

Tilapia Tenders



Nutrition Facts

Serving Size: 2 pieces (113g/4 oz)
 Servings per Container: about 3

Amount per Serving		
Calories 280	Calories from Fat 130	
		% Daily Value*
Total Fat	14g	22%
Saturated Fat	2.5g	11%
Trans Fat	0g	
Cholesterol	25mg	9%
Sodium	460mg	19%
Total Carbohydrate	24g	8%
Dietary Fiber	1g	5%
Sugars	2g	
Protein	14g	
Vitamin A	0%	Vitamin C 0%
Calcium	2%	Iron 6%

*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