

NUTRITIONAL FACTS

EGG HARBOR Seafood Meals

Salmon over Orzo

| Nutrition Facts | Amount/serving | % Daily Value* | Amount/serving | % Daily Value* |
|--|--|--------------------------|-------------------------------|----------------|
| | Total Fat 48g | 62% | Total Carbohydrate 38g | 14% |
| Saturated Fat 17g | 85% | Dietary Fiber 3g | 11% | |
| Trans Fat 1g | | Total Sugars 2g | | |
| Cholesterol 125mg | 42% | Includes 0g Added Sugars | 0% | |
| Sodium 800mg | 35% | Protein 30g | | |
| Calories per serving 690 | Vitamin D 20mcg 100% • Calcium 132mg 10% • Iron 1mg 6% Potassium 174mg 4% | | | |

*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.

INGREDIENTS: Salmon, orzo (semolina, durum flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, durum wheat semolina), spinach, butter (pasteurized cream, natural flavorings), extra virgin olive oil, granulated garlic, kosher salt (salt, yellow prussiate of soda), Greek style seasoning (spices, sea salt, garlic, onion, orange peel, dehydrated tomatoes, crushed red pepper, yeast extract, sunflower oil).

Contains: Fish (salmon), Wheat, Milk.

Cooking Instructions: Microwave for 3 minutes from frozen until 165F internal temperature is reached

Salmon with Roasted Red Potatoes

| Nutrition Facts | Amount/serving | % Daily Value* | Amount/serving | % Daily Value* |
|-------------------------|--|----------------|-------------------------------|----------------|
| | Total Fat 19g | 24% | Total Carbohydrate 50g | 18% |
| 1 serving per container | Saturated Fat 3g | 15% | Dietary Fiber 4g | 14% |
| Serving size | Trans Fat 0g | | Total Sugars 28g | |
| 1 tray (284g) | Cholesterol 70mg | 23% | Includes 25g Added Sugars | 50% |
| Calories | Sodium 420mg | 18% | Protein 26g | |
| per serving | Vitamin D 20.1mcg 100% • Calcium 90mg 6% • Iron 1.1mg 6% | | | |
| 480 | Potassium 100mg 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.

INGREDIENTS: salmon, seasoned potato wedges (red potatoes, canola oil, olive oil, disodium dihydrogen pyrophosphate, dextrose), bourbon style sauce (sugar, water, soy sauce [water, soybeans, wheat, salt], cayenne pepper sauce [cayenne red peppers, vinegar, water, salt, garlic powder], onion puree, modified cornstarch, vinegar, corn oil, salt, caramel color, spices, xanthan gum, natural flavor), peas.

Contains: Fish (salmon), Wheat, Soybeans.

Cooking Instructions: Microwave for 3 minutes from frozen until 165F internal temperature is reached

Honey Mustard Salmon

| Nutrition Facts | | Amount/serving | % Daily Value* | Amount/serving | % Daily Value* |
|---|---|-------------------------|--------------------------|----------------|-------------------------------|
| | | 1 serving per container | Total Fat 19g | 24% | Total Carbohydrate 41g |
| Serving size | Saturated Fat 2.5g | 13% | Dietary Fiber 3g | 11% | |
| 1 container (283g) | Trans Fat 0g | | Total Sugars 11g | | |
| Calories per serving | Cholesterol 70mg | 23% | Includes 9g Added Sugars | 18% | |
| | Sodium 1160mg | 50% | Protein 28g | | |
| 430 | Vitamin D 20mcg 100% • Calcium 144mg 10% • Iron 2mg 10% | | | | |
| | Potassium 341mg 8% | | | | |
| *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. | | | | | |

Ingredients: salmon, water, broccoli, enriched long grain parboiled rice (long grain parboiled rice, calcium carbonate, iron phosphate, thiamine mononitrate, folic acid), bell pepper, Dijon mustard (vinegar, mustard seeds, sugar, salt, spice), light brown sugar (sugar, molasses), granulated garlic, chicken stock (water, chicken broth concentrate, chicken flavor, sea salt, vegetable broth concentrate [sweet potato, celery, onion, carrot], yeast extract, bay leaves), kosher salt (salt, yellow prussiate of soda), honey powder (honey, corn starch, calcium stearate, sunflower lecithin, sugar), extra virgin olive oil, onion powder, black pepper, smoked sweet paprika, parsley
Contains: Fish (salmon)

Q322A



SHRIMP SCAMPI WITH SPINACH & ROASTED RED PEPPERS

Preparation Instructions

Cook from frozen on high power. Place in microwave and cook for 3-4 minutes. Let rest in microwave for 2 minutes before serving. Carefully remove from microwave and peel off film, starting at one corner of the tray.

