

Mahi Mahi with Green Beans & Mushrooms IP

Nutrition Facts

Serving Size: 12 oz (340g)

Servings Per Container: 1

Amount Per Serving

Calories 260 Calories from Fat 120

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 90mg **30%**

Sodium 350mg **15%**

Total Carbohydrate 12g **4%**

Dietary Fiber 4g **16%**

Sugars 5g

Protein 26g

Vitamin A 45% • Vitamin C 50%

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: MAHI MAHI, MUSHROOMS, GREEN BEANS, SCALLIONS, DILL, EXTRA VIRGIN OLIVE OIL, GHEE, GARLIC, BLACK PEPPER, KOSHER SALT

WHAT'S FOR SUPPER, INC.
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