

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 second second	Servings per Container 40 Serving size 4oz(112g)				
	States 3	Amount per serving Calories 1				
237		% Daily Value*				
ast		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%			
	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 a day is used for general nutrition advice.				

Product Specifications

Brand		Ma	Manufacturer			Product Category			
GREAT AMERICAN G			GREAT AMERICAN SEAFOOD			D	D Lobster, Commodity		
MFG 7	#	SPC #		GTIN P		Pack	Pack Desc.		
11220)	211489	9 00829944112200			5	5/2#		
Gross Weight Net Weig		ight Co	ght Country of Origin		Kosher		Child Nutrition		
11	b	10lb		CAN	CAN			No	
Shipping Information									
Length	Width	Height	Volume	TIxHI	Shelf L	ife	Storage Temp From/To		
6in	10in	16in	0.56INC	10x7	365DA	YS	0°F / 32°F		

Prep & Cooking Suggestions

Serve boiled with a side of butter.

Handling Suggestions

KEEP FROZEN STORE AT OR

Serving Suggestions

BELOW OF (-18C)

Must be cooked to a minimum internal temperature of 165F (74C).



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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



