

NUTRITIONAL FACTS

The Perfect Gourmet

SHRIMP ALFREDO WITH ORZO

Nutrition Facts

Serving Size 4oz.(113g)
Servings per Container 12

Amount Per Serving

Calories 180 Calories from Fat 70

% Daily Value*

Total Fat 7g 11%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 370mg 15%

Total Carbohydrate 52g 17%

Dietary Fiber 0g 0%

Sugars 0g

Protein 8g

Vitamin A 2% Vitamin C 0%

Calcium 8% Iron 20%

* 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
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Total Fat	Less Than 65g	80g
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Sat Fat	Less Than 20g	25g
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Cholesterol	Less Than 300mg	300mg
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Sodium	Less Than 2,400mg	2,400mg
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Total Carbohydrate	300g	375mg
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Fiber	25g	30g
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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Orzo (Wheat Flour, Water, B Vitamins, Iron), Shrimp, Cream Alfredo Sauce (Water, half and Half [Milk, Cream, Nonfat Solids], Parmesan Cheese [Pasteurized Part-skim Cow's Milk and/or Sheep's Milk, Cheese Cultures, Salt, Enzymes and Powdered Cellulose to prevent caking], Cream Base [Partially Hydrogenated Soybean and Corn Oils, Modified Food Starch, Whey Powder, Corn Syrup Solids, Maltodextrin, Salt, Monosodium Glutamate, Sugar, Sodium Caseinate, Dipotassium Phosphate, Xanthan Gum, Mono & Diglycerides, Cooked Chicken Meat, Sodium Stearoyl Lactylate, Carrageenan, Onion Powder, Spice, Garlic Powder, Color {Turmeric, Annatto, Beta Carotene, Caramel Color, Yellow #5}, and less than 2% Silicone Dioxide added to prevent caking], Unsalted Butter [Cream, Natural Flavorings]), Granulated Garlic, Pasteurized Lemon Juice, Salt, Titanium Dioxide, Gum Stabilizer [Gum arabic, Xanthan Gum, Carrageenan], Natural Cheese Flavor [Maltodextrin, Whey Solids, Natural Parmesan Cheese Flavor, Salt], White Pepper, Parsley Flakes), Palm Oil, Grated Parmesan Cheese (Pasteurized Skim Milk, Cheese Cultures, Salt, Enzymes), Powdered Milk, Soy Lecithin, Sodium Tripolyphosphate (to retain Moisture), Sodium Bisulfite (as a preservative).

ALLERGENS: Contains Wheat, Crustacean Shellfish (Shrimp), Milk.