

# NUTRITIONAL FACTS

ANDERSON SEAFOODS

(14) 3 oz. Garlic and Herb Cape Hake

<b>Nutrition Facts</b>	
Serving Size 3 oz (84g / About 1 Fillet)	
Amount Per Serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 2.5 g	<b>3%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 50 mg	<b>17%</b>
<b>Sodium</b> 200 mg	<b>9%</b>
<b>Total Carbohydrate</b> 5 g	<b>2%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 14 g	
Vitamin D 1 mcg	6%
Calcium 40 mg	4%
Iron 0.6 mg	4%
Potassium 200 mg	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.

## INGREDIENTS:

CAPE HAKE, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS LESS THAN 2% OF THE FOLLOWING: WATER, MODIFIED CORN STARCH, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, BASIL, SUGAR, DISODIUM GUANYLATE, DISODIUM INOSINATE, YELLOW CORN FLOUR, WHITE CORN FLOUR, GARLIC POWDER, ONION POWDER, YEAST, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), DEHYDRATED CHIVES, SPICES, PARSLEY, NATURAL FLAVORS, DEXTROSE, SOY FLOUR, AUTOLYZED YEAST EXTRACT, DRIED GARLIC, TORULA YEAST, OLIVE OIL. CONTAINS: CAPE HAKE (FISH), WHEAT, SOY.

**Allergen: Cape Hake, Wheat, and Soy.**