

Protein Only

Garlic and Herb Flounder

Nutrition Facts

1 serving per container	
Serving size	(169g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 380mg	17%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 3.6mcg	20%
Calcium 50mg	4%
Iron 0.5mg	2%
Potassium 260mg	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 (FLOUNDEF AND SOLE SPECIES), RAW, LEMON, SPICE

CONTAINS: FLOUNDER

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	330
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 1120mg	49%
Total Carbohydrate 46g	17%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 22g	
Vitamin D 3.6mcg	20%
Calcium 110mg	8%
Iron 3.1mg	15%
Potassium 690mg	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 (FLOUNDEF AND SOLE SPECIES), RAW, LEMON, SPICE), SEASONAL VEGETABLES (OIL BLEND (OLIVE OIL, CANOLA OIL), SPICE), RICE PILAF (RICE, OVEN ROASTED CHICKEN, SALT, SUGAR, CHICKEN FAT, CORN SYRUP SOLIDS, CHICKEN BROTH, HYDROLYZED SOY AND CORN PROTEIN, CORN STARCH, PALM OIL, MODIFIED FOOD STARCH, ONION POWDER, DEXTROSE, YEAST EXTRACT, MALTODEXTRIN, TURMERIC, FLAVORINGS, TORULA YEAST, DISODIUM INOSINATE, DISODIUM GUANYLATE, TURMERIC OLEORESIN, MRS. DASH TABLE BLEND SPICE), GARLIC AND HERB FLOUNDER (FISH, FLATFISH (FLOUNDER AND SOLE SPECIES), RAW, LEMON, SPICE), SEASONAL VEGETABLES (OIL BLEND (OLIVE OIL, CANOLA OIL), SPICE)

CONTAINS: WHEAT, FLOUNDER

PEAK KITCHEN, LLC
GREELEY, CO

REHEAT TO MINIMUM 165 DEGREES FAHRENHEIT
CONTENTS WILL BE HOT

Large

Garlic Herb Flounder Large

Nutrition Facts

1 serving per container	
Serving size	(442g)
Amount Per Serving	
Calories	410
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 1470mg	64%
Total Carbohydrate 63g	23%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 23g	
Vitamin D 3.6mcg	20%
Calcium 110mg	8%
Iron 4mg	20%
Potassium 730mg	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: RICE PILAF (RICE, OVEN ROASTED CHICKEN, SALT, SUGAR, CHICKEN FAT, CORN SYRUP SOLIDS, CHICKEN BROTH, HYDROLYZED SOY AND CORN PROTEIN, CORN STARCH, PALM OIL, MODIFIED FOOD STARCH, ONION POWDER, DEXTROSE, YEAST EXTRACT, MALTODEXTRIN, TURMERIC, FLAVORINGS, TORULA YEAST, DISODIUM INOSINATE, DISODIUM GUANYLATE, TURMERIC OLEORESIN, MRS. DASH TABLE BLEND SPICE), GARLIC AND HERB FLOUNDER (FISH, FLATFISH (FLOUNDER AND SOLE SPECIES), RAW, LEMON, SPICE), SEASONAL VEGETABLES (OIL BLEND (OLIVE OIL, CANOLA OIL), SPICE)

CONTAINS: WHEAT, FLOUNDER

PEAK KITCHEN, LLC
GREELEY, CO

REHEAT TO MINIMUM 165 DEGREES FAHRENHEIT
CONTENTS WILL BE HOT

Small Add Protein

Garlic Herb Flounder Small Add Protein

Nutrition Facts

1 serving per container	
Serving size	(536g)
Amount Per Serving	
Calories	430
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 1500mg	65%
Total Carbohydrate 49g	18%
Dietary Fiber 7g	25%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 38g	
Vitamin D 7.2mcg	35%
Calcium 160mg	10%
Iron 3.7mg	20%
Potassium 940mg	20%

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INGREDIENTS: GARLIC AND HERB FLOUNDER (FISH, FLATFISH (FLOUNDER AND SOLE SPECIES), RAW, LEMON, SPICE), SEASONAL VEGETABLES (OIL BLEND (OLIVE OIL, CANOLA OIL), SPICE), RICE PILAF (RICE, OVEN ROASTED CHICKEN, SALT, SUGAR, CHICKEN FAT, CORN SYRUP SOLIDS, CHICKEN BROTH, HYDROLYZED SOY AND CORN PROTEIN, CORN STARCH, PALM OIL, MODIFIED FOOD STARCH, ONION POWDER, DEXTROSE, YEAST EXTRACT, MALTODEXTRIN, TURMERIC, FLAVORINGS, TORULA YEAST, DISODIUM INOSINATE, DISODIUM GUANYLATE, TURMERIC OLEORESIN, MRS. DASH TABLE BLEND, SPICE)

CONTAINS: WHEAT, FLOUNDER

PEAK KITCHEN, LLC
GREELEY, CO

REHEAT TO MINIMUM 165 DEGREES FAHRENHEIT
CONTENTS WILL BE HOT

Large Add Protein

Garlic Herb Flounder Large Add Protein

Nutrition Facts

1 serving per container	
Serving size	(593g)
Amount Per Serving	
Calories	510
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 1850mg	80%
Total Carbohydrate 66g	24%
Dietary Fiber 7g	25%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 40g	
Vitamin D 7.2mcg	35%
Calcium 160mg	10%
Iron 4.6mg	25%
Potassium 990mg	20%

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INGREDIENTS: GARLIC AND HERB FLOUNDER (FISH, FLATFISH (FLOUNDER AND SOLE SPECIES), RAW, LEMON, SPICE), RICE PILAF (RICE, OVEN ROASTED CHICKEN, SALT, SUGAR, CHICKEN FAT, CORN SYRUP SOLIDS, CHICKEN BROTH, HYDROLYZED SOY AND CORN PROTEIN, CORN STARCH, PALM OIL, MODIFIED FOOD STARCH, ONION POWDER, DEXTROSE, YEAST EXTRACT, MALTODEXTRIN, TURMERIC, FLAVORINGS, TORULA YEAST, DISODIUM INOSINATE, DISODIUM GUANYLATE, TURMERIC OLEORESIN, MRS. DASH TABLE BLEND, SPICE), SEASONAL VEGETABLES (OIL BLEND (OLIVE OIL, CANOLA OIL), SPICE)

CONTAINS: WHEAT, FLOUNDER

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