

Salmon with Roasted Broccoli

Nutrition Facts

Serving Size: 1 (340g)

Servings Per Container: 1

Amount Per Serving

Calories 230 Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 550mg **23%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 26g

Vitamin A 45% • Vitamin C 130%

Calcium 6% • 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: FISH, SALMON, PINK, RAW, BROCCOLI, LEMON JUICE, OLIVE OIL, EXTRA VIRGIN, KOSHER SALT, BLACK PEPPER, DILL

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