

EAST COAST SEAFOOD COMPANY

1lb Frozen Cooked Scored Lobster Claw and Arms



*Codes Subject to Change

Product Code: 82120	Inner Unit Dimensions: 7.5" x 12.375" 3.5"
Net Weight: 1lb	Master Case Dimensions: 15" x 11" x 10.75"
Master Case Pack: 10 x 1lb	T x H: 10 x 6
UPC 12 Digit: 671718821203	Storage Instructions: Keep Frozen
GTIN 14 Digit: 50671718821208	Shelf Life: 24 months from date of manufacture
Code Date Format: MM-DD-YYYY	

- 1lb frozen already cooked scored lobster claw and arm
- Wild Caught North Atlantic Lobster
- Flash Frozen to Lock in all that sweet mouthwatering flavor
- Fully Cooked just heat and enjoy!

Cooking Instructions

1. Keep Frozen - Lobster claws should be kept frozen. Once thawed, store in the refrigerator and use within 2 days. Do Not refreeze claws.
2. Thawing: Lobster Claws can be placed in refrigerator overnight or run under cold water in colander for 7-10 minutes.
3. Warmed: Bring pot of water to a rolling boil and place claws into water for 2-3 minutes. Drain water, remove claws from pot, and enjoy. Thawed claws may also be microwaved by placing the claws on a microwave safe dish for 2-3 minutes on low setting.

INGREDIENTS: LOBSTER

**CONTAINS: CRUSTACEAN SHELLFISH
(LOBSTER) *Homarus americanus***

Nutrition Facts		
Serving size	about 3 claws (3 oz edible) (85g)	
Amount per serving	70	
	<small>% Daily Value*</small>	
Total Fat 0g		0%
Saturated Fat 0g		0%
<i>Trans</i> Fat 0g		
Cholesterol 125mg		42%
Sodium 340mg		15%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Total Sugars 0g		
Includes 0g Added Sugars		0%
Protein 15g		
Vitamin D 0mcg		0%
Calcium 59mg		4%
Iron 0mg		0%
Potassium 176mg		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.