Seafood (Shrimp)

Potato — Dinner D1-2 — Low SF

High Protein — Low Sodium

Everything Spiced Shrimp, Broccoli and Potatoes

1/2 cup Dole Mixed Fruit Cocktail in 100% Juice

Notes:	*Servings*	*Prep*	*Cook*	*Total*
	4	20 min	20 min	40 min

Nutritional Information

3/29/2023

	Shrimp	*Fruit*	*Total*
Calories	411	*60*	*471*
Total Fat (g)	14	*0*	*14*
Saturated Fat (g)	**6**	***0***	***6***
Cholesterol (mg)	**211**	***0***	***211***
Sodium (mg)	**412**	***5***	***417***
Carbs (g)	**37**	***15***	***52***
Fiber	4	*1*	*5*
Sugar	5	*12*	*17*
Protein (g)	33	*0*	*33*

Meal Formula by Food Groups

P	FC	SC	SC	FC	SC	F
Meat	***Starch***	***Vegetable***	***Fruit***	***Dairy***	***Legumes***	***Fat***
3	2	1	1			1

MM — ***3*** — ***Carb Count*** — ***6*** — ***HH Score***

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