



Sautéed Tilapia with Angel Hair Pasta

Heating Instructions: Remove plastic lid.

Heat at 350° for 10-15 minutes or until warm.

SMALL **MEDIUM** **LARGE**

Nutrition Facts Serv. Size: 12 oz per person (340g), Servings: Varied, Amount Per Serving: **Calories** 490, Fat Cal. 120, **Total Fat** 13g (20% DV), Sat. Fat 6g (30% DV), *Trans Fat* 0g, **Cholest.** 110mg (37% DV), **Sodium** 210mg (9% DV), **Total Carb.** 48g (16% DV), Fiber 3g (12% DV), Sugars 4g, **Protein** 44g, Vitamin A (8% DV), Vitamin C (15% DV), Calcium (6% DV), Iron (20% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: TILAPIA, SEMOLINA (WHEAT), NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, AND FOLIC ACID, ARTICHOKE (ARTICHOKE HEARTS, WATER, SALT, CITRIC ACID, ASCORBIC ACID), LEMON SAUCE (HEAVY CREAM (HEAVY CREAM, SKIM MILK, CARRAGEENAN), WHITE WINE, LEMON JUICE, CAPERS, SALT, WHITE PEPPER), ONION, GRAPE TOMATOES, MUSHROOMS, LEMON JUICE, OLIVE OIL, GARLIC

CONTAINS: MILK, EGG, WHEAT, TILAPIA

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