

Shrimp Scampi



Nutrition Facts

Serving Size: 4 oz. (113g/about 6 shrimp)

Servings per Container: about 4

Amount per Serving

Calories 310 Calories from Fat 240

		% Daily Value*
Total Fat	26g	41%
Saturated Fat	9g	47%
Trans Fat	0g	
Cholesterol	145mg	48%
Sodium	830mg	34%
Total Carbohydrate	4g	1%
Dietary	less than 1g	2%
Sugars	1g	
Protein	13g	

Vitamin A 20% • Vitamin C 4% • Calcium 6% • 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