Tilapia in Marinara with Cucumber Tomato Salad

Nutrition Facts Serving Size: 1 (340g) Servings Per Container: 1			
Amount Per Serving			
Calories 200	Ca	lories fro	m Fat 45
% Daily Value*			
Total Fat 5g			8 %
Saturated Fat		5%	
<i>Trans</i> Fat 0g			
Cholesterol 55mg 18%			18 %
Sodium 340mg 14 %			
Total Carbohydrate 14g5%			
Dietary Fiber 4g 16%			
Sugars 8g			
Protein 26g			
Vitamin A 50%	•	Vitam	in C 70%
Calcium 6%	•		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: TOMATOES, FISH, TILAPIA, RAW, CUCUMBER, TOMATOES, ONIONS, RED WINE VINEGAR, CARROTS, RAW, GRATED, CANOLA OIL, BLACK PEPPER, DIJON MUSTARD, KOSHER SALT, THYME

WHAT'S FOR SUPPER, INC. 120 GREENE STREET HUNTSVILLE, AL 35801