



Popcorn Shrimp 12oz

Nutrition Facts

Serving Size about 14 Shrimp
(84g/3 oz)
Servings Per Container about 4

Amount per Serving

Calories 230 Calories from Fat 100

% Daily Value*

Total Fat	11g	17%
Saturated Fat	2g	9%
Trans Fat	0g	
Cholesterol	55mg	18%
Sodium	540mg	22%
Total Carbohydrate	22g	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:

		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



Popcorn Shrimp 18oz

Nutrition Facts

Serving Size about 14 Shrimp
(85g/3 oz)
Servings Per Container about 7

Amount per Serving

Calories 230 Calories from Fat 100

% Daily Value*

Total Fat	11g	17%
Saturated Fat	2g	9%
Trans Fat	0g	
Cholesterol	55mg	18%
Sodium	540mg	22%
Total Carbohydrate	22g	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:

		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



Popcorn Shrimp 30oz

Nutrition Facts

Serving Size about 15 Shrimp
(85g/3 oz)
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	55mg	18%
Sodium	540mg	22%
Total Carbohydrate	22g	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