

NUTRITIONAL FACTS

ANDERSON SEAFOODS

(7) 6 oz. Tortilla Crusted Tilapia

Nutrition Facts	
Serving Size 6 oz Servings Per Container 7	
Amount Per Serving	
Calories 290	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 670mg	28%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 29g	
Vitamin A 4% • Vitamin C 2%	
Calcium 4% • 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
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: Tilapia, vegetable Oil (Soybean, canola, and/or Cottonseed Oil), Enriched Bleached Wheat Flour, tortilla Meal [Corn, vegetable Oil, (Corn, soybean And/or Partially Hydrogenated Soybean Oil), Salt], Red And Green Bell Pepper Flavored Bits (Corn Syrup, enriched Bleached Wheat Flour, Corn Cereal, partially Hydrogenated Cottonseed And/or Soybean Oil, natural And Artificial Flavors, caramel Color, red 40, yellow 5, Jalapeno Powder, yellow 6, 40, yellow 5, Jalapeno Powder, yellow 6, Blue 1), Contains Less Than 2% Of: Modified Corn Starch, enriched Wheat Flour, Spices, yellow Corn Flour, white Corn Flour, whey, Caramel Color, natural Flavor, garlic Powder, onion Powder, yeast Extract, Ground Chipotle Peppers, spice Extractives, egg Whites, natural Extractives Of Lime, Soy Flour, torula Yeast, yeast, leavening (Sodium Bicarbonate, sodium Acid Pyrophosphate, sodium Aluminum Phosphate, monocalcium Phosphate), Soybean Oil Shortening, distilled Vinegar, sugar, Extractive Of Paprika (Color), Salt, monoglycerides, paprika (Color), Sodium Stearoyl Lactylate, disodium Inosinate And Disodium Guanylate.

Allergen: Wheat