

NUTRITIONAL FACTS

EGG HARBOR

(6) 10 oz. Microwaveable Seafood Meals Shrimp Scampi

INGREDIENTS: Shrimp, Linguini Pasta (Semolina [Wheat], Durum Wheat Flour, Niacin, Iron [Ferrous Sulfate], Thiamine Mononitrate, Riboflavin, Folic Acid), Spinach, Roasted Red Peppers, Garlic, Olive Oil, Parsley, Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Salt and Pepper.

ALLERGEN: Shellfish (Shrimp), Wheat, Dairy.

Nutrition Facts	
Serving size	1 ' (283g/10oz)
Amount per serving	
Calories	440
% Daily Value*	
Total Fat 23g	29%
Saturated Fat 5g	24%
<i>Trans</i> Fat 0g	
Cholesterol 100mg	34%
Sodium 700mg	31%
Total Carbohydrate 38g	14%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 22g	
Vit D 0.1mcg 0% • Calcium 240mg 20%	
Iron 2.8mg 15% • Potas 400mg 8%	
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

NUTRITIONAL FACTS

EGG HARBOR

(6) 10 oz. Microwaveable Seafood Meals Shrimp Tortellini

INGREDIENTS: Shrimp (Salt, Sodium Phosphate to Retain Moisture), Cheese Tortellini, Enriched Semolina Flour (Semolina Flour [Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid]), Water, Romano Cheese (Pasteurized Cows and/or Sheep's Milk, Cheese Culture, Sea Salt, Enzymes), Ricotta Cheese (Pasteurized Milk, Pasteurized Whey, Pasteurized Cream, Vinegar, Salt), Cracker Meal Enriched Wheat Flour [Enriched with Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], Soybean Oil, Salt), Pasteurized Eggs, Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Corn Starch, Salt, Asiago Cheese (Pasteurized Part-Skim Cow's Milk, Cheese Culture, Salt, Enzymes), Garlic, Spices, Onion, Fontina Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Sea Salt, Enzymes), Beta Carotene, Stabilizers (Xanthan Gum, Locust Bean Gum, Guar Gum), Butter (Sweet Cream and Salt), Broccoli, Garlic and Red Pepper Flakes.

ALLERGEN: Shellfish (Shrimp), Wheat, Soy.

Nutrition Facts	
Serving size	1' (283g/10oz)
Amount per serving	
Calories	430
% Daily Value*	
Total Fat 19g	25%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 175mg	58%
Sodium 890mg	39%
Total Carbohydrate 44g	16%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 23g	
Vit D ??mcg ??% • Calcium 170mg 15%	
Iron 3.5mg 20% • Potas 460mg 10%	
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

NUTRITIONAL FACTS

EGG HARBOR

(6) 10 oz. Microwaveable Seafood Meals Seafood Trio

INGREDIENTS: Linguine Pasta (Semolina [Wheat], Durum Wheat Flour, Niacin, Iron [Ferrous Sulfate], Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Canola Oil, Salt, Spice, Creamy Garlic Sauce (Whole Milk [Milk, Vitamin D3], Cream Sauce [Corn Starch, Wheat Flour, Modified Milk Ingredients, Garlic and Onion Powder, Salt, Maltodextrin, Dehydrated Cheddar, Blue, Parmesan and Romano Cheeses, Hydrolyzed Corn Protein, Hydrogenated Soybean Oil, Canola Oil, Natural Flavor, Sugar, Sodium Phosphate, Dried Parsley, Dried Chives, Lactic Acid, Citric Acid, Mono & Diglycerides, Sodium Citrate, Color, Spice Extract and Sulphites, Butter [Cream, Natural Flavor]), Shrimp (Shrimp, Salt, Sodium Carbonate, Sodium Citrate), Clams, Clam Juice, Sodium Phosphates and Natural Flavorings (Contains Natural Anchovy Flavoring), Mussel Meat (Shellfish, Mytilus Chilensis).

ALLERGENS: Shellfish (Shrimp, Mussels, Clams), Fish (Anchovy), Wheat, Dairy, Soy

Nutrition Facts	
Serving Size 1' (283g/10oz)	
Amount Per Serving	
Calories 320	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 125mg	41%
Sodium 1030mg	43%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	7%
Sugars 2g	
Protein 25g	
Vitamin A 0%	Vitamin C 0%
Calcium 15%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65 g 80 g
Saturated Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4