

Caribbean Consultancy &  
Trade, LLC



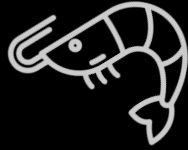
# SHRIMP



↪ Shrimps Raw



↪ Shrimps Cooked



↪ Shrimps Ready to Eat



↪ Shrimps Recipe



# Index



## Others Ready to Eat

↪ Chicken



↪ Beef





## Products Raw

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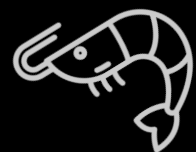


- *Vannamei Raw Head-on Shell-on Shrimp*
- *Vannamei Raw headless Shell-on Tail - on*
- *Vannamei Nobashi*
- *Marinated Vannamei Shrimp Tail Skewers*
- *Marinated Vannamei Shrimp Butterfly Tail*
- *Vannamei Skewered Butterfly Tail - On*
- *Vannamei Skewered Marinated PD Tail - On*
- *Vannamei Pinwheel Skewers*
- *Vannamei Raw Peeled Tail-on Skewers*
- *Vannamei Breaded Shrimps*
- *Vannamei Raw Easy Peel*
- *Vannamei Skewered PD Tail-on*
- *Vannamei Raw peeled & Deveined Tail - On*

*Vannamei Raw  
Head-on Shell-on  
Shrimp*

*Crevette Vannamei  
crue avec tête et  
carapace*

*Camarón Vannamei  
Crudo con Cabeza y  
Caparazón*



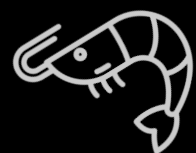
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*Vannamei Raw  
headless Shell-  
on Tail - on*

*Vannamei Cru sans  
tête Coquille sur  
QUEUE sur*

*Vannamei Crudo sin  
cabeza con caparazón  
y cola*



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# Vannamei Nobashi

*Vannamei Nobashi*

*Vannamei Nobashi*



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## Marinated Vannamei Shrimp Tail Skewers

*Brochettes de queues de crevettes marinées Vannamei*

*Brochetas de cola de camarón marinada Vannamei*



## Marinated Vannamei Shrimp Butterfly Tail

*Queue de papillon de crevettes Vannamei marinées*

*Cola de mariposa de camarón Vannamei marinado*



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## Vannamei Skewered Butterfly Tail - On

*Queue de papillon en brochette Vannamei - En cours*

*Cola de mariposa en brocheta de Vannamei*



## Marinated Vannamei shrimp tail skewers

*Brochette de Vannamei mariné Tail-On*

*Brocheta de cola de camarón Vannamei marinada*





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## Vannamei Pinwheel Skewers

*Brochettes de brochettes de Vannamei*

*Pinchos de vannamei*



## Vannamei Raw Peeled Tail-on Skewers

*Brochettes de queue pelée crue de Vannamei*

*Pinchos de cola pelada cruda de Vannamei*



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# Vannamei Breaded Shrimps

*Crevettes panées Vannamei*

*Camarones Vannamei empanados*

# Vannamei Raw Easy Peel

*Vannamei Cru Facile Pelé*

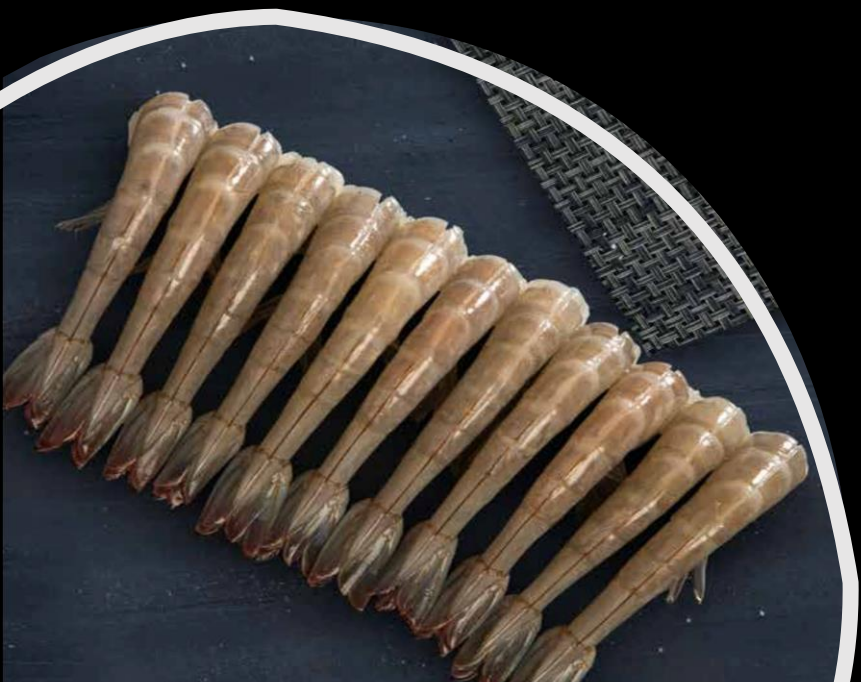
*Vannamei crudo de fácil pelado*



# Vannamei Raw Easy Peel

*Vannamei Cru Facile Pelé*

*Vannamei crudo de fácil pelado*



*Size: 16/20*



*Size: 31/40*

**We brings restaurant quality cuisine  
from across the world to your table**



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# Vannamei Shrimp Tail Skewers

*Brochettes de queue de crevettes Vannamei*

*Brocheta de Cola de Camarón Vannamei*



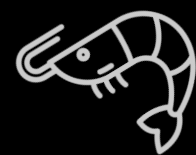
# Vannamei Raw peeled & Deveined Tail-On

*Vannamei cru, pelé et déveiné, avec queue de pie*

*Vannamei crudo pelado y desvenado con cola*



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## Products Cooked

- ↪ *Vannamei Cooked Peeled Deveined Tail-off*
- ↪ *Vannamei Cooked Easy Peel*
- ↪ *Vannamei Cooked head-on, shell-on*
- ↪ *Vannamei Cooked Spiced Shrimp*
- ↪ *Cooked PUD Salad Shrimp*
- ↪ *Vannamei Cooked In Shell Needle Deveined Tail-on*
- ↪ *Vannamei Shrimp ring PTO*
- ↪ *Vannamei Shrimp in the Box*

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# *Vannamei Cooked Peeled Deveined Tail-Off*

*Queue de Vannamei Cuite,  
Pelée et Déveinée*

*Cola de Vannamei Cocida,  
Pelada y Desvenada*



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# Vannamei Cooked Easy Peel

*Vannamei cuit à pelure facile*

*Vannamei cocido de fácil pelado*



## **PRIVATE LABEL - CUSTOM PACKAGING**

- 🔴 We control our facilities and resources.
- 🔴 Custom packaging - Private label available.
- 🔴 Signature product development for retailers.
- 🔴 We bring restaurant quality cuisine from around the world to your table.





