

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	Nutrition Facts			
	A CONTRACTOR	Servings per Container Serving size 4	- 40 oz(112g)			
	Carlos .	Amount per serving Calories	110			
		% D	aily Value*			
		Total Fat 0.5g	1%			
* 50	the state of the	Saturated Fat 0g	0%			
		Trans Fat 0g				
		Cholesterol 120mg	40%			
* 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				
		Vitamin D 0mcg	0%			
Lobster	May Contain:	Calcium 66mg	5%			
	fish	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

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 AMERICAN				GREAT AMERICAN SEAFOOD				
MFG a	#	SPC #	GTIN			Pack	Pack Desc.	
12479	Э	213725	00829944124791			1	1/10#	
Gross V	Gross Weight Net Weight Co			untry of Origin Kosher Child Nutritio			Child Nutrition	
12	b	10lb		CAN				No
	Shipping Information							
Length	Width	Height	Volume	TIxHI	Shelf L	ife	Storage Temp From/To	
10.5in	12in	15in	1.09INQ	9x3	720DA	YS	5 0°F / 32°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	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	

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