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: 6 oz per person (340g)
Servings Per Container: Varied

Amount Per Serving	
Calories 320	Calories from Fat 230
	% Daily Value*
Total Fat 26g	**40%**
Saturated Fat 11g	**55%**
Trans Fat 0g	
Cholesterol 100mg	**33%**
Sodium 120mg	**5%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 18g	

Vitamin A 10%	•	Vitamin C 8%
Calcium 4%	•	Iron 2%

* 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: SALMON, LEMON SAUCE (HEAVY CREAM (HEAVY CREAM, SKIM MILK, CARRAGEENAN), WHITE WINE, LEMON JUICE, CAPERS, SALT, WHITE PEPPER)
CONTAINS: MILK, SALMON

1100 94TH AVE N ST. PETERSBURG FLORIDA 33702

Gluten Free Salmon with Lemon Caper Cream Sauce