

NUTRITIONAL FACTS

ANDERSON SEAFOODS

(12) 5 oz. Wild Lemon Pepper Sole

Nutrition Facts	
Serving Size 5 oz Servings Per Container 12	
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 290mg	12%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 16g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4	

INGREDIENTS: Sole, Water, Vegetable Oil (Canola, Cottonseed, And/or Soybean), Modified Corn Starch, Rice Flour, Contains 2% Or Less Of: Spices, Sugar, Salt, Lemon Zest, Dehydrated Onion, Dehydrated Garlic, Natural Flavors, Citric Acid, Soy Lecithin, Sodium Tripolyphosphate (To Retain Moisture)
Contains: Fish (Sole), Soy, Milk

Allergen: Sole, Dairy, and Soy