North Atlantic Haddock Chowder

Fish Stock (water, cod, haddock, onions, celery, black pepper, thyme, mustard seed, bay leaves), Light Cream (milk, cream), Haddock, Potatoes, Onions, Celery, Butter (cream, salt), Wheat Flour, Sea Salt, Garlic, Spices, Pepper Sauce (distilled vinegar, red pepper, salt). **Contains Fish (cod/haddock), Milk, and Wheat.**

Cal: 260	**Total Fat: 17g**	**Sat Fat: 10g**	**Trans Fat: 0g**	**Chol: 95mg**
Sodium: 670mg	**Total Carb: 14g**	**Fiber: 1g**	**Sugars: 4g**	**Protein: 14g**

Nutritional information based on 1 cup (8oz) serving

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