

Nutrition for EZ Meal Cooking Bag - Seafood Items													10/28/19 ts	
Product Name	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans fats (g) *not a significant source of trans fat	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free Ingrid.	Allergens
Cod, Lemon Herb	6oz.	269	126	14	8	0	108	892	3	1	1	31	Y	Milk, Fish (Cod)
Cod, Mediterranean	6oz.	246	107	12	1	0	73	92	2	0.6	1	31	Y	Fish (Cod)
Cod, Three Pepper	6oz.	213	87	10	1	0	68	86	1	0.4	1	28	Y	Fish (Cod)
Cod, Wild Garlic	6oz.	245	112	13	2	0	73	718	1	0.5	0.2	31	Y	Fish (Cod)
Fish Taco Mix	4oz.	92	30	3	1	0	27	201	5	1	2	12	Y	Fish (Tilapia)
Salmon, Mediterranean	6oz.	322	164	18	3	0.1	78	128	2	0.6	1	35	Y	Fish (Salmon)
Salmon, Smokey Alabama	6oz.	430	281	31	11	0.1	113	642	1	0	1	35	Y	Milk, Fish (Salmon)
Salmon, Three pepper	6oz.	464	334	37	12	0	106	194	1	0.4	0.6	29	Y	Milk, Fish (Salmon)
Salmon, Wild Garlic	6oz.	321	169	19	3	0.1	78	754	1	0.5	0.2	35	Y	Fish (Salmon)
Shrimp, Fajita	4oz.	78	28	3	0.5	0	59	459	6	1	2	7	Y	Milk, Shellfish (Shrimp)
Shrimp, Lemon Herb	6oz.	207	108	12	7	0	205	1453	4	1	1	19	Y	Milk, Shellfish (Shrimp)
Shrimp, Mediterranean	6oz.	273	180	20	8	0	197	865	3	0.5	1	19	Y	Milk, Shellfish (Shrimp)
Shrimp, Smokey Alabama	6oz.	266	181	20	8	0	196	1166	3	0.2	1	18	Y	Milk, Shellfish (Shrimp)
Shrimp, Wild Garlic	6oz.	282	192	21	8	0	205	1419	2	0.1	0	19	Y	Milk, Shellfish (Shrimp)
Swordfish, Lemon Citrus	8oz.	473	302	34	11	0	159	275	1	0.2	0.5	39	Y	Milk, Fish (Swordfish)
Swordfish, Mediterranean Herb	8oz.	472	301	34	11	0	159	275	1	0.4	0.4	39	Y	Milk, Fish (Swordfish)
Swordfish, Smokey Alabama	8oz.	398	220	25	5	0	141	533	1	0	1	42	Y	Fish (Swordfish)
Swordfish, Three Pepper	8oz.	393	207	23	5	0	151	174	1	0.4	0.7	42	Y	Fish (Swordfish)
Swordfish, Wild Garlic	8oz.	474	305	34	11	0	159	813	0.3	0.1	0	39	Y	Milk, Fish (Swordfish)
Tilapia, Lemon Herb	9oz.	348	151	17	9	0	148	918	3	1	1	46	Y	Milk, Fish (Tilapia)
Tilapia, Mediterranean	9oz.	328	132	15	3	0	114	118	3	1	2	46	Y	Fish (Tilapia)
Tilapia, Three Pepper	9oz.	327	125	14	3	0	120	126	1	0.5	1	49	Y	Fish (Tilapia)
Tilapia, Wild Garlic	9oz.	321	136	15	3	0	114	744	0.3	0.1	0	46	Y	Fish (Tilapia)