

# Nutrition Facts

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

**Calories**  
**per serving 210**

Amount/serving

% DV

**Total Fat** 7g

**9%**

Saturated Fat 1g

**5%**

*Trans Fat* 0g

**Cholesterol** 60mg

**20%**

**Sodium** 190mg

**8%**

Amount/serving

% DV

**Total Carb.** 9g

**3%**

Fiber 2g

**6%**

Total Sugars 1g

Incl.0g Added Sugars

**0%**

**Protein** 27g

Vitamin D 6% · Calcium 4% · Iron 8% · Potassium 20%

Cod Veracruz

Ingredients: pacific cod, tomatoes, yellow onion, olive oil, green olives, lemon juice, garlic, capers, parsley, fresh mint, thyme, bay leaf

Contains Fish