

Bowie Consulting, Two Fish Crab Shack, Shrimp & Crab Legs Corn Red Potatoes  
1.75" x 4.1"

## Nutrition Facts

about 4 servings per container

**Serving size** 6.5 oz (183g)  
(edible portion) /  
about 3 shrimp, 1/4 of crab, 1 piece  
potato and corn, 1/4 of sauce packet

Amount per serving

**Calories** 430

% Daily Value\*

**Total Fat** 34g 44%

Saturated Fat 6g 30%

*Trans* Fat 0g

**Cholesterol** 75mg 25%

**Sodium** 1450mg 63%

**Total Carbohydrate** 17g 6%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes 1g Added Sugars 2%

**Protein** 14g

Vitamin D 1.6mcg 8%

Calcium 30mg 2%

Iron 2.5mg 15%

Potassium 210mg 4%

\* 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.