

Nutrition Facts

Serving Size
1.0 ea

Calories
per serving **480**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 19g	24%	Total Carb. 50g	18%
Saturated Fat 8g	41%	Fiber 6g	20%
<i>Trans Fat</i> 0g		Total Sugars 11g	
Cholesterol 170mg	57%	Incl.0g Added Sugars	0%
Sodium 990mg	43%	Protein 31g	
Vitamin D 8% · Calcium 35% · Iron 20% · Potassium 20%			

BBQ Roasted Shrimp, Herb Brown Rice, Creamed Spinach

Ingredients: spinach, shrimp, milk, water, brown rice, yellow onion, parmesan cheese, ketchup, unsalted butter, flour, lemon juice, grape seed oil, green onion, brown sugar, yellow onion, tabasco sauce, cumin, kosher salt, garlic, white pepper, black pepper

Contains Milk, Shellfish (Shrimp), Wheat

Nutrition Facts

Serving Size

4.0 oz (113g)

Calories
per serving **120**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 5g	6%	Total Carb. 6g	2%
Saturated Fat 0g	0%	Fiber 1g	2%
<i>Trans Fat</i> 0g		Total Sugars 5g	
Cholesterol 135mg	45%	Incl.0g Added Sugars	0%
Sodium 600mg	26%	Protein 16g	

Vitamin D 0% · Calcium 4% · Iron 2% · Potassium 4%

BBQ Roasted Shrimp

Ingredients: shrimp, ketchup, lemon juice, grape seed oil, green onion, brown sugar, tabasco sauce, cumin, kosher salt, black pepper

Contains Shellfish (Shrimp)

Nutrition Facts

Serving Size

0.5 cup

Calories
per serving **110**

Amount/serving	% DV
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%

Amount/serving	% DV
Total Carb. 24g	9%
Fiber 1g	4%
Total Sugars 0g	
Incl.0g Added Sugars	0%
Protein 2g	

Vitamin D 0% · Calcium 0% · Iron 4% · Potassium 2%

Brown Rice

Ingredients: water, brown rice

Nutrition Facts

Serving Size

4.0 oz (113g)

Calories
per serving **220**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 13g	17%	Total Carb. 16g	6%
Saturated Fat 8g	39%	Fiber 4g	14%
<i>Trans Fat</i> 0g		Total Sugars 7g	
Cholesterol 35mg	12%	Incl.0g Added Sugars	0%
Sodium 380mg	17%	Protein 12g	
Vitamin D 8% · Calcium 30% · Iron 15% · Potassium 10%			

Creamed Spinach

Ingredients: spinach, milk, yellow onion, parmesan cheese, unsalted butter, flour, yellow onion, garlic, kosher salt, white pepper

Contains Milk, Wheat