

NUTRITIONAL FACTS

EGG HARBOR

Original Japanese Style Ebi Fried Shrimp

INGREDIENTS: Shrimp, Wheat Flour, Water, Starch, Corn Flour, Shortening, Salt, Sugar, Guar Gum, Yeast, Sodium Tripolyphosphate, Calcium Carbonate, Seasoning (Amino Acid), Yeast Food.

CONTAINS: Wheat, Palm Oil, Shellfish

NUTRITION FACTS	
12 servings per container	
Serving size	4oz (113.4g)
Amount Per Serving	
Calories	123
	% Daily Value *
Total Fat 1g	1 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 57mg	19 %
Sodium 839mg	36 %
Total Carbohydrate 17g	6 %
Dietary Fiber 1g	4 %
Total Sugars 2g	
Protein 12g	
Vitamin D 0mcg	0 %
Calcium 44mg	5 %
Iron 0mg	0 %
Potassium 85mg	2 %
<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>	

NUTRITIONAL FACTS

EGG HARBOR

Coconut Japanese Style Ebi Fried Shrimp

INGREDIENTS: Shrimp, Wheat Flour, Coconut Flakes, Salt, Sugar, Yeast, Modified Starch, Vegetable fat (Palm Oil, Corn, Safflower Oil), Thickening agent (Guar gum), Seasoning (Amino acid), Calcinated shell calcium, Baking Powder, Emulsifer (Palm, Coconut), Spice extract (Pepper, Capsicum, Cassava), Water, Sodium Tripolyphosphate (to retain moisture), Sodium Bisulfite (as a preservative)

CONTAINS: Shellfish (Shrimp), Gluten [Wheat], Sodium Bisulfite, Coconut ingredients.

NUTRITION FACTS	
servings per container	
Serving size	(100g)
Amount Per Serving	
Calories	110
	% Daily Value *
Total Fat 0.5g	1 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 50mg	17 %
Sodium 740mg	32 %
Total Carbohydrate 15g	5 %
Dietary Fiber 1g	4 %
Total Sugars 2g	
Protein 11g	
Vitamin D 0mcg	0 %
Calcium 39.2mg	4 %
Iron 0.24mg	2 %
Potassium 75mg	2 %
* 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.	