

Nutrition Facts

Serving Size
5.0 oz (142g)

Calories
per serving **220**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 7g	8%	Total Carb. 12g	4%
Saturated Fat 1g	5%	Fiber 2g	7%
<i>Trans Fat</i> 0g		Total Sugars 4g	
Cholesterol 60mg	20%	Incl.0g Added Sugars	0%
Sodium 880mg	38%	Protein 28g	

Vitamin D 6% · Calcium 6% · Iron 10% · Potassium 20%

Steamed Cod Over Napa Cabbage

Ingredients: cod, nappa cabbage, yellow onion, red bell pepper, green onion, cilantro

Contains Fish