



Lobster Tails

Homarus americanus

captaindansseafood.com

Lobster Tails



The best tasting lobster in the world comes from the North Atlantic Fisheries - that's Captain Dan's neighbourhood. Delicious lobster tails: all-natural, fresh daily and available in a full range of sizes.



Nutrition Facts

Serving Size 1 tail (113g/74g meat)
Servings Per Container

Amount Per Serving		
Calories 60		Calories from Fat 5
% Daily Value*		
Total Fat 0.5g		1%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 65mg		22%
Sodium 340mg		14%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugar 0g		
Protein 12g		
Vitamin A 0%		Vitamin C 0%
Calcium 4%		Iron 2%
*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	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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Raw Lobster Tails

Mastered in 10 lbs Packaging
Sizing

2-3 oz
3-4 oz
4 oz
4-5 oz
5-6 oz
6-7 oz
7-8 oz
8-10 oz

10-12 oz
12-14 oz
14-16 oz
16-20 oz
20-24 oz
24-28 oz
28-32 oz
32 + oz

