Maryland Vegetable Crab Soup

Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Clam Meat (clams, water), Fish Stock (water, cod bones, haddock bones, onions, celery, black pepper, thyme, mustard seed, bay leaves), Potatoes, Water, Tomato Paste (tomatoes), Celery, Onions, Scallions, Olive Oil, Clam Broth (dehydrated clam broth, maltodextrin), Garlic, Parsley, Sea Salt, Black Pepper, Dried Thyme, Cayenne Pepper, Pepper Sauce (distilled vinegar, red pepper, salt), Bay Leaves. **Contains Fish, Shellfish.**

Cal: 120	**Total Fat: 3g**	**Sat Fat: 0g**	**Trans Fat: 0g**	**Chol: 15mg**
Sodium: 840mg	**Total Carb: 14g**	**Fiber: 2g**	**Sugars: 3g**	**Protein: 9g**

Nutritional information based on 1 cup (8oz) serving.

Maryland Vegetable Crab Soup

Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Clam Meat (clams, water), Fish Stock (water, cod bones, haddock bones, onions, celery, black pepper, thyme, mustard seed, bay leaves), Potatoes, Water, Tomato Paste (tomatoes), Celery, Onions, Scallions, Olive Oil, Clam Broth (dehydrated clam broth, maltodextrin), Garlic, Parsley, Sea Salt, Black Pepper, Dried Thyme, Cayenne Pepper, Pepper Sauce (distilled vinegar, red pepper, salt), Bay Leaves. **Contains Fish, Shellfish.**

Cal: 120	**Total Fat: 3g**	**Sat Fat: 0g**	**Trans Fat: 0g**	**Chol: 15mg**
Sodium: 840mg	**Total Carb: 14g**	**Fiber: 2g**	**Sugars: 3g**	**Protein: 9g**

Nutritional information based on 1 cup (8oz) serving.

Maryland Vegetable Crab Soup

Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Clam Meat (clams, water), Fish Stock (water, cod bones, haddock bones, onions, celery, black pepper, thyme, mustard seed, bay leaves), Potatoes, Water, Tomato Paste (tomatoes), Celery, Onions, Scallions, Olive Oil, Clam Broth (dehydrated clam broth, maltodextrin), Garlic, Parsley, Sea Salt, Black Pepper, Dried Thyme, Cayenne Pepper, Pepper Sauce (distilled vinegar, red pepper, salt), Bay Leaves. **Contains Fish, Shellfish.**

Cal: 120	**Total Fat: 3g**	**Sat Fat: 0g**	**Trans Fat: 0g**	**Chol: 15mg**
Sodium: 840mg	**Total Carb: 14g**	**Fiber: 2g**	**Sugars: 3g**	**Protein: 9g**

Nutritional information based on 1 cup (8oz) serving.

Maryland Vegetable Crab Soup

Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Clam Meat (clams, water), Fish Stock (water, cod bones, haddock bones, onions, celery, black pepper, thyme, mustard seed, bay leaves), Potatoes, Water, Tomato Paste (tomatoes), Celery, Onions, Scallions, Olive Oil, Clam Broth (dehydrated clam broth, maltodextrin), Garlic, Parsley, Sea Salt, Black Pepper, Dried Thyme, Cayenne Pepper, Pepper Sauce (distilled vinegar, red pepper, salt), Bay Leaves. **Contains Fish, Shellfish.**

Cal: 120	**Total Fat: 3g**	**Sat Fat: 0g**	**Trans Fat: 0g**	**Chol: 15mg**
Sodium: 840mg	**Total Carb: 14g**	**Fiber: 2g**	**Sugars: 3g**	**Protein: 9g**

Nutritional information based on 1 cup (8oz) serving.

Maryland Vegetable Crab Soup

Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Clam Meat (clams, water), Fish Stock (water, cod bones, haddock bones, onions, celery, black pepper, thyme, mustard seed, bay leaves), Potatoes, Water, Tomato Paste (tomatoes), Celery, Onions, Scallions, Olive Oil, Clam Broth (dehydrated clam broth, maltodextrin), Garlic, Parsley, Sea Salt, Black Pepper, Dried Thyme, Cayenne Pepper, Pepper Sauce (distilled vinegar, red pepper, salt), Bay Leaves. **Contains Fish, Shellfish.**

Cal: 120	**Total Fat: 3g**	**Sat Fat: 0g**	**Trans Fat: 0g**	**Chol: 15mg**
Sodium: 840mg	**Total Carb: 14g**	**Fiber: 2g**	**Sugars: 3g**	**Protein: 9g**

Nutritional information based on 1 cup (8oz) serving.

Maryland Vegetable Crab Soup

Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Clam Meat (clams, water), Fish Stock (water, cod bones, haddock bones, onions, celery, black pepper, thyme, mustard seed, bay leaves), Potatoes, Water, Tomato Paste (tomatoes), Celery, Onions, Scallions, Olive Oil, Clam Broth (dehydrated clam broth, maltodextrin), Garlic, Parsley, Sea Salt, Black Pepper, Dried Thyme, Cayenne Pepper, Pepper Sauce (distilled vinegar, red pepper, salt), Bay Leaves. **Contains Fish, Shellfish.**

Cal: 120	**Total Fat: 3g**	**Sat Fat: 0g**	**Trans Fat: 0g**	**Chol: 15mg**
Sodium: 840mg	**Total Carb: 14g**	**Fiber: 2g**	**Sugars: 3g**	**Protein: 9g**

Nutritional information based on 1 cup (8oz) serving.

Maryland Vegetable Crab Soup

Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Clam Meat (clams, water), Fish Stock (water, cod bones, haddock bones, onions, celery, black pepper, thyme, mustard seed, bay leaves), Potatoes, Water, Tomato Paste (tomatoes), Celery, Onions, Scallions, Olive Oil, Clam Broth (dehydrated clam broth, maltodextrin), Garlic, Parsley, Sea Salt, Black Pepper, Dried Thyme, Cayenne Pepper, Pepper Sauce (distilled vinegar, red pepper, salt), Bay Leaves. **Contains Fish, Shellfish.**

Cal: 120	**Total Fat: 3g**	**Sat Fat: 0g**	**Trans Fat: 0g**	**Chol: 15mg**
Sodium: 840mg	**Total Carb: 14g**	**Fiber: 2g**	**Sugars: 3g**	**Protein: 9g**

Nutritional information based on 1 cup (8oz) serving.

Maryland Vegetable Crab Soup

Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Clam Meat (clams, water), Fish Stock (water, cod bones, haddock bones, onions, celery, black pepper, thyme, mustard seed, bay leaves), Potatoes, Water, Tomato Paste (tomatoes), Celery, Onions, Scallions, Olive Oil, Clam Broth (dehydrated clam broth, maltodextrin), Garlic, Parsley, Sea Salt, Black Pepper, Dried Thyme, Cayenne Pepper, Pepper Sauce (distilled vinegar, red pepper, salt), Bay Leaves. **Contains Fish, Shellfish.**

Cal: 120	**Total Fat: 3g**	**Sat Fat: 0g**	**Trans Fat: 0g**	**Chol: 15mg**
Sodium: 840mg	**Total Carb: 14g**	**Fiber: 2g**	**Sugars: 3g**	**Protein: 9g**

Nutritional information based on 1 cup (8oz) serving.