

NUTRITIONAL FACTS

EGG HARBOR

(12) 4 oz. Faroe Island Salmon Fillets

Ingredients: Salmon

Contains: Fish

Nutrition Facts	
Serving Size: 4 oz (112g)	
Servings Per Container: 12	
Amount Per Serving	
Calories 206	Calories from Fat 66
Total Fat 7.5g	12%
Saturated Fat 1g	5%
Cholesterol 64mg	21%
Sodium 50mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 22g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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8 oz. Lemon Dill Sauce

Ingredients: Water, Soybean Oil, Lemon Juice Concentrate, Cane Sugar, Egg Yolk, Salt, Cream, Corn Starch, Dried Dillweed, Vinegar, Natural Flavors, Spices, Garlic Powder, Ascorbic Acid, Xanthan Gum, Potassium Sorbate and Sodium Benzoate (As Preservatives), Citric Acid, Calcium Disodium EDTA (To Protect Flavor).

Contains: Milk (Dairy), Egg

Nutrition Facts	
About 8 servings per container	
Serving Size 2 TBSP (30mL)	
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 260mg	11%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	0%
Potassium 19mg	0%
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	