

NUTRITIONAL FACTS

Kaptain's Ketch

(10) 4 oz. Original or Cilantro Shrimp Cakes

Nutrition Facts

10 servings per container

Serving size 1 cake (113g)

Amount Per Serving

Calories 230

%Daily Value*

Total Fat 8g 10%

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 170mg 57%

Sodium 360mg 16%

Total Carbohydrate 21g 8%

Dietary Fiber 0g **0%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 17g

Vitamin D 0mcg **0%**

Calcium 1,015mg **80%**

Iron 12mg **70%**

Potassium 1,740mg **35%**

* 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.

INGREDIENTS: SHRIMP, WHOLE EGGS, CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS, BREAD CRUMBS (ENRICHED BLEACHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID] LEAVENING [SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE], VEGETABLE OIL SHORTENING [SOYBEAN], SUGAR, SALT, VINEGAR, YEAST, SPICE EXTRACTIVE, DOUGH CONDITIONERS [ASCORBIC ACID, L-CYSTEINE MONOHYDROCHLORIDE]), GREEN ONIONS, GARLIC (GARLIC, WATER), SEA SALT, BLACK PEPPER, CAYENNE PEPPER.

CONTAINS: EGG, MILK, SHELLFISH, WHEAT.