

Norwegian Salmon

One (1) – 18 oz. serving

NUTRITIONAL INFORMATION

Per Serving / 18 oz.

Calories 857 **Calories from Fat** 447

	Amount	% Daily Value
Total Fat	51.8g	79%
Saturated Fat	6.3g	32%
Trans Fat	0 g	
Polyunsaturated Fat	0 g	
Monounsaturated Fat	0 g	
Cholesterol	111.9mg	37%
Sodium	749.7mg	31%
Total Carbohydrate	44.8g	15%
Dietary Fiber	67.9g	31%
Sugars	4.5g	
Protein	49.9g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

Percent Daily Values are based on a 2,000 calorie diet

Ingredients (per menu item)	Cal	Fat	Carbs
8 oz. Norwegian Salmon	182.2	1.5g	0.0g
1 oz. Artichoke Hearts	101.2	11.1g	1.0g
1 oz. Roasted Tomato	101.2	11.1g	0.0g
1 oz. Cucumber	3.3	0.0g	0.6g
3 oz. Quinoa	159.0	2.5g	29.3g
4 oz. Veggies	34.4	0.3g	6.1g
1 oz. Tomato Pesto	150.0	13.9g	5.5g
1 oz. Basil Pesto	100.0	10.0g	1.1g
1 oz. Tzatziki Sauce	25.3	2.0g	1.0g

SAUL GOOD

restaurant & pub