

NUTRITIONAL FACTS

EGG HARBOR

(6) 10 oz. Microwaveable Seafood Meals Shrimp Scampi

INGREDIENTS: Shrimp, Linguini Pasta (Semolina [Wheat], Durum Wheat Flour, Niacin, Iron [Ferrous Sulfate], Thiamine Mononitrate, Riboflavin, Folic Acid), Spinach, Roasted Red Peppers, Garlic, Olive Oil, Parsley, Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Salt and Pepper.

ALLERGEN: Shellfish (Shrimp), Wheat, Dairy.

Nutrition Facts	
Serving size	1 ' (283g/10oz)
Amount per serving	
Calories	440
% Daily Value*	
Total Fat 23g	29%
Saturated Fat 5g	24%
<i>Trans</i> Fat 0g	
Cholesterol 100mg	34%
Sodium 700mg	31%
Total Carbohydrate 38g	14%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 22g	
Vit D 0.1mcg 0% • Calcium 240mg 20%	
Iron 2.8mg 15% • Potas 400mg 8%	
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

NUTRITIONAL FACTS

EGG HARBOR

(6) 10 oz. Faroe Island Salmon over Fried Rice with Sesame Ginger Sauce

INGREDIENTS: SALMON, FRIED RICE (WHITE RICE, WATER, CARROTS, LEEKS, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, ALCOHOL [TO RETAIN FRESHNESS]), PEAS, SOYBEAN (EDAMAME), CANOLA OIL, MIRIN (WATER, MIRIN [WATER, RICE, ALCOHOL, SALT, ENZYME, KOJI], SUGAR, LACTIC ACID), RED BELL PEPPER, CORN, CONTAINS LESS THAN 2% OF: ONION, SPICE, GARLIC, KELP EXTRACT (KELP EXTRACT, DEXTRIN, WATER, SALT, ALCOHOL, XANTHAN GUM), SUGAR, TOASTED SESAME OIL, SOY SAUCE POWDER (SOY SAUCE [FERMENTED SOYBEANS, WHEAT, SALT], MALTODEXTRIN, SALT), DISODIUM INOSINATE, DISODIUM GUANYLATE, GROUND GINGER (GINGER, SULFITING AGENT (TO RETAIN COLOR)

ALLERGENS: FISH, SOY, WHEAT

Nutrition Facts	
1 servings per container	
Serving size	10 oz (283g)
Amount per serving	
Calories	500
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 800mg	35%
Total Carbohydrate 48g	17%
Dietary Fiber 1g	4%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 11mcg	60%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 802mg	15%
<small>*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.</small>	

NUTRITIONAL FACTS

EGG HARBOR

(6) 10 oz. Faroe Island Salmon over Orzo Pasta & Spinach in a Mediterranean Butter Sauce

Ingredients: Salmon, Pasta (Pasta (Semolina Flour (Wheat), Niacin, Iron (Ferrous Sulfate), Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Canola Oil, Salt, Pepper), Spinach, Butter (Pasteurized Cream, Natural flavoring), Garlic, Basil, Oregano

Allergens: Fish, Wheat, Milk

Nutrition Facts	
1 servings per container	
Serving size	10 oz (283g)
Amount per serving	
Calories	600
% Daily Value*	
Total Fat 34g	44%
Saturated Fat 11g	55%
Trans Fat 0.5g	
Cholesterol 125mg	42%
Sodium 230mg	10%
Total Carbohydrate 32g	12%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 42g	
Vitamin D 14mcg	70%
Calcium 57mg	4%
Iron 2mg	10%
Potassium 811mg	15%
<small>*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.</small>	

NUTRITIONAL FACTS

EGG HARBOR

(6) 10 oz. Faroe Island Salmon with Roasted Potatoes and Peas in a Honey Bourbon Sauce

INGREDIENTS: SALMON, RED WEDGE POTATOE (RED POTATOES, CANOLA OIL, OLIVE OIL, DISODIUM DIHYDROGEN PYROPHOSPHATE TO PROMOTE COLOR RETENTION, DEXTROSE.) GREEN PEAS, BOURBON SAUCE (SUGAR, WATER, SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), MOLASSES, CAYENNE PEPPER SAUCE (CAYENNE RED PEPPERS, VINEGAR, WATER, SALT, GARLIC POWDER), ONION PUREE, MODIFIED CORNSTARCH, 2% OR LESS OF VINEGAR, CORN OIL, SALT, CARAMEL COLOR, SPICE, XANTHAN GUM, NATURAL FLAVORS.), HONEY.

