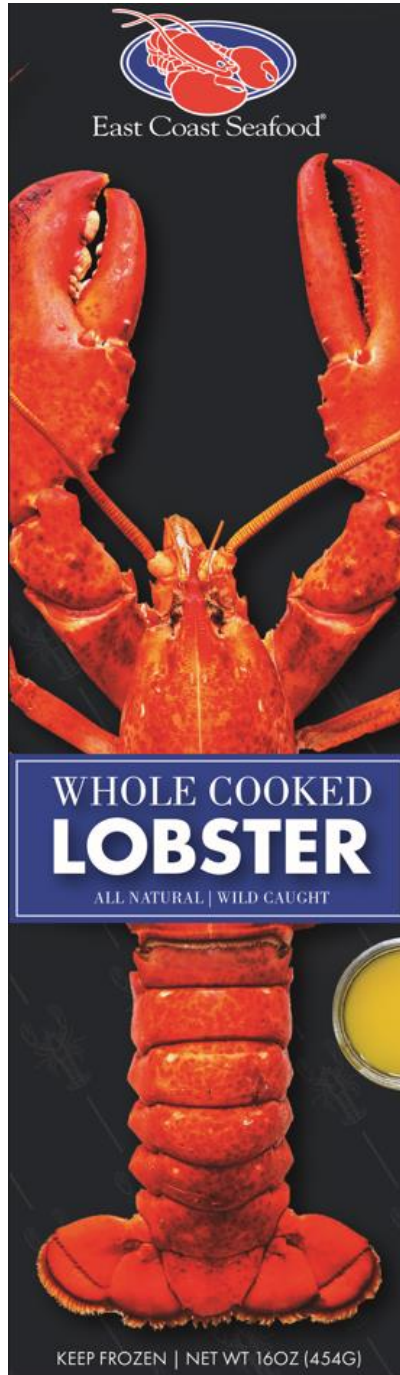


**EAST COAST SEAFOOD**  
COMPANY

**10lb Frozen Whole Cooked Lobster (1lb/ea)**



<b>Product Code: 24701</b>	<b>Inner Unit Dimensions: TBD</b>
<b>Net Weight: 10lb</b>	<b>Master Case Dimensions: TBD</b>
<b>Master Case Pack: 1 x 10lb</b>	<b>T x H: TBD</b>
<b>UPC 12 Digit:</b>	<b>Storage Instructions: Keep Frozen</b>
<b>GTIN 14 Digit:</b>	<b>Shelf Life: 24 months from date of manufacture</b>
<b>Code Date Format: MM-DD-YYYY</b>	

- 1lb frozen already cooked whole lobster
- 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 should be kept frozen. Once thawed, store in the refrigerator and use within 2 days. Do Not refreeze.
2. Thawing: Lobster 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.

INGREDIENTS: LOBSTER

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

<b>Nutrition Facts</b>		
1 servings per container		
<b>Serving size about 3.53 oz (edible portion)</b>		
<b>1 Lobster (100g)</b>		
<b>Amount per serving</b>		<b>80</b>
<b>Calories</b>		
<small>% Daily Value*</small>		
<b>Total Fat</b>	0.5g	<b>1%</b>
Saturated Fat	0g	<b>0%</b>
<i>Trans Fat</i>	0g	
<b>Cholesterol</b>	145mg	<b>48%</b>
<b>Sodium</b>	400mg	<b>17%</b>
<b>Total Carbohydrate</b>	0g	<b>0%</b>
Dietary Fiber	0g	<b>0%</b>
Total Sugars	0g	
Includes 0g of Added Sugars		<b>0%</b>
<b>Protein</b>	18g	
Vitamin D	0mcg	<b>0%</b>
Calcium	69mg	<b>6%</b>
Iron	0mg	<b>0%</b>
Potassium	207mg	<b>4%</b>
<small>* 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.</small>		