

GREAT AMERICAN

211489 - Lobster Tail Meat Raw Frz

Our lobster is wild-caught and flash-frozen right from the sea. Theyre easy to prepare and serve. Ready to grill, baked, or broiled.



		Nutrition Fa	Nutrition Facts				
	and the Part - Part	Servings per Container 40 Serving size 4oz(112g)					
	STEP 3	Amount per serving Calories	110				
237		% Daily Value*					
au		Total Fat 0.5g	1%				
		Saturated Fat 0g	0%				
		Trans Fat 0g					
		Cholesterol 120mg	40%				
★ Benefits		Sodium 330mg	14%				
•		Total Carbohydrate 1g	0%				
Cold Water Wild Caught		Dietary Fiber 1g	4%				
Flash Frozen		Total Sugars 0g					
		Includes Added Sugar	%				
Ingredients	Allergens	Protein 24g					
	,	Vitamin D 0mcg	0%				
LOBSTER TAILS	May Contain:	Calcium 66mg	5%				
	(R) fish	Iron Omg	0%				
		Potassium 367mg	8%				
			 * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories 				

Product Specifications

KEEP FROZEN STORE AT OR BELOW 0F (-18C)	Brand GREAT AMERICAN			Manufacturer				
				GREAT AMERICAN SEAFOOD				
Serving Suggestions	MFG	#	SPC #		GTIN		Pack	Pack Desc.
Serve boiled with a side of butter.	1122	C	211489	00829944112200		2200	5	5/2#
	Gross V	Veight	Net Wei	ght Co	ountry of	Origin	Kosher	Child Nutrition
Prep & Cooking Suggestions	11	b	10lb		CAN			No
Must be cooked to a minimum	Shipping Information							
internal temperature of 165F (74C).	Length	Width	Height	Volume	TIxHI	Shelf Lif	fe Stora	ge Temp From/To
	6in	10in	16in	0.56INQ	10x3	365DAY	'S	0°F / 32°F
			-			-		

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Handling Suggestions



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Nutrition Analysis - By Serving

Calories	110	Total Fat	0.5g	Sodium	330mg
Protein	24	Trans Fats	Og	Calcium	66mg
Total Carbohydrates…	1g	Saturated Fat	Og	Iron	0mg
Sugars	Og	Added Sugars		Potassium	367mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	120mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



