

Egg Harbor (10) 3 oz. Flame Grilled Cape Hake Filets

Nutrition Facts	
Serving Size:	3 oz (85g)
Servings Per Container:	10
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Amount Per Serving	Calories 70
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 170mg	7%
Total Carbohydrate <1g	0%
Dietary Fiber <1g	3%
Total Sugars <1g	
Protein 12g	
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Vitamin D 0%	• Potassium 58%
Calcium 10%	• Iron 10%
*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
Saturated 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

Ingredients: Cape Hake, Water, Vegetable Oil (Sunflower Seed and or Canola Oil), Maltodextrin, Maize Starch, Salt, Sugar, Lemon Paste (Ascorbic Acid), Garlic Powder, Spices, Garlic Oil, Lemon Oil, Citric Acid.

Contains: Cape Hake