

# NUTRITIONAL FACTS

ANDERSON SEAFOODS

## (10) 3 oz. Garlic and Herb Cape Hake

<b>Nutrition Facts</b>	
Serving Size	1 fillet 3 oz
About 10 pieces per container	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>100</b>
<b>Daily Value %</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	0%
Total Sugars 0g Added	0%
<b>Protein</b> 14g	
Vitamin D 1mcg 6%	• Iron 0.6mg 4%
Calcium 40mg 4%	• Potassium 200mg 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:

Cape Hake, Enriched Bleach 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, Parsely, Natural Flavors, Dextrose, Soy Flavor, Autolyzed Yeast Extract, Dried Garlic, Torula Yeast, Olive Oil.

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