Nutrition Facts

Serving Size 5 oz (142g)
Servings Per Container 40

Amount Per Serving

Calories 414  Calories From Fat 126

% Daily Value

Total Fat 14g  21%
Saturated Fat 6g  25%
Trans Fat 0g

Cholesterol 89mg  30%

Sodium 1028mg  43%

Total Carbohydrates 34g  11%
Dietary Fiber 1g  4%

Protein 38g

Vitamin A 6%  Vitamin C 1%
Calcium 17%  Iron 2%

* Percent Daily Values are based on a 2000 calorie diet.

Ingredients
loin 5oz cod, Scape Pesto Bowtie (bow tie pasta, parmesan shaved cheese, scape pesto, lemon juice), parmesan shredded cheese, olive 80/20 blended oil, iodized salt, paprika spice

Contains: Fish, Milk, Soy

The following items are not included in the label data

Ingredient  Reason
Scape Pesto Bowtie  Incomplete nutrition information

The following items are not included in the list of ingredients because of missing conversions
vegetable stock