

Seafood



Alaskan Cod

Nutrition Facts	
Variable servings per container	
Serving size	3 oz (85g)
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 260mg	11%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 200mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Cod.

CONTAINS: Fish.



Alaskan King Crab Legs

Nutrition Facts	
Variable servings per container	
Serving size	3 oz (85g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> --g	
Cholesterol 35mg	12%
Sodium 710mg	31%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D --mcg	--%
Calcium 39mg	4%
Iron 1mg	6%
Potassium 173mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Crab.

CONTAINS: Shellfish.



Almond Lemon Salmon

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 45mg	15%
Sodium 70mg	3%
Total Carbohydrate 2g	1%
Dietary Fiber --g	--%
Total Sugars 0g	
Includes --g Added Sugars	--%
Protein 14g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 0mg	0%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Salmon, Almonds, Panko Bread Crumbs (Wheat Flour, Salt, Glucose, Yeast, Soybean Oil), Salt, Spice, Lemon.

CONTAINS: Fish and Tree Nuts.



Asian Salmon Burger

Nutrition Facts	
Variable servings per container	
Serving size	4 oz (113g)
Amount per serving	
Calories	190
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 670mg	29%
Total Carbohydrate 14g	5%
Dietary Fiber --g	--%
Total Sugars 3g	
Includes --g Added Sugars	--%
Protein 18g	
Vitamin D --mcg	--%
Calcium 40mg	4%
Iron 1mg	6%
Potassium --mg	--%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Salmon, Seasonings(Wheat Flour, Brown Sugar, Sesame Seeds, Dehydrated Carrots, Sea Salt, Carrageenan Powder,(Wheat, Soybeans, Salt) Maltodextrin, Salt) Dehydrated Garlic, and Chives, Contains no more than 2% Soybean Oil and Silicon Dioxide (added to prevent caking) Water, Sesame Oil.

CONTAINS: Fish, Wheat, and Soy.



Atlantic Salmon

Nutrition Facts	
Variable servings per container	
Serving size	3 oz (85g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 2.5g	13%
<i>Trans Fat</i> --g	
Cholesterol 45mg	15%
Sodium 50mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 9mcg	45%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 309mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Fish.

CONTAINS: Fish.



Bacon Wrapped Chipotle Shrimp

Nutrition Facts	
Variable servings per container	
Serving size	4 oz (113g)
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 1650mg	72%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 0mg	0%
Potassium 80mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Shrimp, Bacon (Pork, cured with Water, Salt, Sugar, Natural Smoke Flavor, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite), Seasoning (Sugar, Salt, Spices, Paprika, Garlic Powder, Mustard Flour, Natural Smoke Flavor, less than 2% Silicon Dioxide (added as an anti-caking agent)), Jalapeno Peppers, Cream Cheese (Milk, Cheese Cultures, Salt, Locust Bean Gum).

CONTAINS: Shellfish, Milk, and Soy.



BBQ Salmon Burger

Nutrition Facts	
Variable servings per container	
Serving size	4.5oz (113g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 270mg	12%
Total Carbohydrate 16g	6%
Dietary Fiber --g	--%
Total Sugars 6g	
Includes --g Added Sugars	--%
Protein 17g	
Vitamin D --mcg	--%
Calcium 52mg	4%
Iron 1mg	6%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Wild Pacific Salmon, Bread Crumb (Unbleached Wheat Flour, Natural Cane Sugar, Yeast, Sea Salt), Roasted Poblano Pepper, Onion, Tomato Puree (Water, Tomato Paste, Citric Acid), Brown Sugar, Natural Butter Flavor (Water, Propylene Glycol and Natural Flavor), Tomato Paste (Tomato, Salt, Citric Acid), Vinegar, Water, Cayenne Pepper Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Garlic Powder), Molasses Smoke Flavor (Water, Natural Hickory Smoke Concentrate), Worcestershire Sauce (Distilled White Vinegar, Molasses (Sugarcane), Sugar, Water, Salt, Onions, Anchovies, Garlic Cloves, Tamarind Extrat, Natural Falvorings, Chili Pepper Extract), Sea Salt, Chili Powder, Paprika, Carrageenan Gum, Beet Powder, White Pepper, Garlic, Allspice Cloves.

CONTAINS: Fish, Milk, and Wheat.



Black Tiger Shrimp

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	50
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 630mg	27%
Total Carbohydrate 0g	0%
Dietary Fiber --g	--%
Total Sugars 0g	
Includes --g Added Sugars	--%
Protein 11g	
Vitamin D --mcg	--%
Calcium 45mg	4%
Iron 0mg	0%
Potassium --mg	--%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Shrimp.

