

Nutrition Facts

4 servings per container

1 fish and veggie packet

Serving size

packet

Amount Per Serving

Calories

140

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0.901g **5%**

Trans Fat 0.077g

Polyunsaturated Fat 0.614g

Monounsaturated Fat 0.87g

Cholesterol 50mg **17%**

Sodium 60mg **3%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **7%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 25g **50%**

Vitamin D 3.317mcg **15%**

Calcium 58mg **4%**

Iron 2.029mg **10%**

Potassium 466mg **10%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.