



Shrimp and Grits with Southern Gravy

Heating Instructions: Remove plastic lid.

Heat at 350° for 10-15 minutes or until warm. May be warmed in microwave.

SMALL **MEDIUM** **LARGE**

Nutrition Facts Serv. Size: 10 oz. (302g), Servings: Varied, Amount Per Serving: **Calories** 750, Fat Cal. 310, **Total Fat** 34g (52% DV), Sat. Fat 13g (65% DV), *Trans Fat* 0g, **Cholest.** 165mg (55% DV), **Sodium** 1170mg (49% DV), **Total Carb.** 82g (27% DV), Fiber 4g (16% DV), Sugars 2g, **Protein** 26g, Vitamin A (20% DV), Vitamin C (6% DV), Calcium (20% DV), Iron (20% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: CEREALS, CORN GRITS, YELLOW, REGULAR AND QUICK, ENRICHED, DRY, SHRIMP, WATER, HEAVY CREAM (HEAVY CREAM, SKIM MILK, CARRAGEENAN), CHEDDAR (MILK, CULTURES, SALT, ENZYMES, ANNATTO (COLOR)), JOHNSONVILLE ANDOUILLE SAUSAGE, CANOLA OIL, ONION, SOUP, STOCK, BEEF, HOME-PREPARED, GARLIC, BUTTER (CREAM, SALT), BACON BITS, CHEF PAUL PRUDHOMME'S BLACKENED REDFISH MAGIC SEASONING BLENDS, SALT, RED PEPPER FLAKES

CONTAINS: MILK, SHRIMP

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