

Seafood Creole

Heating Instructions: Remove plastic lid. Cover loosely with foil. Heat at 350° for 12-15 minutes or until warm.

Nutrition Facts

Serving Size: 12 oz (454g)

Servings Per Container: Varied

Amount per serving

Calories 320

Calories from Fat 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 215mg **72%**

Sodium 1150mg **48%**

Total Carbohydrate 10g **3%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 57g

Vitamin A 10% • Vitamin C 25%

Calcium 10% • Iron 15%

* 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

INGREDIENTS: TILAPIA. CREOLE SAUCE (VEG TOMATOES PETITE DICED CANNED, MARINARA SAUCE. ANGELA MIA. ORIGINAL ROTEL DICED TOMATOES AND GREEN CHILIES, ONION, GREEN PEPPERS. WHITE WINE, RED PEPPERS, CELERY, GARLIC, SUGAR, OREGANO, POBLANO PEPPER TONY CHA-CHERE'S ORIGINAL CREOLE SEASONING, BASIL, TARRAGON, BAY LEAF), SHRIMP, MOLLUSKS, SCALLOP, MIXED SPECIES, RAW, SCALLIONS
CONTAINS: SHRIMP, TILAPIA, SCALLOPS