

# Grilled Atlantic Salmon

Served with ancient grains, mixed seasonal vegetables  
in a lemon caper sauce



Allergens: Egg, fish, milk, soy

Atlantic Salmon	
<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>13.4 oz (381 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>590</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 37g	<b>47%</b>
Saturated Fat 12g	<b>59%</b>
Trans Fat 0g	
<b>Cholesterol</b> 115mg	<b>38%</b>
<b>Sodium</b> 550mg	<b>24%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 5g	<b>20%</b>
Total Sugars 6g	
Includes 2g Added Sugars	<b>3%</b>
<b>Protein</b> 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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