

Halibut 3 pc

3 pieces Mrs. Friday's
Serving size: Entire recipe
(11 oz.'s).

2 oz.'s tarter

Amount Per Serving	
Calories	509.64
Calories From Fat (41%)	209.58
	% Daily Value
Total Fat 22.97g	35%
Saturated Fat 1.89g	9%
Cholesterol 48.97mg	16%
Sodium 1698.19mg	71%
Potassium 38.56mg	1%
Total Carbohydrates 43.54g	15%
Fiber 0.28g	1%
Sugar 2.41g	
Protein 30.57g	61%