

Herb Butter Salmon



Nutrition Facts

Serving Size: 1 fillet (142g/5 oz)

Servings per Container: 2

Amount per Serving

Calories 350 Calories from Fat 230

		% Daily Value*
Total Fat	26g	41%
Saturated Fat	11g	57%
<i>Trans</i> Fat	0g	
Cholesterol	105mg	35%
Sodium	280mg	12%
Total Carbohydrate	3g	1%
Dietary Fiber	0g	0%
Sugars	less than 1g	
Protein	23g	

Vitamin A 10% • Vitamin C 10% • Calcium 2% • Iron 4%

*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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4