

NUTRITIONAL FACTS

Anderson Seafoods

(12) 3 oz. Wild Alaskan Sole Filets

Nutrition Facts	
Serving Size 3 oz	
Servings Per Container 12	
Amount Per Serving	
Calories 150	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 280mg	12%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 11g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 0%
*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, Wheat Flour, Water, Soybean Oil, Modified Wheat Starch, Modified Corn Starch, Salt, Spices, Sodium Acid Pyrophosphate, Sodium Bicarbonate, Onion Powder, Sugar, Yeast, Sunflower Oil, Caramel Color.

Made in a facility that processes milk, wheat, soy, tree nuts and shellfish.