

# Nutrition Facts

1 Meal servings per container

**Serving size** 1 item (335g)

**Amount per serving**

**Calories** **480**

**% Daily Value\***

**Total Fat** 20g **26%**

Saturated Fat 3g **15%**

*Trans*Fat 0g

**Cholesterol** 60mg **20%**

**Sodium** 570mg **25%**

**Total Carbohydrate** 52g **19%**

Dietary Fiber 5g **18%**

Total Sugars 3g

Includes g of Added Sugars

**Protein** 24g

Vitamin D 0mcg **0%**

Calcium 143mg **10%**

Iron 3mg **15%**

Potassium 747mg **15%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

INGREDIENTS: OVEN READY CRUNCHY BREADED FISH NUGGETS (64.4% Fish [Pollock], 18.2% Breeding, 17.4% Batter And Water. Fish [Pollock], Enriched Wheat Flour [Enriched with Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid],Water, Canola Oil, Modified Corn Starch, Wheat Flour, Yellow Corn Flour, Contains 2% or less of: Sugar, Salt, Bleached Wheat Flour, Spices [Including Celery Seed], Soybean Oil [Processing Aid], Silicon Dioxide [To Prevent Caking], Yeast, Calcium Propionate [Preservative], Spice Extractive, Dextrose, Garlic Powder,Onion Powder, Yeast Extract, Corn Syrup Solids, Citric Acid, Natural Flavors), GARLIC MASHED POTATOES (Water, Instant Mashed Potatoes [Potatoes, Mono And Diglycerides, Freshness Preserved With Sodium Bisulfite, BHT], Butter Buds [Whey Solids, Natural Flavor, Maltodextrin, Dehydrated Butter {Buttermilk Powder, Butter}, Guar Gum, Annatto, Turmeric {Color}], Granulated Garlic, Nonfat Dry Milk [Fortified Instant Nonfat Dry Milk {Calcium Carbonate, Vitamin A Palmitate, Vitamin D}], Parsley, Ground White Pepper), PARSLIED CARROTS (Carrots, Parsley)

**CONTAINS: Fish (Pollock), Soy, Milk, Wheat, Sulfites**

Manufactured by:



GA Foods, Inc.  
Saint Petersburg, Florida 33716

www.GAFoods.com

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