

Grilled Atlantic Salmon

Served with ancient grains, baby green beans and Parisian carrots in a miso soy beurre blanc sauce



Allergens: Egg, fish, milk, soy

Atlantic Salmon	
Nutrition Facts	
Serving size	13.4 oz (381 g)
Amount per serving	
Calories	590
% Daily Value*	
Total Fat 37g	47%
Saturated Fat 12g	59%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 550mg	24%
Total Carbohydrate 27g	10%
Dietary Fiber 5g	20%
Total Sugars 6g	
Includes 2g Added Sugars	3%
Protein 35g	
Vitamin D 7mcg	40%
Calcium 116mg	8%
Iron 1mg	10%
Potassium 890mg	19%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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