



## Parmesan Encrusted Butterfly Shrimp 20oz

<b>Nutrition Facts</b>	<b>Parmesan Shrimp</b>	<b>Tomato Romano Sauce</b>
Serving Size	about 4 shrimp (85g/3 oz)	2 Tbsp (28g/1 oz)
Servings Per Container	about 5	4
<b>Amount per Serving</b>		
<b>Calories</b>	190	25
Calories from Fat	80	10
	<b>% Daily Value*</b>	<b>% Daily Value*</b>
<b>Total Fat</b>	9g <b>14%</b>	1g <b>2%</b>
Saturated Fat	1.5g <b>8%</b>	0.5g <b>3%</b>
Trans Fat	0g	0g
<b>Cholesterol</b>	75mg <b>25%</b>	5mg <b>1%</b>
<b>Sodium</b>	340mg <b>14%</b>	190mg <b>8%</b>
<b>Total Carbohydrate</b>	15g <b>5%</b>	3g <b>1%</b>
Dietary Fiber	1g <b>2%</b>	0g <b>0%</b>
Sugars	0g	2g
<b>Protein</b>	13g	1g
	Vitamin A 2%	Vitamin A 2%
	Vitamin C 0%	Vitamin C 0%
	Calcium 4%	Calcium 2%
	Iron 10%	Iron 0%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>		
	<small>Calories: 2,000 2,500</small>	
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
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>		