*Vannamei Cooked  
head-on, shell-on*

*Vannamei cuit avec la tête et la  
carapace*

*Vannamei cocinado con  
cabeza y caparazón*





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# Vannamei Cooked Spiced Shrimp

*Crevettes Vannamei cuites aux épices*

*Camarones Vannamei cocidos en especias*

# Cooked Peeled Undeveined (PUD) Salad Shrimp

*Salade de crevettes décortiquées non  
déveinées cuites*

*Ensalada de camarones cocidos,  
pelados y sin desvenar*



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# *Vannamei Cooked In Shell Needle Deveined Tail - On*

*Vannamei cuit dans sa coquille Aiguille  
dèveinée Queue de pie*

*Cola de Camarones Vannamei cocido  
con caparazón y Desvenado*





# Vannamei Shrimp Ring Peeled Tail-On

*Crevette Vannamei Anneau PTO*

*Anillo de camarones Vannamei PTO*

# Vannamei Shrimp in the Box

*Crevette Vannamei dans la boîte*

*Camarones Vannamei en caja*



# Shrimps Ready to Eat

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↪ *Shrimps CASHW KORMA*

↪ *Shrimp BIRYANI*

↪ *Shrimp CURRY WITH POROTTA*

↪ *Shrimp sausage GUMBO*

↪ *Shrimp SAUSAGE JAMBALAYA*

↪ *Shrimp CREOLE*

↪ *Shrimp BISQUE*

↪ *Shrimp LO MEIN*

↪ *Shrimp ALFREDO*

↪ *Shrimp SCAMPI*

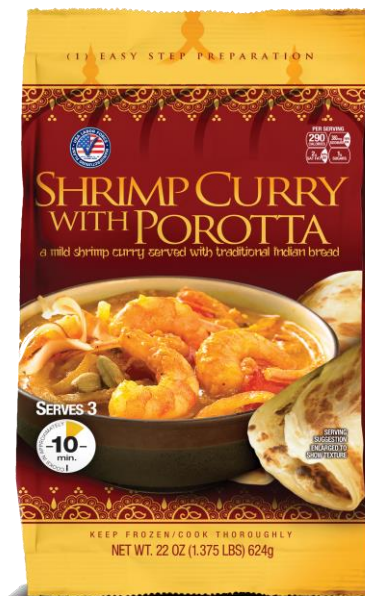
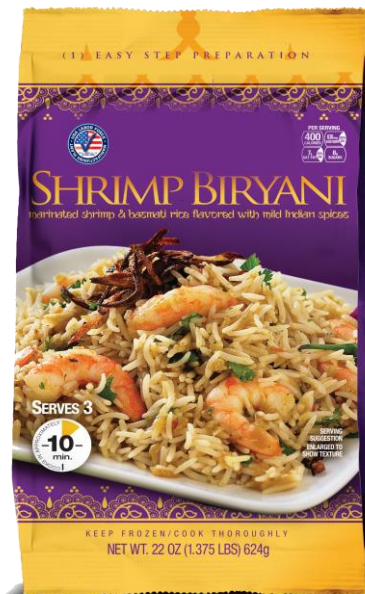
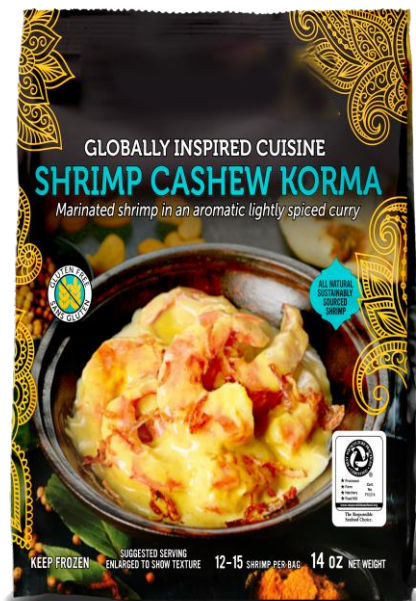
↪ *Shrimp PRIMAVERA*

↪ *Shrimp FRIED RICE*

↪ *Shrimp STIR FRY*

COOKS IN APPROXIMATELY  
**-10-**  
min.  
|

All you need is 10 minutes to  
serve up a Delicious Dinner



## *PRIVATE LABEL - CUSTOM PACKAGING*

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GLOBALLY INSPIRED CUISINE  
**SHRIMP CASHEW KORMA**

Marinated shrimp in an aromatic lightly spiced curry



ALL NATURAL  
SUSTAINABLY  
SOURCED  
SHRIMP



SUGGESTED SERVING ENLARGED TO SHOW TEXTURE 12-15 SHRIMP PER BAG

Shrimp Cashew   
Korma 



*The frozen Shrimp Cashew Korma shall be a heat and serve item.*

*Le Korma aux crevettes et noix de cajou surgelé est un article à réchauffer et à servir.*

*El Korma de Camarones y Anacardos congelado será un artículo para calentar y servir.*



COOKS IN APPROXIMATELY  
**-10-**  
min.  
|



(1) EASY STEP PREPARATION

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PER SERVING  
290 CALORIES  
2g SAT FAT  
300mg SODIUM  
1g SUGARS

# SHRIMP CURRY WITH POROTTA

a mild shrimp curry served with traditional Indian bread



SERVES 3

APPROXIMATELY  
-10-  
min.  
COOKS

SERVING SUGGESTION ENLARGED TO SHOW TEXTURE

KEEP FROZEN/COOK THOROUGHLY

NET WT. 22 OZ (1.375 LBS) 624g

# Shrimp Curry with Porotta



The frozen Shrimp Curry with Porotta Bread shall be a heat and serve, fully cooked meal consisting of IQF shrimp, vegetables, porotta bread, and curry sauce.

Le curry de crevettes surgelé avec pain porotta doit être un repas entièrement cuit, à réchauffer et à servir, composé de crevettes IQF, de légumes, de pain porotta et de sauce curry.

El curry de camarones congelado con pan de porotta será un plato para calentar y servir, totalmente cocinado, compuesto por camarones IQF, verduras, pan de porotta y salsa de curry.

## Nutrition Facts

Serving Size 1/3 package (208g)  
Servings Per Container 3

### Amount Per Serving

**Calories** 290      **Calories from Fat** 70

**% Daily Value\***

**Total Fat** 8g      **12%**

Saturated Fat 2g      **10%**

Trans Fat 0g

**Cholesterol** 40mg      **13%**

**Sodium** 380mg      **16%**

**Total Carbohydrate** 44g      **15%**

Dietary Fiber 3g      **12%**

Sugars 1g

**Protein** 10g

Vitamin A 2%      •      Vitamin C 0%

Calcium 2%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

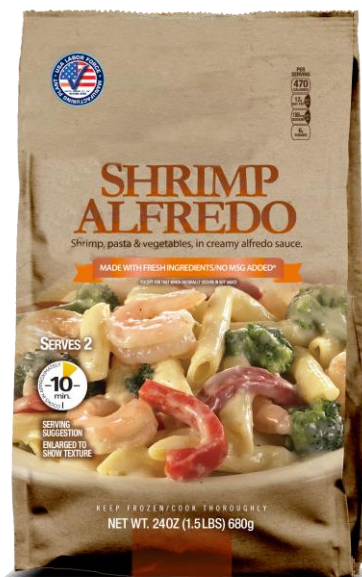
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



COOKS IN APPROXIMATELY  
**-10-**  
min.  
|

All you need is 10 minutes to  
serve up a Delicious Dinner



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PER SERVING  
430 CALORIES  
4g SAT FAT 8% DV  
990mg SODIUM 41% DV  
7g SUGARS

# SHRIMP LO MEIN

Noodles, vegetables and shrimp, with an oyster & soya sauce.

MADE WITH FRESH INGREDIENTS/NO MSG ADDED\*

\*EXCEPT FOR THAT WHICH NATURALLY OCCURS IN SOY SAUCE

SERVES 2

COOKS APPROXIMATELY  
-10-  
min.

SERVING SUGGESTION  
ENLARGED TO SHOW TEXTURE

KEEP FROZEN/COOK THOROUGHLY  
NET WT. 24OZ (1.5LBS) 680g

# Shrimp



# LO MEIN

The frozen Shrimp Lo Mein meal kit shall be a heat and serve, fully cooked meal consisting of IQF vegetables, shrimp, noodles, and Kon Loh sauce.

Le kit repas Lo Mein aux crevettes surgelé est un repas entièrement cuit, à réchauffer et à servir, composé de légumes IQF de légumes, de crevettes, de nouilles et de sauce Kon Loh.

El kit de comida congelada Shrimp Lo Mein será una comida para calentar y servir, totalmente cocinada, que consiste en verduras IQF verduras, camarones, fideos y salsa Kon Loh.

