

# NUTRITIONAL FACTS

LONGPORT BAY

## 2.5 or 5 lbs Country Fried Popcorn Shrimp

<b>Nutrition Facts</b>	
about 10 servings per container	
<b>Serving size</b>	<b>4oz/113g (about 28 shrimp)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 870mg	<b>38%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	<b>0%</b>
Calcium 42mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 123mg	<b>2%</b>
<small>*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.</small>	

**INGREDIENTS:** Shrimp, Wheat Flour, Bleached Wheat Flour, Modified Corn Starch, Rice Flour, Water, Dextrose, Sugar, Soybean Oil, Salt, Yeast, Onion Powder, Garlic Powder, Leavening (sodium acid pyrophosphate, sodium bicarbonate), Disodium Inosinate and Disodium Guanylate, Dried Onion, Dried Garlic, Spices, Yeast Extract, Maltodextrin, Whey, Citric Acid, Natural Butter Flavor, Artificial Flavors (contain milk), Paprika Extract (color), Spice Extract, Sodium Tripolyphosphate (to retain moisture), Sodium Bisulfite (as a preservative).

**CONTAINS:** Crustacean Shellfish (Shrimp), Wheat, Milk

**COOKING INSTRUCTIONS** **OVEN BAKE:** Bake in Convection Oven At 400°F For 7 To 8 Minutes Or Deep Fry At 350°F For 2 Minutes 30 Seconds.

**Air Fry:** Preheat air fryer to 375°F. Lightly spray basket with nonstick oil, place shrimp in single layer- do not overfill. Bake for 4-5 minutes \*appliances may vary

**Q422**

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