

## Seafood Chowder



Haddock, shrimp, scallops, clams, tender potatoes and minced carrots in a roux-thickened seafood stock with light cream and a touch of sea salt.



Contains Fish, Milk, Shellfish.

### INGREDIENTS:

Fish Stock (water, cod bones, haddock bones, onions, celery, black pepper, thyme, mustard seed, bay leaves), Light Cream (milk, cream), Potatoes, Haddock, Water, Sea Clams (sea clams, water), Onions, Rice Flour, Scallops, Shrimp, Soybean Oil, Carrots, Celery, Butter (cream, salt), Sea Salt, Lobster Stock (lobster, salt, cod), Garlic, Black Pepper.

### Nutrition Facts

<b>Serving size</b>	<b>1 Cup (245g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>260</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 16g	<b>21%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 670mg	<b>29%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 12g	
Vitamin D 0mcg	<b>0%</b>
Calcium 66mg	<b>6%</b>
Iron 1mg	<b>6%</b>
Potassium 331mg	<b>8%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

MFG CODE	RECIPE CODE	GTIN	PACK SIZE	SHELF LIFE
700003	500670	00667978011027	2-8# Bags/Case	45 days from manufacture

### REFRIGERATED HANDLING INSTRUCTIONS:

Store at 30-38°F. Heat to 165°F as quickly as possible by placing pouches in a water bath (kept preferably around 180 -190°F) or by pouring product into double boiler (stirring constantly to avoid scalding).

**PALLET CONFIGURATIONS:** 14 x 7 (98) **CASE DIMENSIONS:** 14.875" x 8.25" x 5"