

Shrimp Confit with Forbidden Rice

Cycle 2

Slow poached jumbo shrimp with garlic and olive oil, citrus forbidden rice, snap peas, carrots, and lemon beurre blanc



WIMS# 38113

Allergens: Milk, Shellfish (shrimp)

Slow Poached Jumbo Shrimp

Nutrition Facts

1 servings per container

Serving size 1 meal (274 g)

Amount per serving

Calories **430**

% Daily Value*

Total Fat 23g **29%**

Saturated Fat 12g **59%**

Trans Fat 3g

Cholesterol 165mg **56%**

Sodium 1120mg **49%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 2g

Protein 19g

Vitamin D 0.00mcg **0%**

Calcium 60mg **5%**

Iron 1.5mg **9%**

Potassium 260mg **6%**

* 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.