

Nutrition Facts

Serving Size
5.0 oz (142g)

Calories
per serving 180

Amount/serving	% DV
Total Fat 9g	12%
Saturated Fat 3g	15%
<i>Trans Fat</i> 0g	
Cholesterol 75mg	24%
Sodium 510mg	22%

Amount/serving	% DV
Total Carb. 5g	2%
Fiber 1g	2%
Total Sugars 0g	
Incl.0g Added Sugars	0%
Protein 20g	

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

Sole Amandine

Ingredients: dover sole, panko, almond, unsalted butter, mayonnaise, parmesan cheese, parsley, kosher salt, paprika, black pepper

Contains Eggs, Fish, Milk, Soy, Tree nuts, Wheat