

Nutrition Facts

Serving Size
8.0 fl oz

Calories
per serving 220

Amount/serving

% DV

Total Fat 5g

6%

Saturated Fat 1g

5%

Trans Fat 0g

Cholesterol 60mg

21%

Sodium 540mg

23%

Amount/serving

% DV

Total Carb. 21g

8%

Fiber 3g

11%

Total Sugars 4g

Incl.0g Added Sugars

0%

Protein 19g

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

Mediterranean Seafood Ragout

Ingredients: red potatoes, roasted tomatoes, cod, shrimp, red wine, clam juice, water, carrot, yellow onion, green bell pepper, puree tomato, olive oil, parmesan cheese, parsley, garlic, clam base, dried oregano, black pepper, red chili flakes

Contains Fish, Milk, Shellfish (Shrimp)