

NUTRITIONAL FACTS

ANDERSON SEAFOODS

(10) 5 oz. Stuffed Sole with Scallops & Crabmeat

Nutrition Facts	
Serving Size 5 oz Servings Per Container 10	
Amount Per Serving	
Calories	250
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 50mg	17%
Sodium 680mg	28%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 2g	
Protein 16g	
Vitamin A 0% • Vitamin C 0%	
Calcium 8% • 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
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
Calories per gram:	
Fat 9 • Carbohydrates 4 • Protein 4	

Ingredients:

Sole Fillets, Water, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Scallops, Palm Oil, Crab Meat, Butter (Cream, Flavorings), Skim Milk Powder, Corn Starch, Salt, Cooked Seafood (Lobster, Clam, Shrimp, Crab), Sugar, Hydrolyzed Soy and Corn Protein, Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzyme), Sodium Pyrophosphate, Sodium Bicarbonate, Natural and Artificial Flavors, Lemon Juice Concentrate, Maltodextrin, Partially Hydrogenated Soybean Oil and Cottonseed Oil, Whey, Butterfat, Yeast, Dough Conditioners (Ascorbic Acid, Azodicarbonamide), Spices, Disodium Phosphate, Mono- & Diglycerides of Fatty Acids (Emulsifier), Onion Powder, Milk Protein, Modified Potato Starch, Sodium Tripolyphosphate (To Retain Moisture), Beta Carotene (Color), Vitamin E.

Contains: Fish (Sole), Crustacean Shellfish (Shrimp, Crab, Lobster), Wheat, Soy, Milk

Allergen: Wheat