



Boston Chowda Co.

Downeast Seafood Chowda

Featuring clams, fish, lobster and shrimp, this hearty, cream-based stew brings the bounty of the North Atlantic waters to your table.



Item #	UPC	Case	Pallet
2012	73051691012 7	2 x 8 lb Net Weight: 16 lb Gross Weight: 16.9 lb Case Dimensions: 13.75" x 8.25" x 4.75" Case Cube: .31	14 per tier/ 8 tiers high 112 cases per pallet Pallet weight (gross): 1892.8 lb

INGREDIENTS: MILK, CREAM, FISH STOCK (water, cooked fish, fish stock, salt, maltodextrin, modified food starch, potato flakes, flavoring, butter, yeast extract, dried whey, corn oil, fish powder, onion powder), FRESH CHOPPED CLAMS, CLAM JUICE, POTATO, SHRIMP, POLLOCK, CELERY, LOBSTER MEAT, HADDOCK, ONIONS, CANOLA OIL, WHITE WINE, WHEAT FLOUR, MAIZE STARCH, TOMATO PASTE (tomato concentrate, salt, citric acid), LOBSTER BASE (lobster, salt, organic evaporated cane syrup, tomatoes, butter [cream, salt], dried whey, natural flavoring, tomato powder, citric acid), GRANULATED GARLIC, WHITE PEPPER, ONION POWDER, SEA SALT.

CONTAINS: Milk, Shellfish, Fish, Wheat. This product contains wine which has naturally occurring sulfites.

COOKING INSTRUCTIONS: Heat soup until it reaches a uniform 165°F. Hold product at 145°F or above.

HANDLING: Keep frozen. Thaw under refrigeration.

SHELF LIFE: 18 months from manufacture date, frozen. Once thawed use within 21 days.

Nutrition Facts

Serving Size 1 cup (241 g/8.5 oz)

Amount Per Serving

Calories 250 Calories from Fat 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 6g **29%**

Trans Fat 0g

Cholesterol 70mg **24%**

Sodium 900mg **37%**

Total Carbohydrate 16g **5%**

Dietary Fiber 1g **5%**

Sugars 2g

Protein 12g

Vitamin A 8% • Vitamin C 6%

Calcium 15% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.



PGI Foods

101 Phoenix Ave., Lowell, MA 01852 / Tel: 978 970 3832 / Fax: 978 441 2528

www.pgifoods.com / email: sales@plenus-group.com