

# NUTRITIONAL FACTS

ANDERSON SEAFOODS

(12) 5.5 oz. Parmesan Crusted Tilapia

<b>Nutrition Facts</b>	
Serving Size 5.5 oz Servings Per Container 12	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>290</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 14g	<b>17%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 790mg	<b>34%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 1g	<b>2%</b>
Total Sugars 2g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 31g	
Vitamin D 4.2mg	20%
Calcium 100mg	8%
Iron 1.3mg	8%
Potassium 460mg	10%
<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, Parmesan Cheese [(Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (To Prevent Caking)], Vegetable Oil (Canola, Cottonseed, Soybean, And/or Sunflower), Contains 2% Or Less Of: Modified Corn Starch, Sea Salt, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yeast, Wheat Flour, Leavening (Sodium Bicarbonate), Sugar, Guar Gum, Salt, Malted Barley Flour, Garlic Powder, Dextrose, Maltodextrin, Romano Cheese (Cow's Milk, Starter Culture, Salt, Enzymes), Onion Powder, Enzyme Modified Parmesan Cheese [Parmesan Cheese (Milk, Starter Culture, Salt, Enzymes), Cream, Natural Flavor], Enriched Bleached Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Torula Yeast, Yellow Corn Flour, Natural Flavors, White Corn Flour, Autolyzed Yeast Extract, Spices, Modified Butter Oil And Dehydrated Butter, Disodium Guanylate, Disodium Inosinate, Vinegar, Water, Tomato Powder, Soy Sauce Powder [Soy Sauce (Fermented Soybeans And Wheat, Salt), Maltodextrin], Citric Acid, Olive Oil, Whey, Extractives Of Annatto.

Allergen: Tilapia, Milk and Wheat