

GO WILD™
PREMIUM SEAFOOD

From an MSC certified sustainable fishery. www.msc.org
MSC-C-52906



HEALTHY
PRE-PORTIONED
CONVENIENCE
2 SERVINGS

Premium wild-caught

ALASKA FLOUNDER

Net weight 8 oz. (227g)

Nutrition Facts

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

Amount Per Serving

Calories 80 **Calories from Fat 20**

% Daily Value*

Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 330mg	14%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 14g	

Vitamin A 0% • 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: Flounder

CONTAINS: Fish

Product of USA

**100% RESPONSIBLY
SOURCED**



Wild, Natural & Sustainable®



NATIONAL
FISHERIES
INSTITUTE

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