

# NUTRITIONAL FACTS

ANDERSON SEAFOODS

(12) 5 oz. Stuffed Sole with Scallops & Crabmeat

| <b>Nutrition Facts</b>         |            |
|--------------------------------|------------|
| 12 Servings per container      |            |
| <b>Serving size 5 oz</b>       |            |
| <b>Amount Per Serving</b>      |            |
| <b>Calories</b>                | <b>200</b> |
| <b>% Daily Value*</b>          |            |
| <b>Total Fat</b> 11 g          | <b>14%</b> |
| Saturated Fat 4 g              | <b>20%</b> |
| <b>Cholesterol</b> 40 mg       | <b>13%</b> |
| <b>Sodium</b> 500 mg           | <b>22%</b> |
| <b>Total Carbohydrate</b> 11 g | <b>4%</b>  |
| Dietary Fiber 0 g              | <b>0%</b>  |
| Total Sugars 1 g               |            |
| Includes 0 g Added Sugars      | <b>0%</b>  |
| <b>Protein</b> 14g             |            |
| Vitamin D 0 mcg                | 0%         |
| Calcium 53 mg                  | 4%         |
| Iron 1 mg                      | 6%         |
| Potassium 171 mg               | 4%         |

\*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.

Sole, Water, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Corn, Soybean And/or Sunflower), Scallops, Crab Meat, Contains 2% Or Less Of: Palm Oil, Vitamin E, Unsalted Butter (Pasteurized Cream, Water), Soy Lecithin, Skim Milk Powder, Modified Potato Starch, Corn Starch, Milk Protein, Salt, Disodium Phosphate, Lemon Juice Concentrate, Onion Powder, Cooked Seafood (Lobster, Clams, Shrimp, Crab), Milk Fat, Sugar, Spices, Hydrolyzed Corn And Soy Protein, Buttermilk, Butter (Cream, Flavorings), Natural And Artificialflavors, Cheese Solids, Sweet Whey, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Yeast, Milk Solids, Maltodextrin, Beta Carotene (Color), Extractives Of Paprika (Color), Sodium Tripolyphosphate (To Retain Moisture).

Allergen: Shellfish (lobster and Shrimp), Wheat, Dairy and Soy