

# NUTRITIONAL FACTS

GREENHEAD LOBSTER

4oz. Lobster Tails w/8oz. Kate's Butter

<b>Nutrition Facts*</b>	
Average Serving Size 4 oz. (113g)	
<b>Amount Per Serving</b>	
<b>Calories 90</b>	
<b>Calories from Fat 10</b>	
	% Daily Value*
<b>Total Fat</b> 1g	2%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 145mg	48%
<b>Sodium</b> 480mg	20%
<b>Total Carbohydrates</b> 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 19g	
Vitamin A 0% • Vitamin C 0%	
Calcium 9.5% • Iron 1.6%	
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be Higher or lower depending on your calories needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300mg    375mg
Dietary Fiber	25mg    30mg
*U.S. Department of Agriculture, Agricultural Research Service, 2012.USDA National Nutrient Database for Standard Reference, Release 25.	

Ingredients: Wild-Caught Lobster Tails

Allergens: Shellfish

# NUTRITIONAL FACTS

GREENHEAD LOBSTER

8oz. Kate's Salted Butter

SALTED NET WT. 16 oz.

## Nutrition Facts

Serving size 1 Tbsp. (14g)

Servings per Container: 32

### Amount Per Serving

Calories 100    Calories from Fat 100

### % Daily Value

**Total Fat** 11g                      **17%**

    Saturated Fat 7g                **36%**

    Trans Fat 0g                    **0%**

**Cholesterol** 30mg                **10%**

Sodium 120mg                    **5%**

**Total Carbohydrate** 0g        **0%**

**Protein** 0g

**Vitamin A** 8%

Not a significant source of dietary fiber,  
sugar, vitamin C, calcium and iron.

\*Percent Daily Values are based on a 2,000  
calorie diet.

**INGREDIENTS:** GRADE A CREAM,  
SEA SALT.

Food name: Beef Medallions

# Nutrition Facts

4 servings per container

**Serving size** 4 oz (113g)

**Amount per serving**

**Calories** 160

**% Daily Value\***

**Total Fat** 7g 9%

Saturated Fat 2.5g 12%

*Trans* Fat 0g

**Cholesterol** 70mg 23%

**Sodium** 50mg 2%

**Total Carbohydrate** 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 25g

Vitamin D 0.1mcg 0%

Calcium 10mg 0%

Iron 2.9mg 15%

Potassium 320mg 6%

\* The % Daily Values (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: Beef Medallions