

Protein Only

Garlic and Herb Flounder

Nutrition Facts

1 serving per container
Serving size (151g)

Amount Per Serving
Calories 90

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 720mg	31%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%

Protein 15g	
Vitamin D 3.4mcg	15%
Calcium 100mg	8%
Iron 3mg	15%
Potassium 250mg	6%

*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.

INGREDIENTS: FISH, FLATFISH (FLOUNDER AND SOLE SPECIES), RAW, LEMON, GARLIC, SALT, SPICES, SWEET RED PEPPER, NATURAL FLAVOR, SPICE

PEAK KITCHEN, LLC
 GREELEY, CO

REHEAT TO MINIMUM 165 DEGREES FAHRENHEIT
 CONTENTS WILL BE HOT

Small

Garlic Herb Flounder Small

Nutrition Facts

1 serving per container
Serving size (385g)

Amount Per Serving
Calories 320

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 1240mg	54%
Total Carbohydrate 45g	16%
Dietary Fiber 6g	21%
Total Sugars 2g	
Includes 0g Added Sugars	0%

Protein 21g	
Vitamin D 3.4mcg	15%
Calcium 100mg	8%
Iron 3mg	15%
Potassium 630mg	15%

*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.

INGREDIENTS: GARLIC AND HERB FLOUNDER (FISH, FLATFISH (FLOUNDER AND SOLE SPECIES), RAW, LEMON, GARLIC, SALT, SPICES, SWEET RED PEPPER, NATURAL FLAVOR, SPICE), SEASONAL VEGETABLES (OIL BLEND (OLIVE OIL, CANOLA OIL), SPICE), RICE PILAF (RICE, DRY CHICKEN BROTH (CORN SYRUP SOLIDS, SALT, HYDROLYZED SOY/CORN/, MONOSODIUM GLUTAMATE, DEXTROSE, DEHYDRATED MECHANICALLY SEPARATED COOKED CHICKEN, CHICKEN FAT, DEHYDRATED CHICKEN BROTH, SUGAR, ONION POWDER, YEAST EXTRACT, SPICES & SPICE EXTRACT, TRICALCIUM PHOSPHATE, DRIED PARSLEY, CITRIC ACID, DISODIUM GUANYLATE, DISODIUM INOSINATE, FLAVOUR, GELATIN, AND SULPHITES)), GARLIC AND HERB FLOUNDER (FISH, FLATFISH (FLOUNDER AND SOLE SPECIES), RAW, LEMON, GARLIC, SALT, SPICES, SWEET RED PEPPER, NATURAL FLAVOR, SPICE), SEASONAL VEGETABLES (OIL BLEND (OLIVE OIL, CANOLA OIL), SPICE)

CONTAINS: WHEAT
 PEAK KITCHEN, LLC
 GREELEY, CO

REHEAT TO MINIMUM 165 DEGREES FAHRENHEIT
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Large

Garlic Herb Flounder Large

Nutrition Facts

1 serving per container
Serving size (442g)

Amount Per Serving
Calories 390

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 1480mg	64%
Total Carbohydrate 61g	22%
Dietary Fiber 6g	21%
Total Sugars 2g	
Includes 0g Added Sugars	0%

Protein 23g	
Vitamin D 3.4mcg	15%
Calcium 110mg	8%
Iron 3.9mg	20%
Potassium 650mg	15%

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INGREDIENTS: RICE PILAF (RICE, DRY CHICKEN BROTH (CORN SYRUP SOLIDS, SALT, HYDROLYZED SOY/CORN/, MONOSODIUM GLUTAMATE, DEXTROSE, DEHYDRATED MECHANICALLY SEPARATED COOKED CHICKEN, CHICKEN FAT, DEHYDRATED CHICKEN BROTH, SUGAR, ONION POWDER, YEAST EXTRACT, SPICES & SPICE EXTRACT, TRICALCIUM PHOSPHATE, DRIED PARSLEY, CITRIC ACID, DISODIUM GUANYLATE, DISODIUM INOSINATE, FLAVOUR, GELATIN, AND SULPHITES)), GARLIC AND HERB FLOUNDER (FISH, FLATFISH (FLOUNDER AND SOLE SPECIES), RAW, LEMON, GARLIC, SALT, SPICES, SWEET RED PEPPER, NATURAL FLAVOR, SPICE), SEASONAL VEGETABLES (OIL BLEND (OLIVE OIL, CANOLA OIL), SPICE)

CONTAINS: WHEAT
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Small Add Protein

Garlic Herb Flounder Small Add Protein

Nutrition Facts

1 serving per container
Serving size (536g)

Amount Per Serving
Calories 410

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 1960mg	85%
Total Carbohydrate 48g	17%
Dietary Fiber 7g	25%
Total Sugars 2g	
Includes 0g Added Sugars	0%

Protein 37g	
Vitamin D 6.8mcg	35%
Calcium 150mg	10%
Iron 3.5mg	20%
Potassium 870mg	20%

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Large Add Protein

Garlic Herb Flounder Large Add Protein

Nutrition Facts

1 serving per container
Serving size (593g)

Amount Per Serving
Calories 480

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 2200mg	96%
Total Carbohydrate 65g	24%
Dietary Fiber 7g	25%
Total Sugars 2g	
Includes 0g Added Sugars	0%

Protein 38g	
Vitamin D 6.8mcg	35%
Calcium 160mg	10%
Iron 4.4mg	25%
Potassium 890mg	20%

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INGREDIENTS: GARLIC AND HERB FLOUNDER (FISH, FLATFISH (FLOUNDER AND SOLE SPECIES), RAW, LEMON, GARLIC, SALT, SPICES, SWEET RED PEPPER, NATURAL FLAVOR, SPICE), RICE PILAF (RICE, DRY CHICKEN BROTH (CORN SYRUP SOLIDS, SALT, HYDROLYZED SOY/CORN/, MONOSODIUM GLUTAMATE, DEXTROSE, DEHYDRATED MECHANICALLY SEPARATED COOKED CHICKEN, CHICKEN FAT, DEHYDRATED CHICKEN BROTH, SUGAR, ONION POWDER, YEAST EXTRACT, SPICES & SPICE EXTRACT, TRICALCIUM PHOSPHATE, DRIED PARSLEY, CITRIC ACID, DISODIUM GUANYLATE, DISODIUM INOSINATE, FLAVOUR, GELATIN, AND SULPHITES)), SEASONAL VEGETABLES (OIL BLEND (OLIVE OIL, CANOLA OIL), SPICE)

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