



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.



\* Benefits


Wild Caught  
Flash Frozen  
Cold Water

Ingredients	Allergens
Lobster	<b>May Contain:</b> fish

Nutrition Facts

Servings per Container	40
Serving size	4oz(112g)
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 330mg	14%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes Added Sugar	%
<b>Protein 24g</b>	
Vitamin D 0mcg	0%
Calcium 66mg	5%
Iron 0mg	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.

Handling Suggestions	<div> Product Specifications</div>																					
Must be cooked to a minimum internal temperature of 165 F (74 C).	<table><tr><th>Brand</th><th>Manufacturer</th></tr><tr><td>GREAT AMERICAN</td><td>Great American Seafood Imports Co is dba. Southwind Foods</td></tr></table>	Brand	Manufacturer	GREAT AMERICAN	Great American Seafood Imports Co is dba. Southwind Foods																	
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Pair with boiled corn on the cob, potatoes and a side of melted butter.	<table><tr><th>Gross Weight</th><th>Net Weight</th><th>Country of Origin</th><th>Kosher</th><th>Child Nutrition</th></tr><tr><td>12lb</td><td>10lb</td><td>CAN</td><td></td><td>No</td></tr></table>	Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition	12lb	10lb	CAN		No											
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Nutrition Analysis - By Serving

Calories	110	Total Fat	0.5g	Sodium	330mg
Protein	24	Trans Fats	0g	Calcium	66mg
Total Carbohydrates...	1g	Saturated Fat	0g	Iron	0mg
Sugars	0g	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

