

# NUTRITIONAL FACTS

EGG HARBOR

## (8) 5 oz. Stuffed Flounder with Spinach Florentine

Nutrition Facts	
1 serving per container	
<b>Serving Size</b>	<b>5 OZ (142g)</b>
Amount per serving	
<b>Calories</b>	<b>143</b>
% Daily Value *	
Total Fat 6g	7%
Saturated Fat 9g	15%
Trans Fat 0g	
Cholesterol 60mg	19%
Sodium 286mg	12%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 1mg	6%
Calcium 259mg	22%
Iron 1mg	6%
Potassium 266mg	7%
<small>*The % Daily Value 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:** SOLE, SPINACH, RICOTTA CHEESE (PASTEURIZED WHOLE MILK, VINEGAR, SALT), MOZZARELLA CHEESE (PASTEURIZED WHOLE MILK, CHEESE CULTURES, SALT, ENZYMES AND ANTI-CAKING AGENT), PARMESAN CHEESE (CULTURED MILK, ENZYMES, SALT, CELLULOS TO PREVENT CAKING, NATAMYCIN TO PROTECT FLAVOR).

**ALLERGENS:** FISH (SOLE), MILK,

**PREPERATION:**

OVEN: PREHEAT OVEN TO 375°F. PLACE FLOUNDER ROLL ON NONSTICK BAKING SHEET. BAKE FOR 25-30 MINS, OR UNTIL PRODUCT REACHES AN INTERNAL TEMPERATURE OF 165°F