

Wild Sockeye Salmon Fillet

Nutrition Facts

Serving size	3 oz (85g)
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Amount per serving

Calories	140
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% Daily Value*

Total Fat 6g	9%
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Saturated Fat 1g	5%
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<i>Trans</i> Fat 0g	
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Cholesterol 55mg	18%
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Sodium 110mg	5%
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Total Carbohydrate 0g	
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Dietary Fiber 0g	
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Total Sugars 0g	
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Protein 22g	
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Vitamin A	4%
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Vitamin C	0%
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Calcium	0%
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Iron	2%
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* The % Daily Value (DV) 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.

SeaBear Alehouse Clam Chowder

Nutrition Facts

About 1 1/2 servings per container

Serving size

1 Cup (245g)

	Per serving		Per container	
Calories	290		400	
	% Daily Value*		% Daily Value*	
Total Fat	13g	17%	19g	24%
Saturated Fat	2g	10%	2.5g	13%
Trans Fat	0g		0g	
Cholesterol	35mg	12%	50mg	17%
Sodium	1510mg	66%	2100mg	91%
Total Carbohydrate	29g	11%	40g	15%
Dietary Fiber	3g	11%	4g	14%
Total Sugars	2g		3g	
Includes Added Sugars	0g	0%	0g	0%
Protein	12g		17g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	76mg	6%	106mg	8%
Iron	3mg	15%	4mg	20%
Potassium	488mg	10%	677mg	15%

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IMPORTANT: Must be Refrigerated After Opening to Maintain Safety.

Essential Baking French Bread

Nutrition Facts

About 9 Servings Per Container

Serving size 1 $\frac{3}{4}$ oz (50g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 220mg 9%

Total Carbohydrate 22g 7%

Dietary Fiber less than 1g 4%

Total Sugars 0g

Protein 3g

Vitamin D 0%

Calcium 0%

Iron 0%

Potassium 0%

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Chuckanut Chocolate Cheesecake

Nutrition Facts

About 1 Servings Per Container

Serving size 1 cake (113g)

Amount per serving

Calories 400

% Daily Value*

Total Fat 25g 32%

Saturated Fat 14g 72%

Trans Fat 0g

Cholesterol 100mg 33%

Sodium 380mg 16%

Total Carbohydrate 41g 15%

Dietary Fiber 2g 7%

Total Sugars 28g

Includes 26g Added Sugars 51%

Protein 7g

Vitamin D 0.2mcg 2%

Calcium 70mg 6%

Iron 1.6mg 8%

Potassium 240mg 6%

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Chuckanut Very Berry Cheesecake

Nutrition Facts

About 1 Servings Per Container

Serving size 1 cake (113g)

Amount per serving

Calories 410

% Daily Value*

Total Fat 26g 34%

Saturated Fat 15g 75%

Trans Fat 0g

Cholesterol 105mg 35%

Sodium 390mg 17%

Total Carbohydrate 38g 14%

Dietary Fiber 1g 2%

Total Sugars 26g
Includes 22g Added Sugars 45%

Protein 6g

Vitamin D 0.2mcg 2%

Calcium 69mg 6%

Iron 0.9mg 4%

Potassium 115mg 2%

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