

# NUTRITIONAL FACTS

EGG HARBOR

## Light & Crispy Lemon Cape Hake (10) 3 oz. Pack

### Nutrition Facts

Serving Size: 3 oz (85g)  
Servings Per Container: 10

Amount Per Serving **Calories 170**

Total Fat 9g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 200mg	9%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 2g	
Protein 9g	

Vitamin D 0% • Potassium 43%  
Calcium 10% • Iron 60%

\*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

INGREDIENTS: CAPE HAKE, BATTER [WHEAT FLOUR, STARCH (POTATO OR TAPIOCA), SALT, FLAVORINGS, CITRIC ACID], BREAD CRUMB [WHEAT FLOUR, WHEAT GLUTEN, YEAST, SUNFLOWER OIL, VEGETABLE OIL (SUNFLOWER OR CANOLA)], PREDUST [BREAD CRUMB (WHEAT FLOUR, SALT, SUNFLOWER OIL), WHEAT]

CONTAINS: WHEAT, CAPE HAKE

RESEARCH & DEVELOPMENT