

Nutrition Facts

Serving Size
5.0 oz (142g)

Calories
per serving **190**

Amount/serving	% DV
Total Fat 4g	5%
Saturated Fat .5g	3%
<i>Trans Fat</i> 0g	
Cholesterol 60mg	20%
Sodium 560mg	24%

Amount/serving	% DV
Total Carb. 12g	4%
Fiber 1g	2%
Total Sugars 9g	
Incl.0g Added Sugars	0%
Protein 26g	

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

Miso & Yuzu Glazed Cod

Ingredients: pacific cod, mirin, green onion, white shiro miso, soy sauce, sesame oil, brown sugar, yuzu kosho, garlic, fresh ginger

Contains Fish, Soy