Tilapia Fish Cakes & Oriental Slaw

Nutrition Facts

Serving Size: 1 (340g) Servings Per Container: 1

Amount Per Serv	ing		
Calories 260	Ca	lories fro	om Fat 90
		% Da	ily Value*
Total Fat 10g			15%
Saturated Fat 4	.5g		23%
Trans Fat 0g			
Cholesterol 12	5mg		42 %
Sodium 740mg			31%
Total Carbohy	drate 1	l0g	3%
Dietary Fiber 3	9		12%
Sugars 5g			
Protein 34g			
Vitamin A 35%	•	Vitami	n C 110%
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
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Total Fat Less than 65g 80g Sat Fat 25g Less than 20g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 375g 300g Dietary Fiber 25g 30g

INGREDIENTS: FISH, TILAPIA, COOKED, DRY HEAT, SCALLIONS, CABBAGE, RED PEPPERS, EGG, SHALLOTS, LEMON JUICE, SOY SAUCE, GHEE CLARIFIED BUTTER, SAMBAL OELEK, PARSLEY, KOSHER SALT, GARLIC, LEMON ZEST, GINGER, BLACK PEPPER (GROUND, COARSE)

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