

NUTRITIONAL FACTS

HANDY SEAFOOD

Salmon Power Burgers

Nutrition Facts	
10 servings per container	
Serving size	1 slider (85g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 50mg	17%
Sodium 350mg	15%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 12g	
Vitamin D 5.3mcg	25%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 260mg	6%

*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.

INGREDIENTS: SOCKEYE SALMON (*ONCORHYNCHUS NERKA*), **EDAMAME, BREAD CRUMBS** (UNBLEACHED WHEAT FLOUR, ORGANIC CANE SUGAR, YEAST, SALT), **EGGS** (WHOLE EGG, CITRIC ACID, 0.15% WATER ADDED AS CARRIER FOR CITRIC ACID, CITRIC ACID TO PRESERVE COLOR), **SPINACH, BROCCOLI, SOY SAUCE** (WATER, SOYBEANS, RICE, SALT), **GREEN ONION, LEMON JUICE, CILANTRO, HONEY, CHIA SEEDS, GINGER, GARLIC, FISH SAUCE** (ANCHOVY [FISH], SEA SALT, WATER, SUGAR), **SESAME SEED OIL, SEA SALT.**

CONTAINS: FISH (SALMON AND ANCHOVY), WHEAT, EGG AND SOY.