

Louisiana Hot Sauce



Nutrition Facts

Serving Size 1 TSP
Serving Per Container 48

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 0g	0%	Total Carbohydrate 0g	0%
Saturated Fat 0g	0%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 0g	
Cholesterol 0mg	0%	Protein 0g	0%
Sodium 120mg	5%		

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Ingredients: Louisiana hot peppers, distilled vinegar, salt, xanthan gum.

Chicken Wings and Drummettes



Nutrition Facts

Serving Size 1 Wing
Serving Per Container 60
Calories 81

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 5.5g	8%	Potassium 51mg	1%
Saturated Fat 1.1513g	6%	Sodium 113mg	5%
Trans Fat 0g		Total Carbohydrate 0g	0%
Polyunsaturated Fat 1.15g		Dietary Fiber 0g	0%
Monounsaturated Fat 2121g		Sugars 0g	
Cholesterol 23mg	8%	Protein 7.46g	15%
Iron 2%			

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	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g



Maryland Crab Dip

1 Pint



Nutrition Facts

Serving Size (62g)
Servings Per Container: 4

Calories 50
Calories from Fat 25

Amount/serving	% Daily Value*
Total Fat 3.0g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 25g	9%
Sodium 250mg	11%

Vitamin A 2% • Vitamin C 2% • Calcium 2% • Iron 2%

Amount/serving	% Daily Value*
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	0%
Sugars less than 1g	
Protein 5g	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Ingredient List: crab meat, cream cheese, mayonnaise, worchestershire sauce, old bay, lemon juice.



Pink Shrimp (1lb) Bag



Nutrition Facts

Serving Size 5 shrimp (126g/105g
peeled)

Amount Per Serving

Calories 90 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 155mg **51%**

Sodium 115mg **5%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 17g

Vitamin A 2% • **Vitamin C** 2%

Calcium 4% • **Iron** 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g