

SeaBear Scalibut Cakes

Nutrition Facts	
Serving Size 1 cake / 3oz (85g)	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3 %
Saturated Fat 0.5g	3
<i>Trans Fat</i> 0g	
Cholesterol 55mg	18 %
Sodium 530mg	22 %
Total Carbohydrate 10g	3 %
Dietary Fiber 1g	4
Sugar 2g	
Protein 12g	
Vitamin A 0	● Vitamin C 0
Calcium 0	● Iron 0

*Percent Daily Values(DV) are based on a 2000 calorie diet

SeaBear Scalibut Cakes Dipping Sauce

Nutrition Facts	
Serving Size 1 Tbsp (14g)	
Servings Per Container ~16	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 11g	4 %
Dietary Fiber 0g	0
Sugar	
Protein 0g	
Vitamin A 0	● Vitamin C 2
Calcium 2	● Iron 2

*Percent Daily Values(DV) are based on a 2000 calorie diet