

# NUTRITIONAL FACTS

EGG HARBOR

(10) 5 oz. Wild Caught Holland Flounder  
Boneless / Skinless

Ingredients: Flounder

<b>Nutrition Facts</b>	
Serving Size: 5 oz (170g)	
Servings Per Container: 10	
<b>Amount Per Serving</b>	
<b>Calories 150</b>	<b>Calories from Fat 17</b>
<b>Total Fat 2.1g</b>	<b>3%</b>
<b>Saturated Fat 0.4g</b>	<b>2%</b>
<b>Cholesterol 68mg</b>	<b>23%</b>
<b>Sodium 115mg</b>	<b>5%</b>
<b>Total Carbohydrate 1g</b>	<b>0%</b>
<b>Dietary Fiber 0g</b>	<b>0%</b>
<b>Sugars 0g</b>	
<b>Protein 26g</b>	
<b>Vitamin A 0%</b>	<b>Vitamin C 0%</b>
<b>Calcium 0%</b>	<b>Iron 4%</b>
*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

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3.5 oz. Lemon Garlic Butter

**Ingredients:** Pasteurized cream, Roasted Garlic, Garlic Puree (garlic, citric acid), Lemon Juice, Parsley, Basil, Oregano, Chives, Onion Salt, Garlic Salt, Black Pepper.

**Allergen:** Contains milk.

<p><b>Nutrition Facts</b> Serving Size 1 TBSP (14g), Servings Per Container 7, Amount Per Serving: <b>Calories</b> 90, Calories from Fat 80, <b>Total Fat</b> 9g (14% DV), Saturated Fat 5g (25% DV), Trans Fat 0g, <b>Cholesterol</b> 30mg (10% DV), <b>Sodium</b> 40mg (2% DV), <b>Potassium</b> 30mg (1% DV), <b>Total Carbohydrate</b> 1g (0% DV), Dietary Fiber 0g (0% DV), Sugars 0g, <b>Protein</b> 0g, Vitamin A (10% DV), Vitamin C (2% DV), Calcium (0% DV), Iron (2% DV), Vitamin D (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
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*EGG HARBOR*