

Baked Haddock & Shrimp Scampi Sauce

Ingredient	Comments
Fish, haddock, fillet, raw	contains fish, shellfish, wheat, soy
Secret Seasoning	
Spice, paprika	
Ever-Rich Liquid Butter	
Shrimp Scampi Sauce	

Nutrition Facts	
Serving Size 1 Fillet (152g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 890mg	37%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 24g	
Vitamin A 4%	• Vitamin C 0%
Calcium 4%	• Iron 8%
*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	

Notes:

10/7/2009

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