# Louisiana Rice Bowls Shrimp

## Nutrition Facts

Serving Size: 1/3 Package Including Rice (0.0g)
Servings Per Container: 3

**Amount Per Serving**

| | |
|---|---|
| **Calories** 490 | Calories from Fat 160 |
| | **% Daily Value*** |
| **Total Fat** 17g | **26**% |
| Saturated Fat 3g | **15**% |
| *Trans* Fat 0g | |
| **Cholesterol** 160mg | **53**% |
| **Sodium** 1820mg | **76**% |
| **Total Carbohydrate** 57g | **19**% |
| Dietary Fiber 2g | **8**% |
| Sugars 3g | |
| Sugar Alcohol 0g | |
| **Protein** 25g | |

| | | |
|---|---|---|
| Vitamin A 30% | • | Vitamin C 15% |
| Calcium 10% | • | Iron 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 | 65g | 80g |
| Sat 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 |

CONTAINS: SOY, SHRIMP

VALUES ARE FOR ENTREE AND DO NOT INCLUDE VALUES FOR SIDE ITEMS (RICE, PASTA, POTATOES, ETC).

MODIFICATIONS TO THE ORIGINAL RECIPE (LOW SODIUM, INGREDIENT SUBSTITUTIONS, ETC) WILL GREATLY ALTER THESE NUTRITIONAL FACTS