

# NUTRITIONAL FACTS

EGG HARBOR

## Choice of (3) or (6) lbs. Breaded Colossal Shrimp

**Preparation Instructions:** Store shrimp in freezer. Cook shrimp from Frozen. **OVEN:** Preheat oven to 425°F. Place breaded shrimp on wire rack set on top of baking sheet and cook for 15 – 18 minutes, or until shrimp are crisp outside and cooked throughout. **AIRFRYER:** Using the Air fry function, preheat air fryer oven to 400°F for 10 minutes. Then, place shrimp into air fryer and cook 10 – 12 minutes, or until shrimp are crisp outside and cooked throughout. **NOTE: COOKING TIMES MAY VARY ACCORDING TO APPLIANCE; ADJUST ACCORDINGLY.**

**Ingredients:** Shrimp, Wheat Flour, Water, Salt, White Corn Flour, Dextrose, Modified Corn Starch, Yeast, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Garlic Powder, Spices (Includes Celery Seed), Onion Powder, Citric Acid, Natural Flavor, Maltodextrin, Soybean Oil, Sodium Tripolyphosphate (Retains Moisture).

**Contains:** SHELLFISH (Shrimp), Wheat

Nutrition Facts	
12 servings per container	
Serving size about 3 shrimp (4oz/113g)	
Amount per serving	
<b>Calories</b>	<b>190</b>
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 830mg	36%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 1mg	6%
Potassium 107mg	2%
<small>*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.</small>	

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## 7 oz. Sweet Chili Dipping Sauce

**INGREDIENTS:** SUGAR, WATER, RED BELL PEPPER, GARLIC, RICE VINEGAR (WATER, RICE), SEA SALT, THAI CHILI PEPPER, GUAR GUM, XANTHAN GUM, CRUSHED RED PEPPER.

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>% DV</b>	<b>Amount/serving</b>	<b>% DV</b>
	<b>Serving size</b> <b>1 Tbsp (15g)</b>	<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carbohydrate</b> 10g
<b>Calories</b> <b>35</b> <b>per serving</b>	Saturated Fat 0g	<b>0%</b>	Dietary Fiber 0g	<b>0%</b>
About 13 servings per container	<i>Trans Fat</i> 0g		Total Sugars 10g	
	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 10g Added Sugars	<b>19%</b>
	<b>Sodium</b> 65mg	<b>3%</b>	<b>Protein</b> 0g	
	Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 80mg 2%			

Keep Refrigerated. Use within 180 days from manufacture date, refrigerated.