

# Battered Cleaned Smelt

## Nutrition Facts

Serving: 4 oz 113g / about

Servings per Container: About 4

Amount per Serving

**Calories** **210**

% Daily Value\*

**Total Fat** 8g **10%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

Polyunsaturated Fat 2.5g

Monounsaturated Fat 5g

**Cholesterol** 50mg **17%**

**Sodium** 300mg **13%**

**Total Carbohydrate** 23g **8%**

Dietary Fibre 3g **11%**

Total Sugars 2g

Includes 2g Added Sugars **4%**

**Protein** 12g

Vitamin D 0mcg **0%**

Calcium 128mg **10%**

Iron 1.3mg **8%**

Potassium 140mg **2%**

\* 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:** Smelt, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Contains one or more of the following: Soybean Oil, Canola Oil), Yellow Corn Flour, Salt, Defatted Soy Flour, Sugar, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Dextrose.

**CONTAINS:** FISH, WHEAT, SOY

### 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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