

Baked Haddock

Number of Servings: 1 (91.21 g per serving)

Ingredient	Comments
Fish, haddock, fillet, raw	fish, soy
Secret Seasoning	
Ever-Rich Liquid Butter	

Nutrition Facts	
Serving Size 1 Fillet (91g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 1110mg	46%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 16g	
Vitamin A 2%	• Vitamin C 0%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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