

NUTRITIONAL FACTS

ANDERSON SEAFOODS

(3) 16 oz. Wild Cod Fritters

Nutrition Facts	
6 to 8 Pieces Servings per Container	
Serving Size	
About 1 fillet	2.5 oz (71g)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 20mg	7%
Sodium 350mg	15%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 20%	
*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
Sat 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: COD, WATER, CORN FLOUR, WHEAT FLOUR, SOYBEAN OIL, WHEAT STARCH, RICE FLOUR, SALT, WHEAT GLUTEN, ONION POWDER, GARLIC POWDER, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, SPICE, SUNFLOWER OIL.

Allergen: Cod and Wheat