

Tilapia

Serving Size 3 oz/raw

Amount Per Serving

Calories 27 Calories from Fat 4

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 1%

Trans Fat

Cholesterol 14mg 5%

Sodium 15mg 1%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. © www.NutritionData.com



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