

NUTRITIONAL FACTS

EGG HARBOR

(3) or (6) lbs. Oven Ready Breaded Butterfly Colossal Shrimp



EGG HARBOR
SEAFOOD

30213
Oven Ready
Breaded Butterfly
Colossal Shrimp

KEEP FROZEN

COOKING INSTRUCTIONS **COOK FROM FROZEN OVEN: PREFERRED METHOD:** Preheat Oven To 450°F (230°C). Place Shrimp On A Non-Stick Baking Sheet. Bake In Center Of Oven For 15-17 Minutes. Turn Shrimp Half Way Through. Let Stand For 2-3 Minutes Before Serving. **DEEP FRY:** Preheat Cooking Oil To 350°F (180°C). Fry Shrimp For 2-2½ Minutes. Turning Frequently. Drain On Paper Towel For 2-3 Minutes Before Serving.

INGREDIENTS: Shrimp, Wheat Flour, Soybean Oil, Water, Modified Corn Starch, Modified Tapioca Starch, Corn Flour, Salt, Sugar, Yeast, Sodium Acid Pyrophosphate, Sodium Bicarbonate, Spices, Xanthan Gum, Cellulose Gum, Sunflower Oil, Sodium Tripolyphosphate (retains moisture).

CONTAINS: Shrimp, Wheat

Net weight 3 lbs.

Manufactured For: Egg Harbor, Swedesboro, NJ 08085

Nutrition Facts

about 16 servings per container
Serving size 3oz (85g/about 3 shrimp)

Amount per serving	% Daily Value*
Calories	210
Total Fat 12g	15%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 400mg	17%
Total Carbohydrate 10g	7%
Dietary Fiber 1g	4%
Total Sugars 1g	
incl. 1g Added Sugars	2%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 75mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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