

NUTRITIONAL FACTS

ANDERSON SEAFOODS

(10) 5.5 oz. Garlic and Herb Wild Cod

Nutrition Facts	
10 Servings Per Container	
Serving Size 5.5oz	
Amount Per Serving	
Calories	160
<small>% Daily Value*</small>	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
<i>Trans Fat 0g</i>	
Cholesterol 55mg	18%
Sodium 590mg	26%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0.8mg	4%
Calcium 0mg	0%
Iron 1.2mg	6%
Potassium 410mg	8%
<small>* The % Daily Values (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: COD, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, OLIVE OIL, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEA SALT, VEGETABLE OIL (CANOLA OIL, COTTONSEED, SOYBEAN, AND/OR SUNFLOWER), TORULA YEAST, SALT, DEHYDRATED GARLIC, SPICES, AUTOLYZED YEAST EXTRACT, DISODIUM GUANYLATE, DISODIUM INOSINATE, SOY FLOUR, SUGAR, FLOUR, GARLIC POWDER, YEAST, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), DEHYDRATED CHIVES, ONION POWDER, VINEGAR, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (COD), WHEAT, SOY

Allergen: Cod, Wheat and Soy