

Coconut Crusted Mahi Mahi
12/05/2019

Nutrition Facts	
Serving Size 1 fillet (235g)	
Servings Per Container 4	
Amount Per Serving	
Calories 270	Calories from Fat 50
<small>% Daily Value*</small>	
Total Fat 5g	8%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 380mg	16%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	16%
Sugars 10g	
Protein 40g	
Vitamin A 8%	• Vitamin C 4%
Calcium 4%	• Iron 15%
*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
Saturated 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

INGREDIENTS: mahi mahi,(raw fillet), Honey, Lime Juice, Organic Coconut Flour, Shredded Coconut, Ginger Root, Sea Salt, Garlic Powder.