



HEALTHY
READY-TO-GO
CONVENIENCE
2 SERVINGS

Premium wild-caught

NORTH ATLANTIC
SEA SCALLOPS

Net weight 8 oz. (227g)

Nutrition Facts

Serving Size 4 oz. (113g)
Servings Per Container 2

Amount Per Serving

Calories 80 **Calories from Fat 0**

% Daily Value*

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 440mg	18%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 14g	

Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

* 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	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recommended daily value of protein: 50g

INGREDIENTS: Sea Scallops

CONTAINS: Scallops

Product of USA



NATIONAL FISHERIES INSTITUTE

All GO WILD™ seafood comes from fisheries that follow responsible, sustainable and traceable fishing practices, preserving supplies for generations to come.