

Popcorn Shrimp



Nutrition Facts

Serving Size: 3 oz. (84g/about 15 shrimp)

Servings per Container: about 7

Amount per Serving

Calories 210 Calories from Fat 90

		% Daily Value*
Total Fat	10g	16%
Saturated Fat	1.5g	8%
Trans Fat	0g	0%
Cholesterol	60mg	19%
Sodium	480mg	20%
Total Carbohydrate	20g	7%
Dietary Fiber	1g	4%
Sugars	2g	
Protein	10g	22%

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