



# CRAWFISH SHIRLEY

*Crawfish tail meat sautéed in butter and green onions with a white wine and yellow cheese sauce*

## BENEFITS

- Produced in FDA/USDA Facility
- Reduces Need for Skilled Labor
- Reduces Time and Labor Cost
- Consistency
- Quality of Product
- High Profitability
- Reduces Storage Needed
- Boil-in-Bag Technology
- Ready-to-Serve
- Extended Shelf Life
- Resealable Bag
- Predictable Food Cost
- 100% Yield
- MSG-FREE
- Reduces Order Guide

## Nutrition Facts

Serving Size  
4 ounces (113.4g)

Servings Per Container  
24 per bag, 48 per case

### Amount Per Serving:

Calories **240**      Calories from Fat **160**

### % Daily Value\*

<b>Total Fat</b> 18g	<b>28%</b>
Saturated Fat 7g	<b>34%</b>
Trans Fat 2g	
<b>Cholesterol</b> 75mg	<b>24%</b>
<b>Sodium</b> 640mg	<b>27%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 0g	<b>1%</b>
Sugars 4g	
<b>Protein</b> 12g	<b>23%</b>

**Vitamin A 20% • Vitamin C 4% • Calcium 25% • Iron 4%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Heating Methods

To heat product, place frozen or cold bag/bags in boiling water or steamer for 12 to 14 minutes or until internal temperature reaches 170°F. When ready to serve, shake bag vigorously, open and pour directly into chafing dish or serving container.

## Pack Sizes Available

- 12lb per case (2-6lb bags)
- (48) 4oz servings per case

## Suggested Resale Options

- Individual Servings (4oz)
  - Served over noodles, baked potato or surf & turf
- 6lb pan



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