

Delicaé Gourmet Product Information

Tarpon Springs, Florida 34688
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48291 **Manhattan Style Clam Chowder**

Net Wt. 6 oz. (170g)

Ingredients: Dehydrated Vegetables (Potatoes, Carrots, Onion, Corn, Celery), Minced Garlic, Basil, Thyme, Parsley and Black Pepper.

This hearty red chowder is a favorite with seafood lovers.

Ingredients needed:

- 1 14 1/2 oz can of petite diced tomatoes
- 1 15 oz can of tomato sauce
- 2 8 fl oz bottles of clam juice
- 2-3 6.5 oz cans of minced or chopped clams
- 16 ounces of water or vegetable broth

Cooking Instructions

1. Place the potatoes in the bottom of the slow cooker.
2. Layer the contents of the vegetable and spice packets over the potatoes.
3. Top evenly with the diced tomatoes and tomato sauce.
4. Slowly pour the clam juice and water or vegetable broth over the ingredients. Do not stir.
5. Cover and cook on high for 3 1/2 to 4 1/2 hours or low for 6 to 7 hours.
6. Add the clams in the last 5 minutes of cooking time.
7. Salt to taste.

Serving Suggestions: Add a dash of Worcestershire sauce or hot sauce to taste. Serve with oyster crackers and white wine. Accompany with a green salad.

Nutrition Facts

Serving Size As Packaged .77 oz. (22g)
As Prepared 10.2 oz. (291g)
Servings Per Container 8

| Amount Per Serving | As Packaged | As Prepared |
|-------------------------------|-------------|-------------|
| Calories | 80 | 110 |
| Calories from Fat | 5 | 5 |
| % Daily Value** | | |
| Total Fat 0g* | 0% | 0% |
| Saturated Fat 0g | 0% | 0% |
| Trans Fat 0g | | |
| Cholesterol 0mg | 0% | 3% |
| Sodium 35mg | 1% | 37% |
| Total Carbohydrate 17g | 6% | 8% |
| Dietary Fiber 3g | 12% | 12% |
| Sugars 4g | | |
| Protein 2g | | |
| Vitamin A | 130% | 140% |
| Vitamin C | 8% | 30% |
| Calcium | 4% | 8% |
| Iron | 4% | 10% |

* Amount in Mix. As prepared, one serving provides 0g total fat (0 saturated fat), 10mg cholesterol, 890mg sodium, 23g carbs (3g fiber, 7g sugar) and 7g protein.
**Percent Daily Values (DV) are based on a 2,000 calorie diet.