CONTAINS: Shellfish.



Blue Point Oysters

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	45
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 70mg	3%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 4mg	20%
Potassium 133mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Oysters.

CONTAINS: Shellfish.



Bruschetta Salmon Burger

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 60mg	20%
Sodium 390mg	17%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 1mg	6%
Potassium 338mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Salmon (Wild), Chopped Roasted Tomatoes in Oil (Tomatoes, Non GMO Canola Oil, Organic White Vinegar, Salt, Spices), Bread Crumbs (Bleached Wheat Flour, Yeast, Sugar, Salt), Basil, Dried Roasted Garlic, Kosher Salt (Salt, Yellow Prussiate of Soda), Ground Black Pepper (Black Peppercorn).

CONTAINS: Fish and Wheat.



Catfish

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 45mg	15%
Sodium 85mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 257mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Catfish.

CONTAINS: Fish.



Center Cut Salmon

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2.5g	13%
Trans Fat --g	
Cholesterol 45mg	15%
Sodium 50mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 9mcg	45%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 309mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Salmon.

CONTAINS: Fish.



Center Cut Seasoned Salmon

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 190mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 9mcg	45%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 310mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Salmon, Seasoning (Salt, Sugar, Spices (including Paprika, Turmeric), Onion, Cornstarch, Garlic, Tricalcium Phosphate (added to prevent caking), Natural Flavor, Paprika Oleoresin (added for color)), Salt, Pepper, and Parsley.

CONTAINS: Fish.



Cherrystone Clams

Nutrition Facts	
Variable servings per container	
Serving size	3 oz (85g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 510mg	22%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 1mg	6%
Potassium 39mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Clams.

CONTAINS: Shellfish.



Cider Marinated Salmon

Nutrition Facts	
Variable servings per container	
Serving size	5 oz (142g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 105mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber --g	--%
Total Sugars 10g	
Includes --g Added Sugars	--%
Protein 21g	
Vitamin D --mcg	--%
Calcium 20mg	2%
Iron 0mg	0%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Salmon, Cider Marinade(Molasses, Vinegar Flavor (Maltodextrin, Food Starch Modified, Vinegar),Food Starch (Modified, Natural Butter Flavor, Xanthan Gum, Spices, Sodium Diacetate, Natural Artificial Flavor, Contains less than 1% Soybean Oil (added to prevent caking)),Water.

CONTAINS: Fish, Milk and Soy.



Citrus Coconut Tilapia

Nutrition Facts	
Variable servings per container	
Serving size	4 oz (113g)
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 600mg	26%
Total Carbohydrate 9g	3%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 17g	
Vitamin D --mcg	--%
Calcium 20mg	2%
Iron 1mg	6%
Potassium --mg	--%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Tilapia, Canola Oil, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Egg Whites, Corn Starch, Yeast Extract, Lemon Flavor (Sugar, Maltodextrin, Natural Flavor, Lecithin), Spices, Corn Syrup Solids, Garlic Powder, Canola Oil, Citric Acid, Gum Arabic, Natural Flavors, Coconuts, Powdered Sugar, Salt, Soybean Oil, Yeast, Lemon Juice Solids.

CONTAINS: Fish, Soy, Wheat, and Tree Nut Oil.



Citrus Grill Tiger Shrimp

Nutrition Facts

Variable servings per container
Serving size **4 oz (113g)**

Amount per serving
Calories 80

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 920mg	40%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 0mg	0%
Potassium 126mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Shrimp, Seasoning (Salt, Sugar, Spices, Food Starch Modified, Citric Acid, Dehydrated Red Bell Peppers, Dehydrated Garlic, Dehydrated Onion, Lemon Peel, Maltodextrin, Natural Flavors, and Extractives of Paprika (added for color)).

CONTAINS: Shellfish.



Cod Fillets

Nutrition Facts	
Variable servings per container	
Serving size	3 oz (85g)
Amount per serving	
Calories	210
	% Daily Value*
Total Fat 17g	22%
Saturated Fat 2g	10%
Trans Fat 4.5g	
Cholesterol 30mg	10%
Sodium 35mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 1mcg	6%
Calcium 11mg	0%
Iron 0mg	0%
Potassium 281mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Cod, Partially Hydrogenated Canola Oil.

CONTAINS: Fish.



Coho Salmon Fillet

Nutrition Facts	
Variable servings per container	
Serving size	3 oz (85g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat --g	
Cholesterol 50mg	17%
Sodium 50mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D --mcg	--%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 323mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Salmon.

CONTAINS: Fish.



Crab Claws

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat --g	
Cholesterol 35mg	12%
Sodium 710mg	31%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D --mcg	--%
Calcium 39mg	4%
Iron 1mg	6%
Potassium 173mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Crab.