## Nutrition Facts

Serving Size 1/2 package (340g)  
Servings Per Container 2

Amount Per Serving		
<b>Calories</b> 430	Calories from Fat 150	
	<b>% Daily Value*</b>	
<b>Total Fat</b> 16g	<b>25%</b>	
Saturated Fat 4g	<b>20%</b>	
Trans Fat 0g		
<b>Cholesterol</b> 50mg	<b>17%</b>	
<b>Sodium</b> 990mg	<b>41%</b>	
<b>Total Carbohydrate</b> 57g	<b>19%</b>	
Dietary Fiber 6g	<b>24%</b>	
Sugars 7g		
<b>Protein</b> 22g		
Vitamin A 110%	•	Vitamin C 12%
Calcium 6%	•	Iron 8%

\*Percent 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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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PER SERVING  
470 CALORIES  
12g SAT FAT  
1380mg SODIUM  
6g SUGARS

# SHRIMP ALFREDO

Shrimp, pasta & vegetables, in creamy alfredo sauce.

MADE WITH FRESH INGREDIENTS/NO MSG ADDED\*

\*EXCEPT FOR THAT WHICH NATURALLY OCCURS IN SOY SAUCE

SERVES 2

APPROXIMATELY  
-10-  
min.  
COOKING

SERVING SUGGESTION  
ENLARGED TO SHOW TEXTURE

KEEP FROZEN/COOK THOROUGHLY

NET WT. 24OZ (1.5LBS) 680g

# Shrimp



# ALFREDO



*The Shrimp Alfredo meal kit shall be a heat and serve, fully cooked meal.*

*Le kit repas Crevettes Alfredo est un repas entièrement cuit, à réchauffer et à servir.*

*El kit de camarones en salsa Alfredo será una comida para calentar y servir, totalmente cocinada.*

## Nutrition Facts

Serving Size 1/2 package (340g)

Servings Per Container 2

Amount Per Serving

**Calories** 470

Calories from Fat 180

% Daily Value\*

**Total Fat** 21g **32%**

Saturated Fat 12g **60%**

Trans Fat 0g

**Cholesterol** 75mg **25%**

**Sodium** 1380mg **58%**

**Total Carbohydrate** 51g **17%**

Dietary Fiber 5g **20%**

Sugars 6g

**Protein** 19g

Vitamin A 20% • Vitamin C 40%

Calcium 10% • Iron 2%

\*Percent 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 Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

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PER SERVING 400 CALORIES 7g SAT FAT 65mg SODIUM 6g SUGARS

# SHRIMP SCAMPI

Shrimp, linguini pasta & vegetables, in creamy garlic sauce.

MADE WITH FRESH INGREDIENTS/NO MSG ADDED\*  
\*EXCEPT FOR THAT WHICH NATURALLY OCCURS IN SOY SAUCE

SERVES 2

APPROXIMATELY -10- min. COOKS IN 1

SERVING SUGGESTION ENLARGED TO SHOW TEXTURE

KEEP FROZEN/COOK THOROUGHLY  
NET WT. 24OZ (1.5LBS) 680g

# Shrimp



# SCAMPI

*The frozen Shrimp Scampi shall be a heat and serve, fully cooked meal consisting of IQF vegetables, shrimp, pasta, and white sauce.*

*Les crevettes scampi surgelées sont un repas entièrement cuit, à réchauffer et à servir, composé de légumes IQF, crevettes, pâtes et sauce blanche.*

*El Shrimp Scampi congelado será un plato para calentar y servir, totalmente cocinado, compuesto por verduras IQF, camarones, pasta y salsa blanca.*

## Nutrition Facts

Serving Size 1/2 package (340g)  
Servings Per Container 2

Amount Per Serving	
<b>Calories</b> 400	Calories from Fat 120

	% Daily Value*
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 690mg	<b>29%</b>
<b>Total Carbohydrate</b> 56g	<b>19%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 6g	
<b>Protein</b> 14g	

Vitamin A 8%	•	Vitamin C 20%
Calcium 8%	•	Iron 12%

\*Percent 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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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PER SERVING  
270 CALORIES  
2.5g SAT FAT  
630mg SODIUM  
8g SUGARS

# SHRIMP PRIMAVERA

Shrimp, fusilli pasta & vegetables, in a light tomato sauce.

MADE WITH FRESH INGREDIENTS/NO MSG ADDED\*

\*EXCEPT FOR THAT WHICH NATURALLY OCCURS IN SOY SAUCE

SERVES 2

APPROXIMATELY  
-10-  
min.  
COOKING

SERVING SUGGESTION ENLARGED TO SHOW TEXTURE

KEEP FROZEN/COOK THOROUGHLY

NET WT. 24OZ (1.5LBS) 680g

# Shrimp



# PRIMAVERA

*The frozen Shrimp Primavera shall be a heat and serve, fully cooked frozen meal consisting of IQF vegetables, shrimp, pasta, and Mild Marinara Sauce.*

*La Primavera aux crevettes surgelée est un repas surgelé entièrement cuit, à réchauffer et à servir, composé de légumes IQF des crevettes, des pâtes et une sauce Marinara douce.*

*La Primavera de camarones congelados será un plato congelado, de calentar y servir, compuesto por verduras IQF, camarones, pasta y salsa marinera suave.*

## Nutrition Facts

Serving Size 1/2 package (340g)

Servings Per Container 2

### Amount Per Serving

**Calories** 410 Calories from Fat 65

**% Daily Value\***

**Total Fat** 7.5g **12%**

Saturated Fat 4g **20%**

Trans Fat 0g

**Cholesterol** 45mg **15%**

**Sodium** 945mg **39%**

**Total Carbohydrate** 71g **24%**

Dietary Fiber 8g **32%**

Sugars 12g

**Protein** 14g

Vitamin A 90% Vitamin C 12%

Calcium 10% Iron 10%

\*Percent 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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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PER SERVING  
310 CALORIES  
0g SAT FAT  
1530mg SODIUM  
9g SUGARS

# SHRIMP FRIED RICE

Shrimp, rice & vegetables, in a garlic soya sauce.

MADE WITH FRESH INGREDIENTS/NO MSG ADDED\*  
\*EXCEPT FOR THAT WHICH NATURALLY OCCURS IN SOY SAUCE



SERVES 2

APPROXIMATELY  
-10-  
min.  
COOKS IN 1

SERVING SUGGESTION  
ENLARGED TO SHOW TEXTURE

KEEP FROZEN/COOK THOROUGHLY

NET WT. 24OZ (1.5LBS) 680g

# Shrimp



# FRIED RICE

*The frozen Shrimp Fried Rice meal kit shall be a heat and serve, fully cooked meal consisting of IQF vegetables, shrimp, rice, and oriental sauce.*

*Le kit repas de riz fritt aux crevettes surgelé doit être un repas entièrement cuit, à réchauffer et à servir, composé de légumes IQF de légumes, de crevettes, de riz et de sauce orientale.*

*El kit de comida congelada de arroz frito con camarones será una comida para calentar y servir, totalmente cocinada, que consiste en verduras IQF, camarones, arroz y salsa oriental.*

## Nutrition Facts

Serving Size 1/2 package (340g)  
Servings Per Container 2

Amount Per Serving			
<b>Calories</b> 310	Calories from Fat 30		
	<b>% Daily Value*</b>		
<b>Total Fat</b> 3g	<b>5%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 40mg	<b>13%</b>		
<b>Sodium</b> 1530mg	<b>64%</b>		
<b>Total Carbohydrate</b> 60g	<b>20%</b>		
Dietary Fiber 12g	<b>48%</b>		
Sugars 9g			
<b>Protein</b> 12g			
Vitamin A 130%	•	Vitamin C 0%	
Calcium 6%	•	Iron 8%	
*Percent 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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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PER SERVING  
140 CALORIES  
0.5g SAT FAT  
1470mg SODIUM  
3g SUGARS

# SHRIMP STIR FRY

Succulent shrimp and flavorful vegetables in an Asian soy sauce.

