

# CORN CHOWDER



# SEA WATCH CORN CHOWDER

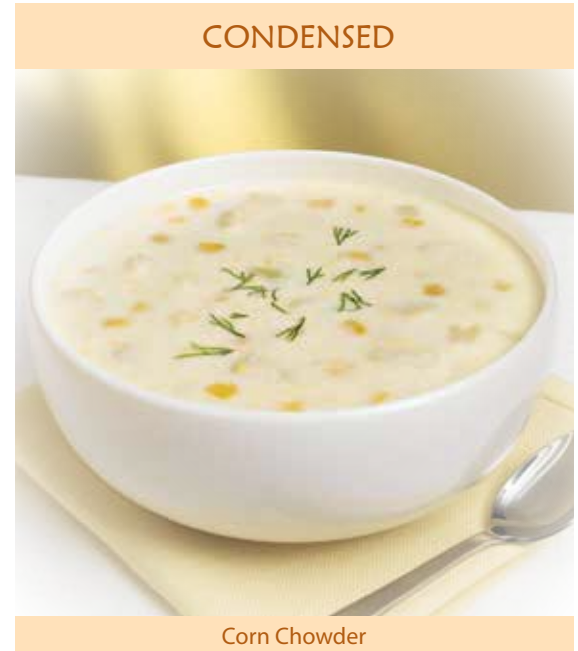
Sea Watch Corn Chowder is made with whole yellow kernels of corn, chopped potatoes, onions and butter blended with a mix of seasonings making Sea Watch original Corn Chowder rich and creamy. No MSG.

**Easy to prepare & easy to store**

**Cost Efficient- .07¢ per oz.**

**Superior Taste**

**Serve as an appetizer or entrée**



## PREPARATION INSTRUCTIONS

Add an equal amount of milk, salt and pepper to taste.  
DO NOT BOIL.

For a richer chowder, replace milk with a quart of half & half and add a half stick of butter.



## Nutrition Facts

Serving Size 1/2 cup		Serving per Container about 12	
Amount Per Serving		Calories from Fat 35	
Calories 90			
% Daily Value*			
Total Fat 4g	6%		
Saturated Fat 2g	10%		
Trans Fat 0g			
Cholesterol 5mg	2%		
Sodium 710mg	30%		
Total Carbohydrate 14g	5%		
Dietary Fiber 2g	6%		
Sugars 4g			
Protein 2g			
Vitamin A 4%	Vitamin C 6%		
Calcium 0%	Iron 2%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Calories	2,000	2,500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	20g	25g
Sodium	Less than	300mg	300mg
Total Carbohydrate	Less than	2,400mg	2,400mg
Dietary Fiber		300g	375g
Calories per gram		25g	30g
Fat 9 • Carbohydrate 4 • Protein 4			

CODE	DESCRIPTION	CASE PACK	GROSS WT.	NET WT.	CASE CUBE	PALLET
5A31	Corn Chowder	12/51 oz.	44 lb.	38.25 lb.	.94	8x7

Find us on 



@Seawatchint

Profitable

Versatile

High in Protein

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MADE in U.S.A.

