

Fish Sandwich

Nutrition Facts

Serving Size 1 Sandwich (223g)

Servings Per Container 1

Amount Per Serving

Calories 585 **Calories From Fat** 261

		% Daily Value*
Total Fat	29g	45%
Saturated Fat	4g	21%
Trans Fat	<1 g	0%
Cholesterol	31mg	10%
Sodium	993mg	41%
Total Carbohydrate	63g	21%
Dietary Fiber	2g	10%
Sugars	7g	

Protein 19g

Vitamin A 35% ● Vitamin C 11%

Calcium 7% ● Iron 18%

*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	

Ingredients: Pollock (Pollock, Breading [Enriched Wheat Flour, Salt, Dextrose, Yeast, Partially Hydrogenated Soybean Oil, Oleoresin Paprika, Annatto Extract], Batter [Water, Enriched Yellow Corn Flour, Modified Corn Starch, Salt, Leavening, Cellulose Gum, Spice Extractive, Soybean Oil]; Hamburger Roll (Wheat Flour [Barley], Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Salt, Dough Conditioners, Soy Oil, Corn Starch, Corn Flour, Soy Lecithin, Calcium Peroxide, Calcium Sulfate, Calcium Propionate, Calcium Phosphate, Calcium Iodate, Soy Flour, Spices, Flavor, Sesame Seeds); Tartar Sauce (Soybean Oil, Pickle Relish [Cucumbers, Vinegar, Water, Salt, Natural Flavor, Xanthan Gum], Corn Syrup, Water, Vinegar, Egg Yolk, Spices, Salt, Xanthan Gum, Onion, Propylene Glycol Alginate, Sodium Benzoate, Natural Colorings, Sugar, Turmeric, Blue #1); Green Leaf Lettuce; Trans Fat- Free Frying Oil.

Allergy Information: Fish, Wheat, Soybeans, Eggs

