

### Nutritional Data (Based on 1 fillet/7oz serving)

	Amount	% Daily Value
<b>Calories</b>	265	--
<b>Fat</b>	11.6g	18%
<b>Saturated Fat</b>	1.79g	9%
<b>Trans Fat</b>	0g	--
<b>Carbohydrate</b>	0g	0%
<b>Fibre</b>	0g	0%
<b>Sugars</b>	0g	0%
<b>Protein</b>	37.8g	--
<b>Cholesterol</b>	119mg	40%
<b>Sodium</b>	101mg	4%
<b>Potassium</b>	627.7mg	13%
<b>Calcium</b>	51.48mg	5%
<b>Iron</b>	0.73mg	4%