



Comeau®

Seafood Chowder

Comeau's Seafood Chowder has been a staple for food service operators in Atlantic Canada for over 20 years. It's one of the industry's best-kept secrets! Often used as a base, operators can make some simple additions to create their own unique Chowder or simply heat and serve with confidence and pride. With almost 80 years of experience in harvesting, processing, and living in Nova Scotia, we believe we know a good chowder. True to our quality-driven focus, we use the best and cleanest ingredients available.

Nutrition Facts Valeur nutritive

Per 1 cup (250 ml)
pour 1 tasse (250 ml)

Calories 200	% Daily Value *
% valeur quotidienne *	
Fat / Lipides 6 g	8 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 23 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 8 g	8 %
Protein / Protéines 13 g	
Cholesterol / Cholestérol 35 mg	
Sodium 790 mg	34 %
Potassium 500 mg	15 %
Calcium 175 mg	13 %
Iron / Fer 1 mg	6 %

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Ingredients

Water, milk, potatoes, scallops, shrimp, haddock, Chowder mix [dehydrated vegetables (potatoes (sulphites), onions), flour (wheat), modified corn starch, modified milk ingredients, salt. Onion powder, hydrolyzed plant protein (corn, soy), lactose whey, torula yeast, yeast extract, canola oil, spices, disodium inosinate, disodium guanylate], celery, onions, skim milk powder, margarine, modified corn starch, red peppers, green peppers, salt, white pepper, paprika.

Product Details

Product Code :	2036
Case Size:	17.6 lbs (8 kg)
Purchasing Unit:	4 x 2 kg
UPC:	0-62763-02036-7
SCC:	100-62763-02036-4

Preparation/Handling

Thaw product under refrigeration.

Boiling Water (cook from frozen):
Immerse bag in water, boil for 30-35 minutes.

Boiling Water (cook thawed):
Immerse bag in water, boil for 15-20 minutes.

Double Boiler:
Remove thawed product from bag, pour in double boiler. Cook for 15-20 minutes.

Microwave:
Remove thawed product from bag. Pour 6 oz of chowder in microwavable container cook 2-3 minutes.