Heating Instructions: Remove plastic lid.
Heat at 350° for 10-12 minutes or until warm.

SMALL ❑ MEDIUM ❑ LARGE ❑

Nutrition Facts

Serving Size: 1 tail (198g)
Servings Per Container: Varied

Amount Per Serving	
Calories 340	Calories from Fat 220
	% Daily Value*
Total Fat 24g	**37%**
Saturated Fat 15g	**75%**
Trans Fat 1g	
Cholesterol 275mg	**92%**
Sodium 1060mg	**44%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 0g	**0%**
Sugars <1g	
Protein 28g	

Vitamin A 15%	•	Vitamin C 20%
Calcium 15%	•	Iron 2%

* 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

CRUSTACEANS, LOBSTER, NORTHERN, RAW, BUTTER (CREAM, SALT), LEMON JUICE, OLD BAY SEASONING (CELERY SALT (SALT, CELERY SEED), SPICES (INCLUDING RED PEPPER AND BLACK PEPPER) AND PAPRIKA) **CONTAINS: MILK, LOBSTER**

1100 94TH AVE N ST. PETERSBURG FLORIDA 33702

Broiled Lobster Tail