

# SeaBear Smokehouse - Shaq Alfredo Dinner

## Fresh Fettuccine

Nutrition Facts	
Serving Size 2 oz (56g)	
Servings Per Container 5	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 150
% Daily Value*	
<b>Total Fat</b> 16g	25 %
Saturated Fat 10g	46
Trans Fat 0g	
<b>Cholesterol</b> 55mg	19 %
<b>Sodium</b> 180mg	7 %
<b>Total Carbohydrate</b> 2g	<1 %
Dietary Fiber 0g	0
Sugar 1g	
<b>Protein</b> 3g	
Vitamin A 12	• Vitamin C 0
Calcium 10	• Iron 0
*Percent Daily Values(DV) are based on a 2000 calorie diet	

## Alfredo Sauce

Nutrition Facts	
Serving Size 1/4 cup (60g)	
Servings Per Container 5.7	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2.5g	4 %
Saturated Fat 0.5g	3
Trans Fat 0g	
<b>Cholesterol</b> 65mg	22 %
<b>Sodium</b> 20mg	1 %
<b>Total Carbohydrate</b> 31g	10 %
Dietary Fiber 1g	7
Sugar 1g	
<b>Protein</b> 7g	
Vitamin A 2	• Vitamin C 0
Calcium 2	• Iron 10
*Percent Daily Values(DV) are based on a 2000 calorie diet	

## Smoked Salmon

Nutrition Facts	
3 servings per container	
<b>Serving size</b>	<b>2 oz (57g)</b>
Amount per serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
<b>Total Fat</b> 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 180mg	8%
<b>Total Carbohydrate</b> 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 14g	
Vitamin D 8mcg	40%
Calcium 25mg	2%
Iron 0mg	0%
<b>Potassium</b> 251mg	6%
*The % Daily Value 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.	