

**GO WILD™**  
PREMIUM SEAFOOD

From an MSC certified sustainable fishery. [www.msc.org](http://www.msc.org)  
MSC-C-52906



HEALTHY  
PRE-PORTIONED  
CONVENIENCE  
2 SERVINGS

Premium wild-caught

NORWEGIAN  
**HADDOCK**

Net weight 8 oz. (227g)

**Nutrition Facts**

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

Amount Per Serving		% Daily Value*	
<b>Calories</b>	80	<b>Calories from Fat</b>	0
<b>Total Fat</b>	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	60mg		20%
<b>Sodium</b>	240mg		10%
<b>Total Carbohydrate</b>	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
<b>Protein</b>	18g		
Vitamin A	2%	Vitamin C	0%
Calcium	2%	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: Haddock

CONTAINS: Fish

Product of Norway



NATIONAL FISHERIES INSTITUTE

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