

# NUTRITIONAL FACTS

ANDERSON SEAFOODS

(10) 4.7 oz. Country Style Wild Whiting

<b>Nutrition Facts</b>	
10 Servings Per Container	
Serving Size 4.7 oz	
Amount Per Serving	
<b>Calories</b>	<b>240</b>
	% Daily Value*
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 250mg	<b>13%</b>
<b>Total Carbohydrate</b> 15g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes less than 1g Added Sugars	<b>0%</b>
<b>Protein</b> 18g	
Vitamin D 1.3mcg	6%
Calcium 50mg	4%
Iron 0.9mg	6%
Potassium 260mg	6%
<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:**

SOUTHERN BLUE WHITING, ENRICHED BLEACH WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), WATER CONTAINS LESS THAN 2% OF THE FOLLOWING: YELLOW CORN FLOUR, ONION POWDER, GARLIC POWDER, SALT, SPICES, SUGAR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), GUAR GUM, YEAST, CARAMEL COLOR, PAPRIKA EXTRACT (COLOR), NATURAL FLAVORS.

CONTAINS: FISH (SOUTHERN BLUE WHITING), WHEAT.

Allergens: Whiting and Wheat