



SHRIMP-PARMESAN MELTS

Nutrition Facts Report
Source: Custom

Yield: 4 (1.000 serving(s))
No. Ingredients: 10

Category: Basic Food
Manufacturer: (None)

Ingredients

4.000 item Cobblestone Mill English Muffins
1.000 lb. Shrimp, Mixed Species, Raw
2.000 t. Corn Oil
1.000 c. Red Bell or Sweet Pepper
0.500 c. Scallions, Green or Spring Onions
4.000 item Garlic Clove
2.000 T. Lemon Juice
0.250 t. Table Salt
0.125 t. Ground Black Pepper
0.500 c. Parmesan Cheese, Grated

Nutrition Facts

Serving Size 1.00 serving(s) (216g)

| Amount Per Serving | | | |
|---------------------------|---------|-------------------|------|
| Calories | | Calories from Fat | |
| Calories | 344 | Calories from Fat | 74 |
| | | % Daily Value | |
| Total Fat | 8.2g | | 13 % |
| Saturated Fat | 2.4g | | 12 % |
| Trans Fat | 0.0g | | |
| Cholesterol | 181.2mg | | 60 % |
| Sodium | 740.2mg | | 31 % |
| Total Carbohydrate | 33.3g | | 11 % |
| Dietary Fiber | 2.2g | | 9 % |
| Sugars | 3.2g | | |
| Protein | 32.7g | | |
| Vitamin A | 30 % | Calcium | 19 % |
| Vitamin C | 94 % | Iron | 16 % |

Instructions