Michael Angelo's

Uncompromisingly Italian-Style™

SHRIMP SCAMPI

COOKING INSTRUCTIONS:
Do Not Thaw. Keep Frozen Until Ready To Use. Due to variations in ALL ovens, cooking times and/or temperature may require adjustment.

MICROWAVE OVEN:
- Remove entrée from carton, place on a microwave-safe plate and place in microwave.
- Cook on HIGH for **7-9 minutes.**
- Remove from microwave on plate (for added support).
- **Partially (and carefully)** peel back film on tray and stir contents.
- **Re-cover tray** with film and let stand for 1-2minutes to finish cooking.

Microwave cooking instructions based on 1100W appliance. 1250W microwave reduce cooking time.

CONVENTIONAL OVEN:
- Preheat oven to **400°F.**
- Remove entrée from carton, place tray on cookie sheet (for added support) on center rack (at least 6"-8" from heating elements).
- Leave film on during cooking.
- Bake **35-45** minutes.
- Remove from oven on cookie sheet (for added support).
- **Partially (and carefully)** peel back film on tray and stir contents.
- **Re-cover tray** with film and let stand for 1-2minutes to finish cooking.

DO NOT COOK IN TOASTER OVENS.

For Safety, Must be Cooked to an Internal Temperature of 165°F as Measured by Use of a Thermometer.

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SMALL BATCH FROM SCRATCH

with Linguini Pasta in a Fresh Heirloom Garlic-Butter Sauce

For Safety, Must be Cooked to an Internal Temperature of 165°F as Measured by Use of a Thermometer.

SERVING SUGGESTION

KEEP FROZEN • COOK THOROUGHLY

ABSOLUTELY NO PRESERVATIVES

MICROWAVEABLE

NET WT. 26 OZ (1.63 lbs) 0.74 kg

Nutrition Facts

Serving Size: 1 cup (227g/8.1oz)
Servings Per Container: About 3

Amount Per Serving	
Calories 480	Calories from Fat 250
	% Daily Value*
Total Fat 28g	43%
Saturated Fat 17g	84%
Trans Fat 0g	
Cholesterol 136mg	45%
Sodium 780mg	32%
Total Carbohydrate 42g	14%
Dietary Fiber 3g	13%
Sugars <1g	
Protein 16g	

Vitamin A 6% • Vitamin C 8%

Calcium 2% • Iron 6%

*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

INGREDIENTS: WATER, PASTA (DURUM SEMOLINA), **SHRIMP** (SHRIMP, SALT, SODIUM PHOSPHATES [TO RETAIN MOISTURE]), **BUTTER** (CREAM), **TOMATO STRIPS** (TOMATOES, SALT, FRESH BASIL), **GARLIC, LEMON JUICE NOT FROM CONCENTRATE, SALT, CITRUS FLOUR** (DRIED ORANGE PULP), **FRESH PARSLEY, SPICE.**

CONTAINS: MILK, WHEAT, CRUSTACEAN SHELLFISH (SHRIMP).

Michael Angelo's Gourmet Foods, Inc.
200 Michael Angelo Way
Austin, TX 78728
1-877-ITALIAN (482-5426)

Join our Family Table at www.michaelangelos.com

Product of U.S.A.

Founders, Michael Angelo and his mother, Sara.

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THE WAY WE'VE ALWAYS DONE IT.

Our Sicilian family heritage inspires an appreciation for the Mediterranean Sea. We usually serve seafood for special occasions. When we make Shrimp Scampi, the kitchen fills with the distinctive aroma of garlic and lemon. We start this dish with linguini pasta, cooked al dente, and add plump, tender shrimp to our perfectly blended sauce made from lemon, butter and freshly diced garlic. It is then topped with diced tomatoes and garnished with a little parsley – instant family conversation!

-Michael Angelo

SMALL BATCH FROM SCRATCH

Ingredients come in fresh daily.
Our meals are flash-frozen and shipped directly to your grocer.

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SHRIMP SCAMPI

BEST IF USED BY: