



EGG HARBOR
SEAFOOD

REAL · TASTY · SEAFOOD

Delicious
**Protein + Nutrient Rich
Seafood Meals**

Nutrition Facts

Serving Size: 10 oz (283g)
Servings Per Container: 1

Amount Per Serving

Calories 200 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 720mg **30%**

Total Carbohydrate 21g **7%**

Dietary Fiber 5g **18%**

Sugars less than 1g

Protein 21g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet.

Vendor Code.: 91187
Shelf Life 18 Months

PRODUCT OF USA • PERISHABLE
KEEP FROZEN



Ingredients: Tilapia, Fire Roasted Corn, Red Bell Pepper, Green Bell Pepper, Onions, Black Beans, White Rice, Tomatoes, Garlic, Lime Juice and Ancho Chili Seasoning (Salt, Ancho Chili, Peppers and Other Spices, Dehydrated Garlic, Dehydrated Red and Green Bell Peppers, Dehydrated Onions, Sugar, Red Pepper and Spice Extractives).
Contains: Fish (Tilapia).

Southwest TILAPIA

WITH ROASTED CORN, BLACK BEANS + SALSA



**READY TO EAT
IN 7 MINUTES**



Microwave Ready!