

# Nutrition Facts

Serving size 1 piece (156g)

Amount Per Serving

**Calories** **330**

% Daily Value\*

**Total Fat** 15g **19%**

Saturated Fat 3g **15%**

*Trans* Fat 0g

**Cholesterol** 45mg **15%**

**Sodium** 370mg **16%**

**Total Carbohydrate** 30g **11%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 22g **44%**

Vitamin D 9mcg **45%**

Calcium 17mg **2%**

Iron 2mg **10%**

Potassium 371mg **8%**

\*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.

**INGREDIENTS:** FISH (BARRAMUNDI), BLEACHED FLOUR, CANOLA OIL, WATER, MODIFIED CORN STARCH, WHEAT FLOUR, CONTAINS LESS THAN 2% OF THE FOLLOWING: YELLOW CORN FLOUR, SALT, DEXTROSE, YEAST, GARLIC POWDER, SPICE EXTRACTIVE, ONION POWDER, SPICES (INCLUDING CELERY SEED), YEAST EXTRACT, SUGAR, CITRIC ACID, NATURAL FLAVORS.

**CONTAINS:** FISH (BARRAMUNDI), WHEAT