

Shrimp Poppers



Nutrition Facts

Serving Size: 20 pieces (84g)

Servings per Container: about 16

Amount per Serving

Calories 220 Calories from Fat 100

		% Daily Value*
Total Fat	12g	18%
Saturated Fat	2g	9%
Trans Fat	0g	
Cholesterol	40mg	13%
Sodium	670mg	28%
Total Carbohydrate	18g	6%
Dietary Fiber	2g	8%
Sugars	0g	
Protein	10g	19%

Vitamin A 0% • Vitamin C 0% • Calcium 2% • 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