

Shrimp & Grits

Shrimp and andouille sausage sautéed with tomatoes, onions, peppers and creole spices, served over cheese grits



WIMS# 35051

Allergens: milk, shellfish, soy, wheat

Shrimp & Grits	
Nutrition Facts	
1 servings per container	
Serving size	1 meal (299 g)
Amount per serving	
Calories	600
	<small>% Daily Value*</small>
Total Fat 26g	34%
Saturated Fat 7g	33%
<i>Trans Fat</i> 0g	
Cholesterol 250mg	83%
Sodium 2720mg	118%
Total Carbohydrate 51g	18%
Dietary Fiber 4g	14%
Total Sugars 8g	
Protein 42g	
Vitamin D 0.00mcg	0%
Calcium 202mg	18%
Iron 6.6mg	38%
Potassium 801mg	19%
<small>* 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.</small>	
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