

# NUTRITIONAL FACTS

REAL FOR REAL CUISINE BY SHANNON BEADOR

## Cream Cheese & Herb Stuffed Salmon

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>10 ounces (283g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>470</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 25g	<b>32%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 22g	
Vitamin D 0.1mcg	0%
Calcium 120mg	10%
Iron 3.8mg	20%
Potassium 380mg	8%
<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: WILD CAUGHT SALMON, RICE, FRESH GREEN SPAGHETTI SQUASH ZOODLES, CREAM CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, GUAR GUM, CAROB BEAN GUM, XANTHAN GUM)), OLIVE OIL BLEND (OLIVE OIL, SOYBEAN OIL) , SPICE, CHOPPED SHALLOTS, MINCED GARLIC, SALT, SUGAR, SPICES, FOOD STARCH-MODIFIED, CITRIC ACID, DEHYDRATED RED BELL PEPPER, DEHYDRATED GARLIC, DEHYDRATED ONION, LEMON PEEL, DRIED CHIVES, DRIED DILL

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## Scampi Shrimp with Spinach & Roasted Red Peppers over linguine

<b>Nutrition Facts</b>	
Serving Size 1' (283g/10oz)	
<b>Amount Per Serving</b>	
<b>Calories 490</b> <b>Calories from Fat 250</b>	
	<b>% Daily Value*</b>
<b>Total Fat</b> 28g	<b>43%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 220mg	<b>73%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 4g	<b>15%</b>
Sugars less than 1g	
<b>Protein</b> 36g	
<b>Vitamin A</b> 180%	<b>Vitamin C</b> 10%
<b>Calcium</b> 20%	<b>Iron</b> 20%
* 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

### Ingredients:

Shrimp, Linguini pasta, spinach, roasted red peppers, garlic, olive Oil, parsley and Parmesan Cheese salt and pepper

