

# Amberjack Fish Cakes & Slaw IP

## Nutrition Facts

Serving Size: 12 oz (340g)

Servings Per Container: 1

### Amount Per Serving

**Calories** 350      Calories from Fat 180

**% Daily Value\***

**Total Fat** 20g      **31%**

Saturated Fat 3.5g      **18%**

Trans Fat 0g

**Cholesterol** 265mg      **88%**

**Sodium** 420mg      **18%**

**Total Carbohydrate** 12g      **4%**

Dietary Fiber 3g      **12%**

Sugars 5g

**Protein** 30g

Vitamin A 40%      •      Vitamin C 120%

Calcium 10%      •      Iron 20%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: AMBERJACK, CIDER VINEGAR, EGG, SCALLIONS, CABBAGE, RED BELL PEPPERS, ZUCCHINI, EXTRA VIRGIN OLIVE OIL, SHALLOTS, LEMON JUICE, GARLIC, PARSLEY, KOSHER SALT, LEMON ZEST, BLACK PEPPER

CONTAINS: EGG, AMBERJACK

WHAT'S FOR SUPPER, INC.

120 GREENE STREET

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