

Nutrition Facts

Serving Size
5.0 oz (142g)

Calories
per serving **160**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 2g	2%	Total Carb. 7g	3%
Saturated Fat 0g	0%	Fiber 2g	7%
<i>Trans Fat</i> 0g		Total Sugars 2g	
Cholesterol 60mg	20%	Incl.0g Added Sugars	0%
Sodium 210mg	9%	Protein 27g	

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

Moroccan Style Baked Cod

Ingredients: cod, water, garbanzo beans, roasted tomatoes, red bell pepper, tomato paste, lemon juice, cilantro, garlic, olive oil, ras el hanout, paprika, cumin

Contains Fish