

NUTRITIONAL FACTS

EGG HARBOR

(10) 6 oz. Wild Caught Icelandic Cod Filets

Ingredients: Cod

Allergens: Fish

Nutrition Facts			
Serving Size: 6 oz (170g)			
Servings Per Container: 10			
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Amount Per Serving			
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Calories 120	Calories from Fat 0		
Total Fat 0g			0%
Saturated Fat 0g			0%
Cholesterol 82 mg			27%
Sodium 510 mg			21%
Total Carbohydrate 0g			0%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 25g			
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Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	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
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
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Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

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Egg Harbor

Epicurean Butter Roasted Garlic Herb Butter 3.5oz

Ingredients: Pasteurized cream, Roasted garlic (garlic, citric acid), Parsley, Basil, Oregano, Chives, Onion salt, Garlic Salt, Black pepper.

<p>Nutrition Facts Serving Size 1 TBSP (14g), Servings Per Container 7, Amount Per Serving: Calories 90, Calories from Fat 80, Total Fat 9g (14% DV), Saturated Fat 5g (25% DV), Trans Fat 0g, Cholesterol 30mg (10% DV), Sodium 60mg (3% DV), Potassium 10mg (0% DV), Total Carbohydrate 1g (0% DV), Dietary Fiber 0g (0% DV), Sugars 0g, Protein 0g, Vitamin A (8% DV), Vitamin C (2% DV), Calcium (2% DV), Iron (2% DV), Vitamin D (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
