

Pan Seared Shrimp

Jumbo shrimp with black beans and rice and sugar snap peas.
Served with a hazelnut mole



WIMS #: 30038

Allergens: Milk, shellfish, tree nuts

Shrimp with Black Beans And Rice	
Nutrition Facts	
Serving size 11.9 oz (337 g)	
Servings per container None	
Amount per serving	
Calories 440	
Calories from fat 160	
	% Daily Value *
Total fat 19 g	24%
Saturated fat 3 g	15%
Trans fat 0 g	
Cholesterol 315 mg	105%
Sodium 1190 mg	52%
Total carbohydrates 28 g	9%
Dietary fiber 6 g	20%
Sugars 2 g	
Protein 41 g	
Vitamin A 25%	• Vitamin C 25%
Calcium 8%	• Iron 40%
* % Daily Values are based on a 2000 calorie diet.	
© 2019 MenuTrinfo, LLC	