MADE WITH FRESH INGREDIENTS/NO MSG ADDED\*

\*EXCEPT FOR THAT WHICH NATURALLY OCCURS IN SOY SAUCE AND HYDROLYZED PROTEINS

SERVES 2

APPROXIMATELY  
-10-  
min.  
COOK

SERVING SUGGESTION  
ENLARGED TO SHOW TEXTURE

KEEP FROZEN/COOK THOROUGHLY

NET WT. 24OZ (1.5LBS) 680g

# Shrimp



# STIR FRY

*The frozen Shrimp Stir Fry shall be a heat and serve, fully cooked meal consisting of IQF vegetables, shrimp, and oriental sauce.*

*Le Stir Fry aux crevettes surgelé est un repas entièrement cuit, à réchauffer et à servir, composé de légumes IQF, de crevettes et de sauce orientale.*

*El Stir Fry de camarones congelado será un plato para calentar y servir, totalmente cocinado, compuesto por verduras IQF camarones y salsa oriental.*

## Nutrition Facts

Serving Size 1/2 package (340g)

Servings Per Container 2

### Amount Per Serving

**Calories** 140 Calories from Fat 30

**% Daily Value\***

**Total Fat** 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

**Cholesterol** 60mg **20%**

**Sodium** 1470mg **61%**

**Total Carbohydrate** 16g **5%**

Dietary Fiber 5g **20%**

Sugars 3g

**Protein** 11g

Vitamin A 30% • Vitamin C 44%

Calcium 6% • Iron 0%

\*Percent 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 Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

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# Shrimp & Sausage GUMBO

A spicy mix of creole seasoned vegetables, plump shrimp and andouille sausage simmered in a spicy southern inspired roux

**12 MINUTES FROM POT TO PLATE**  
**SERVES 4**  
WHEN PREPARED

KEEP FROZEN/COOK THOROUGHLY  
NET WT. 22OZ (1LB 6OZ) 624G

SERVING  
SUGGESTION  
ENLARGED TO  
SHOW TEXTURE

# Shrimp Sausage



# GUMBO

*The frozen Shrimp & Sausage Gumbo meal kit shall be a heat and serve, fully cooked meal consisting of TQF vegetables, shrimp, sausage, rice, and roux seasoning.*

*Le kit repas Gumbo crevettes et saucisses surgelé est un repas entièrement cuit, à réchauffer et à servir, composé de légumes TQF, de crevettes, de saucisses, de riz et d'un assaisonnement au roux.*

*El kit de comida congelada Shrimp & Sausage Gumbo será una comida para calentar y servir, totalmente cocinada, que consiste en verduras TQF, camarones, salchichas, arroz y condimento roux.*

## Nutrition Facts

Serving Size 1/4 package (156g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 260      **Calories from Fat** 40

**% Daily Value\***

**Total Fat** 4.5g      **7%**

Saturated Fat 1.5g      **7%**

Trans Fat 0g

**Cholesterol** 30mg      **10%**

**Sodium** 950mg      **39%**

**Total Carbohydrate** 44g      **15%**

Dietary Fiber 2g      **10%**

Sugars 2g

**Protein** 10g

Vitamin A 10%      •      Vitamin C 25%

Calcium 6%      •      Iron 20%

\* 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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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# Shrimp Sausage



# JAMBALAYA



## Shrimp & Sausage JAMBALAYA

A spicy blend of rice, creole-style vegetables, juicy shrimp and andouille sausage tossed in authentic creole seasonings

**12 MINUTES FROM POT TO PLATE**  
**SERVES 3**  
WHEN PREPARED

KEEP FROZEN/COOK THOROUGHLY  
NET WT. 24OZ (1LB 8OZ) 680G

SERVING  
SUGGESTION  
ENLARGED TO  
SHOW TEXTURE



*The frozen Shrimp & Sausage Jambalaya meal kit shall be a heat and serve, fully cooked meal consisting of IQF vegetables, shrimp, sausage, rice, and creole seasoning.*

*Le kit de repas surgelé Crevettes et saucisses Jambalaya est un repas entièrement cuit, à réchauffer et à servir, composé de légumes IQF, de crevettes, de saucisses, de riz et d'assaisonnement créole.*

*El kit de comida congelada Jambalaya de Camarones y Salchichas será una comida para calentar y servir, totalmente cocinada, que consiste en de verduras IQF, camarones, salchichas, arroz y condimento criollo.*

## Nutrition Facts

Serving Size 1/3 package (227g)  
Servings Per Container 3

### Amount Per Serving

**Calories** 240      **Calories from Fat** 60

**% Daily Value\***

**Total Fat** 6g      **10%**

Saturated Fat 2g      **10%**

Trans Fat 0g

**Cholesterol** 40mg      **13%**

**Sodium** 830mg      **35%**

**Total Carbohydrate** 36g      **12%**

Dietary Fiber 2g      **7%**

Sugars 1g

**Protein** 10g

Vitamin A 15%      •      Vitamin C 25%

Calcium 4%      •      Iron 15%

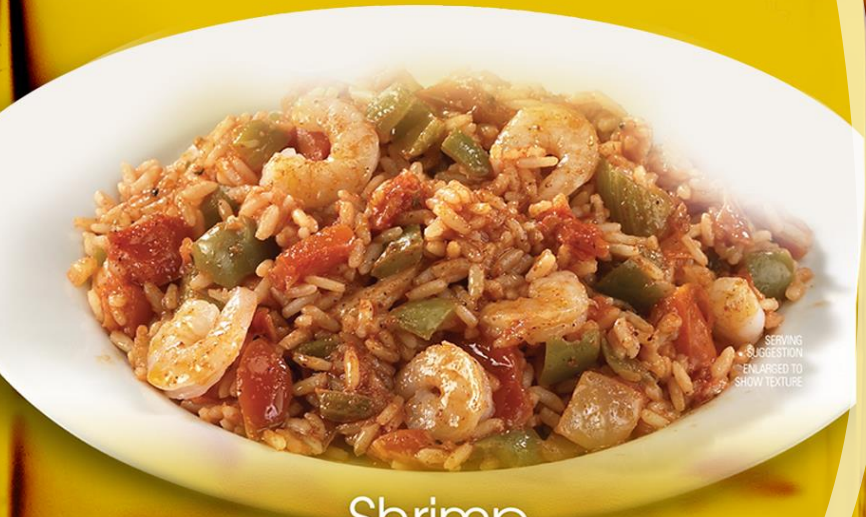
\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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# Shrimp CREOLE

A spicy blend of creole-style vegetables and juicy shrimp, simmered in a rich, tomato sauce and served with fluffy white rice

**12 MINUTES FROM POT TO PLATE**  
**SERVES 3**  
WHEN PREPARED

KEEP FROZEN/COOK THOROUGHLY  
NET WT. 24OZ (1LB 8OZ) 680G



# Shrimp



# CREOLE

*The frozen Shrimp Creole meal kit shall be a heat and serve, fully cooked meal consisting of IQF vegetables, shrimp, rice, and creole seasoning.*

*Le kit repas crevette créole surgelé est un repas entièrement cuit, à réchauffer et à servir, composé de légumes IQF de légumes, de crevettes, de riz et d'assaisonnement créole.*

*El kit de comida criolla de camarones congelados será una comida para calentar y servir, totalmente cocida, que consiste en verduras IQF verduras, camarones, arroz y condimento criollo.*

## Nutrition Facts

Serving Size 1/3 package (227g)  
Servings Per Container 3

### Amount Per Serving

**Calories** 180      **Calories from Fat** 10

**% Daily Value\***

**Total Fat** 1g      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 55mg      **19%**

**Sodium** 290mg      **12%**

**Total Carbohydrate** 30g      **10%**

Dietary Fiber 2g      **8%**

Sugars 1g

**Protein** 11g

Vitamin A 15%      •      Vitamin C 35%

Calcium 6%      •      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 Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

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# Shrimp BISQUE

SERVING  
SUGGESTION  
ENLARGED TO  
SHOW TEXTURE

Select vegetables, plump juicy shrimp, simmered in a mild creamy roux loaded with creole seasonings

**12 MINUTES FROM POT TO PLATE**  
**SERVES 4**  
WHEN PREPARED

KEEP FROZEN/COOK THOROUGHLY

NET WT. 24OZ (1LB 8OZ) 680G



# Shrimp



# BISQUE

*The frozen Shrimp Bisque meal kit shall be a heat and serve, fully cooked meal consisting of IQF vegetables, shrimp, and bisque roux seasoning.*

