

NUTRITIONAL FACTS

Egg Harbor

64ct Jumbo Shrimp Skewers

Nutrition Facts		
14 Servings Per Container		
Serving Size 4 oz (113,4g)		
Amount Per Serving		
Calories	87kcal	
% Daily Value *		
Total Fat:	0,30 g	0,43%
Saturated Fat :	0,09 g	0,49%
Trans Fat :	0 g	
Cholesterol:	127 mg	42%
Sodium:	263 mg	11%
Total Carbohydrate:	0 g	0%
Dietary Fiber :	0 g	0%
Total Sugar :	0 g	
Includes 0 g Added Sugar		0%
Protein:	21 g	
Vitamin D :	0 mg	0%
Calcium :	47 mg	3,6%
Iron :	0,18 mg	1%
Potassium :	300 mg	6,4%

* 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: Shrimp, Salt

Contains: Shellfish

Keep Frozen: 0 Degrees F

Baking: Preheat oven to 400°F, place frozen skewers on baking pan with shell side down, liberally baste the shrimp meat with your favorite sauce with pastry brush after 15 minutes in the oven. Bake for a total of 25 minutes until shell turn bright orange and meat is fully white in color.

Grilling: Preheat grill to 375°F, place frozen shrimp on aluminum foil and place on the grill. Liberally baste the shrimp meat with your favorite sauce with pastry brush after 10 minutes in the grill. Fold foil to cover the skewers and grill until the shell turns bright orange and the meat is fully white in color.

Product of Vietnam . Farm Raised Shrimp