

NUTRITIONAL FACTS

EGG HARBOR

5 oz. Salmon Fish Cakes with Mashed Potatoes & Hollandaise Sauce Center

Ingredients: ATLANTIC SALMON (Salmo salar), Potato, Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Double Cream, Chives, Butter, Potato Flake, Salt, Extra Virgin Olive Oil, Corn flour, Maize Starch, Dijon Mustard (Water, Ground Mustard Seeds, Spirit Vinegar, Salt), Yeast, Lemon Juice Concentrate, Apple Cider Vinegar, Sugar, Paprika, Wheat Gluten, Parmigiano Reggiano Cheese, Fish Stock [Water, Potato Flakes, Concentrated Fish Extract (Fish Extract, Salt), Salt, Fish Powder, Lemon Juice Concentrate, Onion Powder, Anchovy Puree (Anchovies), Salt, Sunflower Oil)], Onion Powder, Ground White Pepper, Black Pepper.

Contains: Fish (Atlantic Salmon, Anchovy), Wheat, Milk.

Nutrition Facts	
2 Servings per container	
Serving size 1 Fishcake	5.1oz (145g)
Amount per serving	
Calories	303
% Daily Value*	
Total Fat 16.0g	25%
Saturated Fat 3.9g	19%
Trans Fat 0.2g	
Cholesterol 36.4	12%
Sodium 275.0g	11%
Total Carbohydrate 27.6g	9%
Dietary Fiber 0.9g	4%
Total Sugars 3.4g	
Includes 0g Added Sugars	
Protein 11.6g	23%
Vitamin D 0.4mcg	0%
Calcium 71.4mg	7%
Iron 14.7mg	82%
Potassium 304.5mg	9%
* 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.	