CONTAINS: Shellfish.



Crawfish

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat --g	
Cholesterol 95mg	32%
Sodium 50mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 23mg	2%
Iron 1mg	6%
Potassium 257mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Crawfish.

CONTAINS: Shellfish.



Encrusted Tilapia

Nutrition Facts	
variable servings per container	
Serving size	4oz (184g)
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Amount per serving	
Calories	210
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 85mg	28%
Sodium 120mg	5%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 36g	
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Vitamin D 5mcg	25%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 514mg	10%
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*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: Tilapia Fillet, Authentic Japaense Panko Crumbs (Bread Crumbs (Bleached Wheat Flour, Dextrose, Yeast, Salt), Dehydrated Tomato, Dextrose, Beet Powder, Vegetable Oil, Salt, Spices, Sugar, Dehydrated Onion, Autolyzed Yeast Extract, Oleoresin Paprika and Turmeric (added for color), Disodium Inosinate, Disodium Guanylate, Soybean Oil, Soy Lecithin).

CONTAINS: Wheat, Fish, and Soy.



Garlic Butter Tiger Shrimp

Nutrition Facts	
Variable servings per container	
Serving size	4 oz (113g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 140mg	47%
Sodium 710mg	31%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 0mg	0%
Potassium 126mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Shrimp, Garlic Butter (Partially Hydrogenated Soybean and/or Cottonseed Oil, Milk, Cultures, Salt, Enzymes, Salt, Modified Food Starch, Yellow 5 Lake, Natural Flavor, less than 2% Silicon Dioxide (added to prevent caking)).

CONTAINS: Shellfish, Milk, and Soy.



Haddock

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 45mg	15%
Sodium 180mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 243mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Haddock.

CONTAINS: Fish.



Halibut

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat --g	
Cholesterol 40mg	13%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 4mcg	20%
Calcium 6mg	0%
Iron 0mg	0%
Potassium 370mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Halibut.

CONTAINS: Fish.



Jerk Salmon

Nutrition Facts	
Variable servings per container	
Serving size	3 oz (85g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat --g	
Cholesterol 50mg	17%
Sodium 50mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D --mcg	--%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 323mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Salmon.

CONTAINS: Fish.



King Salmon

Nutrition Facts	
Variable servings per container	
Serving size	3 oz (85g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat --g	
Cholesterol 50mg	17%
Sodium 40mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D --mcg	--%
Calcium 36mg	2%
Iron 1mg	6%
Potassium 315mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Salmon.

CONTAINS: Fish.



Lemon Dill Salmon Burger

Nutrition Facts	
Variable servings per container	
Serving size	4 oz (113g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 45mg	15%
Sodium 220mg	10%
Total Carbohydrate 8g	3%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 20g	
Vitamin D --mcg	--%
Calcium 21mg	2%
Iron 1mg	6%
Potassium --mg	--%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Salmon, Seasoning (Wheat Flour, Carrageenan Blend [Carrageenan, Maltodextrin], Citric Acid, Corn Syrup Solids, Maltodextrin, Dextrose, Sea Salt, Spices, Paprika, Garlic Powder, Onion Powder, Lemon Juice Solids, Natural Flavor, Beet Powder, Parsley, Canola Oil, Natural Smoke Flavor, not more than 2% Silicon Dioxide added to prevent caking), Water, Canola Oil.

CONTAINS: Fish and Wheat.



Lemon Herb Tilapia

Nutrition Facts

Variable servings per container
Serving size 4 oz (113g)

Amount per serving
Calories 260

	% Daily Value*
Total Fat 18g	23%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 710mg	31%
Total Carbohydrate 11g	4%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 16g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 0mg	0%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Tilapia, Canola Oil, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Egg Whites, Corn Starch, Yeast Extract, Lemon Flavor (Sugar, Maltodextrin, Natural Flavor, Lecithin), Spices, Corn Syrup Solids, Garlic Powder, Citric Acid, Gum Arabic, Natural Flavors, Sea Salt, Lemon Peel, Soybean Oil, Spices.

CONTAINS: Fish, Wheat, Eggs, and Soy.



Little Neck Clams

Nutrition Facts	
Variable servings per container	
Serving size	3 oz (85g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 25mg	8%
Sodium 510mg	22%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 1mg	6%
Potassium 39mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Clams.

CONTAINS: Shellfish.



