SHRIMP CORN CHOWDER

Nutrition Facts

Serving Size 1 Cups (227g)
Serving Per Container 3

Amount Per Serving

Calories 220	Calories from Fat 130
	% Daily Values*
Total Fat 14g	**22%**
Saturated Fat 8g	**40%**
Trans Fat 0g	
Cholesterol 95mg	**32%**
Sodium 840mg	**35%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 2g	**8%**
Sugars 5g	
Protein 8g	**16%**

Vitamin A 15%	•	Vitamin C 15%
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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g