

# Shrimp & Grits w/Southern Gravy

Heating Instructions: Remove plastic lid.  
Heat at 350° for 10-12 minutes or until warm.  
May be warmed in microwave.

## Nutrition Facts

Serving Size: 10 oz (302g)

Servings Per Container: Varied

Amount per serving

Calories 750

Calories from Fat 310

% Daily Value\*

**Total Fat** 34g **52%**

Saturated Fat 13g **65%**

Trans Fat 0g

**Cholesterol** 165mg **55%**

**Sodium** 1170mg **49%**

**Total Carbohydrate** 82g **27%**

Dietary Fiber 4g **16%**

Sugars 2g

**Protein** 26g

Vitamin A 20% • Vitamin C 6%

Calcium 20% • 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

INGREDIENTS: CEREALS. CORN GRITS YELLOW. REGULAR AND QUICK. ENRICHED DRY. SHRIMP WATER. HEAVY CREAM HEAVY CREAM. SKIM MILK (MILK, CULTURES, SALT, ENZYMES, ANNATTO (COLOR)), CHEDDAR (MILK, CULTURES, SALT, ENZYMES, ANNATTO (COLOR)), JOHNSONVILLE ANDOUILLE SAUSAGE, CANOLA OIL, ONION, SOUP STOCK, BEEF, HOME-PREPARED, GARLIC, BUTTER (CREAM, SALT), BACON BITS, CHEF PAUL PRUD'HOMME'S BLACKENED REDFISH MAGIC SEASONING BLENDS, SALT, RED PEPPER FLAKES  
CONTAINS: MILK. SHRIMP