Shrimp Stir-Fry

| Nutrition Facts Serving Size: 1 (340g) Servings Per Container: 1 Amount Per Serving Calories 150 Calories from Fat 40 | | | |
|---|-----------|-------------|----------|
| | | | |
| % Daily Value* | | | |
| Total Fat 4g | 6% | | |
| Saturated Fat 0.5g 3% | | | |
| <i>Trans</i> Fat 0g | | | |
| Cholesterol 145mg 48% | | | |
| Sodium 1190mg 50% | | | |
| Total Carbohydrate 10g3% | | | |
| Dietary Fiber 3 | | 12% | |
| Sugars 3g | | | |
| Protein 19g | | | |
| Ĵ | | | |
| Vitamin A 35% | • | Vitam | in C 80% |
| Calcium 10% | • | | Iron 10% |
| * 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 |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate Dietary Fiber | | 300g 25g | 375g |
| Dielary FIDer | | 20y | 30g |

INGREDIENTS: SHRIMP, LENTILS, BROCCOLI, SCALLIONS, CABBAGE, SOY SAUCE, RICE VINEGAR, CILANTRO, CANOLA OIL, GARLIC, GINGER, SAMBAL OELEK

CONTAINS: SOY, SHRIMP

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