120 x 210 mm.

Nutrition Facts

Serving Size 4 oz (113g)
Servings Per bag is about 4

Amount Per Serving	
Calories 80 Calories from fat 10	
	%Daily Value*
Total Fat 1 g	**2%**
Saturated Fat 0.5 g	**3%**
Trans Fat 0 g	
Cholesterol 220 mg	**73%**
Sodium 190 mg	**8%**
Total Carbohydrate 0 g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0 g	
Protein 18 g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 15%

*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
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbonyrdrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

Packed for :
H&N Foods International, Inc.
PO Box 58826, Vernon, CA 90058
www.hnfoods.com

PRODUCT NAME
Best if used by 00/00/00
PO # 00000

V-01HIII

Tiger Bay®

Seafood Mix

Net Weight : 1 lb / 454 g
Best if used by :

INGREDIENTS : Blanched Octopus, Blanched Squid, Tubes or Rings, Blanched Squid Tentacles, Blanched Shrimp, Cooked Mussels.

Harvested and processed in China
Cooked Mussels, Blanched Shrimp, Octopus,
Squid : Wild caught Contains : Shrimp