

# NUTRITIONAL FACTS

ANDERSON SEAFOODS

(12) 4 oz. Crumb Battered Wild Alaskan Pollock

<b>Nutrition Facts</b>	
Serving Size	1 fillet 4 oz
About 12 pieces per container	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>240</b>
<b>Daily Value %</b>	
<b>Total Fat</b> 16g	<b>21%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>14%</b>
<b>Sodium</b> 390mg	<b>17%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	0%
Total Sugars 0g Added	0%
<b>Protein</b> 11g	
Vitamin D 0mcg 0%	• Iron 0.9mg 6%
Calcium 0mg 0%	• Potassium 150mg 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

**INGREDIENTS:**

ALASKA POLLOCK, BLEACHED WHEAT FLOUR, VEGETABLE OIL (CANOLA OIL AND SOYBEAN OIL), BUTTER (PASTEURIZED CREAM, SALT), CONTAINS 2% OR LESS OF: SALT, LACTIC ACID, SUGAR, SPICES, CHEDDAR CHEESE (MILK, CULTURES, SALT, ENZYMES), YELLOW CORN FLOUR, YEAST, UNSALTED BUTTER PASTEURIZED CREAM, NATURAL FLAVOR), ONION POWDER, NATURAL FLAVORS, EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), BETA CAROTENE (COLOR). CONTAINS: FISH (POLLOCK), WHEAT, MILK

Allergen: Pollock, Wheat, and Dairy