

Egg Harbor 1Lb Bags Battered Grouper Fish Sticks

Nutrition Facts	
About 5 servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 230mg	10%
Total Carbohydrate 16g	6%
Dietary Fiber 5g	18%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 10g	20%
Vitamin D 2.4mcg	10%
Calcium 0mg	0%
Iron 0.9mg	6%
Potassium 220mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Grouper, wheat flour, water, modified starch, wheat gluten, salt, soy powder, flavor enhancer (Monosodium Glutamate), raising agent (Sodium Acid Pyrophosphate, Sodium Bicarbonate), thickener, corn starch, shortening, refined sugar, refined salt, yeast, bread improver (wheat starch)

Contains: Grouper, Wheat, Soy