

# SEAFOOD MEDLEY Frozen



Seafood Medley



Mélange de produits de mer



Combinación de mariscos



Our seafood medley consists of a delightful mixture of ingredients including octopus, squid, cooked mussels, shrimp and imitation crab. This is a versatile product suitable for a wide range of meal possibilities, including stir-fry applications, pasta, paella, and casseroles.

Our seafood medley comes in a bright and attractive, professionally designed package and is shelf-ready, complete with UPC code.

## Retail Packages:

### Merex:

Frozen (IQF) Seafood Medley (bag) 20 x 1 lbs (454g)

## Nutritional Value:

### Nutrition Facts / Datos De Nutrición

Serving Size 4 oz (114g)  
 Tamaño por Ración 4 oz (114g)  
 Servings Per Container 4 / Raciones por Envase 4

Amount Per Serving / Cantidad por Ración	
<b>Calories / Calorías</b> 108	Calories from Fat / Calorías de Grasa 18
<b>% Daily Value* / % Valor Diario*</b>	
<b>Total Fat / Grasa Total</b> 2g	<b>3%</b>
Saturated Fat / Grasa Saturada 0g	<b>0%</b>
Trans Fat / Grasa Trans 0g	
<b>Cholesterol / Colesterol</b> 178mg	<b>59%</b>
<b>Sodium / Sodio</b> 134mg	<b>7%</b>
<b>Total Carbohydrate / Carbohidrato Total</b> 1g	<b>0%</b>
Dietary Fiber / Fibra Dietética 0g	<b>0%</b>
Sugars / Azúcares 0g	
<b>Protein / Proteínas</b> 21g	
Vitamin A / Vitamina A 0%	Vitamin C / Vitamina C 0%
Calcium / Calcio 2%	Iron / Hierro 9%

\* Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs:

\* Los porcentajes de Valores Diarios están basados en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores o menores dependiendo de sus necesidades caloricas:

	Calories / Calorías: 2,000	2,500
Total Fat / Grasa Total	Less than / menos de 65g	80g
Sat Fat / Grasa Saturada	Less than / menos de 20g	25g
Cholesterol / Colesterol	Less than / menos de 300mg	300mg
Sodium / Sodio	Less than / menos de 2,400mg	2,400mg
Total Carbohydrate / Carbohidratos	300g	375g
Dietary Fiber / Fibra Dietética	25g	30g

Calories per gram / Calorías por gramo:  
 Fat / Grasa 9 • Carbohydrate / Carbohidrato 4 • Protein / Proteínas 4



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