



# OCEAN GARDEN

## 052574 - Shrimp Frz 15/Un Mex White S/O

Since 1957, Ocean Garden's shrimp brands have been recognized as the finest shrimp available. Ocean Garden shrimp is your guarantee of quality, consistency, and a commitment to environmental sustainability. The Ocean Garden shrimp offers a sweet flavor, beautiful natural pink color, and meaty texture that works well in many presentations from appetizers to entrees. Ocean Garden shrimp is naturally preserved, phosphate free, and a heart healthy alternative to other proteins.



# Nutrition Facts

Servings per Container **20**  
Serving size **4oz(112g)**

Amount per serving  
**Calories 90**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 160mg	<b>53%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 21g	
Vitamin D 0mcg	<b>0%</b>
Calcium 502mg	<b>39%</b>
Iron 3mg	<b>17%</b>
Potassium 307mg	<b>7%</b>

\* 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.

### \* Benefits

Block frozen shell on shrimp. Chemical free and no additives.  
Guaranteed sizing - Allows for consistent plate costs and serving sizes per container.  
No broken shells or pieces - Whole, usable shrimp in every container.  
Nutritional Value. No saturated fat, low calorie, high protein food source that is a light and versatile ingredient or main source of protein in so many dishes.

### Ingredients

SHRIMP, WATER

### ⚠ Allergens

#### Contains:

crustaceans mollusks

#### Free From:

eggs fish milk peanuts  
 sesame soy tree nuts wheat

### Handling Suggestions

Put in coldest part of freezer at a temperature 0F to -10F.

### Serving Suggestions

The most healthful ways to prepare shellfish include steaming, boiling, grilling, broiling, poaching and baking. The ideal is to add little or no butter, margarine, oil or shortening in cooking. Instead, enjoy the natural taste of shellfish or enhance them with lemon or lime juice, herbs, spices, or marinades.

### Prep & Cooking Suggestions

Thaw overnight in refrigerator to minimize loss of moisture.

### 📄 Product Specifications

Brand	Manufacturer	Product Category
OCEAN GARDEN	Ocean Garden Products, Inc.	Shellfish, Other

MFG #	SPC #	GTIN	Pack	Pack Desc.
0100101743	052574	00076550075133	6	6 / / ea

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
42lb	30lb	No	MEX		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
18.25in	11.5in	7.5in	0.91ft3	14x4	548DAYS	-10°F / 0°F



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### Nutrition Analysis - By Serving

Calories	90	Total Fat	0g	Sodium	280mg
Protein	21	Trans Fats	0g	Calcium	502mg
Total Carbohydrates...	0g	Saturated Fat	0g	Iron	3mg
Sugars	0g	Added Sugars	0g	Potassium	307mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	160mg		
Vitamin A(IU)	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

### Additional Images

