

Sauteed Tilapia w/Angel Hair Pasta

Heating Instructions: Remove plastic lid.
Heat at 350° for 10-15 minutes or until warm.

Nutrition Facts

Serving Size: 12 oz (340g)

Servings Per Container: Varied

Amount per serving

Calories 490

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 48g **16%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 44g

Vitamin A 8% • Vitamin C 15%

Calcium 6% • Iron 20%

* 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, 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