

Regal Foods
Nutrition Label
Regal Upper Bay Crab Mix 16 OZ.

Nutrition Facts	
16 servings per container	
Serving size	1 oz (28g)
Amount per serving	
Calories	10
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 9790mg	425%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.3mg	8%
Potassium 10mg	0%
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Sea Salt, Lemon Pepper Seasoning, Celery Seed, Ground Thyme, Paprika, Crushed Red Pepper