

Salmon with Roasted Okra

Nutrition Facts

Serving Size: 1 (340g)

Servings Per Container: 1

Amount Per Serving

Calories 280 Calories from Fat 120

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 610mg **25%**

Total Carbohydrate 18g **6%**

Dietary Fiber 5g **20%**

Sugars 7g

Protein 26g

Vitamin A 15% • Vitamin C 120%

Calcium 8% • 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
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, OKRA, RAW, LEMON JUICE, LIMES, TOMATOES, SUN-DRIED, PACKED IN OIL, DRAINED, LEMON, CANOLA OIL, KOSHER SALT, BLACK PEPPER

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