

NUTRITIONAL FACTS

GREENHEAD LOBSTER

3-4oz. Lobster Tails w/8oz. Kate's Butter

Nutrition Facts*	
Average Serving Size 4 oz. (113g)	
Amount Per Serving	
Calories 90	
Calories from Fat 10	
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 145mg	48%
Sodium 480mg	20%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 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

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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.