Lobster Cakes

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 25mg	8%
Sodium 950mg	41%
Total Carbohydrate 16g	6%
Dietary Fiber --g	--%
Total Sugars 3g	
Includes --g Added Sugars	--%
Protein 8g	
Vitamin D --mcg	--%
Calcium 13mg	2%
Iron 3mg	15%
Potassium --mg	--%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Lobster Meat, Eggs, Mayonnaise (Soybean Oil, Water, Eggs, Vinegar, Egg Yolks, Lemon Juice, Salt, Sugar, Calcium Disodium EDTA (added as a preservative), Cracker Meal (Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Soybean Oil, Salt, Sodium Bicarbonate, Malted Barley Flour, Calcium Carbonate, Yeast), Yellow Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spice, Garlic Powder, Natural Flavor), Worcestershire Sauce (Vinegar, Molasses, High Fructose Corn Syrup, Anchovies, Water, Hydrolyzed Soy and Corn Protein, Onions, Tamarinds, Salt, Garlic Cloves, Chili Peppers, Natural Flavorings, Shallots, Vinegar, Salt, Parsley, Spices.

CONTAINS: Shellfish, Fish, Eggs, Soy, Eggs, and Wheat.



Lobster Tails

Nutrition Facts	
Variable servings per container	
Serving size	3 oz (85g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 110mg	37%
Sodium 360mg	16%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 0mg	0%
Potassium 170mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Lobster.

CONTAINS: Shellfish.



Mako Shark

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
<i>Trans Fat</i> --g	
Cholesterol 45mg	15%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 1mcg	6%
Calcium 29mg	2%
Iron 1mg	6%
Potassium 136mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Shark.

CONTAINS: Fish.



Maple Mesquite Salmon Burger

Nutrition Facts	
Variable servings per container	
Serving size	4 oz (113g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 45mg	15%
Sodium 510mg	22%
Total Carbohydrate 14g	5%
Dietary Fiber --g	--%
Total Sugars 5g	
Includes --g Added Sugars	--%
Protein 19g	
Vitamin D --mcg	--%
Calcium 21mg	2%
Iron 1mg	6%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Salmon, Seasoning (White Flour, Maple Granules [Refinery Syrup, Maple Syrup, Natural Flavors], Maltodextrin, Red and Green Bell Pepper, Sea Salt, Carrageenan Blend (Carrageenan, Maltodextrin), Natural Flavor, Smoke Flavor, not more than 2 % Silicon Dioxide (added to prevent caking)), Water, Canola Oil.

CONTAINS: Fish and Wheat.



Maryland Crab Cake

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat --g	
Cholesterol 120mg	40%
Sodium 690mg	30%
Total Carbohydrate 9g	3%
Dietary Fiber --g	--%
Total Sugars 0g	
Includes --g Added Sugars	--%
Protein 21g	
Vitamin D --mcg	--%
Calcium 107mg	8%
Iron 2mg	10%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Crabmeat, Eggs, Mayonnaise (Soybean Oil, Water, Eggs, Vinegar, Egg Yolks, Lemon Juice, Salt, Sugar, Calcium Disodium EDTA As A Preservative), Cracker Meal (Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Soybean Oil, Salt, Sodium Bicarbonate, Malted Barley Flour, Calcium Carbonate, Yeast), Yellow Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spice, Garlic Powder, Natural Flavor), Worcestershire Sauce (Vinegar, Molasses, High Fructose Corn Syrup, Anchovies, Water, Hydrolyzed Soy And Corn Protein, Onions, Tamarinds, Salt, Garlic Cloves, Chili Peppers, Natural Flavorings, Shallots, Vinegar, Salt, Parsley, Spices.

CONTAINS: Shellfish, Fish, Eggs, Soy, and Wheat.



Mediterranean Salmon Burger

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 590mg	26%
Total Carbohydrate 10g	4%
Dietary Fiber --g	--%
Total Sugars 2g	
Includes --g Added Sugars	--%
Protein 18g	
Vitamin D --mcg	--%
Calcium 104mg	8%
Iron 1mg	6%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Wild Pacific Salmon, Spinach Mix (Spinach, Milk, Butter (Cream, Salt), Onion, Parmesan Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose), Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Modified Food Starch, Fresh Garlic, Salt, Spices, Celery Salt, Xanthan/Guar Gum), Feta Cheese (Sheep's Milk, Salt, Enzymes), Panko Bread Crumbs (Unbleached Wheat Flour, Evaporated Cane Juice, Yeast, Sea Salt), Natural Flavor (Whey, Butter Oil, Salt, Sugar, Guar Gum), Salt, Carrageenan Gum.

CONTAINS: Fish, Milk, and Wheat.



