

NUTRITIONAL FACTS

EGG HARBOR

(10) 6 oz. Beer Battered Cod

INGREDIENTS: Cod, Degerminated Yellow Corn Flour, Bleached Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Bleached Wheat Flour, Water, Modified Food Starch, Dextrin, Salt, Dextrose, Yeast, White Corn Flour, Contains 2% Or Less Of Leavening (sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum phosphate), Soybean Oil, Natural And Artificial Flavor, Dried Torula Yeast, Wheat Starch, Spice (includes mustard flour), Dehydrated Onion, Xanthan Gum, Sucralose, And Less Than 2% Sodium Silicoaluminate To Prevent Caking.

ALLERGEN: Fish (Cod), Wheat

Nutrition Facts	
about 10 servings per container	
Serving size	1 fillet (6oz/170g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 600mg	26%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 1mcg	6%
Calcium 22mg	2%
Iron 2mg	10%
Potassium 481mg	10%

*The % Daily Value 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.