

Mirin Seared Salmon

Nutrition Facts

Varied servings per container

Serving size

1 Fillet and Sauce (1/3 of 3-Svg or 1/6 of 6-Svg) (0.0g)

Amount Per Serving

Calories

480

% Daily Value*

Total Fat 23g **29%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 95mg **32%**

Sodium 940mg **41%**

Total Carbohydrate 28g **10%**

Dietary Fiber 0g **0%**

Total Sugars 26g

Includes 18g Added Sugars **36%**

Protein 36g

Vitamin D 18.8mcg 90%

Calcium 30mg 2%

Iron 0.7mg 4%

Potassium 640mg 15%

* 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.

CONTAINS: WHEAT, SOY, SALMON

SIDE ITEMS (RICE, PASTA) ARE NOT INCLUDED.

MODIFICATIONS TO THE ORIGINAL RECIPE (LOW SODIUM, INGREDIENT SUBSTITUTIONS, ETC) WILL GREATLY ALTER THESE NUTRITIONAL FACTS