

NUTRITIONAL FACTS

HANCOCK GOURMET LOBSTER CO

Lobster Grilled Cheese Sandwiches

Nutrition Facts

6 servings per container

Serving Size 3 Sandwiches (85g)

Amount per serving

Calories 210

% Daily Value*

Total Fat 11g 15%

Saturated Fat 7g 34%

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 450mg 19%

Total Carbohydrate 18g 7%

Dietary Fiber < 1g 3%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 4mcg 20%

Calcium 82mg 6%

Iron 0mg 0%

Potassium 72mg 0%

*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 advice.

Lobster Grilled Cheese Appetizer

KEEP FROZEN

Net Wt 18 oz (504g)

18 pieces

Preparation: Keep frozen until ready to prepare. Cut a slit in the plastic wrap and microwave for 30 seconds. Place sandwiches in a saute pan and grill each side for 1-2 minutes until golden brown and internal temperature reaches 165°. Serve immediately.

Ingredients: Lobster, French baguette (enriched unbleached wheat flour [wheat flour, niacin, iron, thiamin mononitrate, enzyme, riboflavin, folic acid], water, yeast, salt, dextrose, malted barley flour, calcium sulfate, datem, calcium carbonate, ascorbic acid, enzyme), Cream cheese (pasteurized milk & cream, cheese culture, salt, gum stabilizers [carob bean, guar + xanthan]), Butter (cream, salt), Swiss cheese (part skin milk, enzymes, salt), Salt, Parmesan cheese part-skim milk, cheese cultures, salt, enzymes and powdered cellulose), Romano cheese (pasteurized sheep's milk, cheese cultures, salt, enzymes), Garlic powder, Ground mustard, White pepper.

Contains: Milk, Shellfish (lobster), Wheat.

Made in a facility that also uses Egg, Fish, Tree nuts, Soy.

May contain shell fragments

Manufactured by Hancock Gourmet Lobster Co., Topsham, Maine 04086 USA
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