

NUTRITIONAL FACTS

ANDERSON SEAFOODS

(10) 6 oz. Wild Swordfish Steaks and (3) 4 oz Chimichurri Sauce

Swordfish Steak	
Nutrition Facts	
Serving Per Container	
Serving size 1 piece 6oz (170g)	
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 80mg	26%
Sodium 200mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 32g	
Vitamin D 24mcg	120%
Calcium 8mg	0%
Iron 0.8mg	12%
Potassium 620mg	18%

*The % Daily values (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.

Chimichurri Sauce	
Nutrition Facts	
Serving Per Container	
Serving size 1/4 cup (57g)	
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 133mg	2%

*The % Daily values (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.

Swordfish

Ingredients: Swordfish

Allergen: Contains Swordfish

Chimichurri Sauce

Ingredients: Canola Oil, Parsley, Lime Juice, Garlic, Jalapeño Peppers, Cilantro, Salt, Spices, Xanthan Gum

Allergen: None

Allergen: Swordfish