

NUTRITIONAL FACTS

EGG HARBOR

2 lbs. Parmesan Encrusted Tilapia

Ingredients: Tilapia, wheat flour, modified corn starch, parmesan cheese (pasteurized milk, cultures, enzymes salt), yellow corn flour, onion powder, garlic powder, spices, salt, buttermilk solids, yeast, water leavening,(sodium acid pyrophosphate, sodium bicarbonate, tomato powder, sugar, yeast extract. Par-fried in soybean oil

Allergens: Fish, wheat, milk

Nutrition Facts	
Serving size	4 oz. (113g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 720mg	31%
Total Carbohydrate 35g	13%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 2mcg	10%
Calcium 42mg	4%
Iron 3mg	15%
Potassium 236mg	6%

* The % Daily Value (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.