N'Awlins Pasta Shrimp

Nutrition Facts

Serving Size: 1/3 Protein and Sauce (0.0g)
Servings Per Container: 3

Amount Per Serving

Calories 190	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9**%
Saturated Fat 3.5g	**18**%
Trans Fat 0g	
Cholesterol 180mg	**60**%
Sodium 720mg	**30**%
Total Carbohydrate 9g	**3**%
Dietary Fiber 0g	**0**%
Sugars 5g	
Sugar Alcohol 0g	
Protein 26g	

Vitamin A 10%	•	Vitamin C 4%
Calcium 25%	•	Iron 4%

* 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: MILK, 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