

GO WILD™
PREMIUM SEAFOOD



100% RESPONSIBLY SOURCED

HEALTHY
PRE-PORTIONED
CONVENIENCE
2 SERVINGS

Premium farm-raised

TILAPIA

Net weight 8 oz. (227g)

Nutrition Facts

2 servings per container
Serving Size **4 oz. (113g)**

Amount per serving
Calories 110

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron less than 1mg	4%
Potassium 341mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recommended daily value of protein: 50g

INGREDIENTS: Tilapia

CONTAINS: Fish

Product of Mexico/Honduras



NATIONAL FISHERIES INSTITUTE

This Tilapia was responsibly sourced from sustainable fisheries that follow best aquaculture practices.