

Nutrition Facts

Serving Size
5.0 oz (142g)

Calories
per serving 410

Amount/serving	% DV
Total Fat 34g	44%
Saturated Fat 20g	101%
<i>Trans Fat</i> 0g	
Cholesterol 165mg	55%
Sodium 710mg	31%

Amount/serving	% DV
Total Carb. 1g	0%
Fiber 0g	0%
Total Sugars 0g	
Incl.0g Added Sugars	0%
Protein 24g	

Vitamin D 30% · Calcium 4% · Iron 4% · Potassium 8%

Herb Baked Sole

Ingredients: dover sole, unsalted butter, fresh dill, garlic, lemon zest, kosher salt, white pepper, parsley, garlic powder, onion powder

Contains Fish, Milk