

NUTRITIONAL FACTS

ANDERSON SEAFOODS

(6) 5 oz. Stuffed Sole with Scallops & Crabmeat

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

NUTRITIONAL FACTS

ANDERSON SEAFOODS

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

Nutrition Facts	
12 Servings per container	
Serving size 5 oz	
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 11 g	14%
Saturated Fat 4 g	20%
Cholesterol 40 mg	13%
Sodium 500 mg	22%
Total Carbohydrate 11 g	4%
Dietary Fiber 0 g	0%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 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

NUTRITIONAL FACTS

ANDERSON SEAFOODS

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

Nutrition Facts	
6 Servings per container	
Serving size 5 oz	
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 13 g	17%
Saturated Fat 4.5 g	23%
Cholesterol 40 mg	13%
Sodium 480 mg	21%
Total Carbohydrate 8 g	3%
Dietary Fiber 1 g	4%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 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

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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