



Our creamy chowders consist of a rich blend of fish, seafood, potatoes and vegetables. Our delicious fish chowder (haddock) or seafood chowder (with haddock, cold water shrimp and scallops) are an excellent choice as either a meal or an appetizer. These chowders are packaged and frozen (boil in the bag) with no need to add any milk or water (single strength); these features make it a convenient and cost effective product.



Seafood and Fish Chowders

Fish (Haddock) Chowder

Nutrition Facts	
Valeur nutritive	
Per 250 mL (265 g) pour 250 mL (265 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 190	
Fat / Lipides 6 g	9 %
Saturated / saturés 1 g + Trans / trans 0.5 g	8 %
Cholesterol / Cholestérol 25 mg	
Sodium / Sodium 890 mg	37 %
Carbohydrate / Glucides 21 g	7 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 6 g	
Protein / Protéines 13 g	
Vitamin A / Vitamine A	30 %
Vitamin C / Vitamine C	30 %
Calcium / Calcium	15 %
Iron / Fer	4 %

Seafood Chowder

Nutrition Facts	
Valeur nutritive	
Per 250 mL (265 g) pour 250 mL (265 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 190	
Fat / Lipides 6 g	9 %
Saturated / saturés 1 g + Trans / trans 0.5 g	8 %
Cholesterol / Cholestérol 45 mg	
Sodium / Sodium 920 mg	38 %
Potassium / Potassium 550 mg	16 %
Carbohydrate / Glucides 22 g	7 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 6 g	
Protein / Protéines 13 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	30 %
Calcium / Calcium	15 %
Iron / Fer	4 %

Menu

& Serving Ideas

- Versatility in cooking method
- Healthy choice (low fat)
- Single strength (no need to add milk or water)
- Great as a meal or appetizer
- Serve in a shot glass or shallow tea cup as an hors d'oeuvre
- Serve accompanied with home-made bread
- Add your favorite seafood or fish, cream, cheese or a dollop of butter to dress up this already delicious chowder

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.

Product Details

Product Code	2032
Description	Fish (Haddock) Chowder
Case Size	17.6 lbs (8 kg)
Purchasing Unit	4 x 2 kgs
UPC/SCC	0-62763-02032-9 / 100-62763-02032-6
Product Code	2036
Description	Seafood Chowder
Case Size	17.6 lbs (8 kg)
Purchasing Unit	4 x 2 kgs
UPC/SCC	0-62763-02036-7 / 100-62763-02036-4

Ingredients

Fish (Haddock) Chowder

Ingredients: Water, milk, haddock, potatoes, 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, green peppers, modified corn starch, salt, white pepper.

Seafood Chowder

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.