



**Pacific Alder Smoked Salmon Chowder- As Packaged**

CHICKEN STOCK (water, chicken base [chicken meat, natural chicken juices, salt, sugar, autolyzed yeast extract, maltodextrin, natural flavor, onion powder, spice extract, turmeric {color}]), POTATOES, SMOKED SALMON (salmon, salt, brown sugar, sodium nitrite, FD&C Yellow 6 / Red 40, natural hardwood smoke), DICED TOMATOES IN JUICE (tomatoes, tomato juice, citric acid, calcium chloride), ONIONS, CREAM CHEESE (pasteurized milk and cream, cheese culture, salt, stabilizers [xanthan & locust bean & guar gums and carrageenan]), SPINACH, ENRICHED FLOUR (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), MODIFIED CORNSTARCH, BUTTER (cream, salt), CANOLA OIL, CULTURED DEXTROSE ON MALTODEXTRIN, SALT, GARLIC, LEMON JUICE (filtered water, lemon juice concentrate, sodium benzoate and sodium bisulfite [preservatives]), SPICES, CULTURED WHEY, CITRIC ACID.

THIS PRODUCT CONTAINS: FISH (SALMON), MILK, WHEAT

**As Prepared**

<b>Nutrition Facts</b>	
Serving Size 1 cup prepared (245g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 210	Calories from Fat 100
% Daily Value*	
<b>Total Fat</b> 11g	<b>16%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 690mg	<b>29%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 7g	
<b>Protein</b> 8g	
Vitamin A 15%	• Vitamin C 15%
Calcium 15%	• 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