

Nutrition Facts

Serving Size 4oz (113 g)
Servings Per Container: 6

Amount Per Serving

Calories 93 Calories from Fat 9

% Daily Value *

Total Fat 1g	2%
Saturated Fat 0.5g	2%
Trans Fat 0.0g	
Cholesterol 55mg	18%
Sodium 40mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	

Vitamin A	0%	Vitamin C	0%
Calcium	1%	Iron	1%

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

Calories per gram:

Fat 9 Carbohydrates 4 Protein 4

Ingredients: Whole Cleaned Tilapia