



CLAM CHOWDER

The pasta Dream

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Ingredients:

Milk, Onion, Celery, Butter, All Purpose Flour, Potatoes, Clam Juice/ Clams, Vegetable Broth, Cooking Wine, Garlic, Salt, Thyme, Black Pepper

Contains: Milk, Wheat, Shellfish

Microwave from Defrosted

1. Remove lid and film, place lid back on.
 2. Place paper tray with soup on a plate in the microwave.
 3. Microwave for 2 minutes, stir then microwave for an additional 30 seconds to one minute. (times may vary)
 4. Carefully place soup into a bowl to serve.
5. Microwave from Frozen
1. Remove lid and film, place lid back on.
 2. Place paper tray with soup on a plate in the microwave.
 3. Microwave for 2 minutes, stir, microwave for an additional 1-2 minutes. (times may vary)
 4. Carefully place soup into a bowl to serve.

*Processed in a facility that also processes Wheat, Milk, Egg, Shellfish, Crustacean, Fish, Soy and Nuts.

Perishable Keep Frozen

Net Weight 8 oz

Serving Size: 8 oz Servings per container: 1

Amount per serving		% Daily Value
Calories	190	
Calories From Fat	8	
Total Fat	8g	10%
Saturated Fat	5g	22%
Cholesterol	35mg	11%
Sodium	350mg	15%
Total Carbohydrates	18g	7%
dietary Fiber	2g	6%
Sugars	6g	
Protein	11g	

Calcium		10%
Iron		10%
Potassium	300mg	10%
Phosphorus	170mg	6%

*Percent Daily Values are based on a 2,000 calories diet. Your daily intake may be higher or lower depending upon your caloric needs.