ALLERGENS: FISH, SOY, WHEAT,

Nutrition Facts	
1 servings per container	
Serving size	10 oz (283g)
Amount per serving	
Calories	470
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 290mg	13%
Total Carbohydrate 37g	13%
Dietary Fiber 3g	11%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 37g	
Vitamin D 8mcg	40%
Calcium 31mg	2%
Iron 1mg	6%
Potassium 953mg	20%
<small>*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.</small>	

NUTRITIONAL FACTS

EGG HARBOR

(6) 10 oz. Microwaveable Seafood Meals Shrimp Tortellini

INGREDIENTS: Shrimp (Salt, Sodium Phosphate to Retain Moisture), Cheese Tortellini, Enriched Semolina Flour (Semolina Flour [Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid]), Water, Romano Cheese (Pasteurized Cows and/or Sheep's Milk, Cheese Culture, Sea Salt, Enzymes), Ricotta Cheese (Pasteurized Milk, Pasteurized Whey, Pasteurized Cream, Vinegar, Salt), Cracker Meal Enriched Wheat Flour [Enriched with Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], Soybean Oil, Salt), Pasteurized Eggs, Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Corn Starch, Salt, Asiago Cheese (Pasteurized Part-Skim Cow's Milk, Cheese Culture, Salt, Enzymes), Garlic, Spices, Onion, Fontina Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Sea Salt, Enzymes), Beta Carotene, Stabilizers (Xanthan Gum, Locust Bean Gum, Guar Gum), Butter (Sweet Cream and Salt), Broccoli, Garlic and Red Pepper Flakes.

ALLERGEN: Shellfish (Shrimp), Wheat, Soy.

Nutrition Facts	
Serving size	1' (283g/10oz)
Amount per serving	
Calories	430
% Daily Value*	
Total Fat 19g	25%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 175mg	58%
Sodium 890mg	39%
Total Carbohydrate 44g	16%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 23g	
Vit D ??mcg ??% • Calcium 170mg 15%	
Iron 3.5mg 20% • Potas 460mg 10%	
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

NUTRITIONAL FACTS

EGG HARBOR

(6) 10 oz. Microwaveable Seafood Meals Seafood Trio

INGREDIENTS: Linguine Pasta (Semolina [Wheat], Durum Wheat Flour, Niacin, Iron [Ferrous Sulfate], Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Canola Oil, Salt, Spice, Creamy Garlic Sauce (Whole Milk [Milk, Vitamin D3], Cream Sauce [Corn Starch, Wheat Flour, Modified Milk Ingredients, Garlic and Onion Powder, Salt, Maltodextrin, Dehydrated Cheddar, Blue, Parmesan and Romano Cheeses, Hydrolyzed Corn Protein, Hydrogenated Soybean Oil, Canola Oil, Natural Flavor, Sugar, Sodium Phosphate, Dried Parsley, Dried Chives, Lactic Acid, Citric Acid, Mono & Diglycerides, Sodium Citrate, Color, Spice Extract and Sulphites, Butter [Cream, Natural Flavor]), Shrimp (Shrimp, Salt, Sodium Carbonate, Sodium Citrate), Clams, Clam Juice, Sodium Phosphates and Natural Flavorings (Contains Natural Anchovy Flavoring), Mussel Meat (Shellfish, Mytilus Chilensis).

ALLERGENS: Shellfish (Shrimp, Mussels, Clams), Fish (Anchovy), Wheat, Dairy, Soy

Nutrition Facts	
Serving Size 1 ' (283g/10oz)	
Amount Per Serving	
Calories 320	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 125mg	41%
Sodium 1030mg	43%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	7%
Sugars 2g	
Protein 25g	
Vitamin A 0%	Vitamin C 0%
Calcium 15%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65 g 80 g
Saturated Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4