



# SEAFOOD UNCOOKED TAIL-ON SHRIMP

## Nutrition Facts

Serving Size 4 oz (113g/about 1<sup>1</sup>/<sub>4</sub> cup)  
Servings Per Container varied  
(see chart below)

### Amount Per Serving

**Calories 70**      Calories from Fat 0

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 135mg**      **45%**

**Sodium 550mg**      **23%**

**Total Carbohydrate 0g**      **0%**

Dietary Fiber 0g      **0%**

Sugars 0g

**Protein 18g**

Vitamin A 0%      •      Vitamin C 0%

Calcium 4%      •      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
Fiber		25g	30g

## INGREDIENTS

Farm raised shrimp, salt.

**WEIGHT WATCHER POINTS: 1**

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# SEAFOOD COOKED TAIL-ON SHRIMP

## Nutrition Facts

Serving Size 3 oz (85g/about 1 cup)  
Servings Per Container varied  
(see chart below)

### Amount Per Serving

**Calories 60**      Calories from Fat 0

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 130mg**      **43%**

**Sodium 360mg**      **15%**

**Total Carbohydrate 0g**      **0%**

Dietary Fiber 0g      **0%**

Sugars 0g

**Protein 14g**

Vitamin A 0%      •      Vitamin C 0%

Calcium 4%      •      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	
Fiber		25g	30g	

## INGREDIENTS

Farm raised shrimp, salt.

**WEIGHT WATCHER POINTS: 1**

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# SEAFOOD

## SHRIMP PARTY PLATTERS

### Nutrition Facts

Serving Size 4 oz  
Servings Per Container about 10

**Amount Per Serving**

**Calories 90**      **Calories from Fat 0**

**% Daily Value\***

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

**Cholesterol 140mg**      **46%**

**Sodium 610mg**      **26%**

**Total Carbohydrate 6g**      **2%**

Dietary Fiber 0g      **0%**

Sugars 6g

**Protein 14g**

Vitamin A 15%      •      Vitamin C 2%

Calcium 4%      •      Iron 4%

\*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
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### INGREDIENTS

Farm-raised Shrimp, Salt. Cocktail Sauce [Tomato Paste, Whole Peeled Tomatoes, Sugar, Vinegar, Prepared Horseradish (horseradish, vinegar, water, soybean oil, salt), Salt, Onion Powder, Spice Extracts, Modified Food Starch, Natural Flavors].

**WEIGHT WATCHER POINTS: 9**

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# SEAFOOD

## SHRIMP SCAMPI

### Nutrition Facts

Serving Size 4 oz (113g/about 7-9 pieces)  
Servings Per Container about 8

**Amount Per Serving**

**Calories 340**      **Calories from Fat 270**

**% Daily Value\***

**Total Fat 30g**                      **46%**

    Saturated Fat 6g                      **32%**

**Cholesterol 85mg**                      **28%**

**Sodium 690mg**                      **25%**

**Total Carbohydrate 5g**                      **2%**

    Dietary Fiber 0g                      **0%**

    Sugars 1g

**Protein 10g**

Vitamin A 8%      •      Vitamin C 0%

Calcium 2%      •      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
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### INGREDIENTS

Shrimp, Partially Hydrogenated Vegetable Oil (soybean, and/or canola oils), Water, Maltodextrin, contains less than 2% of the following ingredients, not listed in order: Sugar, Citric Acid, Autolyzed Yeast Extract, Salt, tbhq (added to protect freshness), Natural and Artificial Flavors, Beta Carotene, Lecithin, Garlic, Onion Powder, Spices.

**WEIGHT WATCHER POINTS: 9**

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# SEAFOOD SCALLOPS

## Nutrition Facts

Serving Size 4 oz (113g/about 1 cup)  
Servings Per Container about 3

### Amount Per Serving

**Calories 80**      Calories from Fat 0

### % Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

**Cholesterol** Less than 5mg      **1%**

**Sodium 430mg**      **18%**

**Total Carbohydrate** Less than 1mg      **0%**

Dietary Fiber 0g      **0%**

Sugars 0g

**Protein 19g**

Vitamin A 0% • Vitamin C 0%

Calcium 6% • 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
Fiber	25g	30g
Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## INGREDIENTS

Scallops

**WEIGHT WATCHER POINTS: 2**

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# SEAFOOD CALAMARI

## Nutrition Facts

Serving Size about 13 pieces  
Calamari and 2 TBSP Sauce (56g  
Calamari/28g Sauce)  
Servings Per Container about 4

Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 80
	<b>% Daily Value*</b>
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 1.5g	<b>8%</b>
<b>Cholesterol</b> 65mg	<b>21%</b>
<b>Sodium</b> 520mg	<b>22%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	

<b>Protein</b> 5g	
Vitamin A 4%	• Vitamin C 4%
Calcium 0%	• Iron 4%

\*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
Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## INGREDIENTS

SQUID, BLEACHED WHEAT FLOUR, Yellow Corn Flour, Partially Hydrogenated Soybean Oil, WATER, Salt, Sugar, DEXTROSE, WHEY, SPICES, Romano Cheese (Part Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), YEAST, Dehydrated Parsley, GUAR GUM, NONFAT DRY MILK, DRIED EGGS, GARLIC and ONION POWDER, LEAVENING (Sodium Acid Pyrophosphate, Sodium Bicarbonate), EXTRACTIVE OF PAPRIKA, CARMEL COLOR. SAUCE: TOMATO PUREE, PARTIALLY HYDROGENATED SOYBEAN OIL, MODIFIED CORN STARCH, SALT, OLIVE OIL, SPICES, SUGAR and DEHYDRATED GARLIC.

**WEIGHT WATCHER POINTS: 4**

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