

NUTRITIONAL FACTS

HANCOCK GOURMET LOBSTER CO

Lobster Risotto on the Half Shell

Nutrition & Ingredient Label



LOBSTER RISOTTO ON THE HALF SHELL

KEEP FROZEN Net Wt. 8oz (226g)

Nutrition Facts

2 servings per container

Serving Size 1 shell (113g)

Amount per serving
Calories 260

% Daily Value*

Total Fat 20g 26%

Saturated Fat 12g 60%

Trans Fat 0g

Cholesterol 90mg 29%

Sodium 400mg 17%

Total Carbohydrate 12g 4%

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 13mcg 70%

Calcium 83mg 6%

Iron 0mg 0%

Potassium 128mg 2%

* 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 advice.

PREPARATION: Preheat oven to 375°.

Remove shells from freezer. Remove plastic wrap and wax board and place shells on a baking sheet. Bake for 40 minutes until bubbly and internal temperature reaches 165°.

INGREDIENTS: Cream, Arborio rice, Lobster, Crimini mushrooms, Panko bread crumbs (wheat flour, water, yeast, dextrose, salt), Water, White wine (sulfites), Swiss cheese (part skim milk, enzymes, salt), Butter (cream, salt), Onion, Olive oil, Wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Ground dry mustard, Parsley, Chives, Garlic, Lemon zest, Salt, White pepper.

CONTAINS Milk, Shellfish (lobster), Wheat.

Made in a facility that uses: Egg, Soy, Tree nuts, Fish.

May contain shell fragments.

hancockgourmetlobster.com | 866-266-1700

Manufactured by Hancock Gourmet Lobster, Topsham, Maine 04086 USA