

Nutrition for EZ Meals - Three Compartment Meals - Seafood														
Product Name	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free Ingrid.	Allergens
Cod, Wild Garlic, Herb Potatoes, Honey Carrot	10oz.	294	74	8	1	0	65	1252	32	4	13	24	Y	Fish (Cod)
Salmon, Bourbon Glaze, Herb Potato, Brussel	12oz.	480	149	17	2	0.1	92	631	35	4	15	45	N	Soy, Wheat, Fish (Salmon)
Salmon, Mango Chipotle, Mac-Cheese, Beans	14oz.	687	193	21	11	0.1	117	1511	76	5	19	48	N	Soy, Wheat, Fish (Salmon)
Salmon, Teriyaki, Noodles, Steamed Vegetable	14oz.	466	95	11	2	0	105	1126	43	3	21	49	N	Soy, Wheat, Fish (Salmon)
Salmon, Seafood Stuffed, Mashed Potato, Carrot	16oz.	779	413	46	15	0.1	122	2232	49	4	18	36	N	Soy, Wheat, Fish (Salmon, Pollock) Crustacean (Crab)