

# Coquilles St. Jacques 130g Shell

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 shell (130g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 7g	<b>34%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 40mg	<b>14%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	<b>20%</b>
Vitamin D 0.3mcg	0%
Calcium 80mg	6%
Iron 5.2mg	30%
Potassium 370mg	8%
<small>* 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

**Ingredients:** Potato, Scallops, Heavy Cream, Whole Milk, Water, Cheddar Cheese, Champagne, Enriched Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Maize Starch, Salted Butter (Heavy Cream, Salt), Egg Yolk, Parsley, Lemon Juice, Italian Hard Cheese, Chives, Fish Stock (Fish Stock, Salt, Maltodextrin, Yeast Extract, Onion Powder, Celeric Powder, Canola Oil, Leek Powder, Carrot Powder, White Pepper, Bay), Lemon Zest, Olive Oil, Dijon Mustard (Water, Ground Mustard Seeds, Spirit Vinegar, Salt), Salt, Yeast, Cider Vinegar, Dried Wheat Sourdough, White Pepper.

**Contains:** Wheat, Mustard, Egg, Milk, Fish, Celery, Sulphites, Mollusc (Scallops).