

# NUTRITIONAL FACTS

ANDERSON SEAFOODS

(10) 4 oz. Almond Crusted Wild Pollock

<b>Nutrition Facts</b>	
10 Servings per container	
<b>Serving size</b>	<b>4oz</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>240</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 1g	<b>2%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 12g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 0.7 mg	4%
Potassium 170 mg	4%
<small>*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.</small>	

ALASKA POLLOCK, VEGETABLE OIL (CANOLA OIL AND SOYBEAN OIL), BLEACHED WHEAT FLOUR, ALMONDS, BUTTER (PASTEURIZED CREAM, SALT). CONTAINS 2% OR LESS OF: SALT, LACTIC ACID, SUGAR, SPICES, CHEDDAR CHEESE (MILK, CULTURES, SALT, ENZYMES), YELLOW CORN FLOUR, YEAST, UNSALTED BUTTER (PASTEURIZED CREAM, NATURAL FLAVOR), NATURAL FLAVORS, ONION POWDER, BETA CAROTENE (COLOR), EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR).

Allergen: Pollock, Wheat, Almonds