

NUTRITIONAL FACTS

ANDERSON SEAFOODS

(14) 5.5 oz. Country Style Wild Haddock

Nutrition Facts	
12 Servings per container	
Serving Size	5.5oz
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 9g	11%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 70mg	24%
Sodium 430mg	19%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	1%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0.6mg	2%
Calcium 70mg	6%
Iron 0.7mg	4%
Potassium 360mg	8%

* The % Daily Values (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.

HADDOCK, WATER, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATO, POTATO STARCH, CELLULOSE TO PREVENT CAKING), VEGETABLE OIL (CANOLA, COTTONSEED, SOYBEAN, AND/OR SUNFLOWER), ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, NATURAL FLAVORS, BACON (CURED WITH WATER, SALT, SODIUM ERYTHORBATE, SODIUM NITRITE, MAY ALSO CONTAIN SMOKE FLAVORING, SUGAR, DEXTROSE, BROWN SUGAR, SODIUM PHOSPHATES, POTASSIUM CHLORIDE), DEXTROSE, SALT, SPICES, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEA SALT, YELLOW CORN FLOUR, GARLIC POWDER, WHITE CORN FLOUR, ONION POWDER, MALTODEXTRIN, TORULA YEAST, MINCED ONION, LEAVENING (SODIUM BICARBONATE), WHEY, DEHYDRATED CHIVES, DISODIUM INOSINATE, DISODIUM GUANYLATE, YEAST EXTRACT, DEHYDRATED GARLIC, MALTED BARLEY FLOUR, ENZYME MODIFIED CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), YEAST, VINEGAR, SODIUM CONTAINS FISH (HADDOCK), WHEAT, MILK

Allergen: Haddock, Wheat, and Dairy