



Comeau®

Seafood Chowder

Our creamy seafood chowder consists of a rich blend of wild-caught Atlantic haddock, Atlantic coldwater shrimp and scallops. Packaged and frozen in a sous vide bag (Boil-in-bag), with no need to add milk or water to the final product, allows for time saving convenience.

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

Ingredients: Water, Milk ingredients, Potatoes, Scallops, Shrimp, Haddock, Chowder mix [dehydrated vegetables (potatoes, onions, sulphites), enriched flour, modified corn starch, modified milk ingredients, salt, onion powder, hydrolyzed corn and soy protein, Sugars (lactose), torula yeast, yeast extract, canola oil, spices, disodium inosinate, disodium guanylate], Celery, Onion, Vegetable oil margarine (canola, modified palm, modified palm kernel oils), Modified corn starch, Red pepper, Green pepper, Paprika.

Contains: Milk, Scallops, Shrimp, Haddock, Sulphites, Wheat, Soy.

Product Details

Product Code :	1616
Size :	60-80 ct
Case :	10 lbs
Pack :	2x5 lbs
UPC/SCC :	0-62763-01616-2 100-62763-01616-9

Product Packaging: Sealed clear plastic bag
Product Storage: Cardboard box

Preparation/Handling

Thaw under refrigeration immediately before cooking. Cook until a minimum internal temperature of 74°C (165°F) is reached.

BOIL IN BAG:

Frozen Product: Bring water to a rolling boil and immerse frozen product for approximately 32-35 minutes.

Thawed Product: Bring water to a rolling boil and immerse thawed product for approximately 31-34 minutes.

DOUBLE BOILER:

Bring water to a rolling boil, pour thawed product into a heavy bottomed double boiler and cook for approximately 40-44 minutes. Stir frequently.

MICROWAVE: Remove thawed product from bag, pour into a single portion (250mL) microwavable bowl and cook for 3 minutes.