

Mango Salmon (GF)

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

Nutrition Facts

Serving Size: 6 oz (425g)

Servings Per Container: Varied

Amount per serving

Calories 470

Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 1030mg **43%**

Total Carbohydrate 66g **22%**

Dietary Fiber 4g **16%**

Sugars 21g

Protein 22g

Vitamin A 20%

Vitamin C 60%

Calcium 4%

Iron 10%

* 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: GLUTEN FREE MANGO CH UT N EY (MANGO, APPLES, LEMON JUICE, HONEY, RED PEPPERS, BROWN SUGAR, SCALLIONS, SALT, CAYENNE PEPPER), SALMON, YELLOW RICE WITH SEASONING, DRY PACKET MIX,
UNPREPARED CONTAINS: SALMON