# Nutrition Facts

**Serving Size**
**5.0 oz (142g)**

**Calories per serving 210**

| Amount/serving | % DV | Amount/serving | % DV |
|---|---|---|---|
| **Total Fat** 9g | **12%** | **Total Carb.** 1g | **0%** |
| Saturated Fat 1.5g | **7%** | Fiber 0g | **0%** |
| *Trans Fat* 0g | | Total Sugars 0g | |
| **Cholesterol** 80mg | **26%** | Incl.0g Added Sugars | **0%** |
| **Sodium** 1190m | **52%** | **Protein** 28g | |

Vitamin D 0% · Calcium 2% · Iron 8% · Potassium 15%

Lemon & Herb Baked Salmon

Ingredients: salmon, water, kosher salt, garlic, parsley, fresh dill, thyme, black pepper

Contains Fish