



WHOLE CLAMS

Nutrition Facts

Serving Size 3 oz (85g) Clam Meat
Serving per Container 1

Amount per Serving

Calories 100 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Sat. Fat 0g **0%**

Trans Fat 0g **0%**

Cholesterol 55mg **18%**

Sodium 95mg **4%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 22g

Vitamin A 10% • Vitamin C 0%

Calcium 6% • Iron 20%

*Percent daily values are based on 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: (And Proud Of It)

Ingredients: Clams

Contains: Shellfish

COOKING INSTRUCTIONS:

Re-heat In Bag. Place bag in boiling water until clams open, approx. 8 – 10 minutes. Open bag and pour out clams and juice. Re-heat out of bag. Cut bag and remove clams. Steam or sauté until clams open, approximately 6 – 8 minutes.

Re-heat in microwave.

Cut a small hole in bag. Place bag in microwave with the hole facing up. Microwave until clams open, Approximately 3 - 5 minutes (1,200 watts).

PRODUCTS ATTRIBUTES:

- 100% All Natural
- Process approved
- Guarantee for Food safety
- Full Traceability
- Hand Crafted Under Strict Control Standard

VARIETIES AVAILABLE :

COMMENTS: