

NUTRITIONAL FACTS

ANDERSON SEAFOODS

(9) 5.5 oz. Anderson Seafoods Combo

Wild Potato Crusted Cod

Nutrition Facts	
about 3 servings per container	
Serving size	5.5oz (156g)
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Amount per serving	
Calories	160
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	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 580mg	25%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0.8mg	4%
Calcium 0mg	0%
Iron 0.8mg	4%
Potassium 450mg	10%

* 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.

Coconut Crusted Tilapia

Nutrition Facts	
about 3 servings per container	
Serving size	5.5oz (156g)
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Amount per serving	
Calories	290
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	% Daily Value*
Total Fat 12g	16%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 250mg	11%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	3%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 28g	
Vitamin D 4.1mcg	20%
Calcium 0mg	0%
Iron 1.2mg	6%
Potassium 430mg	10%

* 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.

Country Style Haddock

Nutrition Facts	
about 3 servings per container	
Serving size	5.5oz (156g)
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Amount per serving	
Calories	200
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	% Daily Value*
Total Fat 9g	11%
Saturated Fat 2g	9%
Trans Fat 1g	
Cholesterol 70mg	24%
Sodium 430mg	19%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	1%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0.6mg	2%
Calcium 70mg	6%
Iron 07mg	4%
Potassium 360mg	8%

* 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.

Wild Potato Crusted: Cod, Water, Modified Corn Starch, Contains 2% or Less Of: Enriched Bleached Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Disodium Phosphate, Potatoes, Sea Salt, Vegetable Oil, (Candia, Cottonseed, Soybean, And/or Sunflower), Buttermilk, Salt, Leavening (Sodium Bicarbonate), Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, White Corn Flour, Yeast, Yellow Corn Flour, Dextrose, Cheddar Cheese (Milk, Cheese Culture, Salt, Enzymes), Vinegar, Autolyzed Yeast Extract, Butter (Cream, Salt), Disodium Inosinate, Whey, Spices, Torula Yeast, Natural Flavors, Onion Powder, Garlic Powder, Annatto Extract (Color), Sodium Tripolyphosphate (To Retain Moisture), Contains: Fish (Cod), Wheat, Milk

Coconut Crusted Tilapia: Tilapia, Water, Modified Corn Starch, Bleached Wheat Flour, mango [Mango Sugar, Citric Acid, Sulfur Dioxide (Preservative)], Papaya [Papaya, Sugar, Sulfur Dioxide (Preservative)], Coconut [Coconut, Sodium Metabisulfite (Preservative)], Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Pineapple [Pineapple, Sugar, Sulfur Dioxide (Preservative)], Red and Green Pepper Flavored Bits [Corn Syrup, Enriched Bleached Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Corn Cereal, Partially Hydrogenated Cottonseed and/or Soybean Oil, Artificial Flavor, Caramel Color, Red 40, Blue 1, Yellow 5, and Yellow 6], Cilantro, Yellow Corn Flour, White Corn Flour, Egg White, Salt, Sugar, Natural and Artificial mango and Pineapple Flavor, Glycerin, Citric acid Anhydrous, Sodium Benzoate), Yeast, Partially Hydrogenated Soybean Oil, Torula Yeast, Onion Powder, Garlic Powder, Spice, Spice Extractive, Milk Solids, Calcium Propionate (As a Preservative), Prefried in Cottonseed, Canola and/or Soybean Oil.

Country Style Haddock: Haddock, Water, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annato, Potato Starch, Cellulose To Prevent Caking), Vegetable Oil (Candia, Cottonseed, Soybean, And/or Sunflower), Enriched Bleached Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains 2% or Less Of: Modified Corn Starch, Natural Flavors, Bacon (Cured With Water, Salt, Sodium Erythorbate, Sodium Nitrite, May Also Contain Smoke Flavoring, Sugar, Dextrose, Brown Sugar, Sodium Phosphates, Potassium Chloride), Dextrose, Salt, Spices, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sea Salt, Yellow Corn Flour, Garlic Powder, White Corn Flour, Onion Powder, Maltodextrin, Torula Yeast, Minced onion, Leavening (Sodium Bicarbonate), Whey, Dehydrated Chives, Disodium Inosinate, Disodium Guanylate, Yeast Extract, Dehydrated Garlic, malted Barley Flour, Enzyme Modified Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Yeast, Vinegar, Sodium Contains Fish (Haddock), Wheat, Milk

Allergen: Cod, Tilapia, Haddock, Milk, Wheat