

NUTRITIONAL FACTS

Egg Harbor

(10) 5 oz. Holland Flounder Filets

Ingredients: Fish (Flounder)

Nutrition Facts	
Serving Size: 5 oz (170g)	
Servings Per Container: 10	
Amount Per Serving	
Calories 150	Calories from Fat 17
Total Fat 2.1g	3%
Saturated Fat 0.4g	2%
Cholesterol 68mg	23%
Sodium 115mg	5%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 26g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g