

Nutrition Facts Per Serving

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

Servings per container: 8

Amount per Serving

Calories 97 Calories from fat: 11

% Daily Value*

Total Fat	1.3g	2%
Saturated fat	.3g	1%
Cholesterol	43mg	14%
Sodium	49mg	2%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	0%
Protein	21g	

Percent US RDA

Vitamin A 2% • Vitamin C 0%
Calcium 5% • Iron 5%

* 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: Whiting Fillets