Tilapia with Asian Slaw

Nutritio Serving Size: 1 (340 Servings Per Contain	g)	Facts		
Amount Per Serving	ı			
Calories 220	Cal	Calories from Fat 45		
		% Daily Value*		
Total Fat 5g		8%		
Saturated Fat 1g		5 %		
Trans Fat 0g				
Cholesterol 55mg	J	18%		
Sodium 480mg		20%		
Total Carbohydra	ate 1	8g 6 %		
Dietary Fiber 6g		24%		
Sugars 10g				
Protein 28g				
Vitamin A 50%	•	Vitamin C 200%		
Calcium 8%	•	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

	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
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INGREDIENTS: FISH, TILAPIA, RAW, CABBAGE, SCALLIONS, RED PEPPERS, BEAN SPROUTS, GARLIC CHILI PASTE, LIME JUICE, LEMON JUICE, TAMARI (WATER, SOYBEANS, SALT, ALCOHOL (TO PRESERVE FRESHNESS)), MIRIN, RICE COOKING WINE, CAPERS, BRINE., SESAME OIL, CANOLA OIL

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