

Nutrition Facts

Serving Size
5.0 oz (142g)

Calories
per serving **190**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 1g	1%	Total Carb. 18g	7%
Saturated Fat 0g	0%	Fiber 0g	0%
<i>Trans Fat</i> 0g		Total Sugars 15g	
Cholesterol 60mg	20%	Incl.0g Added Sugars	0%
Sodium 590mg	26%	Protein 26g	

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

Maple & Soy Glazed Cod

Ingredients: pacific cod, maple syrup, soy sauce, cornstarch, Dijon mustard, black pepper, red chili flakes

Contains Fish, Soy