

NUTRITIONAL FACTS

Egg Harbor

(10) 6 oz. Faroe Island Premium Salmon Filets

Nutrition Facts

Serving Size: 6 oz
Servings Per Container: 10

Amount Per Serving

Calories 310	Calories from Fat 100
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Cholesterol 95 mg	32%
Sodium 75 mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	

Protein 34g

Vitamin A 0% • **Vitamin C 0%**
Calcium 2% • **Iron 8%**

*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: Salmon

Allergen: Fish