



SEAFOOD NUTRITION FACTS

ORANGE ROUGHY

Nutrition Facts

Serving Size: 1-4oz Filet Servings Per Container: 1

Calories 119	Amount per Serving	%Daily Value*
Total Fat	1g	
Sat. Fat	0g	
Cholesterol	90mg	
Sodium	78g	
Total Carbs.	0g	
Dietary Fiber	0g	
Sugars	0g	
Protein	26g	

*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established

Nutrition Facts

Serving Size: 1-6 oz Filet Servings Per Container: 1

Calories 179	Amount per Serving	%Daily Value*
Total Fat	1.5g	
Sat. Fat	0g	
Cholesterol	135mg	
Sodium	117mg	
Total Carbs.	0g	
Dietary Fiber	0g	
Sugars	0g	
Protein	38g	

*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established

Nutrition Facts

Serving Size: 1-8oz Filet Servings Per Container: 1

Calories 238	Amount per Serving	%Daily Value*
Total Fat	2g	
Sat. Fat	0g	
Cholesterol	180mg	
Sodium	156mg	
Total Carbs.	0g	
Dietary Fiber	0g	
Sugars	0g	
Protein	51g	

*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established

ROCK FISH

Nutrition Facts

Serving Size: 1-4oz Filet Servings Per Container: 1

Calories 126	Amount per Serving	%Daily Value*
Total Fat	2g	2%
Sat. Fat	0g	0%
Cholesterol	40mg	10%
Sodium	53mg	2%
Total Carbs.	3g	1%
Dietary Fiber	0g	
Sugars	0g	
Protein	26g	40%

*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established

Nutrition Facts

Serving Size: 1-6 oz Filet Servings Per Container: 1

Calories 190	Amount per Serving	%Daily Value*
Total Fat	3g	
Sat. Fat	0g	
Cholesterol	60mg	
Sodium	80mg	
Total Carbs.	4g	
Dietary Fiber	0g	
Sugars	0g	
Protein	40g	

*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established

Nutrition Facts

Serving Size: 1-8oz Filet Servings Per Container: 1

Calories 252	Amount per Serving	%Daily Value*
Total Fat	4g	
Sat. Fat	0g	
Cholesterol	80mg	
Sodium	106mg	
Total Carbs.	6g	
Dietary Fiber	0g	
Sugars	0g	
Protein	52g	

*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established

TILAPIA

Nutrition Facts

Serving Size: 1-4oz Filet Servings Per Container: 1

Calories 100	Amount per Serving	%Daily Value*
Total Fat	1g	
Sat. Fat	1g	
Cholesterol	55mg	
Sodium	75mg	
Total Carbs.	0g	
Dietary Fiber	0g	
Sugars	0g	
Protein	20g	

*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established

Nutrition Facts

Serving Size: 1-6 oz Filet Servings Per Container: 1

Calories 150	Amount per Serving	%Daily Value*
Total Fat	1.5g	
Sat. Fat	1.5g	
Cholesterol	82.5mg	
Sodium	112.5mg	
Total Carbs.	0g	
Dietary Fiber	0g	
Sugars	0g	
Protein	30g	

*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established

Nutrition Facts

Serving Size: 1-8oz Filet Servings Per Container: 1

Calories 200	Amount per Serving	%Daily Value*
Total Fat	2g	
Sat. Fat	2g	
Cholesterol	110mg	
Sodium	150mg	
Total Carbs.	0g	
Dietary Fiber	0g	
Sugars	0g	
Protein	40g	

*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established

SALMON

Nutrition Facts

Serving Size: 1-4oz Filet Servings Per Container: 1

Calories 130	Amount per Serving	%Daily Value*
Total Fat	5g	
Sat. Fat	0g	
Cholesterol	98mg	
Sodium	148mg	
Total Carbs.	0g	
Dietary Fiber	0g	
Sugars	0g	
Protein	22g	

*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established

Nutrition Facts

Serving Size: 1-6 oz Filet Servings Per Container: 1

Calories 195	Amount per Serving	%Daily Value*
Total Fat	7.5g	
Sat. Fat	0g	
Cholesterol	147mg	
Sodium	222mg	
Total Carbs.	0g	
Dietary Fiber	0g	
Sugars	0g	
Protein	33g	

*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established

Nutrition Facts

Serving Size: 1-8oz Filet Servings Per Container: 1

Calories 260	Amount per Serving	%Daily Value*
Total Fat	10g	
Sat. Fat	0g	
Cholesterol	196mg	
Sodium	296mg	
Total Carbs.	0g	
Dietary Fiber	0g	
Sugars	0g	
Protein	44g	

*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established