

NUTRITIONAL FACTS

EGG HARBOR

3 oz. Cape Hake Fillets

Ingredients: Cape Hake (Merluccius capensis and/or Merluccius paradoxus) (Fish), Batter [Wheat flour (Gluten), Starch (Potato or Tapioca), Salt], Breadcrumbs [Wheat flour (Gluten), Wheat gluten (Gluten), Yeast, Vegetable oil (Sunflower seed), Salt], Vegetable oil (Sunflower seed and/or Canola seed), Predust [Crumb (Wheat flour (Gluten), Salt, Vegetable oil (Sunflower seed)), Wheat flour (Gluten), Salt].

Contains: Fish, Wheat (Gluten).

Nutrition Facts	
Serving size	3 oz (85g)
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 3g	
Cholesterol 20mg	7%
Sodium 230mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 10g	20%
Vitamin D 0.4mcg	2%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 141mg	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.

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(8) 4 oz. Jumbo Lump Crab Cakes

Nutrition Facts	
8 servings per container	
Serving size	4 oz
Amount per serving	
Calories	177
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.7g	9%
<i>Trans</i> Fat 0g	
Cholesterol 130mg	43%
Sodium 857mg	36%
Total Carbohydrate 3.5g	1%
Dietary Fiber 1g	4%
Total Sugars 0.5g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium	8%
Iron	5%
Potassium	0%
<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>	

Ingredients: Jumbo Lump Crabmeat, Eggs, Mayonnaise, Fresh breadcrumbs, Dijon Mustard, Lemon Juice, Seafood Seasoning, Lemon Pepper Seasoning, Worcestershire sauce, Dried Parsley.

Allergens: Crabmeat/Shellfish, Egg, Wheat, Soy and Mustard. May Contain Shells.

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EGG HARBOR

(8) 6 oz. Faroe Island Salmon

INGREDIENTS: Salmon

CONTAINS: Fish

Nutrition Facts	
8 servings per container	
Serving size	6 oz
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 95mg	32%
Sodium 75mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 34g	
Vitamin D 0mcg	0%
Calcium	2%
Iron	8%
Potassium 0mg	0%
* 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.	