

Nutrition Facts

1 salmon pound, 1/2 lb
Serving size potatoes & 1/2 lb broccoli

Amount Per Serving

Calories

680

% Daily Value*

Total Fat 40g	51%
Saturated Fat 7.4g	37%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 19g	
Monounsaturated Fat 11g	
Cholesterol 90mg	30%
Sodium 720mg	31%
Total Carbohydrate 40g	15%
Dietary Fiber 9g	32%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 44g	88%
Vitamin D 35mcg	180%
Calcium 202mg	15%
Iron 6.7mg	35%
Potassium 1950mg	40%

*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.