

## Nutrition Facts

Serving: 4 oz 113g / about

Servings per Container: About 8

Amount per Serving

**Calories** **110**

% Daily Value\*

**Total Fat** 4.5g **6%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 1.5g

**Cholesterol** 220mg **73%**

**Sodium** 50mg **2%**

**Total Carbohydrate** 0g **0%**

Dietary Fibre 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 16g

Vitamin D 0mcg **0%**

Calcium 505mg **40%**

Iron 0.7mg **4%**

Potassium 244mg **6%**

\* 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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