



SeaPak® Shrimp Poppers Made Whole Grain* PC# 47039



Nutrition Facts

Serving Size 20 pieces 3 oz (84g) = 1.5 Meat/Meat Alternate & 2.25 oz eq Grain Credits based on the USDA Traditional Food Based Menu Plan for Child Nutrition issued 04-26-2012

***Whole Grain-Rich Batter & Breading = 12 grams Whole grains per 20 piece serving**

Case Count: 5 / 2 lb bags Approximately 53 Servings per case

Amount per 20 piece Serving

Calories	230		
Total Fat	12.4g	Vitamin A:	129 IU
Saturated Fat	1.5g	Vitamin C:	1.20 mg
Trans Fat	0g	Calcium:	36 mg
Cholesterol	60 mg	Iron:	2.6 mg
Sodium	490 mg		
Total Carbohydrate	22g		
Dietary Fiber	3g		
Sugars	1g		
Protein	12g		

Ingredients:

SHRIMP, WHOLE WHEAT FLOUR, SOYBEAN OIL, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF THE FOLLOWING: CITRIC ACID, DEHYDRATED GARLIC, DISODIUM INOSINATE AND DISODIUM GUANYLATE, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), METHYCELLULOSE, NATURAL FLAVOR, PAPRIKA EXTRACT (COLOR), POWDERED CELLULOSE, SALT, SODIUM ALGINATE, SODIUM BISULFITES (AS A PRESERVATIVE), SOY FLOUR, SOY PROTEIN PRODUCT (SOY PROTEIN ISOLATE, MAGNESIUM OXIDE, ZINC OXIDE, NIACINAMIDE, IRON AS FERROUS SULFATE, VITAMIN B12, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE (B6), THIAMINE MONONITRATE, RIBOFLAVIN), SUGAR, WHEY POWDER, YEAST, YELLOW CORN FLOUR, CONTAINS: SHRIMP, WHEAT, SOY, MILK

Frozen Shelf Life: 18 months

Number of pieces per pound, average: 110
Weight per piece, average: 4.12 grams

Shrimp content of product: 50.76%
Weight of shrimp per piece: 2.09 grams (20 pcs. =41.8 grams)

Rehydrated soy protein per piece: 0.09 grams
Batter and Breading content of product: 46.00%

Weight of Batter and Breading per piece 1.89 grams (20 pcs. = 37.8 grams)
Other ingredients: 0.05 grams

Oven Ready Product

PREPARATION INSTRUCTIONS: Bake at 350°F in a convection oven: Arrange frozen shrimp in a single layer on baking sheet so shrimp are not touching. Bake 7-10 minutes or until shrimp reach 145°F.

I certify that the above information is true and correct.

Shirley J Brown

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