



Crab & Sweet Corn Chowder- As Packaged

Ingredients: POTATOES, CRAB STOCK (water, crab base [cooked crab and crab broth, salt, butter {cream}, sugar, yeast extract, maltodextrin, dried potato, crab extract, natural butter flavor]), SUPERSWEET CORN, COOKED CRAB MEAT, ONIONS, CELERY, MODIFIED CORNSTARCH, CANOLA OIL, RED BELL PEPPERS, ENRICHED FLOUR (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), SUGAR, CULTURED DEXTROSE ON MALTODEXTRIN, GARLIC, NATURAL CRAB EXTRACT, SPICES, CITRIC ACID.

THIS PRODUCT CONTAINS: CRUSTACEAN SHELLFISH (CRAB), MILK, WHEAT

As Prepared

Nutrition Facts	
Serving Size 1 Cup prepared (245g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 800mg	33%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	7%
Sugars 8g	
Protein 9g	
Vitamin A 6%	• Vitamin C 20%
Calcium 20%	• Iron 4%
*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
Saturated 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