

Jumbo Butterfly Shrimp



Nutrition Facts

Serving Size: 3 oz. (84g/about 4 shrimp)

Servings per Container: about 4

Amount per Serving

Calories 210 Calories from Fat 90

| | | % Daily Value* |
|---------------------------|--------------|----------------|
| Total Fat | 10g | 16% |
| Saturated Fat | 1.5g | 8% |
| Trans Fat | 0g | |
| Cholesterol | 60mg | 19% |
| Sodium | 480mg | 20% |
| Total Carbohydrate | 20g | 7% |
| Dietary Fiber | less than 1g | 4% |
| Sugars | 2g | |
| Protein | 10g | |

Vitamin A 2% • Vitamin C 2% • Calcium 2% • Iron 8%

*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