



**Boston Chowda Co.**

# Maryland Crab Soup

*Straight from the Chesapeake Bay comes this traditional soup featuring a hearty mix of vegetables and sweet crabmeat in a rich stock.*



Item #	UPC	Case	Pallet
2118	880632021181	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:** CRAB STOCK (water, cooked crab meat, salt, butter, modified food starch, autolyzed yeast extract, maltodextrin, dextrose, sugar, natural flavoring, onion powder, codfish powder, shrimp powder, guar gum, garlic powder), TOMATO (tomato, tomato puree, salt, citric acid), POTATO, CRAB, ONION, GREEN BEAN, CARROT, CELERY, CORN, TOMATO PASTE (tomato paste, salt, citric acid), CANOLA OLIVE OIL BLEND, CORN STARCH/WHEAT FLOUR, CHICKEN STOCK (water, roasted chicken meat, salt, chicken fat, dextrose, sugar, natural flavoring, chicken broth, turmeric), WORCESTERSHIRE SAUCE (vinegar, molasses, corn syrup, anchovies, water, salt, garlic, tamarind concentrate, cloves, natural flavoring, chili pepper extract), SEASONING (celery salt (salt, celery seeds), spices (including red pepper and black pepper), paprika), SEA SALT, SPICES, NISIN.

**CONTAINS:** Shellfish, Milk, Fish, Wheat.

**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)

### Amount Per Serving

**Calories** 118      **Calories from Fat** 44

**% Daily Value\***

**Total Fat** 5g      7%

Saturated Fat 1g      4%

Trans Fat

**Cholesterol** 16mg      5%

**Sodium** 644mg      27%

**Total Carbohydrate** 15g      5%

Dietary Fiber 2g      9%

Sugars 3g

### Protein 6g

Vitamin A 8% • Vitamin C 14%

Calcium 7% • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		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
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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