

Nutrition Facts

Serving size

4 oz (113g)

Amount Per Serving

Calories

113

% Daily Value*

Total Fat 1.5g			2%
Saturated Fat 0.3g			2%
Trans Fat 0g			
Cholesterol 42mg			14%
Sodium 72mg			3%
Total Carbohydrate 0g			0%
Dietary Fiber 0g			0%
Total Sugars 0g			
Includes 0g Added Sugars			0%
Protein 23.2g			44%
Vitamin D 461.04IU	●	Niacin	2%
Calcium 36.16mg	4%	● Vitamin B6	23%
Iron 0.20mg	1%	● Folate	1%
Potassium 545.21mg	10%	● Vitamin B12	57%
Vitamin A	2%	● Phosphorus	18%
Thiamin	5%	● Zinc	3%
Riboflavin	0%		

*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: Crimson Snapper, Carbon Monoxide used as a preservative to promote color retention.