

Salmon Nuggets



Nutrition Facts

Serving Size: 3 oz. (84g/about 4 pieces)

Servings per Container: about 5

Amount per Serving

Calories 220 Calories from Fat 110

		% Daily Value*
Total Fat	12g	18%
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	20mg	7 %
Sodium	310mg	13%
Total Carbohydrate	19g	6%
Dietary Fiber	1g	4%
Sugars	1g	
Protein	10g	

Vitamin A 2% Vitamin C 2% Calcium 2% Iron 8%

*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