

Salmon w/ Spinach Feta Cheese Stuffing-HEB

08/06/2014

<b>Nutrition Facts</b>	
Serving Size 4 oz (113g) Servings Per Container	
Amount Per Serving	
<b>Calories</b> 280	Calories from Fat 200
% Daily Value*	
<b>Total Fat</b> 22g	<b>34%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 250mg	<b>10%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 2g	
<b>Protein</b> 16g	
Vitamin A 30%	• Vitamin C 6%
Calcium 8%	• 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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Salmon, cream cheese (pasteurized milk and cream, whey protein concentrate, salt, carob bean gum, cheese culture), spinach, feta cheese (pasteurized cow's and/or sheep's milk, salt, cheese culture), bleached wheat flour, heavy cream (pasteurized cream and milk), dried onion, dried garlic, nonfat dried milk, egg whites, yeast, dextrose, salt, parsley. Color added

Contains: Fish (salmon), milk, wheat, egg