

EGG HARBOR (4) 5 oz. WILD CAUGHT SKIN-ON BLACK COD

Nutrition Facts	
4 servings per container	
Serving size	1 fillet (142g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 80mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1.8mg	10%
Potassium 510mg	10%
<small>* 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.</small>	

INGREDIENTS: Sablefish (Black Cod)

CONTAINS: Fish