Miso Ginger Salmon Fillet

Nutrition Facts	
variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 3g	15%
Trans Fat --g	
Cholesterol 55mg	18%
Sodium 270mg	12%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 11mcg	60%
Calcium 13mg	2%
Iron 1mg	6%
Potassium 376mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Skinless Salmon (Farmed), Miso Ginger Sauce (Water, Sugar, Soy Sauce (Water, Salt, Wheat, Soybeans, Alcohol, Lactic Acid, Acetic Acid) Diced Ginger, Miso (Water, Rice, Soybeans, Salt, Alcohol), Modified Food Starch, Salted Sake (Salted Rice Wine), Salt, Ginger Puree, Distilled Vinegar, Sodium Ascorbate, Paprika Oleoresin Color, Xanthan Gum).

CONTAINS: Fish, Soy, and Wheat.



Mussels

Nutrition Facts	
Variable servings per container	
Serving size	3 oz (85g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans Fat</i> --g	
Cholesterol 25mg	8%
Sodium 240mg	10%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 3mg	15%
Potassium 272mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Mussels.

CONTAINS: Shellfish.



Northern Pike Fillets

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> --g	
Cholesterol 35mg	12%
Sodium 35mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 2mcg	10%
Calcium 48mg	4%
Iron 0mg	0%
Potassium 220mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Pike.

CONTAINS: Fish.



Raw Peeled Shrimp

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 640mg	28%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 61mg	4%
Iron 0mg	0%
Potassium 128mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Shrimp.

CONTAINS: Shellfish.



Roasted Onion and Bacon Salmon Burger

Nutrition Facts	
Variable servings per container	
Serving size	4 oz (113g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 45mg	15%
Sodium 300mg	13%
Total Carbohydrate 11g	4%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 21g	
Vitamin D --mcg	--%
Calcium 41mg	4%
Iron 1mg	6%
Potassium --mg	--%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Salmon, Seasoning (Wheat Flour, Dehydrated Onion, Yeast Extract, Pork Stock [Pork Stock, Salt], Carrageenan Blend [Carrageenan, Maltodextrin], Dextrose, Onion Powder, Sea Salt, Spices, Dehydrated Garlic, Canola Oil, Natural Flavors, Chive s, Natural Smoke Flavor, Not more than 2% Silicon Dioxide added to prevent caking), Water, Canola Oil.

CONTAINS: Fish and Wheat.



Rosemary Salmon

Nutrition Facts	
Variable servings per container	
Serving size	4 oz (113g)
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 3.5g	18%
<i>Trans Fat</i> 0g	
Cholesterol 60mg	20%
Sodium 520mg	23%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 12mcg	60%
Calcium 36mg	2%
Iron 1mg	6%
Potassium 419mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Salmon, Rosemary, Garlic.

CONTAINS: Fish.



Salmon Burger

Nutrition Facts	
Variable servings per container	
Serving size	4 oz (113g)
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 460mg	20%
Total Carbohydrate 9g	3%
Dietary Fiber --g	--%
Total Sugars 0g	
Includes --g Added Sugars	--%
Protein 18g	
Vitamin D --mcg	--%
Calcium 20mg	2%
Iron 0mg	0%
Potassium --mg	--%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Salmon, Wheat Flour, Sea Salt, Carrageenan Powder, Spices, Dehydrated Onion, Dried Lemon Juice, Dehydrated Garlic, Soybean Oil, Water, Canola Oil.

CONTAINS: Fish, Soy, and Wheat.



Salmon Fillets

Nutrition Facts	
variable servings per container	
Serving size	4oz (113g)
<hr/>	
Amount per serving	
Calories	240
<hr/>	
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat --g	
Cholesterol 60mg	20%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 23g	
<hr/>	
Vitamin D 12mcg	60%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 412mg	8%
<hr/>	
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Salmon (Farmed).

CONTAINS: Fish.



Salmon Pinwheel with Lobster Stuffing

Nutrition Facts	
Variable servings per container	
Serving size	4 oz (113g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 220mg	10%
Total Carbohydrate 7g	3%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 18g	
Vitamin D --mcg	--%
Calcium 21mg	2%
Iron 0mg	0%
Potassium --mg	--%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Salmon (Farm raised, Product of Chile) (Color added), Lobster Stuffing: Lobster [Lobster, Ritz Cracker (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, MSG, Thiamine Mononitrate, Riboflavin, Folic Acid], Partially Hydrogenated Soybean Oil, Sugar, High Fructose Corn Syrup, Salt, Leavening [Baking Soda, Calcium Phosphate], Soy Lecithin [Emulsifier], Malted Barley Flour), Water, Imitation Crab (Pollock, Water, Wheat Starch, Egg Whites, Sorbitol, Sugar, Natural and Artificial Flavors, Salt, Calcium Carbonate, Disodium Inosinate, Disodium Guanylate, Sodium Tripolyphosphate, Color Added), Onions, Bleached Wheat Flour, Celery, Salad Dressing (Soybean Oil, Water, Sugar, Vinegar, Eggs, Corn Syrup, Modified Food Starch, Salt, Spices, Onion), Green Onions, contains 2% or less of each of the following: Corn Starch, Methyl Cellulose, Egg White Powder, Xanthan Gum, Guar Gum, Maltodextrin, Sherry Wine Solids (contains Bisulfites), Salt, Soybean Oil, Yeast, Dextrose, Sugar, Lipolyzed Cream & Whey, Whey Powder, Autolyzed Yeast Extract, Modified Food Starch, Added MSG.

