

Manhattan Clam Chowder

Ingredients

Potatoes, Tomatoes, diced, cnd, Clam Juice, Onion, Clams, Carrots, Base, clam, w/o msg, FS, Peppers, bell, red yellow & green, sweet, strips, fzn, Bacon, brld/pan fried/rstd, med slice, Celery, Parsley, Salt, Kosher, course, Sauce, worcestershire, Sauce, pepper, Tabasco, rts, Marjoram, Pepper, Pepper, Thyme.

Nutrients per serving

Nutrition Facts	
Serving Size 6 ounce (257g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 650mg	27%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 5g	
Vitamin A 15%	• Vitamin C 35%
Calcium 2%	• Iron 10%
*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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	