

# NUTRITIONAL FACTS

EGG HARBOR

## 10 ct. 6 oz. Stuffed Scallops

**Ingredients:** CRACKERS (unbleached enriched flour [wheat flour, niacin, reduced iron, thiamin mononitrate {vitamin b1}, riboflavin {vitamin b2}, folic acid], soybean and/or canola oil, palm oil, sugar, salt, leavening {calcium phosphate, baking soda}, high fructose corn syrup, soy lecithin, natural flavor), CELERY, SCALLOPS, LOBSTER, SHRIMP, BUTTER FLAVORED OIL (soybean oil, hydrogenated soybean oil, contains 2% or less of salt, sunflower lecithin, artificial butter flavor, beta carotene [color], yeast extract), PANKO (unbleached wheat flour, natural cane sugar, yeast, sea salt), BUTTER (cream, salt), ROMANO CHEESE (pasteurized cow's milk, cheese cultures, salt, enzymes), CONTAINS LESS THAN 2% OF THE FOLLOWING: GRANULATED SUGAR, NATURAL BUTTER FLAVOR (whey [milk], butter oil, salt, sugar, guar gum), SHERRY (WINE, SALT), GARLIC, LEMON JUICE, SPICES.

**CONTAINS:** Milk, Shellfish (Lobster, Shrimp), Soy, Wheat. Contains wine which has naturally occurring sulfites.

<b>Nutrition Facts</b>	
10 servings per container	
<b>Serving size 1 piece - 6oz (170g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>450</b>
<b>% Daily Value*</b>	
<b>Total Fat 31g</b>	<b>40%</b>
Saturated Fat 10g	50%
Trans Fat 0g	
<b>Cholesterol 75mg</b>	<b>25%</b>
<b>Sodium 900mg</b>	<b>39%</b>
<b>Total Carbohydrate 31g</b>	<b>11%</b>
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 3g Added Sugars	6%
<b>Protein 15g</b>	
Vitamin D 0mcg	0%
Calcium 172mg	15%
Iron 4mg	20%
Potassium 223mg	4%
<small>* 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.</small>	