



SURF AND TURF

Nutrition Facts

1 serving per container

Serving size (320g)

Amount Per Serving

Calories **436**

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 195mg **65%**

Sodium 210mg **9%**

Total Carbohydrate 32g **12%**

Dietary Fiber 4g **14%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 50g

Ingredients: Grilled Steak, Baked Potato, Shrimp Skewer, Asparagus

RONKONKOMA NY 11779

COOKING INSTRUCTIONS: REMOVE LABEL AND ANY CUPS/PACKETS, AND MICROWAVE FOR 90-120 SECONDS (UNTIL HOT)