



Portland's Premium Clam Chowder- As Packaged

Ingredients: POTATOES, CLAMS (sea clams & ocean clams, clam juice, salt, sodium bisulfite, sodium tripolyphosphate, calcium disodium EDTA, natural and artificial flavors, Red 3), CLAM STOCK (water, clam base [cooked clams and clam juice, salt, butter {cream}, sugar, dried potato, yeast extract, clam extract, natural butter flavor, maltodextrin, natural flavoring], clam concentrate [clam broth, salt, modified potato starch, disodium inosinate, disodium guanylate]), CHICKEN STOCK (water, chicken base [chicken meat, natural chicken juices, salt, sugar, autolyzed yeast extract, maltodextrin, natural flavor, onion powder, spice extract, turmeric {color}]), BUTTER (cream, salt), ENRICHED FLOUR (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), MODIFIED CORNSTARCH, CELERY, ONIONS, BACON (cured with water, salt, sodium phosphate, honey, sodium erythorbate, flavoring, sodium nitrite), CANOLA OIL, CLAM FLAVOR WHEY (cultured whey, clam extract, maltodextrin, soybean oil), GARLIC, SALT, GREEN BELL PEPPERS, CULTURED DEXTROSE ON MALTODEXTRIN, HOT SAUCE (aged cayenne red peppers, vinegar, salt, garlic), SPICES, WORCESTERSHIRE SAUCE (distilled vinegar, molasses, corn syrup, water, salt, caramel color, garlic powder, sugar, spices, tamarind, natural flavor, sulfiting agent [ammonium bisulfite, sulfur dioxide]), PARSLEY, CITRIC ACID.

**THIS PRODUCT CONTAINS: SHELLFISH (CLAMS), MILK, WHEAT
As Prepared**

Nutrition Facts		
Serving Size 1 cup prepared (245g)		
Servings Per Container		
Amount Per Serving		
Calories 230	Calories from Fat 90	
% Daily Value*		
Total Fat 10g		15%
Saturated Fat 6g		30%
Trans Fat 0g		
Cholesterol 45mg		15%
Sodium 800mg		33%
Total Carbohydrate 21g		7%
Dietary Fiber 1g		5%
Sugars 6g		
Protein 13g		
Vitamin A 6%	•	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
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		