

Sauteed Shrimp with Dill Cream over Spaetzles

Ingredients

Shrimp, Flour, all purpose, bleached, enrich, Cream, Wine, cooking, Eggs, large, raw, Onion, Butter, unsalted, Garlic, Cornstarch, Parsley, Dill, Salt, Pepper.

Nutrients per serving

Nutrition Facts	
Serving Size (135g)	
Servings Per Container 1	
Amount Per Serving	
Calories 290	Calories from Fat 150
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 170mg	57%
Sodium 250mg	10%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 12g	
Vitamin A 15%	• Vitamin C 4%
Calcium 4%	• 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
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	