

Smelt Fillets

Nutrition Facts

Serving: 4 oz 113g / about

Servings per Container: About 3

Amount per Serving

Calories **90**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0.5g

Cholesterol 100mg **33%**

Sodium 40mg **2%**

Total Carbohydrate 0g **0%**

Dietary Fibre 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 18g

Vitamin D 0mcg **0%**

Calcium 307mg **10%**

Iron 0.3mg **2%**

Potassium 198mg **4%**

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



**RESPONSIBLY
WILD CAUGHT**

INGREDIENTS: FRESHWATER SMELT

CONTAINS: Fish

Questions | Comments?

Call Toll Free: 1.877.997.6358 (SMELT)

Monday to Friday

8:30 am - 4:00 pm EDT

Have this package available.

Thank you for purchasing our product.

Great Lakes Food Company Ltd.

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