Heating Instructions: Remove plastic lid. Cover loosely with foil. Heat at 350° for 25-30 minutes or until warm.

SMALL ❑ MEDIUM ❑ LARGE ❑

Nutrition Facts

Serving Size: 12 oz per person (340g)
Servings Per Container: Varied

Amount Per Serving	
Calories 400	Calories from Fat 120
	% Daily Value*
Total Fat 13g	**20**%
Saturated Fat 6g	**30**%
Trans Fat 0g	
Cholesterol 110mg	**37**%
Sodium 210mg	**9**%
Total Carbohydrate 30g	**10**%
Dietary Fiber 2g	**8**%
Sugars 2g	
Protein 39g	

Vitamin A 8%	•	Vitamin C 15%
Calcium 4%	•	Iron 15%

* 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
Sat 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

INGREDIENTS: TILAPIA, GLUTEN FREE RICE PASTA, 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, TILAPIA

1100 94TH AVE N ST. PETERSBURG FLORIDA 33702

Gluten Free Sauteed Tilapia w/ GF Angel Hair Pasta