CONTAINS: Wheat, Fish, Shellfish, Soy, Eggs, and Milk.



Salmon Pinwheel with Seafood Stuffing

Nutrition Facts	
Variable servings per container	
Serving size	4 oz (113g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 0g	
Cholesterol 50mg	17%
Sodium 440mg	19%
Total Carbohydrate 9g	3%
Dietary Fiber --g	--%
Total Sugars 2g	
Includes --g Added Sugars	--%
Protein 18g	
Vitamin D --mcg	--%
Calcium 62mg	4%
Iron 0mg	0%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: All Natural Seafood Stuffing [Imitation Crabmeat (Pollock, Water, Potato Starch, Egg White, Sugar, Modified Tapioca Starch, Sorbitol, Wheat Starch, Contains 2% or Less of the Following: Rice Wine, Carrageenan, Natural Flavor, Salt, Hydrolyzed Corn, Soy and Wheat Protein, Corn Syrup, Yeast Extract, Paprika [Color]), Mayonnaise (Soybean Oil, Egg Yolks, Whole Eggs, Vinegar, Water, Salt, Corn Syrup, Spice, Citric Acid), Cooked Rice, Breadcrumbs (Wheat Flour, Whole Wheat Flour, Sugar, Contains 2% or Less of Canola Oil, Salt, Yeast), Monterey Jack Cheese (Cultured Pasteurized Milk, Salt, MSG, Enzymes), Water, Seasoning (Dehydrated Vegetable [Onion, Bell Pepper, Celery, Garlic, Parsley], Salt, Hydrolyzed Soy Protein, Maltodextrin, Chicken Fat, Spices, Including Paprika, Chicken.

CONTAINS: Wheat, Fish, Shellfish, Soy, Eggs, and Milk.



Salmon Pinwheel with Spinach Feta Stuffing

Nutrition Facts	
Variable servings per container	
Serving size	4 oz (113g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 480mg	21%
Total Carbohydrate 16g	6%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 21g	
Vitamin D --mcg	--%
Calcium 249mg	20%
Iron 0mg	0%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Salmon, Spinach Feta Stuffing [Cream Cheese (Pasteurized Cultured Milk and Cream, Salt, Stabilizers [Xanthan, Carob Bean, and/or Guar Gums]), Spinach, Feta Cheese (Pasteurized Milk, Salt, Cheese Culture, Enzymes, Potato Starch (added to prevent caking), Heavy Cream (Cream, Carrageenan)], Breadcrumbs (Bleached Wheat Flour, Whole Wheat Flour, Sugar, Contains 2% or Less of Partially Hydrogenated Soybean Oil and/or Cottonseed Oil, Salt, and Yeast), Liquid Whole Eggs (Whole Eggs, Citric Acid [to preserve color], 0.15% Water added as carrier for Citric Acid.), Salt, Potassium Sorbate (Preservative), Granulated Onion, White Pepper, Granulated Garlic, Sodium, MSG.

CONTAINS: Wheat, Fish, Shellfish, Soy, Eggs, and Milk.



Salmon with Bourbon BBQ

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 170mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 24g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 0mg	0%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Salmon, Water, Marinade {Tomato Powder, Brown Sugar, Molasses, Maltodextrin, Sea Salt, Food Starch Modified, Spices, Sugar, Chili Powder, Dehydrated Garlic, Vinegar Flavor (Maltodextrin, Food Starch-Modified, Vinegar), Natural Bourbon Flavor, Caramel Color, Spray Dried Lemon Juice, Natural Hickory Smoke Flavor, Oleoresin Paprika and not more than 2% Silicon Dioxide and Soybean Oil added to prevent caking}.

CONTAINS: Wheat, Fish, and Soy.