*Le kit repas bisque de crevettes surgelé est un repas entièrement cuit, à réchauffer et à servir, composé de légumes IQF de légumes, de crevettes et d'un assaisonnement de bisque roux.*

*El kit de comida congelada Shrimp Bisque será una comida para calentar y servir, totalmente cocida, que consiste en verduras IQF verduras, camarones y condimento de bisque.*

## Nutrition Facts

Serving Size 1/4 package (170g)

Servings Per Container 4

### Amount Per Serving

**Calories** 190      **Calories from Fat** 45

**% Daily Value\***

**Total Fat** 5g      **8%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 45mg      **15%**

**Sodium** 1360mg      **57%**

**Total Carbohydrate** 27g      **9%**

Dietary Fiber 2g      **9%**

Sugars 3g

**Protein** 11g

Vitamin A 15%      •      Vitamin C 35%

Calcium 8%      •      Iron 10%

\* 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 Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

# Recipes

↪ *COCONUT SHRIMP*

↪ *SHRIMP SALAD*

↪ *GRILLED SHRIMP*

↪ *BACON WRAPPED SHRIMP*

↪ *SHRIMP SCAMPI*



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# COCONUT SHRIMP

*Large, tail-on shrimp are dipped in a basic batter then in a mixture of coconut and curry powder, and then they're deep fried to perfection.*

*De grosses crevettes avec la queue sont plongées dans une pâte à frire basique puis dans un mélange de noix de coco et de poudre de curry, avant d'être frites à la perfection.*

*Los camarones grandes, con cola, se sumergen en un rebozado básico y luego en una mezcla de coco y polvo de curry, y luego se frien a la perfección.*

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# COCONUT SHRIMP

## Preparation:

Shell and devein shrimp, leaving tail intact; dry well. Combine flour, sugar, salt, egg, ice water, and vegetable oil; beat until smooth. Mix together coconut and curry powder. Dip shrimp into batter then into coconut mixture. Fry coconut shrimp in hot fat, about 370° until golden. Coconut shrimp serves 4 to 6.

## Ingredients:

- ✓ 2 pounds 16/20 Raw EZ peel shrimp, shelled, devein, leaving tail on
- ✓ 1 cup flour
- ✓ 1/2 teaspoon sugar
- ✓ 1/2 teaspoon salt
- ✓ 1 egg, lightly beaten
- ✓ 1 cup ice water
- ✓ 2 tablespoons vegetable oil
- ✓ 2/3 cup grated coconut
- ✓ 1 1/2 teaspoons curry powder

## Préparation :

Décortiquer et déveiner les crevettes, en laissant la queue intacte ; bien les sécher. Mélanger la farine, le sucre, le sel, l'œuf, l'eau glacée et l'huile végétale ; battre jusqu'à consistance lisse. Mélanger la noix de coco et la poudre de cari. Tremper les crevettes dans la pâte, puis dans le mélange de noix de coco. Faire frire les crevettes à la noix de coco dans la graisse chaude, environ 370°, jusqu'à ce qu'elles soient dorées. Les crevettes à la noix de coco servent de 4 à 6 personnes.

## Ingrédients :

- ✓ 2 livres de crevettes crues décortiquées EZ 16/20, décortiquées, déveinées, en laissant la queue.
- ✓ 1 tasse de farine
- ✓ 1/2 cuillère à café de sucre
- ✓ 1/2 cuillère à café de sel
- ✓ 1 œuf, légèrement battu
- ✓ 1 tasse d'eau glacée
- ✓ 2 cuillères à soupe d'huile végétale
- ✓ 2/3 tasse de noix de coco râpée
- ✓ 1 1/2 cuillères à café de poudre de curry.

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## Preparación:

Pelar y desvenar los camarones, dejando la cola intacta; secarlas bien. Combine la harina, el azúcar, la sal, el huevo, el agua helada y el aceite vegetal; bata hasta que quede suave. Mezcle el coco y el curry en polvo. Sumerja los camarones en la masa y luego en la mezcla de coco. Fría los camarones al coco en grasa caliente, a unos 370°, hasta que estén doradas. Los camarones al coco sirven de 4 a 6 personas.

## Ingredientes:

- ✓ 2 libras de camarones 16/20 Raw EZ peel, sin cáscara, desvenados, dejando la cola
- ✓ 1 taza de harina
- ✓ 1/2 cucharadita de azúcar
- ✓ 1/2 cucharadita de sal
- ✓ 1 huevo, ligeramente batido
- ✓ 1 taza de agua helada
- ✓ 2 cucharadas de aceite vegetal
- ✓ 2/3 de taza de coco rallado
- ✓ 1 1/2 cucharaditas de curry en polvo

# SHRIMP SALAD

*Serve this shrimp salad on romaine lettuce with tomato slices or avocado slices*

*Servez cette salade de crevettes sur de la laitue romaine avec des tranches de tomate ou d'avocat.*

*Sirve esta ensalada de camarones sobre lechuga romana con rodajas de tomate o aguacate*





# SHRIMP SALAD

## Preparation:

In a medium bowl, mix shrimp with celery, onion, lemon juice, mayonnaise, and salt and pepper to taste. Serve on a bed of romaine lettuce and thinly sliced tomatoes or mixed greens. Garnish with avocado slices or cherry tomato slices.

## Ingredients:

- ✓ 2 cups cooked Taster Choice salad shrimp, chilled
- ✓ 1 cup thinly sliced celery
- ✓ 1 tablespoon finely minced onion
- ✓ 1 tablespoon fresh lemon juice
- ✓ 1/2 cup mayonnaise
- ✓ salt and pepper to taste
- ✓ Romaine lettuce or mixed greens
- ✓ thinly sliced tomatoes
- ✓ avocado slices, optional
- ✓ cherry tomato slices, optional

## Préparation :

Dans un bol moyen, mélanger les crevettes avec le céleri, l'oignon, le jus de citron, la mayonnaise, le sel et le poivre au goût. Servir sur un lit de laitue romaine et de tomates tranchées finement ou de laitues mélangées. Garnir de tranches d'avocat ou de tomates cerises.

## Ingédients :

- ✓ 2 tasses de crevettes à salade Taster Choice cuites, réfrigérées
- ✓ 1 tasse de céleri finement tranché
- ✓ 1 cuillère à soupe d'oignon finement émincé
- ✓ 1 cuillère à soupe de jus de citron frais
- ✓ 1/2 tasse de mayonnaise
- ✓ sel et poivre au goût
- ✓ Laitue romaine ou salade mixte
- ✓ tomates coupées en fines tranches
- ✓ tranches d'avocat, facultatif
- ✓ tranches de tomates cerises, facultatif

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## Preparación:

En un tazón mediano, mezcle los camarones con el apio, la cebolla, el jugo de limón, la mayonesa y sal y pimienta al gusto. Servir sobre un lecho de lechuga romana y tomates en rodajas finas o verduras mixtas. Adorne con rodajas de aguacate o rodajas de tomate cherry.

## Ingredientes:

- ✓ 2 tazas de camarones cocidos para ensalada, refrigerados.
- ✓ 1 taza de apio cortado en rodajas finas
- ✓ 1 cucharada de cebolla finamente picada
- ✓ 1 cucharada de jugo de limón fresco
- ✓ 1/2 taza de mayonesa
- ✓ sal y pimienta al gusto
- ✓ Lechuga romana o verduras mixtas
- ✓ tomates en rodajas finas
- ✓ rodajas de aguacate, opcional
- ✓ rodajas de tomate cherry, opcional



# GRILLED SHRIMP

*The simple lemon and garlic marinade flavors these shrimp perfectly. Serve with rice and a salad for an effortless meal.*

*La simple marinade au citron et à l'ail parfume parfaitement ces crevettes. Servez-les avec du riz et une salade pour un repas sans effort.*

*La sencilla marinada de limón y ajo da un sabor perfecto a estos camarones. Sirve con arroz y una ensalada para una comida sin esfuerzo.*





# GRILLED SHRIMP

## Preparation:

Place shrimp in a glass bowl. Stir remaining ingredients together; pour over shrimp. Cover and marinate for 2 hours. Grill over hot coals for about 5 to 7 minutes, turning halfway through the cooking time. Serves 4 to 6

## Ingredients:

- ✓ 2 pounds 6/20 Raw EZ peel shrimp, cleaned, shells removed, tails left on
- ✓ 1/4 cup vegetable oil
- ✓ 2 to 3 Tbsp fresh lemon juice
- ✓ 1 bunch green onions, with a few inches of green, thinly sliced
- ✓ 1/4 cup chopped parsley
- ✓ 3 cloves garlic, finely minced
- ✓ 1 teaspoon dried leaf basil
- ✓ 1 teaspoon dry mustard
- ✓ 1 teaspoon salt

## Préparation:

Placer les crevettes dans un bol en verre. Mélanger le reste des ingrédients ; verser sur les crevettes. Couvrir et laisser mariner pendant 2 heures. Faire griller sur des charbons ardents de 5 à 7 minutes, en tournant à mi-cuisson. De 4 à 6 portions

## Ingrédients :

- ✓ 2 livres de crevettes 16/20 Raw EZ peel, nettoyées, décortiquées et sans la queue.
- ✓ 1/4 de tasse d'huile végétale
- ✓ 2 à 3 cuillères à soupe de jus de citron frais
- ✓ 1 botte d'oignons verts, avec quelques pouces de vert, finement tranchés
- ✓ 1/4 de tasse de persil haché
- ✓ 3 gousses d'ail, finement hachées
- ✓ 1 cuillère à café de feuilles de basilic séchées / 1 cuillère à café de moutarde sèche
- ✓ 1 cuillère à café de sel

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## Preparación:

Coloque los camarones en un bol de cristal. Mezcle el resto de los ingredientes y viértalos sobre los camarones. Tapar y dejar marinar durante 2 horas. Ase a la parrilla sobre las brasas durante unos 5 a 7 minutos, dándoles la vuelta a mitad de la cocción. Sirve de 4 a 6 personas

## Ingredientes:

- ✓ 2 libras de camarones 16/20 Raw EZ peel, limpios, sin caparazón y sin cola
- ✓ 1/4 de taza de aceite vegetal
- ✓ 2 a 3 cucharadas de jugo de limón fresco
- ✓ 1 manojo de cebollas verdes, con algunos centímetros de verde, cortadas en rodajas finas
- ✓ 1/4 de taza de perejil picado
- ✓ 3 dientes de ajo, finamente picados
- ✓ 1 cucharadita de albahaca seca en hojas
- ✓ 1 cucharadita de mostaza seca
- ✓ 1 cucharadita de sal

# BACON WRAPPED SHRIMP

*These delicious little appetizers will be the star of the party. Cook Time: 10 minutes Total Time: 10 minutes*

*Ces délicieux petits amuse-gueules seront la vedette de la fête. Temps de cuisson : 10 minutes Temps total : 10 minutes*

*Estos deliciosos aperitivos serán la estrella de la fiesta. Tiempo de cocción: 10 minutos Tiempo total: 10 minutos*





## BACON WRAPPED SHRIMP

### Preparation

*Sprinkle shrimp with garlic powder and a little salt. Wrap each shrimp in a piece of bacon. Arrange on a broiler rack. Broil bacon wrapped shrimp, turning occasionally, 3 to 4 inches from heat for about 8 to 10 minutes, until bacon is crisp and browned. Serve with cocktail picks. Makes about 45 bacon wrapped shrimp appetizers.*

### Ingredients:

- ✓ 1 pound 21/25 shrimp, shelled, about 45
- ✓ 1/2 teaspoon garlic powder salt
- ✓ 15 slices bacon, cut crosswise into thirds

### Préparation

*Saupoudrer les crevettes de poudre d'ail et d'un peu de sel. Envelopper chaque crevette dans un morceau de bacon. Disposer sur la grille du four. Faire griller les crevettes enveloppées de bacon, en les retournant de temps en temps, à 3 ou 4 pouces de la chaleur pendant environ 8 à 10 minutes, jusqu'à ce que le bacon soit croustillant et brun. Servir avec des pics à cocktail. Donne environ 45 amuse-queules aux crevettes enveloppées de bacon.*

### Ingédients :

- ✓ 1 livre de crevettes 21/25, décortiquées, environ 45
- ✓ 1/2 cuillère à café d'ail en poudre sel
- ✓ 15 tranches de bacon, coupées en trois dans le sens de la largeur

### Preparación

*Espolvorear los camarones con ajo en polvo y un poco de sal. Envuelva cada camarón en un trozo de bacon. Colócalos en una rejilla para asar. Asa los camarones envueltos en tocino, dándoles la vuelta de vez en cuando, a 3 ó 4 pulgadas del fuego durante unos 8 ó 10 minutos, hasta que el tocino esté crujiente y dorado. Sirva con picos de cóctel. Rinde unos 45 aperitivos de camarones envueltos en tocino.*

### Ingredientes:

- ✓ 1 libra de camarones 21/25, sin cáscara, aproximadamente 45
- ✓ 1/2 cucharadita de ajo en polvo sal
- ✓ 15 rebanadas de tocino, cortadas transversalmente en tercios

# SHRIMP SCAMPI

*This shrimp scampi is super easy and delicious, and it's great as an appetizer or main dish. Serve with rice or as part of a salad. Cook Time: 12 minutes Total Time: 12 minutes*

*Ces scampi de crevettes sont super faciles et délicieux, et ils sont parfaits en entrée ou en plat principal. Servez-les avec du riz ou dans une salade. Temps de cuisson : 12 minutes Temps total : 12 minutes*

*Estos langostinos son súper fáciles y deliciosos, y son estupendos como aperitivo o plato principal. Sirvelo con arroz o como parte de una ensalada. Tiempo de cocción: 12 minutos Tiempo total: 12 minutos*

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# SHRIMP SCAMPI

## Preparation

*\*Leave tails on, if desired. Preheat oven to 400°.*

*Melt butter in a 13x9x2-inch baking pan in oven. To the melted butter, add the salt, crushed garlic, and 1 tablespoon of the chopped parsley. Stir well.*

*Arrange the shrimp in baking pan in a single layer.*

*Bake, uncovered, for 5 minutes. Turn shrimp; sprinkle with lemon zest, lemon juice, and the rest of the parsley. Bake shrimp scampi for 8 to 10 minutes, or until just done. Arrange shrimp scampi on hot serving platter; pour garlic butter from pan over the shrimp and garnish with several lemon wedges.*

*Serves 4 to 6.*

## Ingredients:

- ✓ 2 pounds 21/25 Raw EZ peel shrimp, shelled and deveined\*
- ✓ 1/2 cup butter
- ✓ 1 teaspoon salt
- ✓ 6 cloves garlic, crushed
- ✓ 1/4 cup chopped fresh parsley
- ✓ 1 teaspoon lemon zest
- ✓ 2 tablespoons fresh lemon juice lemon wedges

## Préparation:

*\*Laisser les queues, si désiré.*

*Préchauffer le four à 400°.*

*Faites fondre le beurre dans un moule de 13x9x2 pouces dans le four. Dans le beurre fondu, ajouter le sel, l'ail écrasé et une cuillère à soupe de persil haché. Bien mélanger. Disposer les crevettes dans le moule en une seule couche. Cuire au four, à découvert, pendant 5 minutes. Retourner les crevettes ; saupoudrer de zeste de citron, de jus de citron et du reste du persil. Faire cuire les scampi pendant 8 à 10 minutes, ou jusqu'à ce qu'ils soient à point. Disposer les crevettes sur un plat de service chaud ; verser le beurre à l'ail de la poêle sur les crevettes et garnir de plusieurs quartiers de citron. Pour 4 à 6 personnes..*

## Ingrédients :

- ✓ 2 livres de crevettes 21/25 Raw EZ Peel, décortiquées et déveinées\*.
- ✓ 1/2 tasse de beurre
- ✓ 1 cuillère à café de sel
- ✓ 6 gousses d'ail, écrasées
- ✓ 1/4 de tasse de persil frais haché
- ✓ 1 cuillère à café de zeste de citron
- ✓ 2 cuillères à soupe de jus de citron frais  
Quartiers de citron

