

Crispy Fish Tacos

Nutrition Facts

Serving Size: 1/3 Package Excluding Tortillas (0.0g)

Servings Per Container: 3

Amount Per Serving

Calories 340 Calories from Fat 230

% Daily Value*

Total Fat	25g	38%
Saturated Fat	5g	25%
<i>Trans</i> Fat	0g	
Cholesterol	50mg	17%
Sodium	670mg	28%
Total Carbohydrate	17g	6%
Dietary Fiber	0g	0%
Sugars	4g	
Sugar Alcohol	0g	

Protein 15g

Vitamin A 6% • Vitamin C 0%

Calcium 4% • Iron 0%

* 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: MILK, WHEAT, SOY, COD

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