Seafood Chowder

Fish Stock (water, cod bones, haddock bones, onions, celery, black pepper, thyme, mustard seed, bay leaves), Light Cream (milk, cream), Potatoes, Haddock, Water, Sea Clams (sea clams, water), Onions, Rice Flour, Scallops, Shrimp, Soybean Oil, Carrots, Celery, Butter (cream, salt), Sea Salt, Lobster Stock (lobster, salt, cod), Garlic, Black Pepper. **Contains Fish, Milk, Shellfish**

Cal: 260	**Total Fat: 16g**	**Sat Fat: 7g**	**Trans Fat: 0g**	**Chol: 70mg**
Sodium: 670mg	**Total Carb: 16g**	**Fiber: 1g**	**Sugars: 3g**	**Protein: 12g**

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

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