Salmon with Bourbon

Nutrition Facts	
Variable servings per container	
Serving size	5oz (142g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 220mg	10%
Total Carbohydrate 3g	1%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 24g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 0mg	0%
Potassium --mg	--%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Salmon, Seasoning (Water, Sugar, Maltodextrin, Salt, Modified Food Starch, Soy Sauce (Soy Beans, Wheat, Salt, Dextrin, Garlic, Natural and Artificial Flavors, Spices, Silicon Dioxide (added as an anti-caking agent), Caramel Color, Extractive of Paprika, Dextrose, Xanthan Gum, Lemon Juice Powder, Sodium Benzoate and Potassium Sorbate (added as a preservative)).

CONTAINS: Wheat, Fish, and Soy.



Salmon with Orange Ginger Glaze

Nutrition Facts	
Variable servings per container	
Serving size	5 oz (142g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 160mg	7%
Total Carbohydrate 18g	7%
Dietary Fiber --g	--%
Total Sugars 13g	
Includes --g Added Sugars	--%
Protein 20g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 0mg	0%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Salmon, Orange Ginger Glaze (Corn Syrup, Orange Peel, Fruit Pectin, Citric Acid, Sodium Citrate, Natural Orange Flavor, Water, Ginger, Sugar, Vinegar, Salt, Potassium Sorbate (added as a preservative), FD&C Red #40).

CONTAINS: Fish.



Salmon with Peach Salsa

Nutrition Facts	
Variable servings per container	
Serving size	5 oz (142g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 130mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber --g	--%
Total Sugars 5g	
Includes --g Added Sugars	--%
Protein 19g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 0mg	0%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Salmon, Peach Salsa (Peaches, Water, Corn Syrup, Sugar, Tomatoes, Tomato Puree, Salt, Citric Acid, Brown Sugar, Apple Cider Vinegar, Caramel Color, Modified Corn Starch, Apples, Guar Gum, Spices, Ginger, Mono and Diglycerides, Xanthan Gum, Peach Flavor (Water, Peach Juice Concentrate, Natural Flavors)).

CONTAINS: Fish.



Scallops

Nutrition Facts	
Variable servings per container	
Serving size	3 oz (85g)
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 20mg	7%
Sodium 330mg	14%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 174mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Scallops.

CONTAINS: Fish.



Skinless Salmon Fillets

Nutrition Facts	
variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat --g	
Cholesterol 60mg	20%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 12mcg	60%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 412mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Salmon (Farmed).

CONTAINS: Fish.



Sockeye Salmon

Nutrition Facts	
Variable servings per container	
Serving size	3 oz (113g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> --g	
Cholesterol 75mg	25%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D --mcg	--%
Calcium 8mg	0%
Iron 1mg	6%
Potassium 408mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Salmon.

CONTAINS: Fish.



Southwestern Salmon Burger

Nutrition Facts	
Variable servings per container	
Serving size	4 oz (113g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 45mg	15%
Sodium 300mg	13%
Total Carbohydrate 13g	5%
Dietary Fiber --g	--%
Total Sugars 2g	
Includes --g Added Sugars	--%
Protein 19g	
Vitamin D --mcg	--%
Calcium 21mg	2%
Iron 1mg	6%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Salmon, Seasoning (Wheat Flour, Corn Syrup Solids, Dehydrated Onion, Spices, Dextrose, Carrageenan Blend [Carrageenan, Maltodextrin], Natural Flavor, Sea Salt, Dehydrated Garlic, Chipotle Pepper, Jalapeno Pepper, Yeast Extract, Maltodextrin, Natural Cane Sugar, Chives, Canola Oil, Natural Butter Flavor, Salt, Annatto, Turmeric, not more than 2% Silicon Dioxide added to prevent caking), Water, Canola Oil.

CONTAINS: Fish and Wheat.



Spicy Pecan Salmon

Nutrition Facts	
Variable servings per container	
Serving size	4 oz (113g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 55mg	18%
Sodium 95mg	4%
Total Carbohydrate 2g	1%
Dietary Fiber --g	--%
Total Sugars 0g	
Includes --g Added Sugars	--%
Protein 19g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 0mg	0%
Potassium --mg	--%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Salmon, Canola Oil, Spicy Pecan Crust (Pecans, Panko Bread Crumbs (Wheat Flour, Salt, Glucose, Yeast, Soybean Oil), Spice Blend).

CONTAINS: Fish, Wheat, and Tree Nuts.



Spinach and Feta Salmon Burger

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 300mg	13%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 76mg	6%
Iron 1mg	6%
Potassium 296mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Salmon (Wild), Spinach, Feta Cheese Crumbles (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (added to prevent caking), Natamycin (Natural Mold Inhibitor)), Kosher Salt (Salt, Yellow Prussiate of Soda), Black Peppercorn, Panko Bread Crumbs (Bleached Wheat Flour, Yeast, Sugar, Salt)

CONTAINS: Milk, Fish, and Wheat.



