

NUTRITIONAL FACTS

EGG HARBOR

5-6 oz. Lobster Tail

Ingredients: Lobster

Nutrition Facts	
5 servings per container	
Serv. sz.	1 Tail (170g/6oz)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 140mg	46%
Sodium 700mg	30%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0mg	0%
Potassium 460mg	10%
<small>* The % Daily Value (DV) 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>	

Contains Shellfish (lobster)