

NUTRITIONAL FACTS

ANDERSON SEAFOODS

(8) 5.5 oz. Coconut Crusted Tilapia

Nutrition Facts	
8 servings per container	
Serving size	5.5oz(156g)
Amount per serving	
Calories	290
% 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%
<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>	

Ingredients:

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 Bell 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.

Allergen: Tilapia and Wheat