

NUTRITIONAL FACTS

EGG HARBOR

(4) 6 oz. Faroe Island Salmon Fillets

Nutrition Facts

Serving 4 Size: 6 oz
Servings Per Container: 4

Amount Per Serving

Calories 310	Calories from Fat 100
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Cholesterol 95mg	32%
Sodium 75mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 34g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Salmon

Contains: Fish

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RASTELLI

(8) 9 oz. Black Angus Ribeye Steak

Preparation Instructions: For best results, thaw under refrigeration. Use within 3 - 5 days. **Grill:** Spray grill with cooking spray. Preheat grill to medium high. Grill for 8-10 minutes per side for well doneness, or until internal temperature reaches 165F.

Nutrition Facts	
Serving 4 Size: 9 oz	
Servings Per Container: 4	
Amount Per Serving	
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Calories 849	Calories from Fat 675
Total Fat 75g	115%
Saturated Fat 30g	150%
Cholesterol 184mg	61%
Sodium 135mg	6%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 40g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 21%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Ingredients: Beef	

NUTRITIONAL FACTS

RASTELLI

(1) 1 oz. Steak Seasoning

Nutrition Facts Servings per container 35,
Serving size 1/4 tsp. (0.8g), Amount per serving:

Calories 0, Total Fat 0g (0% DV), Saturated Fat 0g (0% DV),
Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 180mg (8% DV),
Total Carbohydrate 0g (0% DV), Dietary Fiber 0g (0% DV), Total
Sugars 0g (Includes 0g Added Sugars, 0% DV), Protein 0g, Vitamin
D 0mcg (0% DV), Calcium 2mg (0% DV), Iron 0mg (0% DV),
Potassium 2mg (0% DV). 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.

INGREDIENTS: Salt, Spices, Dehydrated Onion,
Tricalcium Phosphate (prevents caking), Garlic Oil.

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EGG HARBOR

1 oz. Signature Seafood Seasoning Packet

Nutrition Facts

Servings per container 32 | Serving Size 1/4 Tsp. (.9g)

Amount per Serving: **Calories 5**

Total Fat 0g (0% DV), **Sodium 95mg** (4% DV),

Total Carbohydrate 1g (0% DV), **Protein 0g**

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron and potassium. 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.

Ingredients: Kosher Salt, Sugar, Spices, Honey Granules, Onion, Garlic, Sodium Diacetate, Canola Oil, Silicon Dioxide (to prevent caking), Lemon Oil.