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## Preparación

*\*Dejar las colas, si se desea.*

*Precalentar el horno a 400°.*

*Derretir la mantequilla en un molde de 13x9x2 pulgadas en el horno. A la mantequilla derretida, añadir la sal, el ajo machacado y 1 cucharada de perejil picado. Remover bien. Coloque los camarones en el molde en una sola capa. Hornee, sin tapar, durante 5 minutos. Déle la vuelta a los camarones y rocíe con la ralladura de limón, el zumo de limón y el resto del perejil. Hornee los langostinos de 8 a 10 minutos, o hasta que estén hechos. Coloque los langostinos en una fuente de servir caliente; vierta la mantequilla de ajo de la sartén sobre los langostinos y adorne con varias cuñas de limón. Sirve de 4 a 6 personas.*

## Ingredientes:

- ✓ 2 libras de camarones 21/25 Raw EZ peel, pelados y desvenados\*.
- ✓ 1/2 taza de mantequilla
- ✓ 1 cucharadita de sal
- ✓ 6 dientes de ajo machacados
- ✓ 1/4 de taza de perejil fresco picado
- ✓ 1 cucharadita de ralladura de limón
- ✓ 2 cucharadas de zumo de limón fresco trozos de limón

# Chicken

↪ *Chicken and Sausage GUMBO*

↪ *Chicken PARMIGIANA*

↪ *ORANGE chicken*

↪ *Chicken ALFREDO*

↪ *Chicken FRIED RICE*

↪ *Chicken STIR FRY*

↪ *SESAME Chicken*



# Beef

↪ *Beef & Broccoli*



# All you need is 10 minutes to serve up a Delicious Dinner





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## Chicken & Sausage **GUMBO**

A spicy mix of creole seasoned vegetables, andouille sausage and white chicken breast meat simmered in a spicy southern inspired roux

**12 MINUTES FROM POT TO PLATE**  
**SERVES 4**  
WHEN PREPARED

KEEP FROZEN/COOK THOROUGHLY  
NET WT. 22OZ (1LB 6OZ) 624G

SERVING  
SUGGESTION  
ENLARGED TO  
SHOW TEXTURE



# Chicken & Sausage



*The frozen Chicken & Sausage Gumbo meal kit shall be a heat and serve, fully cooked meal consisting of IQF vegetables, chicken, sausage, rice, and roux seasoning.*

*Le kit de repas surgelé Chicken & Sausage Gumbo doit être un repas entièrement cuit, à réchauffer et à servir, composé des éléments suivants légumes IQF, poulet, saucisses, riz et assaisonnement au roux.*

*El kit de comida congelada Chicken & Sausage Gumbo será una comida para calentar y servir, totalmente cocinada, que consiste en verduras IQF, pollo, salchicha, arroz y condimento roux.*

## Nutrition Facts

Serving Size 1/4 package (156g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 200      **Calories from Fat** 45

**% Daily Value\***

**Total Fat** 5g      **8%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol** 25mg      **9%**

**Sodium** 770mg      **32%**

**Total Carbohydrate** 27g      **9%**

Dietary Fiber less than 1g      **4%**

Sugars 1g

**Protein** 9g

Vitamin A 4%      •      Vitamin C 8%

Calcium 4%      •      Iron 10%

\* 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 Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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PER SERVING  
520 CALORIES  
7g SAT FAT  
1170mg SODIUM  
7g SUGARS

# CHICKEN PARMIGIANA

Breaded white meat chicken breast with rib meat & penne pasta, in a tomato sauce with mozzarella.

MADE WITH FRESH INGREDIENTS/NO MSG ADDED\*

\*EXCEPT FOR THAT WHICH NATURALLY OCCURS IN SOY SAUCE

SERVES 2

COOKS IN APPROXIMATELY  
-10-  
min.

SERVING SUGGESTION  
ENLARGED TO SHOW TEXTURE

KEEP FROZEN/COOK THOROUGHLY  
NET WT. 24OZ (1.5LBS) 680g

# Chicken PARMIGIANA

*The frozen Chicken Parmigiana skillet meal shall be a heat and serve fully cooked meal.*

*Le repas surgelé de poulet parmigiana à la poêle sera un repas entièrement cuit, à réchauffer et à servir.*

*La comida congelada en sartén de pollo a la parmesana será una comida para calentar y servir, totalmente cocinada.*

Amount Per Serving

**Calories** 330

Calories from Fat 45

% Daily Value\*

**Total Fat** 5g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 100mg **33%**

**Sodium** 750mg **31%**

**Total Carbohydrate** 55g **18%**

Dietary Fiber 4g **16%**

Sugars 7g

**Protein** 15g

Vitamin A 30% • Vitamin C 8%

Calcium 10% • Iron 10%

\*Percent 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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g



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PER SERVING  
370 CALORIES  
1.5g SAT FAT  
700mg SODIUM  
20g SUGARS

# ORANGE CHICKEN

Breaded white meat chicken with rib meat, rice & vegetables, in an Asian citrus sauce.

MADE WITH FRESH INGREDIENTS/NO MSG ADDED\*

\*EXCEPT FOR THAT WHICH NATURALLY OCCURS IN SOY SAUCE



SERVES 2

APPROXIMATELY  
-10-  
min.  
COOKING

SERVING SUGGESTION  
ENLARGED TO SHOW TEXTURE

KEEP FROZEN/COOK THOROUGHLY

NET WT. 24OZ (1.5LBS) 680g

# Orange Chicken



*The frozen Orange Chicken skillet meal shall be a heat and serve, fully cooked meal.*

*Le repas surgelé de orange poulet à la poêle sera un repas entièrement cuit, à réchauffer et à servir.*

*La comida congelada en sartén de pollo a la naranja será una comida para calentar y servir, totalmente cocinada.*

## Nutrition Facts

Serving Size 1/2 package (340g)  
Servings Per Container 2

### Amount Per Serving

**Calories** 370 Calories from Fat 70

**% Daily Value\***

**Total Fat** 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 15mg **5%**

**Sodium** 700mg **29%**

**Total Carbohydrate** 66g **22%**

Dietary Fiber 5g **20%**

Sugars 20g

**Protein** 12g

Vitamin A 50% • Vitamin C 30%

Calcium 6% • Iron 20%

\*Percent 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 Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	



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PER SERVING  
510 CALORIES  
13g SAT FAT  
870mg SODIUM  
6g SUGARS

# CHICKEN ALFREDO

Penne pasta, vegetables & grilled white meat chicken, with a creamy Alfredo sauce.

MADE WITH FRESH INGREDIENTS/NO MSG ADDED\*

\*EXCEPT FOR THAT WHICH NATURALLY OCCURS IN SOY SAUCE

SERVES 2

APPROXIMATELY  
-10-  
min.  
COOKS IN 1

SERVING SUGGESTION  
ENLARGED TO SHOW TEXTURE

KEEP FROZEN/COOK THOROUGHLY  
NET WT. 24OZ (1.5LBS) 680g

# Chicken ALFREDO



*The frozen Chicken Alfredo skillet meal shall be a heat and serve, fully cooked meal.*

*Le repas surgelé de poulet Alfredo à la poêle sera un repas entièrement cuit, à réchauffer et à servir.*

*La comida congelada en sartén de pollo Alfredo será una comida para calentar y servir, totalmente cocinada.*

## Nutrition Facts

Serving Size 1/2 package (340g)  
Servings Per Container 2

### Amount Per Serving

**Calories 510** Calories from Fat 190

		% Daily Value*
<b>Total Fat</b> 22g		<b>34%</b>
Saturated Fat 13g		<b>65%</b>
Trans Fat 0g		
<b>Cholesterol</b> 60mg		<b>20%</b>
<b>Sodium</b> 870mg		<b>36%</b>
<b>Total Carbohydrate</b> 51g		<b>17%</b>
Dietary Fiber 5g		<b>20%</b>
Sugars 6g		
<b>Protein</b> 25g		

Vitamin A 30%	•	Vitamin C 60%
Calcium 12%	•	Iron 8%

\*Percent 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 Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	



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PER SERVING  
330 CALORIES  
1g SAT FAT 2%  
750mg SODIUM 15%  
7g SUGARS

# CHICKEN FRIED RICE

Tender chicken and succulent vegetables with fried rice in a savory sauce.

