



Halal Fish with Sauce

with rice and beans



Available on these menus



TO PLACE YOUR ORDER

Email: info@chef2home.com

Direct: 717-935-9717

Toll-Free: 855-277-6454

Nutrition Facts

Serving size **1 MEAL (397g)**

Amount per serving
Calories 600

% Daily Value*

Total Fat .5g **1%**

Saturated Fat -g

Trans Fat -g

Cholesterol 65mg **22%**

Sodium 690mg **30%**

Total Carbohydrate 93g **34%**

Dietary Fiber 1g **4%**

Total Sugars 3g

Includes g of Added Sugars

Protein 33g

Vitamin D mcg

Calcium mg **2%**

Iron mg **40%**

Potassium mg

Vitamin A mcg

Vitamin C mg

*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: POLLOCK, WATER, CONTAINS 2% OR LESS OF: SALT, SUGAR, SODIUM PHOSPHATES, MALTODEXTRIN, DEHYDRATED GARLIC AND ONION, SPICES, XANTHAN GUM, PAPRIKA, NATURAL FLAVOR, SPICE EXTRACTIVE. SAUCE: TOMATO PUREE (WATER, TOMATO PASTE), WATER, LESS THAN 2% OF: SALT, ONION POWDER, GARLIC POWDER, CITRIC ACID, NATURAL FLAVORS. WHITE RICE: LONG GRAIN PARBOILED WHITE RICE (ENRICHED WITH NIACIN, IRON (FERRIC ORTHOPHOSPHATE), THIAMINE (THIAMINE MONONITRATE) AND FOLIC ACID. LIMA BEANS: LIMA BEANS, WATER, SALT.

CONTAINS: EGG, MILK, WHEAT, SOY, NUTS, FISH

