

# NUTRITIONAL FACTS

EGG HARBOR

## 1 lb. Bag Shrimp Scampi

<b>Nutrition Facts</b>	
about 4 servings per container	
<b>Serving size</b>	<b>about 7 shrimp (113g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 25g	<b>32%</b>
<b>Saturated Fat</b> 12g	<b>60%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 135mg	<b>45%</b>
<b>Sodium</b> 580mg	<b>25%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
<b>Dietary Fiber</b> 0g	<b>0%</b>
<b>Total Sugars</b> 0g	
<b>Includes 0g Added Sugars</b>	<b>0%</b>
<b>Protein</b> 10g	
<b>Vitamin D</b> 1mcg	<b>6%</b>
<b>Calcium</b> 70mg	<b>6%</b>
<b>Iron</b> 0mg	<b>0%</b>
<b>Potassium</b> 110mg	<b>2%</b>

\*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.

**COOKING DIRECTIONS FROM FROZEN:** PREFERRED METHOD SAUTÉ: IN A MEDIUM SIZED SKILLET, ARRANGE 10-12 FROZEN SHRIMP EVENLY WITHIN SKILLET. ADD 2 TBS WATER AND SIMMER OVER A LOW-MEDIUM HEAT FOR 8-12 MINUTES, STIRRING FREQUENTLY UNTIL SAUCE FORMS. COOK SHRIMP UNTIL FULLY COOKED THROUGH.

**INGREDIENTS:** SHRIMP (SHRIMP, SALT, SODIUM TRIPOLYPHOSPHATE [FOR MOISTURE RETENTION], BUTTER, WATER, SOYBEAN OIL, GARLIC PUREE, ROMANO CHEESE [PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES], SEASONING (SALT, GARLIC POWDER, DEHYDRATED ONION, SPICES, PARSLEY, YEAST EXTRACT, DEHYDRATED RED BELL PEPPER, ROMANO CHEESE [PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES], MALTODEXTRIN, NATURAL FLAVORS, CARAMELIZED SUGAR, CITRIC ACID, NATURAL BUTTER FLAVOR [BUTTER, SWEET BUTTERMILK, NATURAL FLAVOR], EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC [COLOR], GRANULATED GARLIC, NATURAL ROMANO CHEESE FLAVOR (ROMANO CHEESE [PASTEURIZED COWS MILK, CULTURES, SALT, ENZYMES], WATER, SALT, SODIUM PHOSPHATES), SUNFLOWER LECITHIN, LEMON JUICE.

CONTAINS SHRIMP, MILK