

**NUTRITIONAL INFORMATION - LEMON HERB BASA W/RICE**

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	296 cal	405 cal	533 cal
Protein	28g	36g	48g
Fat, total	2g	3g	4g
saturated	>0.1g	>0.1g	>0.1g
Carbohydrate, total	40g	58g	75g
sugars	4g	5g	6g
Sodium	1,364mg	1,732mg	1,994mg

**NUTRITIONAL INFORMATION - LEMON HERB BASA W/SWEET POTATO**

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	258 cal	348 cal	457 cal
Protein	28g	35g	47g
Fat, total	2g	3g	4g
saturated	>0.1g	>0.1g	>0.1g
Carbohydrate, total	29g	42g	55g
sugars	4g	5g	6g
Sodium	1,364mg	1,732mg	1,994mg

**NUTRITIONAL INFORMATION - LEMON HERB BASA W/PASTA**

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	339 cal	470 cal	618 cal
Protein	33g	43g	58g
Fat, total	4g	5g	7g
saturated	>0.1g	>0.1g	>0.1g
Carbohydrate, total	40g	58g	75g
sugars	6g	8g	9g
Sodium	1,379mg	1,754mg	2,024mg

**NUTRITIONAL INFORMATION - LEMON HERB BASA W/VEGETABLES**

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	193 cal	234 cal	292 cal
Protein	28g	34g	45g
Fat, total	2g	3g	4g
saturated	>0.1g	>0.1g	>0.1g
Carbohydrate, total	13g	15g	17g
sugars	7g	9g	9g
Sodium	1,395mg	1,762mg	2,024mg