

Lobster Au Gratin Nutrition Facts / 12/18/2014

<b>NUTRITION FACTS</b>		
Serving Size 5 oz. (141g) Raw (1 Portion)		
Servings Per Container 2		
<b>Amount Per Serving</b>		
Calories 180	Calories From Fat 100	
% Daily Value		
<b>Total Fat 11g</b>		17%
Saturated Fat 6g		30%
Trans Fat 0g		
<b>Cholesterol 35mg</b>		12%
<b>Sodium 370mg</b>		15%
<b>Total Carbohydrate 10g</b>		3%
Dietary Fiber less than 1g		4%
Sugars 1g		
<b>Protein 9g</b>		18%
Vitamin A 2%	Vitamin C 0%	
Calcium 0%	Iron 0%	
**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your		
	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 Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories Per Gram		
Fat 9	Carbohydrate 4	Protein 4