

# NUTRITIONAL FACTS & INGREDIENT LIST

THE CRABBY SHACK

## Crab and Corn Chowder

<b>Nutrition Facts</b>	
About 3.5 servings per container	
<b>Serving size</b>	<b>1 cup (252g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 11g	<b>55%</b>
<i>Trans</i> Fat 0.5g	
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 900mg	<b>39%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	
Vitamin D 1.5mcg	8%
Calcium 170mg	15%
Iron 1.1mg	6%
Potassium 330mg	8%
* The % Daily Value (DV) 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: WHOLE MILK WITH VITAMIN D3, WATER, CRAB MEAT, CORN, CREAM (CREAM, CARRAGEENAN), ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER (CREAM, SALT), ONION, CELERY, SALT, BLACK PEPPER, GARLIC POWDER, BASIL

CONTAINS: CRAB, MILK, WHEAT