

Shrimp Scampi – Authentic Butter and Garlic



Nutrition Facts

Serving Size: about 8 shrimp (113g/4 oz.)

Servings per Container: 3

Amount per Serving

Calories 350 Calories from Fat 260

| | | % Daily Value* |
|---------------------------|-------|----------------|
| Total Fat | 29g | 45% |
| Saturated Fat | 10g | 49% |
| Trans Fat | 0g | |
| Cholesterol | 155mg | 51% |
| Sodium | 460mg | 19% |
| Total Carbohydrate | 2g | 1% |
| Dietary Fiber | 0g | 0% |
| Sugars | 0g | |
| Protein | 15g | |

Vitamin A 10% • Vitamin C 2% • 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 calories 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