

NUTRITIONAL FACTS

ANDERSON SEAFOODS

(4) 16 oz. Butterfly Shrimp Combo

Nutrition Facts				Panko Breaded		Coconut	
Serving Size				about 5 shrimp (4oz/113g)		about 5 shrimp (4oz/113g)	
Servings per Container				about 10		about 10	
Amount Per Serving							
Calories				230		240	
Calories from Fat				100		120	
				%Daily Value*		%Daily Value*	
Total Fat				13g	17%	13g	20%
Saturated Fat				6g	10%	4.5g	23%
Trans Fat				0g		0g	
Cholesterol				55mg	15%	45mg	20%
Sodium				390mg	30%	650mg	27%
Total Carbohydrate				18g	7%	16g	5%
Dietary Fiber				1g	4%	2g	8%
Sugars				1g		3g	
Protein				9g		19g	
*Percent Daily Values are based on a 2,000 calori diet. Your daily values may be higher or lower depending on your calorie needs.				Vitamin A	0%		0%
				Vitamin C	0%		0%
				Calcium	2%		4%
				Iron	4%		4%
Calories per gram:							
Fat 9 • Carbohydrate 4 • Protein 4							

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

Panko Breaded Shrimp: Shrimp, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Modified Tapioca Starch, Modified Corn Starch, Starch, Soybean Oil, Salt, Sugar, Sodium Acid Pyrophosphate, Sodium Bicarbonate, Highly Refined Coconut Oil, Highly Refined Perilla Oil, Palm Oil, Yeast, Spice, Dextrose, Guar gum, Sodium Tripolyphosphate, Extractives of Paprika

Coconut Panko Breaded Shrimp: Shrimp, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Coconut Flakes, Salt, Dextrose, Modified Corn Starch, Modified Tapioca Starch, Coconut Milk Powder (Coconut Milk, Glucose, Maltodextrin, Sodium Caseinate), Sugar, Sodium Acid Pyrophosphate, Sodium Bicarbonate, Natural Flavors, Highly Refined Perilla Oil, Highly Refined Coconut Oil, Yeast, Sulphites, Sodium Tripolyphosphate.

Allergen: Shrimp and Wheat