

NUTRITIONAL FACTS

The Perfect Gourmet

Lemon Caper Flounder

12 Count

Nutrition Facts	
Serving Size 3.3 oz. (94g)	
Servings Per Container 12	
Amount Per Serving	
Calories 190	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 350mg	15%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 12g	
Vitamin A 2%	• Vitamin C 0%
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

INGREDIENTS: Flounder, Butter (cream, salt), Palm Oil, Glaze (liquid hydrogenated soybean oil, salt, soy lecithin, natural and artificial flavor, TBHQ & Citric Acid (added to protect flavor), Beta-Carotene color, Dimethylpolysiloxane [anti-foaming agent], Capers and Caper Juice, Seasoning, citric acid, lemon oil, lemon juice, ascorbic acid (Vitamin C), maltodextrin, Nonfat Milk, Parsley, Soy Lecithin.

CONTAINS: Fish (Flounder), Dairy, Soy

NUTRITIONAL FACTS

The Perfect Gourmet

Scampi Flounder

12 Count

Nutrition Facts	
Serving Size 3.3 oz (94g)	
Servings Per Container 12	
Amount Per Serving	
Calories 200	Calories from Fat 150
	% Daily Value*
Total Fat 17g	26%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 350mg	15%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 12g	
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

INGREDIENTS: Flounder, Palm Oil, Butter, Salt, Liquid 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, Butter, milk Solids, Concentrated Lemon Juice, Canola Oil, Soy Lecithin, Natural and Artificial Flavor, TBHQ and Citric Acid (added to protect flavor), Beta carotene (color), Dimethylpolysiloxane (anti-caking agent), Flavor, Polysorbate 80 (0.20%), Xanthan Gum, Natural Flavor, less than 2% Silicon Dioxide (to prevent caking)

CONTAINS: Fish (Flounder), Dairy, Soy