

Crispy Battered Canadian Haddock Fillets

Ingredients:

Haddock, Enriched wheat flour, Water, Soybean oil, Modified corn starch, Rice starch, Yellow corn flour, Salt, Garlic powder, Onion powder, Sugars (corn dextrin, dextrose, sugar), Corn starch, Baking powder, Spices (with mustard), Vegetable Oil (Canola &/or Sunflower), Soy protein isolate, Guar gum.

Allergen Warning: Contains Fish (Haddock), Mustard, Soy, and Wheat

Nutrition Facts **Valeur nutritive**

Per about 1 fillet (75 g)
pour environ 1 filet (75 g)

Calories 150 % Daily Value*
% valeur quotidienne*

Fat / Lipides 10 g 13 %
Saturated / saturés 1 g 5 %
+ Trans / trans 0 g

Carbohydrate / Glucides 13 g
Fibre / Fibres 0 g 0 %
Sugars / Sucres 0 g 0 %

Protein / Protéines 8 g

Cholesterol / Cholestérol 25 mg

Sodium 370 mg 16 %

Potassium 150 mg 3 %

Calcium 10 mg 1 %

Iron / Fer 0.5 mg 3 %

* 5 % or less is a little,
15 % or more is a lot
* 5 % ou moins c'est peu,
15 % ou plus c'est beaucoup