Seafood Chowder

Gluten Free

Fish Stock (water, cod, haddock, onions, celery, black pepper, thyme, mustard seed, bay leaves), Light Cream (milk, cream), Potatoes, Haddock, Water, Onions, Rice Flour, Clam Meat, Scallops, Shrimp, Soybean Oil, Carrots, Sea Clams, Celery, Butter (cream, salt), Sea Salt, Lobster Stock (lobster, salt, cod and/or salmon), Garlic, Black Pepper. **Contains Milk, Shrimp, Lobster, Scallops, Clam, Salmon, Cod, Haddock.**

Cal: 270	**Total Fat: 16g**	**Sat Fat: 7g**	**Trans Fat: 0g**	**Chol: 75mg**
Sodium: 670mg	**Total Carb: 18g**	**Fiber: 1g**	**Sugars: 3g**	**Protein: 13g**

Nutritional information based on 1 cup (8oz) serving

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