

Fresh Salmon Roast - HEB

08/06/2014

<b>Nutrition Facts</b>	
Serving Size 4 oz (113g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 280	Calories from Fat 150
% Daily Value*	
<b>Total Fat</b> 17g	<b>26%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 370mg	<b>15%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein</b> 16g	
Vitamin A 60% • Vitamin C 6%	
Calcium 4% • 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, crab meat, bleached wheat flour, dextrose, salt, yeast, water, mayonnaise (soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium EDTA ( to protect quality), dehydrated carrots, celery, red peppers, onions, maltodextrin, salt, autolyzed yeast extract, natural flavors, modified food starch (wheat), garlic, onion, parsley, sherry wine solids, citric acid, spices, flavorings, unsalted butter (pasteurized cream, natural flavor), celery salt (salt, celery seed), spices (including red pepper and black pepper), paprika. Color added

Contains: Fish (salmon), crustacean shellfish (crab), wheat, eggs, milk.