

EAST COAST SEAFOOD  
COMPANY

**8oz Twin Lobster Tails (4oz Tails)**



WILD CAUGHT | NORTH ATLANTIC

**LOBSTER TAILS**

ALL NATURAL | COLDWATER | RAW TAILS



KEEP FROZEN | COOK THOROUGHLY  
NET WT 8oz (226g)

TWO  
**4-5**  
OUNCE  
TAILS

\*Codes Subject to Change

<b>Item Code:</b> 82047	<b>Inner Unit Dimensions:</b> 7.125" x 9.5" x 1.625"
<b>Net Weight:</b> 8oz	<b>Master Case Dimensions:</b> 15.125" x 10.125" x 12.5"
<b>Master Case Pack:</b> 14	<b>TI x HI:</b> 10x5
<b>UPC 12 Digit:</b> 671718820473	<b>Storage Instructions:</b> Keep Frozen
<b>GTIN 14 Digit:</b> 40671718820471	<b>Shelf Life:</b> 24 months from date of manufacture
<b>Code Date Format:</b> MM-DD-YYYY	

<b>PRICE:</b>	
<b>Minimum Order Qty:</b>	<b>Lead-Time:</b>

**Cooking Instructions**

- BOIL:** Bring a pot of water to a boil. Place the thawed lobster tails in the water on high heat until slow boil is reached again. Reduce heat and simmer uncovered for 5 minutes or until lobster meat turns pearly and opaque.
- GRILL:** Insert knife carefully in score of thawed lobster tail to fully split lengthwise or butterfly and brush meat side of tail with butter or marinade. Place tails, meat side down, on preheated grill (medium heat). Cook for 10 to 12 minutes, turning once, and basting frequently until pearly and opaque.

*Tails should be cooked to an internal temperature of 145°F*

**INGREDIENTS:** Lobster

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

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>85g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>50</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 110mg	<b>37%</b>
<b>Sodium</b> 390mg	<b>17%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 0mg	0%
Potassium 195mg	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.