

#### **GREAT AMERICAN**

# 213725 - Lobster Tail Lifted 4 Oz Avg

Our lobster is wild-caught and flash-frozen right from the sea. Theyre easy to prepare and serve.



		Nutrition Fa	acts		
	A CAR		Servings per Container 40 Serving size 4oz(112g)		
		Amount per serving Calories	110		
			Daily Value*		
		Total Fat 0.5g	1%		
* 00	the states of the second secon	Saturated Fat 0g	0%		
		Trans Fat 0g			
		Cholesterol 120mg	40%		
<b>*</b> Benefits		Sodium 330mg	14%		
		Total Carbohydrate 1g	0%		
Wild Caught Flash Frozen		Dietary Fiber 1g	4%		
Cold Water		Total Sugars 0g			
		Includes Added Sugar	%		
Ingredients	Allergens	Protein 24g			
0		Vitamin D 0mcg	0%		
Lobster	May Contain:	Calcium 66mg	5%		
	fish	Iron 0mg	0%		
		Potassium 367mg	8%		
		* The % Daily Value (DV) tells you how mu a serving of food contributes to a daily die a day is used for general nutrition advice	et. 2,000 calories		

#### Handling Suggestions

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

Serving Suggestions

Pair with boiled corn on the cob, potatoes and a side of melted butter.

### Prep & Cooking Suggestions

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

# Product Specifications

Brand		Manufacturer					
GREAT AMER	Great American Seafood Imports Co is dba. Southwind Foods						
MFG #	MFG # SPC #			GTIN	Pack	Pack Desc.	
12479	12479 213725		00829944124791		1	1 / cs	
Gross Weight		let Weight Country of Origir		Country of Origin	Kosher	Child Nutrition	
12lb		10lb		CAN		No	
Shipping Information							

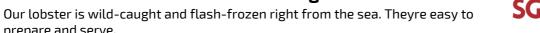
I	Shipping Information									
	Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To			
	12in	n 9in 7in		759INQ 10x10		365DAYS	0°F / 5°F			





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prepare and serve.

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	Dietary Fiber 1g Lactose			Zinc	
Lactose				Phosphorus	
Sucrose		Cholesterol	120mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE) Vitamin C		Vitamin E		Niacin	
		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium	Monosodium Sulphites			Nitrates	

### Additional Images



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