

# NUTRITIONAL FACTS

EGG HARBOR

## Choice Of (2) or (4) 1-lb. Domestic Gulf Tail-Off Shrimp

**Preparation Instructions:** Keep frozen until ready to prepare. Defrost under refrigeration, until fully thawed. Pat shrimp dry before cooking.

**OVEN:** Preheat oven to 450F. On rimmed baking sheet, toss shrimp with oil. Season with salt and pepper, or your favorite seasoning. Roast shrimp 6-8 minutes, or until shrimp are pink and opaque throughout. **STOVETOP:** Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Place shrimp in mixing bowl to coat with seasoning. Add shrimp to skillet and cook for 2-3 minutes per side, until shrimp are pink and opaque throughout.

*\*Note: Heating times may vary; use a cooking thermometer to ensure Shrimp cooks to an internal temperature of at least 145°F.*

Nutrition Facts	
Serving Size: 3.5 oz (142g)	
Servings Per Container: 13	
Amount Per Serving	
Calories 95	Calories from Fat 5
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 96mg	32%
Sodium 185mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 19g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
*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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**Ingredients:** Shrimp, Water, Salt.

**Contains:** Shellfish.