

Greek Feta Fish

Nutrition Facts

Serving Size 1- 4 oz piece (155g)

Servings Per Container 1

Amount Per Serving

Calories 128 **Calories From Fat** 36

		% Daily Value*
Total Fat	4g	6%
Saturated Fat	2g	11%
Trans Fat	<1 g	0%
Cholesterol	58mg	19%
Sodium	241mg	10%
Total Carbohydrate	1g	0%
Dietary Fiber	<1g	0%
Sugars	<1g	

Protein 23g

Vitamin A 2% ● Vitamin C 3%

Calcium 4% ● Iron 3%

*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: Tilapia; Tomatoes; Red Onions; Feta Cheese (Pasteurized Milk, Salt, Cheese Culture, Enzymes); Lemon Juice; Fresh Parsley; Oregano.

Allergy Information: Fish, Milk