

NUTRITIONAL FACTS

Greenhead Lobster

(12) 4-5 oz. Maine Lobster Tails

Nutrition Facts*

Serving Size 4 oz. (113g)
(approx 1.25 per 5 oz. tail)

Amount Per Serving

Calories 90

Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 145mg 48%

Sodium 480mg 20%

Total Carbohydrates 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 19g

Vitamin A 0% • Vitamin C 0%

Calcium 9.5% • Iron 1.6%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be Higher or lower depending on your calories needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25mg	30mg

*U.S. Department of Agriculture, Agricultural Research Service. 2012.USDA National Nutrient Database for Standard Reference, Release 25.

Ingredients: Wild-Caught Lobster Tails

Allergens: Shellfish