

Egg Harbor 3-4 oz. Lobster Tail

Nutrition Facts	
4 servings per container	
Serving Size	4 oz. (112g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 90mg	31%
Sodium 460mg	20%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0mg	0%
Potassium 300mg	6%
<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>	

Contains Shellfish (lobster)

Ingredients: Lobster

Egg Harbor (4) 4 oz. Jumbo Lump Crab Cakes

Nutrition Facts	
4 servings per container	
Serving size	4 oz
Amount per serving	
Calories	177
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.7g	9%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 857mg	36%
Total Carbohydrate 3.5g	1%
Dietary Fiber 1g	4%
Total Sugars 0.5g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium	8%
Iron	5%
Potassium 0mg	0%
<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>	

Ingredients: Jumbo Lump Crabmeat, Eggs, Mayonnaise, Fresh breadcrumbs, Dijon Mustard, Lemon Juice, Seafood Seasoning, Lemon Pepper Seasoning, Worcestershire sauce, Dried Parsley.
Allergens: Crabmeat/Shellfish, Egg, Wheat, Soy and Mustard. May Contain Shells.

Egg Harbor 6-oz Faroe Island Salmon Filets

Nutrition Facts	
Serving Size: 6 oz	
Servings Per Container: 16	
Amount Per Serving	
Calories 310	Calories from Fat 100
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Cholesterol 95 mg	32%
Sodium 75 mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 34g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 8%
*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 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Salmon