

Sam Adams Battered Alaskan White Fish

Number of Servings: 1 (135.61 g per serving)

Ingredient	Comments
Flour, all purpose, bleached, enrich	
Salt, table	
Spice, paprika	
Spice, pepper, white	
Beer, ale	
Flour, all purpose, bleached, enrich	
Fish, pollock, Atlantic, fillet, raw	
Oil, soybean, salad or cooking	

Nutrition Facts	
Serving Size 2 pieces (136g)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 170
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 180mg	8%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 17g	
Vitamin A 4%	• Vitamin C 0%
Calcium 6%	• Iron 2%
*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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