

# NUTRITIONAL FACTS

EGG HARBOR

## Oven Ready Coconut Jumbo Shrimp

**INGREDIENTS:** Shrimp, Coconut, Bleached Wheat Flour, Enriched Bleached Wheat Flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Salt, Dextrose, Sugar, Yeast, Leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), Powdered Sugar, Modified Food Starch, Yellow Corn Flour, Modified Corn Starch, Egg Whites, Onion Powder, Tapioca Maltodextrin, Sorbitol, Citric Acid, Palm Oil, Mono and Diglycerides, Corn Starch, Maltodextrin, Soybean Oil, Disodium Inosinate and Disodium Guanylate, Yeast Extract, Artificial Flavor, Xanthan Gum, Sucralose, Natural Flavor, Triacetin, Sulfites (Up to 50ppm), Spice Extractive, Sodium Tripolyphosphate (to retain moisture), Sodium Bisulfite (as a preservative).

**ALLERGEN:** Crustacean Shellfish (Shrimp), Wheat, Egg, Tree Nuts (Coconut), Sulfites

### Nutrition Facts

about 10 servings per container

**Serving size** about 4 shrimp (4oz/113g)

Amount per serving

**Calories** **230**

% Daily Value\*

**Total Fat** 9g **12%**

Saturated Fat 5g **25%**

Trans Fat 0g

**Cholesterol** 85mg **28%**

**Sodium** 770mg **33%**

**Total Carbohydrate** 25g **9%**

Dietary Fiber 2g **7%**

Total Sugars 5g

Includes 5g Added Sugars **10%**

**Protein** 12g

Vitamin D 0mcg 0%

Calcium 42mg 4%

Iron 1mg 6%

Potassium 105mg 2%

\*The % Daily Value 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.