

NUTRITIONAL FACTS

EGG HARBOR

(10) 5 oz. Gourmet Clams Casino

Nutrition Facts	
Serving size	5 oz (142g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 790mg	34%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 3mg	15%
Potassium 98mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: CLAMS, RED BELL PEPPERS, ONIONS, BACON (natural pork, water, sea salt, turbinado sugar, cultured celery powder [cultured celery powder, sea salt], maple syrup), SAGE & ONION STUFFING CROUTONS (enriched wheat flour [flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], whole wheat flour, high fructose corn syrup, salt, vegetable shortening [palm oil], contains 2% or less of each of the following: dehydrated onions, yeast, grain vinegar, spices [sage, basil, black pepper], wheat gluten, soy lecithin), WATER, GARLIC, PANKO (unbleached wheat flour, natural cane sugar, yeast, sea salt), ROMANO CHEESE (pasteurized cow's milk, cheese, cultures, salt, enzymes), BUTTER (cream, salt), EXTRA VIRGIN OLIVE OIL, CONCENTRATED CLAM BROTH, SPICES, GARLIC SALT WITH PARSLEY (salt, garlic, modified food starch, sugar, parsley, natural flavors, and extractives of carrot [for color]).

CONTAINS: WHEAT, SOY, and MILK.