

# Mediterranean Catfish with Tomatoes & Olives

## Nutrition Facts

Serving Size: 1 (340g)

Servings Per Container: 1

### Amount Per Serving

**Calories** 310      Calories from Fat 200

**% Daily Value\***

**Total Fat** 22g      **34%**

Saturated Fat 3.5g      **18%**

*Trans* Fat 0g

**Cholesterol** 60mg      **20%**

**Sodium** 870mg      **36%**

**Total Carbohydrate** 9g      **3%**

Dietary Fiber 1g      **4%**

Sugars 2g

**Protein** 18g

Vitamin A 10%      •      Vitamin C 35%

Calcium 4%      •      Iron 15%

\* 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: FISH, CATFISH, CHANNEL, FARMED, RAW, TOMATOES, OLIVES, OLIVE OIL, EXTRA VIRGIN, BLACK PEPPER, THYME, KOSHER SALT

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