

Egg Harbor (8) 6oz Faroe Island Salmon Stuffed w/ Spinach & Cream Cheese

Nutrition Facts	
Serving Size 6oz (168g)	
Amount per serving	
Calories	223
% Daily Value *	
Total Fat 10g	15%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 68mg	23%
Sodium 272mg	11%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 1 mcg	6%
Calcium 225mg	17%
Iron 1mg	6%
Potassium 276mg	6%

* The % Daily Value 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: SALMON, SPINACH, CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS [GUAR GUM AND CAROB BEAN GUM]), RICOTTA CHEESE (PASTEURIZED WHOLE MILK, VINEGAR, SALT), PARMESAN CHEESE (CULTURED MILK, ENZYMES, SALT, CELLULOS TO PREVENT CAKING, NATAMYCIN TO PROTECT FLAVOR), MOZZARELLA CHEESE (PASTEURIZED WHOLE MILK, CHEESE CULTURES, SALT, ENZYMES AND ANTI-CAKING AGENT), SALT, GRANULATED GARLIC, BLACK PEPPER.

CONTAINS: FISH (SALMON), MILK.

Cook from frozen.

Oven: Preheat oven to 375°F. Coat a baking dish with non-stick cooking spray. Remove Stuffed Sole from the packaging. Place fish in baking. Place baking dish in the center rack of oven. Bake for 25 –30 minutes, or until fish flakes easily with a fork. Let stand for 2 minutes before serving.

Product must reach an internal temperature of 145°F