

# Mirin Seared Salmon

## Nutrition Facts

Serving Size: 1/3 Package (0.0g)

Servings Per Container: 3

### Amount Per Serving

**Calories** 480      Calories from Fat 210

### % Daily Value\*

**Total Fat** 23g      **35%**

Saturated Fat 5g      **25%**

*Trans* Fat 0g

**Cholesterol** 95mg      **32%**

**Sodium** 940mg      **39%**

**Total Carbohydrate** 28g      **9%**

Dietary Fiber 0g      **0%**

Sugars 26g

Sugar Alcohol 0g

**Protein** 36g

Vitamin A 6%      •      Vitamin C 10%

Calcium 4%      •      Iron 4%

\* 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

CONTAINS: WHEAT, SOY, SALMON

VALUES ARE FOR ENTREE AND DO NOT INCLUDE VALUES FOR SIDE ITEMS (RICE, PASTA, POTATOES, ETC).

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