

# NUTRITIONAL FACTS

EGG HARBOR

## (8) 5 oz. Wild-Caught Holland Flounder Fillets

Ingredients: Flounder.

Contains: Fish.

<b>Nutrition Facts</b>	
2 servings per container	
<b>Serving size</b>	<b>5 oz (142g)</b>
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<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
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	<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>21%</b>
<b>Sodium</b> 410mg	<b>18%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	
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Vitamin D 4mcg	20%
Calcium 30mg	2%
Iron 0.3mg	0%
Potassium 220mg	4%
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<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>	