



Jumbo Butterfly Shrimp 9oz

Nutrition Facts

Serving Size about 4 shrimp
(3oz/84g)
Servings Per Container about 3

Amount per Serving

Calories 220 Calories from Fat 100

% Daily Value*

Total Fat	11g	17%
Saturated Fat	2g	9%
Trans Fat	0g	
Cholesterol	70mg	23%
Sodium	340mg	14%
Total Carbohydrate	17g	6%
Dietary Fiber	1g	2%
Sugars	0g	

Protein 12g

Vitamin A 0% • Vitamin C 0%
Calcium 4% • 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



Jumbo Butterfly Shrimp 20oz

Nutrition Facts	
Serving Size about 4 Shrimp (3 oz/84g)	
Servings Per Container about 11	
Amount per Serving	
Calories 230 Calories from Fat 100	
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 480mg	20%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 10g	
Vitamin A 0%	• Vitamin C 0%
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	