

### **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	<b>Nutrition Facts</b>			
	A CONTRACTOR		Servings per Container 40 Serving size 4oz(112g)			
		Amount per serving Calories	110			
			aily Value*			
		Total Fat 0.5g	1%			
* be 21	the the second	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				
5		Vitamin D 0mcg	0%			
Lobster	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.				

#### 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

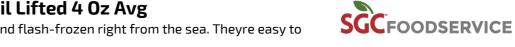
E	Brand		Mar	Manufacturer			Product Category		
GREAT AMERICAN			GREAT AMERICAN SEAFOOD				Lobster, Commodity		
MFG i	#	SPC #		GTIN		Pack		Pack Desc.	
12479	9	213725	0082	9944124	4791	1		1/10#	
Gross Weight Net W			Veight Country of Origin			Kosher		Child Nutrition	
12	b	10lb		CAN				No	
Shipping Information									
Length	Width	Height	Volume	TIxHI	Shelf Lif	fe	Storage Temp From/To		
10.5in	12in	15in	1.09INQ	9x3	720DAY		0°F / 32°F		

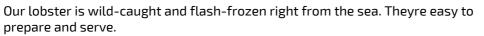




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Nutrition Analysis - By Serving

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



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