Nutrition Facts

Serving Size
5.0 oz (142g)

Calories per serving 340

Amount/serving	% DV	Amount/serving	% DV
Total Fat 21g	**27%**	**Total Carb.** 10g	**4%**
Saturated Fat 14g	**70%**	Fiber 3g	**11%**
Trans Fat 0g		Total Sugars 3g	
Cholesterol 60mg	**20%**	Incl.0g Added Sugars	**0%**
Sodium 200mg	**9%**	**Protein** 28g	

Vitamin D 6% · Calcium 4% · Iron 8% · Potassium 15%

Goan-Style Cod

Ingredients: pacific cod, coconut milk, red onion, tomatoes, olive oil, cilantro, garlic, coriander, fresh ginger, kosher salt, turmeric, curry powder, black pepper, red chili flakes, cayenne pepper

Contains FishTree nuts (Coconut)