

Squid Salad

Nutrition Facts

1 Servings Per Container

Serving Size 3.99oz (113g)

Amount Per Serving

Calories **230**

% Daily Value*

Total Fat 3g **25%**

Saturated Fat 2g **30%**

Trans Fat 2g

Cholesterol 15mg **15%**

Sodium 240mg **11%**

Total Carbohydrate 35g **0%**

Dietary Fiber 6g **0%**

Total Sugars 7g

Included 4g Added Sugars **20%**

Protein 5g

Vitamin D 5mcg **0%**

Potassium 470mg **1%**

Calcium 200mg **0%**

Iron 1mg **3%**

*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.