

Nutrition Facts

Serving Size
4.0 oz (113g)

Calories
per serving 160

Amount/serving	% DV
Total Fat 10g	12%
Saturated Fat 5g	25%
<i>Trans Fat</i> 0g	
Cholesterol 80mg	27%
Sodium 460mg	20%

Amount/serving	% DV
Total Carb. 1g	0%
Fiber 0g	0%
Total Sugars 0g	
Incl.0g Added Sugars	0%
Protein 18g	

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

Lemon & Garlic Baked Sole

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

Contains Fish, Milk