

Cod & broccoli strascinnati

Nutrition Facts

Serving Size: 1 (285g)

Servings Per Container: 1

Amount Per Serving

Calories 250 Calories from Fat 140

% Daily Value*

Total Fat 15g **23%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 2620mg **109%**

Total Carbohydrate 10g **3%**

Dietary Fiber 4g **16%**

Sugars 2g

Protein 22g

Vitamin A 90% • Vitamin C 230%

Calcium 10% • Iron 8%

* 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
Sat 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: BROCCOLI, FLOWER CLUSTERS, RAW, FISH, COD, PACIFIC, RAW, OLIVE OIL, EXTRA VIRGIN, GARLIC, KOSHER SALT

WHAT'S FOR SUPPER, INC.
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