

# NUTRITIONAL FACTS

ANDERSON SEAFOODS

(12) 5.5 oz. Pecan Crusted Tilapia

<b>Nutrition Facts</b>	
12 Servings Per Container	
<b>Serving Size</b>	<b>About 1 Fillet</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>450</b>
<small>% Daily Value*</small>	
Total Fat 35g	<b>44%</b>
Saturated Fat 8g	<b>42%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 550mg	<b>24%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 1g	<b>3%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>3%</b>
<b>Protein</b> 20g	
Vitamin D 2.7mcg	15%
Calcium 0mg	0%
Iron 1.5mg	8%
Potassium 310mg	6%
<small>* 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.</small>	

**INGREDIENTS:** TILAPIA, BLEACHED WHEAT FLOUR, VEGETABLE OIL (CANOLA AND SOYBEAN), BUTTER (PASTEURIZED CREAM, SALT), PECANS, WATER, CONTAINS 2% OR LESS OF: SALT, LACTIC ACID, TOASTED SESAME OIL, CITRIC ACID, YEAST, SPICES, CHEDDAR CHEESE (MILK, CULTURES, SALT, ENZYMES), NATURAL FLAVORS, DEXTROSE, UNSALTED BATTER (PASTEURIZED CREAM, NATURAL FLAVOR), SUGAR, YELLOW CORN FLOUR, SOY LECITHIN, DEHYDRATED ONION, MALTODEXTRIN, DEHYDRATED GARLIC, ONION POWDER, BETA CAROTENE (COLOR), EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR).

CONTAINS: FISH (TILAPIA), WHEAT, SOY, MILK, TREE NUTS (PECANS)

Allergens: Tilapia, Pecan and Wheat