



BON SECOUR

488632 - Crawfish Whole Cooked Unseasoned Jit



# Nutrition Facts

Servings per Container 10  
Serving size 16oz

Amount per serving  
**Calories 159**

	% Daily Value*
<b>Total Fat</b> 4.53g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 680mg	<b>227%</b>
<b>Sodium</b> 272mg	<b>12%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 90.72g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 0mg	<b>0%</b>

\* 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.

## \* Benefits

Ingredients	Allergens
crawfish	

## Handling Suggestions

Keep frozen until used. Thaw under refrigeration immediately before use.

## Serving Suggestions

## Prep & Cooking Suggestions

## Product Specifications

Brand	Manufacturer	Product Category
BON SECOUR	BON SECOUR FISHERIES, INC	Shellfish, Other

MFG #	SPC #	GTIN	Pack	Pack Desc.
CKDCRAWFSH	488632	30080564319651		4/5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
22lb	20lb		No	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
10in	10in	10in	0.58cf	1x1	365days	0 / 32



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### Nutrition Analysis

Calories	159	Total Fat	4.53g	Sodium	272mg
Protein	90.72	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	0g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	680mg		
Vitamin A(U)		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

