

# Nutrition Facts

Serving Size: 5oz. (73 g meat / 1 av. cluster)

Servings Per Container: 4 to 5

Amount per Serving

**Calories 60**

**Calories from fat: 10**

**% Daily Value\***

**Total Fat 1g** 1%

Saturated fat 0g 0%

Trans fat 0g

**Cholesterol 40mg** 13%

**Sodium 970mg** 40%

**Total Carbohydrate 0g** 0%

Dietary Fiber 0g 0%

Sugars 0g 0%

**Protein 12g**

**Vitamin A 2%** • **Vitamin C 4%**

**Calcium 10%** • **Iron 10%**

\* Percent Daily Values are based on a 2,000 calories 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

**Ingredients: 100% Snow crab in shell**