



Good Chop Seafood Bundle

Nutrition Facts	Wild-Caught Sockeye Salmon	Alaskan Halibut	Gulf Shrimp	Wild-Caught Pacific Cod
	servings per container	6	2	4
Serving size	5 oz (142g)	4 oz (113g)	4 oz (113g)	4 oz (113g)
Amount per serving				
Calories	160	100	90	80
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	6g 8%	1.5g 2%	0g 0%	0g 0%
Saturated Fat	0g 0%	0g 0%	0g 0%	0g 0%
Trans Fat	0g	0g	0g	0g
Cholesterol	60mg 20%	0mg 0%	175mg 58%	55mg 18%
Sodium	100mg 4%	55mg 2%	350mg 15%	120mg 5%
Total Carbohydrate	0g 0%	75g 27%	0g 0%	0g 0%
Dietary Fiber	0g 0%	0g 0%	0g 0%	0g 0%
Total Sugars	0g	0g	0g	0g
Includes Added Sugars	0g 0%	0g 0%	0g 0%	0g 0%
Protein	28g	21g	21g	17g
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.	Vitamin D	17mcg 90%	5mcg 25%	0mcg 0%
	Calcium	12mg 0%	8mg 0%	75mg 6%
	Iron	0mg 0%	0mg 0%	0mg 0%
	Potassium	539mg 10%	494mg 10%	185mg 4%
				270mg 6%