Product is to be cooked to an internal temperature of at least 145F. Be careful when removing from microwave oven - contents will be hot.

Keep Frozen – Remove from package before thawing.

Thaw under refrigeration and store below 38°F. Do not refreeze.

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Ingredients: Shrimp (shrimp, salt, sodium carbonate, sodium citrate), linguine pasta (semolina [wheat], durum wheat flour, niacin, iron [ferrous sulfate], thiamine mononitrate, riboflavin, folic acid), spinach, roasted red peppers, garlic, olive oil, parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), salt, pepper and parsley. **Contains:** Shellfish (shrimp), wheat, dairy.

Nutrition Facts

1 Serving Per Container
Serving Size 10 oz (283g)

Amount per serving

Calories 440

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 23g | 29% |
| Saturated Fat 1g | 24% |
| Trans Fat 0g | |
| Cholesterol 60mg | 34% |
| Sodium 700mg | 31% |
| Total Carbohydrate 47g | 14% |
| Dietary Fiber 4g | 14% |
| Total Sugars 2g | |
| Includes 0g Added Sugars | 0% |

Protein 22g

Vitamin D 0.1 mcg 0% • Calcium 240mg 20%
Iron 2.8mg 15% • Potassium 400mg 8%

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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PRODUCT OF USA
NET WT: 10 OZ (283g)

Q322B



SHRIMP TORTELLINI & BROCCOLI IN GARLIC BUTTER SAUCE

Preparation Instructions

Cook from frozen on high power. Place in microwave and cook for 3-4 minutes. Let rest in microwave for 2 minutes before serving. Carefully remove from microwave and peel off film, starting at one corner of the tray.

Product is to be cooked to an internal temperature of at least 145F. Be careful when removing from microwave oven - contents will be hot.

Keep Frozen – Remove from package before thawing.

Thaw under refrigeration and store below 38°F. Do not refreeze.

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Ingredients: Shrimp (shrimp, salt, sodium carbonate, sodium citrate), cheese tortellini pasta (water, semolina flour (semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), extra fancy durum flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), eggs), ricotta cheese whey, milk, cream, vinegar, salt and xanthan gum, locust bean gum and guar gum (stabilizers), bread crumbs (wheat flour, sugar, yeast, salt), pecorino Romano cheese (pasteurized sheep's milk, cheese cultures, salt, enzymes), cheese, parmesan, salt, black pepper, parsley, spices, butter (pasteurized cream, salt), broccoli, garlic, red pepper flakes, parsley, black pepper. **Contains:** Shellfish (shrimp), wheat, dairy.

Nutrition Facts

1 Serving Per Container
Serving Size 10 oz (283g)

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

Vitamin D 0mcg 0% • Calcium 170mg 15%

Iron 3.5mg 20% • Potassium 460mg 10%

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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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NET WT: 10 OZ (283g)

Q322C



SEAFOOD TRIO WITH LINGUINE IN A CREAMY GARLIC SAUCE

Preparation Instructions

Cook from frozen on high power. Place in microwave and cook for 3-4 minutes. Let rest in microwave for 2 minutes before serving. Carefully remove from microwave and peel off film, starting at one corner of the tray.

Product is to be cooked to an internal temperature of at least 145F. Be careful when removing from microwave oven - contents will be hot.

Keep Frozen – Remove from package before thawing.
Thaw under refrigeration and store below 38°F. Do not refreeze.

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Ingredients: Linguini pasta (semolina [wheat], durum wheat flour, niacin, iron [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), water, canola oil, salt, spice, garlic cream sauce (maltodextrin, modified food starch, nonfat dry milk, whey, salt, natural flavors, parmesan and cheddar cheese gpart-skin pasteurized cow's milk, cheese cultures, salt, enzymes, disodium phosphate), garlic powder, spices, titanium dioxide (color), disodium inosinate and guanylate, Romano cheese (cow's milk, salt, cheese cultures, enzymes), onion powder, parsley, xanthan gum, lactic acid, silicon dioxide added to prevent caaking), shrimp (shrimp, salt, sodium carbonate, sodium citrate), clams, clam juice, sodium phosphate and natural flavorings, mussell meat. **Contains:** Shellfish (shrimp), wheat, dairy.

Nutrition Facts

1 Serving Per Container
Serving Size 10 oz (283g)

Amount per serving

Calories 330

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 7g | 9% |
| Saturated Fat 3.5g | 17% |
| Trans Fat 0g | |
| Cholesterol 85mg | 29% |
| Sodium 1390mg | 61% |
| Total Carbohydrate 42g | 15% |
| Dietary Fiber 3g | 10% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |

Protein 24g

Vitamin D 0.3 mcg 0% • Calcium 120mg 10%

Iron 2.3mg 15% • Potassium 310mg 6%

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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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NET WT: 10 OZ (283g)