

Egg Harbor (10) 5 oz. Holland Sole

Nutrition Facts	
10 servings per container	
Serving size 1 filet (142g/5oz)	
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 70mg	23%
Sodium 115mg	5%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 0.8mcg 4% • Calcium 0mg 0%	
Iron 0.7mg 4% • Potassium 250mg 6%	
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Sole
Contains: Fish