

# NUTRITIONAL FACTS

ANDERSON SEAFOODS

## (6) 5 oz. Stuffed Sole with Shrimp & Garlic

<b>Nutrition Facts</b>	
6 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> 13 g	<b>17%</b>
Saturated Fat 4.5 g	<b>23%</b>
<b>Cholesterol</b> 40 mg	<b>13%</b>
<b>Sodium</b> 480 mg	<b>21%</b>
<b>Total Carbohydrate</b> 8 g	<b>3%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 13g	
Vitamin D 0 mcg	0%
Calcium 45 mg	4%
Iron 1 mg	6%
Potassium 129 mg	2%
<small>*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.</small>	

Sole, Water, Shrimp, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Soybean Oil, Sunflower Oil), Contains 2% or Less of: Margarine [Palm Oil, Vitamin E, Water, Natural Flavor, (From Milk), Beta-Carotene], Palm Oil, Unsalted Butter (Pasteurized Cream, Water), Corn Starch, Salt, Lobster, Sugar, Garlic Powder, Sodium Tripolyphosphate (To Retain Moisture), Leavening, (Sodium Acid pyrophosphate, Sodium Bicarbonate), Autolyzed Yeast, Maltodextrin, Butter (Cream, Flavorings), Shrimp Extract, Spices, Modified Potato Starch, Flavorings (Essential Oil, Dextrose, Lobster Powder), Onion Powder, Natural Flavors, Yeast, Caramel (Color), Citric Acid, Scallops, Paprika Extract (Color), Soy Lecithin, Beta Carotene (Color), Sodium Bisulfite (As a Preservative). Contains: Fish (Sole), Crustacean, Shellfish (Shrimp, Lobster), Wheat, Soy, Milk

Allergen: Shrimp, Wheat, Dairy and Soy