

Nutrition Facts (Prepared)	
55 Servings Per Container	
Serving Size	98 g
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 320mg	14%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Sugar 0g	
Added Sugar 0g	0%
Protein 12g	
Vitamin D 0.0µg	0%
Potassium 284mg	6%
Calcium 36.0mg	2%
Iron 1.0mg	6%
Vitamin A 193.99IU	4%
Vitamin C 0.2mg	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: Grouper Fillets (Wild Caught), Bleached Wheat Flour, Vegetable Oil (Contains One Or More Of The Following: Soybean, Corn And/Or Cottonseed Oil), Water, Modified Corn Starch, Enriched Bleached Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains 2% Or Less Of: Salt, Red Pepper, Sodium Tripolyphosphate (To Retain Moisture), Yellow Corn Flour, Eggs, Whey, Soy Flour, Sodium Hexametaphosphate, Modified Cellulose, Xanthan Gum, Extractives Of Turmeric And Annatto.

Contains: Grouper, Wheat, Egg, Milk, Soy.