MADE WITH FRESH INGREDIENTS/NO MSG ADDED\*

\*EXCEPT FOR THAT WHICH NATURALLY OCCURS IN SOY SAUCE AND HYDROLYZED PROTEINS

SERVES 2

COOKS IN APPROXIMATELY  
-10-  
min.

SERVING SUGGESTION  
ENLARGED TO SHOW TEXTURE

KEEP FROZEN/COOK THOROUGHLY

NET WT. 22OZ (1.38LBS) 623g



# Chicken FRIED RICE



*The frozen Chicken Fried Rice skillet meal shall be a heat and serve, fully cooked meal.*

*Le repas surgelé de poulet Fried Rice à la poêle sera un repas entièrement cuit, à réchauffer et à servir.*

*La comida congelada en sartén de pollo de arroz frito será una comida para calentar y servir, totalmente cocinada.*

## Nutrition Facts

Serving Size 1/2 package (312g)  
Servings Per Container 2

### Amount Per Serving

**Calories 330** Calories from Fat 45

	% Daily Value*
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 100mg	<b>33%</b>
<b>Sodium</b> 750mg	<b>31%</b>
<b>Total Carbohydrate</b> 55g	<b>18%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 7g	
<b>Protein</b> 15g	

Vitamin A 30%	•	Vitamin C 8%
Calcium 10%	•	Iron 10%

\*Percent 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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g



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PER SERVING  
180 CALORIES  
1.0g SAT FAT  
910mg SODIUM  
26g SUGARS

# CHICKEN STIR FRY

Grilled white meat chicken & vegetables, in an Asian soy sauce

MADE WITH FRESH INGREDIENTS/NO MSG ADDED\*

\*EXCEPT FOR THAT WHICH NATURALLY OCCURS IN SOY SAUCE

SERVES 2

APPROXIMATELY  
-10-  
min.  
COOKING TIME

SERVING SUGGESTION  
ENLARGED TO SHOW TEXTURE

KEEP FROZEN/COOK THOROUGHLY  
NET WT. 24OZ (1.5LBS) 680g

# Chicken STIR FRY



*The frozen Chicken Stir Fry shall be a heat and serve, fully cooked meal consisting of IQF vegetables, chicken, and oriental sauce.*

*Le Stir Fry au poulet surgelé est un repas entièrement cuit, à réchauffer et à servir, composé de légumes IQF, de poulet et de sauce orientale.*

*El Stir Fry de pollo congelado será un plato para calentar y servir, totalmente cocinado, compuesto por verduras IQF pollo y salsa oriental.*

## Nutrition Facts

Serving Size 1/2 package (340g)  
Servings Per Container 2

### Amount Per Serving

**Calories** 180 Calories from Fat 40

**% Daily Value\***

**Total Fat** 4.5g **7%**

Saturated Fat 1.0g **5%**

Trans Fat 0g

**Cholesterol** 45mg **15%**

**Sodium** 910mg **38%**

**Total Carbohydrate** 16g **5%**

Dietary Fiber 5g **20%**

Sugars 26g

**Protein** 18g

Vitamin A 70% Vitamin C 70%

Calcium 8% Iron 12%

\*Percent 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 Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	



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PER SERVING  
180 CALORIES  
1.0g SAT FAT  
910mg SODIUM  
26g SUGARS

# CHICKEN STIR FRY

Grilled white meat chicken & vegetables, in an Asian soy sauce

MADE WITH FRESH INGREDIENTS/NO MSG ADDED\*

\*EXCEPT FOR THAT WHICH NATURALLY OCCURS IN SOY SAUCE

SERVES 2

APPROXIMATELY  
**-10-**  
min.  
COOKING TIME

SERVING SUGGESTION  
ENLARGED TO SHOW TEXTURE



KEEP FROZEN/COOK THOROUGHLY  
NET WT. 24OZ (1.5LBS) 680g

# Chicken STIR FRY



*Craving Asian cuisine for dinner?*

*Serve up the classic Chicken Stir Fry with grilled Chicken and vegetables in an authentic Asian soy sauce!*

*Just Pour and Boil*

*WE BRING RESTAURANTS QUALITY COUSINE FROM THE ACROOS THE WORLD TO YOUR TABLE*



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PER SERVING  
370 CALORIES  
1.5g SAT FAT  
885mg SODIUM  
16g SUGARS

# SESAME CHICKEN

Grilled white meat chicken, rice & vegetables, in a honey sesame sauce.

MADE WITH FRESH INGREDIENTS/NO MSG ADDED\*

\*EXCEPT FOR THAT WHICH NATURALLY OCCURS IN SOY SAUCE

SERVES 2

APPROXIMATELY  
-10-  
min.  
COOKING

SERVING SUGGESTION  
ENLARGED TO SHOW TEXTURE

KEEP FROZEN/COOK THOROUGHLY  
NET WT. 24OZ (1.5LBS) 680g

# SESAME CHICKEN



*The frozen Sesame Chicken shall be a heat and serve, fully cooked meal consisting of IQF vegetables, chicken, rice, and sesame sauce.*

*Le poulet au sésame surgelé est un repas entièrement cuit, à réchauffer et à servir, composé de légumes IQF, de poulet, de riz et de sauce au sésame.*

*El Pollo al Sésamo congelado será un plato para calentar y servir, totalmente cocinado, compuesto por verduras IQF pollo, arroz y salsa de sésamo.*

## Nutrition Facts

Serving Size 1/2 package (340g)  
Servings Per Container 2

### Amount Per Serving

**Calories** 370 Calories from Fat 65

	% Daily Value*
<b>Total Fat</b> 7.5g	<b>12%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 885mg	<b>37%</b>
<b>Total Carbohydrate</b> 57g	<b>19%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 16g	
<b>Protein</b> 18g	

Vitamin A 70%	•	Vitamin C 12%
Calcium 12%	•	Iron 6%

\*Percent 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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g





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PER SERVING  
300 CALORIES  
0.5g SAT FAT  
1640mg SODIUM  
18g SUGARS

# BEEF & BROCCOLI

Tender beef strips, broccoli florets, water chestnuts and red bell peppers with white rice in a savory soy sauce.

MADE WITH FRESH INGREDIENTS/NO MSG ADDED\*

\*EXCEPT FOR THAT WHICH NATURALLY OCCURS IN SOY SAUCE AND HYDROLYZED PROTEINS

SERVES 2

APPROXIMATELY  
-10-  
min.  
COOKS

SERVING SUGGESTION ENLARGED TO SHOW TEXTURE

KEEP FROZEN/COOK THOROUGHLY

NET WT. 22OZ (1.38LBS) 623g

# Beef & Broccoli



The frozen Beef and Broccoli shall be a heat and serve, fully cooked meal consisting of IQF vegetables, beef, rice, and soy sauce.

*Le bœuf et brocoli surgelés est un repas entièrement cuit, à réchauffer et à servir, composé de légumes IQF, de bœuf, de riz et de sauce soja.*

*La carne de vacuno y el brócoli congelados serán una comida para calentar y servir, totalmente cocinada, que consiste en verduras IQF ternera, arroz y salsa de soja.*

## Nutrition Facts

Serving Size 1/2 package (312g)  
Servings Per Container 2

### Amount Per Serving

**Calories** 300 Calories from Fat 20

% Daily Value\*

**Total Fat** 2.5g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

**Cholesterol** 20mg **7%**

**Sodium** 1640mg **68%**

**Total Carbohydrate** 55g **18%**

Dietary Fiber 3g **12%**

Sugars 18g

**Protein** 15g

Vitamin A 20% Vitamin C 170%

Calcium 4% Iron 15%

\*Percent 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 Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	



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