

Grilled Salmon

Nutrition Facts

Serving Size 6 ounces (173g)

Servings Per Container 1

Amount Per Serving

Calories 550 Calories from Fat 430

% Daily Value*

Total Fat 48g 74%

Saturated Fat 8g 28%

Trans Fat 0g

Polyunsaturated Fat 15g

Monounsaturated Fat 26g

Cholesterol 80mg 26%

Sodium 115mg 5%

Potassium 510mg 15%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 1%

Sugars 0g

Protein 28g

Vitamin A 6% • Vitamin C 20%

Calcium 4% • Iron 4%

Thiamin 30% • Riboflavin 10%

Niacin 50% • Vitamin B6 40%

Folacin 10% • Vitamin B12 60%

Phosphorus 30% • Zinc 4%

*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	2,600
Total Fat	Less than	85g	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