NUTRITIONAL FACTS

EGG HARBOR

Crab Dip & Cheddar Cheese Potato Skins

EGG HARBOR SEAFOOD
BY RASTELLI'S

CRAB DIP & CHEDDAR CHEESE POTATO SKIN APPETIZER

Item # Q490

Preparation: Conventional Oven: *Remove from Packaging.* Bake at 425 degrees for 12-15 minutes from frozen. Place on sheet pan (please spray sheet pan with nonstick cooking spray). Make sure internal temperature is 165 before consumption. **Air Fryer Instructions:** *Remove from Packaging.* Cook at 375 degrees for 15-18 minutes from frozen. Make sure internal temperature is 165 before consumption

Ingredients: Potato, Crab Dip (Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Guar Gum, Carob Bean Gum, Xanthan Gum), Blue Crab Meat , Mayonnaise (Soybean Oil, Water, Whole Eggs, Distilled Vinegar, Egg Yolks, Salt, Sugar, Lemon Juice Concentrate, Natural Flavors), Sour Cream (Culture Cream), Worcestershire Sauce (Water, Distilled Vinegar, Hydrolyzed Soy Protein, High Fructose Corn Syrup, Salt, Contains Less Than 2% of Caramel Color, Natural Flavors Sodium Benzoate), Concentrated Lemon Juice), Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Annatto (color), Spices.

Contains: Crustacean Shellfish, Soy, Wheat, Milk and Egg.

PACKAGE SIZE: 3/4PACKS
NET WEIGHT : 2.04 LB KEEP FROZEN

Nutrition Facts

Serving size 1 serving (77g)

Calories 160

% Daily Value*

Total Fat 11g 14%
Saturated Fat 6g 30%
Trans Fat 0g
Cholesterol 75mg 25%
Sodium 170mg 8%
Total Carbohydrate 10g 4%
Dietary Fiber 2g 7%
Total Sugars 1g
Includes 0g Added Sugars 0%
Protein 7g

Vitamin D 0.1mcg (7 IU) 0%
Calcium 110mg 10%
Iron 1mg 6%
Potassium 180mg 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.