Boiled Lobster Tails

Heating Instructions: Remove plastic lid. Heat at 350° for 10-12 minutes or until warm.

Nutrition Facts

Serving Size: 1 tail (198g)

Servings Per Container: Varied

Amount per servin	g 			
Calories 340	(Calories fror	n Fat 220	
		% Da	ily Value*	
Total Fat 24g			37%	
Saturated Fat 15g			75%	
Trans Fat 1g				
Cholesterol 275mg			92%	
Sodium 1060mg			44%	
Total Carbohydra	te 2g		1%	
Dietary Fiber 0g			0%	
Sugars <1g				
Protein 28g				
Vitamin A 15%	•	Vitan	Vitamin C 20%	
Calcium 15%	•		Iron 2%	
* Percent Daily Values ar values may be higher or				
	Calories:	2,000	2,500	
Total Fat	Less than		80g	
Sat Fat	Less than		25g	
Cholesterol	Less than		300mg	
Sodium	Less than	_,	2,400mg	
Total carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

INGREDIENTS: CRUSTACEANS, LOBSTER, NOR-THERN, RAW, BUTTER (CREAM, SALT) LEMON JUICE. OLD BAY SEASONING (CELERY SALT (SALT. CELERY SEED). SPICES (INCLUDING RED PEPPER AND BLACK PEPPER) AND

PAPRIKA) CONTAINS: MILK, LOBSTER