



Shrimp Scampi 12oz

Nutrition Facts

Serving Size about 6 Shrimp
(113g/4 oz)
Servings Per Container 3

Amount per Serving

Calories 340 Calories from Fat 280

% Daily Value*

Total Fat	31g	48%
Saturated Fat	12g	61%
Trans Fat	0g	
Cholesterol	120mg	41%
Sodium	480mg	20%
Total Carbohydrate	3g	1%
Dietary Fiber	0g	0%
Sugars	1g	

Protein 12g

Vitamin A 15% • Vitamin C 20%

Calcium 6% • 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