

# Nutrition Facts

Serving size

1 fillet

Amount Per Serving

**Calories**

**140**

% Daily Value\*

**Total Fat** 2g **3%**

Saturated Fat 0.8g **4%**

*Trans* Fat 0g

Polyunsaturated Fat 0.3g

Monounsaturated Fat 0.4g

**Cholesterol** 60mg **20%**

**Sodium** 260mg **11%**

**Total Carbohydrate** 9g **3%**

Dietary Fiber < 1g **2%**

Total Sugars 2g

Includes < 1g Added Sugars **1%**

**Protein** 21g **42%**

Vitamin D 0.5mcg **2%**

Calcium 90mg **6%**

Iron 0.7mg **4%**

Potassium 391mg **8%**

\*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.