



# Live Lobster Value Pack

Nutrition Information

## Raw Lobster

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>3 ounces (85g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>70</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 110mg	<b>37%</b>
<b>Sodium</b> 360mg	<b>16%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 14g	<b>28%</b>
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 0.2mg	2%
Potassium 170mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Red Potato

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>4 ounces (113g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>80</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 153g	<b>56%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.8mg	4%
Potassium 510mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Whole Lemon

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1.8 ounces (50g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>15</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	<b>2%</b>
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	2%
Potassium 70mg	2%

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