# MAINE LOBSTER BISQUE

## Nutrition Facts

Serving Size 1 cup (250g)
Servings Per Container about 2

**Amount Per Serving**

| | |
|---|---|
| **Calories** 310 | Calories from Fat 180 |
| | **% Daily Value*** |
| **Total Fat** 20g | **31%** |
| Saturated Fat 12g | **60%** |
| Trans Fat 0g | |
| **Cholesterol** 130mg | **43%** |
| **Sodium** 1060mg | **44%** |
| **Total Carbohydrate** 12g | **4%** |
| Dietary Fiber 1g | **4%** |
| Sugars 2g | |
| **Protein** 16g | |

| | |
|---|---|
| Vitamin A 80% | • Vitamin C 4% |
| Calcium 6% | • Iron 20% |

*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 | 300 mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4