

Ingredients: Haddock, water and sodium tripolyphosphate (to retain moisture)

Allergen(s): Contain Fish (Haddock)

Nutrition Facts

Serving size 4oz (113g)

Amount per serving

Calories 80

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 60mg 20%

Sodium 240mg 10%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Sugar Alcohol 0g

Protein 18g 36%

Vitamin D 0.5mcg 2%

Calcium 12mg 0%

Iron 0.19mg 1%

Potassium 324mg 6%

*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.