

NUTRITIONAL FACTS

GREENHEAD LOBSTER LLC

HPP Maine Lobster Tails

Nutrition Facts*			
Average Serving Size 4 oz. (113g)			
Amount Per Serving			
Calories 90			
Calories from Fat 10			
		% Daily Value*	
Total Fat	1g		2%
Saturated Fat	0g		0%
Polyunsaturated Fat	0g		
Monounsaturated Fat	0g		
Cholesterol	145mg		48%
Sodium	480mg		20%
Total Carbohydrates	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein 19g			
Vitamin A	0%	Vitamin C	0%
Calcium	9.5%	Iron	1.6%
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be Higher or lower depending on your calories needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber	25mg	30mg	
*U.S. Department of Agriculture, Agricultural Research Service. 2012.USDA National Nutrient Database for Standard Reference, Release 25.			

Ingredients: Wild-Caught Lobster Tails
Allergens: Shellfish

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GREENHEAD LOBSTER

8oz. Kate’s Salted Butter

SALTED NET WT. 16 oz.

Nutrition Facts	
Serving size 1 Tbsp. (14g)	
Servings per Container: 32	
Amount Per Serving	
Calories 100	Calories from Fat 100
% Daily Value	
Total Fat 11g	17%
Saturated Fat 7g	36%
Trans Fat 0g	0%
Cholesterol 30mg	10%
Sodium 120mg	5%
Total Carbohydrate 0g	0%
Protein 0g	
Vitamin A 8%	
Not a significant source of dietary fiber, sugar, vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: GRADE A CREAM, SEA SALT.