

Sauteed Tilapia w/GF Angel Hair Pasta

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

Nutrition Facts

Serving Size: 12 oz (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 CHEAVY 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