

NUTRITIONAL FACTS

EGG HARBOR

3 lbs. or 6 lbs. Oven Ready Coconut 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 100ppm), 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 750mg **33%**

Total Carbohydrate 25g **9%**

Dietary Fiber 2g **7%**

Total Sugars 5g

Includes 5g Added Sugars **10%**

Protein 12g

Vitamin D 0mcg 0%

Calcium 43mg 4%

Iron 1mg 6%

Potassium 146mg 4%

*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.