

# NUTRITIONAL FACTS

ANDERSON SEAFOODS

(10) 5 oz. Pan-Seared Lemon Pepper Sole

<b>Nutrition Facts</b>	
Serving Size 5 oz Servings Per Container 10	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 290mg	<b>12%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein</b> 16g	
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, Water, Vegetable Oil (Canola, Cottonseed, And/or Soybean), Modified Corn Starch, Rice Flour, Contains 2% Or Less Of: Spices, Sugar, Salt, Lemon Zest, Dehydrated Onion, Dehydrated Garlic, Natural Flavors, Citric Acid, Soy Lecithin, Sodium Tripolyphosphate (To Retain Moisture)  
Contains: Fish (Sole), Soy, Milk

**Allergen: Fish**