



## Seafood Creole

**Heating Instructions:** Remove plastic lid.  
Cover loosely with foil. Heat at 350° for  
12-15 minutes or until warm.

**SMALL**  **MEDIUM**  **LARGE**

**Nutrition Facts** Serv. Size: 12 oz. (454g), Servings: Varied, Amount Per Serving: **Calories** 320, Fat Cal. 40, **Total Fat** 4.5g (7% DV), Sat. Fat 1.5g (8% DV), *Trans* Fat 0g, **Cholest.** 215mg (72% DV), **Sodium** 1150mg (48% DV), **Total Carb.** 10g (3% DV), Fiber 2g (8% DV), Sugars 4g, **Protein** 57g, Vitamin A (10% DV), Vitamin C (25% DV), Calcium (10% DV), Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** TILAPIA, CREOLE SAUCE (VEG TOMATOES PETITE DICED CANNED, MARINARA SAUCE, ANGELA MIA, ORIGINAL ROTEL DICED TOMATOES AND GREEN CHILIES, ONION, GREEN PEPPERS, WHITE WINE, RED PEPPERS, CELERY, GARLIC, SUGAR, OREGANO, POBLANO PEPPER, TONY CHACHERE'S ORIGINAL CREOLE SEASONING, BASIL, TARRAGON, BAY LEAF), SHRIMP, MOLLUSKS, SCALLOP, MIXED SPECIES, RAW, SCALLIONS  
**CONTAINS: SHRIMP, TILAPIA, SCALLOPS**

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