

NUTRITIONAL FACTS

ANDERSON SEAFOODS

(12) 4 oz. Lemon Pepper Battered Wild Alaskan Pollock

Nutrition Facts	
Serving Size	1 fillet 4 oz
About 12 pieces per container	
Amount Per Serving	
Calories	240
Daily Value %	
Total Fat 16g	21%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 45mg	14%
Sodium 430mg	19%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 0g Added	0%
Protein 11g	
Vitamin D 0mcg 0%	• Iron 0.4mg 2%
Calcium 0mg 0%	• Potassium 160mg 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, SOYBEAN OIL, BUTTER (PASTEURIZED CREAM, SALT), CONTAINS 2% OR LESS OF: SALT, DEHYDRATED ONION, WHEY, DEHYDRATED GARLIC, DEXTROSE, LEMON PEEL, SPICES, CITRIC ACID, YEAST, NATURAL FLAVOR, MALTODEXTRIN, SUGAR, BETA CAROTENE (COLOR), TURMERIC EXTRACT (COLOR). CONTAINS: FISH(POLLOCK), WHEAT, MILK

Allergens include pollock, dairy, and wheat