

EGG HARBOR (10) 3.5 OZ. ORIGINAL BREADED CAPE HAKE FILET

Nutrition Facts	
10 servings per container	
Serving size 1 portion (3.5oz)	
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2.5g	12%
<i>Trans</i> Fat 0g	
Cholesterol 25mg	8%
Sodium 270mg	12%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D	2%
Calcium	0%
Iron	0%
Potassium	4%
<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: Cape Hake (Merluccius Capensis and/or Merluccius Paradoxus), Batter (Wheat Flour, Starch [Potato or Tapioca], Salt, Flavorings, Citric Acid), Breadcrumb (Wheat Flour, Wheat Gluten, Yeast, Vegetable Oil, Salt), Vegetable Oil, Pre-dust (Wheat Flour, Salt, Vegetable Oil).

Contains: Fish, Wheat

EGG HARBOR (10) 3.5 OZ. LEMON BREADED CAPE HAKE FILET

Nutrition Facts	
10 servings per container	
Serving size 1 portion (3.5oz)	
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1g	6%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	6%
Sodium 230mg	10%
Total Carbohydrate 15g	6%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 12.6mg	70%
Potassium 2350mg	50%
<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: Cape Hake (Merluccius Capensis and/or Merluccius Paradoxus, Batter (Wheat Flour, Starch [Potato or Tapioca], Salt Flavorings, Citric Acid), Breadcrumbs (Wheat Flour, Wheat Flour, Wheat Gluten, Yeast, Vegetable Oil [Sunflower]), Predust (Wheat Flour, Salt Vegetable Oil [Sunflower]).

Contains: Fish, Wheat, Barley.