

# Fish Taco

## Nutrition Facts

Serving Size

Serving (168 g)

Amount Per Serving

Calories 186 Calories from fat 47

% Daily Values

<b>Total Fat</b>	5gm	8%
Saturated Fat	1gm	5%
<b>Cholesterol</b>	10mg	4%
<b>Sodium</b>	370mg	16%
<b>Potassium:</b>	220mg	6%
<b>Total Carbohydrates</b>	29gm	10%
Dietary Fiber	3gm	14%
Sugars	4gm	
<b>Protein</b>	7gm	

<b>Vitamin A:</b>	10%	<b>Vitamin C:</b>	40%
<b>Calcium:</b>	8%	<b>Iron:</b>	10%
<b>Thiamin:</b>	15%	<b>Riboflavin:</b>	8%
<b>Niacin</b>	10%	<b>Vitamin B-6:</b>	6%

### Ingredients:

Fresh Lime, Flour Tortilla 6", Crispy Cod Sea Strips 1.5oz, Fresh Green Cabbage, Fresh Roma Tomato, Mayonnaise, Red Wine Vinegar, Fresh Cilantro

Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbs		300g	375g
Dietary Fiber		25g	31g

### Disclaimer

The nutritional information listed on our website is provided solely for the purpose of giving you as much information as possible regarding the nutritional information of this item. While we have taken extreme care in compiling the information, the basic food item data comes from the USDA as well as various manufacturers, and therefore the information is approximate and may vary based on individual preparation and/or serving. If you are following a strict diet for medical or dietary reasons, it is important to contact your physician.