

# Asian Sesame Wild Salmon



## Nutrition Facts

Serving Size: 4oz (113g)  
 Servings per Container: 4

### Amount per Serving

|                           |                       |                       |
|---------------------------|-----------------------|-----------------------|
| <b>Calories</b> 230       | Calories from Fat 90  |                       |
|                           | <b>% Daily Value*</b> |                       |
| <b>Total Fat</b>          | 10g                   | 15%                   |
| Saturated Fat             | 1.5g                  | 8%                    |
| Trans Fat                 | 0g                    |                       |
| <b>Cholesterol</b>        | 50mg                  | 17%                   |
| <b>Sodium</b>             | 540mg                 | 23%                   |
| <b>Total Carbohydrate</b> | 19g                   | 6%                    |
| Dietary Fiber             | 1g                    | 3%                    |
| Sugars                    | 3g                    |                       |
| <b>Protein</b>            | 16g                   |                       |
| Vitamin A 2%              | Vitamin C 2%          | Calcium 4%    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