

NUTRITIONAL FACTS

ANDERSON SEAFOODS

(14) 5 oz. Stuffed Sole with Scallops & Crabmeat

Nutrition Facts	
Serving Size	5 oz
14 servings per container	
Amount Per Serving	
Calories	200
Daily Value %	
Total Fat 11g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 500mg	22%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 1g	0%
Protein 14g	
Vitamin D 0mcg	0%
Iron 1mg	6%
Calcium 53mg	4%
Potassium 171mg	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Ingredients:

Sole, Water, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Corn, Soybean and/or Sunflower), Scallops, Crab Meat, Contains 2% of less of: Palm Oil, Vitamin E, Unsalted Butter (Pasteurized Cream, Water), Soy Lecithin, Skim Milk Powder, Modified Potato Starch, Corn Starch, Milk Protein, Salt, Disodium Phosphate, Lemon Juice Concentrate, Onion Powder, Cooked Seafood (Lobster, Clams, Shrimp, Crab), Milk Fat, Sugars, Spices, Hydrolyzed Corn and Soy Protein, Buttermilk, Butter (Cream, Flavorings), Natural and Artificial flavors, Cheese Solids, Sweet Whey, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Yeast, Milk Solids, Maltodextrin, Beta Carotene (Color), Extractives of Paprika (Color), Sodium Tripolyphosphate (to retain moisture).

Allergen: Shellfish (lobster and Shrimp), Wheat, Dairy and Soy