facts Per Serving

Serving Size: 4oz. raw (approx one fillet)

Servings per container: 8

Amount per Serving

**Calories 120**      **Calories from fat: 45**

% Daily Value\*\*

<b>Total Fat</b> 5g	<b>6%</b>
<b>Saturated fat</b> 1g	<b>5%</b>
<b>Cholesterol</b> 85mg	<b>32%</b>
<b>Sodium</b> 60mg	<b>25%</b>
<b>Total Carbohydrate</b> 1g	<b>1%</b>
<b>Dietary Fiber</b> 0g	<b>0%</b>
<b>Sugars</b> 0g	<b>0%</b>
<b>Protein</b> 19g	

## 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

<b>Total Fat</b>	Less than	65g	80g
<b>Sat Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g
<b>Protein</b>		50g	65g

**Ingredients: Sea Trout**