



## Mango Glazed Mahi Mahi with Apple Cinnamon Sausage

| <b>Nutrition Facts</b>   |                       |                |             |
|--|-----------------------|----------------|-------------|
| Serving Size 1 steak with sauce (436 grams)  |                       |                |             |
| Servings Per Container 2   |                       |                |             |
| <b>Amount Per Serving</b>  |                       |                |             |
| <b>Calories</b> 760  | Calories from Fat 340 |                |             |
| <b>% Daily Value*</b>  |                       |                |             |
| <b>Total Fat</b> 38g   |                       |                | <b>58%</b>  |
| Saturated Fat 6g   |                       |                | <b>29%</b>  |
| Trans Fat 0g   |                       |                |             |
| <b>Cholesterol</b> 140mg   |                       |                | <b>47%</b>  |
| <b>Sodium</b> 780mg  |                       |                | <b>33%</b>  |
| <b>Total Carbohydrate</b> 59g  |                       |                | <b>20%</b>  |
| Dietary Fiber 2g   |                       |                | <b>9%</b>   |
| Sugars 46g   |                       |                |             |
| <b>Protein</b> 52g   |                       |                |             |
| Vitamin A 25%  | •                     | Vitamin C 70%  |             |
| Calcium 4%   | •                     | Iron 15%       |             |
| * Percent Daily Values are based on a 2,000 calorie diet.<br>Your Daily Values may be higher or lower depending on your calorie needs: |                       |                |             |
|  | Calories              | 2,000          | 2,500       |
| Total Fat  | Less than             | 65g            | 80g         |
| Sat Fat  | Less than             | 20g            | 25g         |
| Cholesterol  | Less than             | 300mg          | 300mg       |
| Sodium   | Less than             | 2,400mg        | 2,400mg     |
| Total Carbohydrate   |                       | 300g           | 375g        |
| Dietary Fiber  |                       | 25g            | 30g         |
| Calories per gram:   |                       |                |             |
| Fat 9  | •                     | Carbohydrate 4 | • Protein 4 |