

Coconut Shrimp



Nutrition Facts

Serving Size: 3.7 oz. (106 grams/about 4 shrimp + sauce)

Servings per Container: about 3

Amount per Serving

Calories 310 Calories from Fat 120

		% Daily Value*
Total Fat	14g	21%
Saturated Fat	4g	19%
Cholesterol	65mg	22%
Sodium	140mg	6%
Total Carbohydrate	36g	12%
Dietary Fiber	1g	5%
Sugars	19g	
Protein	12g	

Vitamin A 2% • Vitamin C 4% • Calcium 4% • Iron 10%

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