

# Nutrition Facts

Serving Size 4oz (113 g) RAW

Servings Per Container: 4

Amount Per Serving

Calories 93      Calories from Fat 9

		% Daily Value *
<b>Total Fat</b>	1g	2%
Saturated Fat	0.5g	2%
<b>Cholesterol</b>	55mg	18%
<b>Sodium</b>	40mg	2%
<b>Total Carbohydrate</b>	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
<b>Protein</b>	21g	
<b>Vitamin A</b>	0%	<b>Vitamin C</b> 0%
<b>Calcium</b>	27%	<b>Iron</b> 1%

\* 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	2400mg	2400mg
Total Carb		300g	375g
Fiber		25g	30g
Protein		50g	65g

**Ingredients: Farm-Raised Tilapia Fillets**