

Nutrition Facts

Serving Size
4.0 oz (113g)

Calories
per serving 180

Amount/serving	% DV
Total Fat 8g	10%
Saturated Fat 4.5g	23%
<i>Trans Fat</i> 0g	
Cholesterol 80mg	26%
Sodium 120mg	5%

Amount/serving	% DV
Total Carb. 1g	0%
Fiber 0g	0%
Total Sugars 0g	
Incl.0g Added Sugars	0%
Protein 26g	

Vitamin D 8% · Calcium 2% · Iron 4% · Potassium 15%

Lemon & Garlic Baked Cod

Ingredients: pacific cod, unsalted butter, garlic, lemon juice, parsley, lemon zest, paprika, kosher salt, cumin, white pepper, coriander

Contains Fish, Milk