Sun Dried Tomato Tilapia

Nutrition Facts	
Variable servings per container	
Serving size	4 oz (113g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 610mg	27%
Total Carbohydrate 11g	4%
Dietary Fiber --g	--%
Total Sugars 0g	
Includes --g Added Sugars	--%
Protein 16g	
Vitamin D --mcg	--%
Calcium 21mg	2%
Iron 0mg	0%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Tilapia, Canola Oil, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Egg Whites, Corn Starch, Yeast Extract, Lemon Flavor (Sugar, Maltodextrin, Natural Flavor, Lecithin), Spices, Corn Syrup Solids, Garlic Powder, Citric Acid, Gum Arabic, Natural Flavors, Sea Salt, Lemon Peel, Soybean Oil, Spices, Sundried Tomatoes, Paprika, Garlic Powder, Sugar, Spice, Yeast, Salt, Parmesan Cheese (Milk, Cheese Cultures, Salt, Enzymes).

CONTAINS: Shellfish, Wheat, Eggs, Milk, and Soy.



Sweet Chili Salmon Burger

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 160mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber --g	--%
Total Sugars 10g	
Includes --g Added Sugars	--%
Protein 17g	
Vitamin D --mcg	--%
Calcium 195mg	15%
Iron 1mg	6%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Wild Pacific Salmon, Bread Crumb (Unbleached Wheat Flour, Natural Cane Sugar, Yeast, Sea Salt), Cane Sugar, Green Onion, Red Bell Pepper, Mango, Water, Rice Vinegar (Rice, Water), Almonds, Roasted Garlic, Garlic, Sea Salt, Red Chili Pepper, Carrageenan Gum, Beet Powder, Citric Acid, Red Pepper, Xanthan Gum.

CONTAINS: Fish, Tree Nuts, and Wheat.



Teriyaki Salmon Burger

Nutrition Facts	
Variable servings per container	
Serving size	4oz (113g)
Amount per serving	
Calories	190
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 40mg	13%
Sodium 740mg	32%
Total Carbohydrate 16g	6%
Dietary Fiber --g	--%
Total Sugars 6g	
Includes --g Added Sugars	--%
Protein 16g	
Vitamin D --mcg	--%
Calcium 0mg	0%
Iron 1mg	6%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Wild Pacific Salmon, Teriyaki Sauce (Soy Sauce (Water, Soybeans, Wheat, Salt), Mirin Wine (Corn Syrup, Water, Alcohol, Rice Salt), Ginger, Water, Rice Vinegar (Water, Rice), Sesame oil, Sugar, Modified Food Starch, Granulated Garlic, Black Pepper, Red Pepper, Xanthan and Guar Gums), Panko Bread Crumbs(Unbleached Wheat Flour, Evaporated Cane Juice, Yeast, Sea Salt), Scallions, Dried Red Peppers, Natural Butter Flavor (Whey, Butter Oil, Salt, Sugar, Guar Gums), Salt, Carrageenan Gum.

CONTAINS: Fish, Soy, Milk, and Wheat.



Tilapia Fillets

Nutrition Facts	
Variable servings per container	
Serving size	3oz (85g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat --g	
Cholesterol 45mg	15%
Sodium 45mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 3mcg	15%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 257mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Tilapia.

CONTAINS: Fish.



Tuna

Nutrition Facts	
Variable servings per container	
Serving size	3 oz (85g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 40mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 1mcg	6%
Calcium 3mg	0%
Iron 1mg	6%
Potassium 375mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Tuna.

CONTAINS: Fish.



Tuscan Salmon Burger

Nutrition Facts	
Variable servings per container	
Serving size	4 oz (113g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 45mg	15%
Sodium 700mg	30%
Total Carbohydrate 13g	5%
Dietary Fiber --g	--%
Total Sugars 4g	
Includes --g Added Sugars	--%
Protein 19g	
Vitamin D --mcg	--%
Calcium 41mg	4%
Iron 1mg	6%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Salmon, Seasoning (Wheat Flour, Dextrose, Tomato, Maltodextrin, Sea Salt, Dehydrated Garlic, Carrageenan Blend [Carrageenan, Maltodextrin], Natural Cane Sugar, Romano Cheese [Part Skim Cows Milk, Cultures, Salt, Enzymes], Spices, Vinegar, Natural Flavors, Whey, Canola Oil, Parsley, Onion Powder, Yeast Extract, Salt, Torula Yeast, not more than 2% Silicon Dioxide (added to prevent caking)), Water, Canola Oil.

CONTAINS: Fish, Milk, and Wheat.