Tacos IP		-	
Nutrit Serving Size: 1 (Servings Per Co	340g)		cts
Amount Per Serving			
Calories 190 Calories from Fat 4			m Fat 45
% Daily Value*			
Total Fat 5g 8%			
Saturated Fat 1g 5%			5%
Trans Fat 0g			
Cholesterol 55mg 18%			
Sodium 420mg 18 %			
Total Carbohydrate 13g 4%			
Dietary Fiber 5g 20 %			
Sugars 5g			
Protein 26g			
Vitamin A 220%	٠	Vitam	in C 50%
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:			
Tatal Fat	Calories:	2,000	2,500
Total Fat Sat Fat	Less than Less than	65g 20g	80g 25g
Cholesterol	Less than	20g 300mg	259 300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Tilapia Lettuce Wrap

INGREDIENTS: TILAPIA FILET, ROMAINE, ROMA TOMATOES, RED ONION, GREEN CABBAGE, CILANTRO, LIME JUICE, LEMON JUICE, EXTRA VIRGIN OLIVE OIL, GRANULATED GARLIC, KOSHER SALT, BLACK PEPPER

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