

5 Ingredient Almond Crusted Halibut with Lemon
12/05/2019

Nutrition Facts	
Serving Size 1 fillet (207g)	
Servings Per Container 4	
Amount Per Serving	
Calories 340	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 310mg	13%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 36g	
Vitamin A 10%	• Vitamin C 4%
Calcium 6%	• Iron 4%
*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: halibut (raw, fillet),
Butter, Blanched Almond Flour,
Lemon Juice, Black Pepper, Sea
Salt.