

# NUTRITIONAL FACTS

EGG HARBOR

(10) 4 oz. Shrimp Cake

<b>KEEP FROZEN</b>	
<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving Size</b>	<b>4 OZ (113g)</b>
Amount per serving	
<b>Calories</b>	<b>190</b>
% Daily Value *	
Total Fat 11g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 410mg	18%
Total Carbohydrate 12g	4%
Dietary Fiber less than 1g	2%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%
<b>Protein 12g</b>	
Vitamin D 0mg	0%
Calcium 51mg	4%
Iron 1mg	6%
Potassium 103mg	2%

\*The % Daily Value 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.

## SHRIMP CAKE

(10) 4 oz. Portions



EGG HARBOR  
SEAFOOD

**Cooking Instructions:** Thaw under refrigeration. **Stovetop:** (PREFERRED) Heat in an ungreased pan on medium low heat for 7 minutes on each side. **OVEN:** Preheat oven to 375 F. Bake for 10 min. Turn over and bake an additional 10-12 minutes. Heat to an internal temperature of 165 F.

**Ingredient:** Shrimp (shrimp, sodium tripolyphosphate to retain freshness), Mayonnaise (soybean oil, egg yolk, high fructose corn syrup, vinegar, contains 2% salt, spice, calcium disodium EDTA to protect flavor), Bread Crumbs (bleached wheat flour, yeast, sugar, salt) Cracker Meal (enriched wheat flour, (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Eggs (whole eggs, citric acid), Green Onions, Celery, Butter (pasteurized cream, natural flavorings), Seasoning (spices, onion and garlic powders, salt, paprika, sugar), Lemon Juice (water, lemon juice concentrate, less than 2% lemon oil, sodium metabisulfite (preservatives), Parsley

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**Net Wt. 2.5 lbs.**