

NUTRITIONAL FACTS

ANDERSON SEAFOODS

(2) 32 oz. Shrimp Duo

Nutrition Facts		Panko Breaded	Tempura
Serving Size		about 5 shrimp (4oz/113g)	about 5 shrimp (4oz/113g)
Servings per Container		about 8 to 9	about 8 to 9
Amount Per Serving			
Calories		230	220
Calories from Fat		100	120
		%Daily Value*	%Daily Value*
Total Fat	13g	17%	14g 22%
Saturated Fat	6g	10%	2g 10%
Trans Fat	0g		0g
Cholesterol	55mg	15%	45mg 15%
Sodium	390mg	30%	350mg 15%
Total Carbohydrate	18g	7%	19g 6%
Dietary Fiber	1g	4%	1g 4%
Sugars	1g		0g
Protein	9g		6g
*Percent Daily Values are based on a 2,000 calori diet. Your daily values may be higher or lower depending on your calorie needs.		Vitamin A	0%
Calories: 2,000 2,500		Vitamin C	0%
Total Fat	Less than 65g 80g	Calcium	2%
Saturated Fat	Less than 20g 25g	Iron	4%
Cholesterol	Less than 300mg 300mg		
Sodium	Less than 2,400mg 2,400mg		
Total Carbohydrate	300g 375g		
Dietary Fiber	25g 30g		
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

Panko Breaded Shrimp: Shrimp, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Modified Tapioca Starch, Modified Corn Starch, Starch, Soybean Oil, Salt, Sugar, Sodium Acid Pyrophosphate, Sodium Bicarbonate, Highly Refined Coconut Oil, Highly Refined Perilla Oil, Palm Oil, Yeast, Spice, Dextrose, Guar gum, Sodium Tripolyphosphate, Extractives of Paprika

Tempura Shrimp: Shrimp, Water, Wheat Flour, Modified Tapioca Starch, Corn Starch, Rice Flour, Salt, Soybean Oil, Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate, Perilla Oil, Mono- and diglycerides, Mixed Tocopherols, Sodium Tripolyphosphate.

Allergen Warning: Contains shrimp, coconut, wheat and soy ingredients.

Allergen: Shrimp and Wheat