

NUTRITIONAL FACTS

The Perfect Gourmet

(10) 3.4 oz Lemon Butter or Scampi Tilapia Lemon Butter Tilapia

Nutrition Facts	
Serving Size 3.4 oz (96g)	
Servings Per Container 5	
Amount Per Serving	
Calories 100	Calories from Fat 30
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	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 290mg	12%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 14g	
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Vitamin A 2%	• Vitamin C 2%
Calcium 2%	• Iron 2%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Tilapia, Butter (Cream, Salt), Water, Canola Oil, Capers, Lemon Juice, Lemon Pepper Seasoning, Lemon Peel, Xanthan Gum, Modified Food Starch.

NUTRITIONAL FACTS

The Perfect Gourmet

(10) 3.4 oz Lemon Butter or Scampi Tilapia Scampi Tilapia

Nutrition Facts	
Serving Size 3.4 oz (96g)	
Servings Per Container 5	
Amount Per Serving	
Calories 260	Calories from Fat 190
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	% Daily Value*
Total Fat 21g	32%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 360mg	15%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 15g	
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Vitamin A 6%	• Vitamin C 0%
Calcium 2%	• Iron 4%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Tilapia, Palm oil, Butter, Salt, Liquid and Partially Hydrogenated Soybean Oil, Water, Garlic Powder, Maltodextrin, Parmesan Cheese (part skim milk, cheese cultures, salt, enzymes), Dextrose, Hydrolyzed Soy Protein, Spices, Wine, Whey, Enzyme Modified Butter, Corn Syrup Solids, Dehydrated Parsley, Onion Powder, Buttermilk Solids, Concentrated Lemon Juice, Canola Oil, Soy Lecithin, Natural and Artificial Flavor, TBHQ and Citric Acid (added to protect flavor), Beta Carotene (color), Dimethylpolysiloxane (an antifoaming agent), Flavor, Polysorbate 80 (0.20%), Xanthan Gum, Natural Flavor, Less than 2% Silicon Dioxide (to prevent caking).