

Breaded Vege Skallops

Nutrition Facts	
Serving Size 3 ounces (77g)	
Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 5
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0g	1%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 10mg	3%
Sodium 320mg	14%
Potassium 40mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	10%
Sugars less than 1g	
Protein 11g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 6%
Thiamin 10%	• Riboflavin 4%
Niacin 4%	• Vitamin B6 0%
Folacin 6%	• Vitamin B12 0%
Phosphorus 6%	• Zinc 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
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	* Carbohydrate 4 * Protein 4