

<h1 style="text-align: center;">2024 Seafood Holiday Nutrition Chart</h1> <p style="text-align: center;"><b>Product Name</b></p>	<p style="text-align: center;"><b>Allergens</b></p>	<p style="text-align: center;"><b>Calories</b></p>	<p style="text-align: center;"><b>Total Fat (g)</b></p>	<p style="text-align: center;"><b>Sat Fat (g)</b></p>	<p style="text-align: center;"><b>Trans fats (g) * less than .5 grams per serving</b></p>	<p style="text-align: center;"><b>Cholesterol (mg)</b></p>	<p style="text-align: center;"><b>Sodium (mg)</b></p>	<p style="text-align: center;"><b>Carbs (g)</b></p>	<p style="text-align: center;"><b>Dietary Fiber (g)</b></p>	<p style="text-align: center;"><b>Sugars (g)</b></p>	<p style="text-align: center;"><b>Protein (g)</b></p>	<p style="text-align: center;"><b>Gluten Free Ingredients</b></p>
<b>Holiday Entrees</b>												
Beurre Blanc Lobster Tails, 4 Each	Shellfish (Lobster), Milk, Wheat.	300	16	10	0	170	1080	14	0	3	25	N
Crab Encrusted Lobster Tails, 4 Each	Shellfish (Lobster,Crab), Milk, Wheat, Soy, Egg.	260	15	7	0	200	1010	9	0	1	23	N
Holiday Salmon with Cranberry Chutney	Fish (Salmon), Tree Nuts (Almonds).	180	6	1	0	60	85	8	<1	6	24	Y
Honey Dijon Pistachio Encrusted Salmon	Fish (Salmon), Tree Nuts (Pistachio), Wheat	280	17	3.5	0	50	290	13	<1	9	20	H
Parmesan Pesto Encrusted Salmon	Fish (Salmon), Milk, Wheat, Tree Nuts (Almonds).	370	28	6	0	60	260	8	0	<1	23	N
Shrimp & Scallop Scampi Gratin	Shellfish (Shrimp/Scallops), Milk, Wheat, Soy.	250	16	9	0	115	700	9	0	1	20	N