



EGG HARBOR  
SEAFOOD

REAL · TASTY · SEAFOOD

*Delicious*  
**Protein + Nutrient Rich  
Seafood Meals**

**Nutrition Facts**

Serving Size: 10 oz (283g)  
Servings Per Container: 1

**Amount Per Serving**

**Calories 320**    **Calories from Fat 110**

**% Daily Value\***

**Total Fat 12g**    **18%**

**Saturated Fat 6g**    **30%**

**Trans Fat 0g**

**Cholesterol 125mg**    **41%**

**Sodium 1030mg**    **43%**

**Total Carbohydrate 29g**    **10%**

**Dietary Fiber 2g**    **7%**

**Sugars 2g**

**Protein 25g**

**Vitamin A 0%**    •    **Vitamin C 0%**

**Calcium 15%**    •    **Iron 15%**

\* Percent Daily Values are based on a 2,000 calorie diet.

Vendor Code.: 91188  
Shelf Life 18 Months

PRODUCT OF USA • PERISHABLE  
KEEP FROZEN



**Ingredients:** Linguine Pasta (Semolina [Wheat], Durum Wheat Flour, Niacin, Iron [Ferrous Sulfate], Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Canola Oil, Salt, Spice, Creamy Garlic Sauce (Whole Milk [Milk, Vitamin D3], Cream Sauce [Corn Starch, Wheat Flour, Modified Milk Ingredients, Garlic and Onion Powder, Salt, Maltodextrin, Dehydrated Cheddar, Blue, Parmesan and Romano Cheeses, Hydrolyzed Corn Protein, Hydrogenated Soybean Oil, Canola Oil, Natural Flavor, Sugar, Sodium Phosphate, Dried Parsley, Dried Chives, Lactic Acid, Citric Acid, Mono & Diglycerides, Sodium Citrate, Color, Spice Extract and Sulphites, Butter [Cream, Natural Flavor]), Shrimp (Shrimp, Salt, Sodium Carbonate, Sodium Citrate), Clams, Clam Juice, Sodium Phosphates and Natural Flavorings (Contains Natural Anchovy Flavoring), Mussel Meat (Shellfish, Mytilus Chilensis).  
**Contains:** Shellfish (Shrimp, Mussels, Clams), Fish (Anchovy), Wheat, Dairy, Soy.

*Seafood*  
**TRIO**

WITH LINGUINI IN A CREAMY GARLIC SAUCE



**READY TO EAT  
IN 6 MINUTES**



*Microwave Ready!*