

Tomato Tilapia \$3.20

Nutrition Facts Serving Size: 1 serving (215.11g), Servings Per Container: 1, Amount Per Serving: **Calories** 160, Calories from Fat 45, **Total Fat** 5g (8% DV), Saturated Fat 1g (5% DV), *Trans* Fat 0g, **Cholesterol** 5mg (2% DV), **Sodium** 150mg (6% DV), **Total Carbohydrate** 7g (2% DV), Dietary Fiber <1g (4% DV), Sugars 6g, **Protein** 22g, Vitamin A (4% DV), Vitamin C (10% DV), Calcium (10% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Bream Fish, African, Raw (Tilapia); Roseli Plum Tomato Strips in Puree; Cheese, Mozzarella, Part Skim Milk; Onions, Chopped; Pepper, Bell or Sweet, Green; MRS. DASH Seasoning, Italian Medley

