

# NUTRITIONAL FACTS

EGG HARBOR

## 6-oz Faroe Island Salmon Filets

Ingredients: SALMON

<b>Nutrition Facts</b>	
Serving Size: 6 oz	
Servings Per Container: 16	
<b>Amount Per Serving</b>	
<b>Calories 310</b>	<b>Calories from Fat 100</b>
<b>Total Fat 11g</b>	<b>17%</b>
<b>Saturated Fat 1.5g</b>	<b>8%</b>
<b>Cholesterol 95 mg</b>	<b>32%</b>
<b>Sodium 75 mg</b>	<b>3%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
<b>Dietary Fiber 0g</b>	<b>0%</b>
<b>Sugars 0g</b>	
<b>Protein 34g</b>	
<b>Vitamin A 0%</b>	<b>Vitamin C 0%</b>
<b>Calcium 2%</b>	<b>Iron 8%</b>
*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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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## Signature Seafood Seasoning Packet

**Ingredients:** Kosher Salt, Sugar, Spices, Honey Granules, Onion, Garlic, Sodium Diacetate, Canola Oil, Silicon Dioxide (to prevent caking), Lemon Oil.

### Nutrition Facts

Servings per container 32 | Serving Size 1/4 Tsp. (.9g)

Amount per Serving: **Calories 5**

**Total Fat 0g** (0% DV), **Sodium 95mg** (4% DV),

**Total Carbohydrate 1g** (0% DV), **Protein 0g**

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron and potassium. 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.