

# NUTRITIONAL FACTS

EGG HARBOR

## 5 oz. Cod Fish Cakes with Creamy Lemon Dill Sauce

**Ingredients:** Atlantic Cod (Gadus morhua), Potato, (Sauce [Water, Milk, Double Cream (Milk), Full Fat Soft Cheese (Water, Cream), Skimmed Milk Powder, Buttermilk Powder, Sea Salt, Cultures), Fish Stock (Water, Potato Flakes, Concentrated Fish Extract (Fish Extract, Salt), Salt, Cod, Lemon Juice Concentrate, Onion Powder, Anchovy Puree (Anchovies, Salt, Sunflower Oil))Butter, Lemon Juice, Novation 600, Fish Gelatine, White Pepper]), Dill, Lemon Juice Concentrate

**Contains:** Fish (Cod, Anchovy), Wheat, Milk.

<b>Nutrition Facts</b>	
2 Servings per container	
<b>Serving size 1 Fishcake</b>	<b>5.1oz (145g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>276</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 12.8g	<b>20%</b>
Saturated Fat 3.0g	<b>15%</b>
Trans Fat 0.2g	
<b>Cholesterol</b> 39.1g	<b>13%</b>
<b>Sodium</b> 203.0g	<b>8%</b>
<b>Total Carbohydrate</b> 28.9g	<b>10%</b>
Dietary Fiber 1.3g	<b>5%</b>
Total Sugars 3.6g	
Includes 0g Added Sugars	
<b>Protein</b> 10.6g	<b>21%</b>
Vitamin D 0.4mcg	0%
Calcium 81.7mg	8%
Iron 18.2mg	101%
Potassium 276.0mg	8%
* 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.	