

Lemon Cod Broccoli IP

Nutrition Facts

1 serving per container

Serving size

1 (340g)

Amount Per Serving

Calories

260

% Daily Value*

Total Fat 15g **19%**

Saturated Fat 9g **45%**

Trans Fat 0g

Cholesterol 80mg **27%**

Sodium 950mg **41%**

Total Carbohydrate 11g **4%**

Dietary Fiber 4g **14%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 23g

Vitamin D 0.6mcg 2%

Calcium 100mg 8%

Iron 1.8mg 10%

Potassium 870mg 20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: BROCCOLI, CORVINA, LEMON JUICE, GHEE, KOSHER SALT, BLACK PEPPER

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