

Parmesan Herb Crusted Salmon Lighter Fixin's

Nutrition Facts

Serving Size: 1 Piece Prepared Salmon (0.0g)

Servings Per Container: 3

Amount Per Serving

Calories 460 Calories from Fat 280

% Daily Value*

Total Fat 32g **49%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 100mg **33%**

Sodium 580mg **24%**

Total Carbohydrate 5g **2%**

Dietary Fiber 0g **0%**

Sugars <1g

Sugar Alcohol 0g

Protein 38g

Vitamin A 25% • Vitamin C 10%

Calcium 10% • 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: MILK, 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