

NUTRITIONAL FACTS

ANDERSON SEAFOODS

5-oz Tuscan Herb Tilapia

Nutrition Facts	
10 Servings Per Container	
Serving Size 5oz	
Amount Per Serving	
Calories	220
	% Daily Value*
<i>Total Fat</i> 9g	11%
Saturated Fat 1g	6%
<i>Trans Fat</i> 0g	
Cholesterol 55mg	18%
Sodium 390mg	17%
Total Carbohydrate 12g	5%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 3.4mg	15%
Calcium 0mg	0%
Iron 1.1mg	6%
Potassium 340mg	8%
<small>* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: TILAPIA, VEGETABLE OIL (CANOLA, COTTONSEED, AND/OR SOYBEAN), MODIFIED CORN STARCH, RICE FLOUR, WATER, CONTAINS 2% OR LESS OF: ROASTED GARLIC, SOY LECITHIN, SALT, NATURAL FLAVOR, SPICES, GREEN ONION, DISODIUM GUANYLATE, DISODIUM INOSINATE, SUGAR, MALTRODEXTIN.
CONTAINS: FISH (TILAPIA), SOY

Made in a facility that processes Milk, Wheat, Soy, Tree Nuts and Shellfish.