

NUTRITIONAL FACTS

EGG HARBOR

(10) 3.5oz. Cape Hake Breaded Lemon

Nutrition Facts	
10 servings per container	
Serving size 1 portion (99g/3.5oz)	
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 15mg	6%
Sodium 230mg	10%
Total Carbohydrate 15g	6%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 10g	21%
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 12.6mg	70%
Potassium 2350mg	50%
<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>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

Ingredients: Cape Hake (Merluccius Capensis and/or Merluccius Paradoxus, Batter (Wheat Flour, Starch [Potato or Tapioca], Salt Flavorings, Citric Acid), Breadcrumb (Wheat Flour, Wheat Flour, Wheat Gluten, Yeast, Vegetable Oil [Sunflower]), Predust (Wheat Flour, Salt Vegetable Oil [Sunflower])).

Contains: Fish, Wheat

PREPARATION INSTRUCTIONS

Store in freezer. Cook hake from frozen.

Note: *Cooking times may vary according to appliance; adjust accordingly for internal temperature of fish to reach 145F°*

OVEN: Preheat oven to 425°F. Place breaded hake on baking sheet and cook 22 to 25 minutes, or until hake is crisp outside and cooked throughout.

AIRFRYER: Using AIRFRY function, preheat airfryer oven to 400°F for 10 minutes. Place breaded hake in airfryer basket and cook 18 to 20 minutes, or until hake is crisp outside and cooked throughout.