

## Egg Harbor (5) 6.3oz Bags Battered Scallops

<b>Nutrition Facts</b>	
5 servings per container	
<b>Serv sz. 1 bag (180g/6.35oz)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>410</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 23g	<b>30%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 25mg	<b>9%</b>
<b>Sodium</b> 610mg	<b>27%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 2g	<b>6%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 26g	
Vitamin D 0.4mcg	2%
Calcium 30mg	0%
Iron 6.2mg	35%
Potassium 540mg	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.	

**Ingredients:** Scallops, Maize Flour, Water, Canola Oil, Rice Flour, Wheat Semolina, Tapioca Starch, Palm Fat, Raising Agent [Sodium Acid Pyrophosphate, Sodium Bicarbonate], Salt, Wheat Gluten, Stabilizer: Xanthan Gum.

**Contains:** Shellfish, Wheat.

### PREPARATION INSTRUCTIONS

**Conventional Oven:** Cook from frozen (recommended). Preheat oven to 400°F. Remove tray. Place scallops on a non-stick baking sheet. Place on middle of oven rack for 13 minutes. Let stand for 2 minutes before serving.

**Air Fryer:** Cook from frozen. Preheat air fryer to 375°F. Place scallops in basket and put in air fryer for 12 minutes, turning halfway through cooking time. Cook until golden brown. Let stand for 2 minutes before serving.