

Shrimp and Roasted Corn Chowder

Nutrition Facts

Serving Size 12 oz (340.2g)

Servings Per Container 1

Amount Per Serving

Calories 375 **Calories From Fat** 216

		% Daily Value*
Total Fat	24g	37%
Saturated Fat	12g	60%
Trans Fat	<1 g	0%
Cholesterol	105mg	35%
Sodium	884mg	37%
Total Carbohydrate	33g	11%
Dietary Fiber	3g	12%
Sugars	7g	

Protein 11g

Vitamin A 30% ● Vitamin C 53%

Calcium 9% ● Iron 9%

*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	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Ingredients: Roasted Shrimp and Corn Bisque (Water, Light Cream, Potatoes [Water, Sodium Pyrophosphate], Onions, Corn, Shrimp, Red Bell Peppers, Roasted Corn, Sugar, Butter [Cream, Salt], Modified Corn Starch, Flour [Wheat Flour, Malted Barley Flour], Soybean Oil, Roast Flavor [Sunflower Oil, Natural Flavor], Salt, Shrimp Flavor [Shrimp, Salt, Codfish], Garlic in Oil [Garlic, Soybean Oil, Phosphoric Acid], Spices).

Allergy Information: Milk, Fish, Crustacean Shellfish, Wheat, Soybeans