



Boston Chowda Co

Fish Chowda Base

Our local customers stop in weekly for our hearty Fish Chowda, a classic East Coast comfort food. Just add cooked fish to this base to create your own delicious fish chowder.



Item #	UPC	Case	Pallet
2011	73051692011 9	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 lbs

INGREDIENTS: HALF & HALF (cream, milk), 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), POTATO, CELERY, ONION, CANOLA OIL, WHITE WINE, CORN STARCH, WHEAT FLOUR, SEA SALT, GRANULATED GARLIC, SPICES.

CONTAINS: Milk, Fish, and Wheat. Contains Wine, which has naturally occurring sulfites.

COOKING INSTRUCTIONS: Boil directly in bag. When the product reaches a uniform 165°F, mix in one pound of cooked fish and hold at 145°F or above. Haddock is a popular choice for this recipe.

HANDLING: Keep frozen. Thaw under refrigeration.

SHELF LIFE: 18 months from manufacture date, frozen. Once thawed, product may be kept refrigerated for up to 21 days.

Nutrition Facts

Serving Size 241 g

Amount Per Serving

Calories 250	Calories from Fat 150
% Daily Value*	
Total Fat 17g	27%
Saturated Fat 8g	42%
<i>Trans</i> Fat 0g	
Cholesterol 40mg	14%
Sodium 590mg	25%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 5g	

Vitamin A 10% • Vitamin C 10%
Calcium 15% • Iron 10%

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



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