Ivar's Wild Catch Clam Chowder

Nutrition Facts
Serving Size 1 Cup
Servings Per Container

Amount Per Serving

Calories 130	Calories from Fat 70
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 710mg	**30%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 1g	**4%**
Sugars 0g	
Protein 4g	

Vitamin A 10% • Vitamin C 4%
Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ivar's Puget Sound Style Clam Chowder

Nutrition Facts
Serving Size 1 Cup
Servings Per Container

Amount Per Serving

Calories 320	Calories from Fat 200
	% Daily Value*
Total Fat 22g	**34%**
Saturated Fat 13g	**65%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 660mg	**28%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 6g	

Vitamin A 2% • Vitamin C 50%
Calcium 4% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Pier 54 Clam Chowder

Nutrition Facts
Serving Size 1 Cup
Servings Per Container

Amount Per Serving

Calories 290	Calories from Fat 190
	% Daily Value*
Total Fat 21g	**32%**
Saturated Fat 12g	**60%**
Trans Fat 0.5g	
Cholesterol 75mg	**25%**
Sodium 720mg	**30%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 11g	

Vitamin A 20% • Vitamin C 90%
Calcium 6% • Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Premium Northwest Dungeness Crab Bisque

Nutrition Facts
Serving Size 1 Cup
Servings Per Container

Amount Per Serving

Calories 360	Calories from Fat 280
	% Daily Value*
Total Fat 31g	**48%**
Saturated Fat 19g	**95%**
Trans Fat 1.5g	
Cholesterol 100mg	**33%**
Sodium 1050mg	**44%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 1g	**4%**
Sugars 5g	
Protein 4g	

Vitamin A --% • Vitamin C 2%
Calcium --% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Clam-hattan™ Style Red Clam Chowder

Nutrition Facts
Serving Size 1 Cup
Servings Per Container

Amount Per Serving

Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 390mg	**16%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 7g	

Vitamin A 15% • Vitamin C 20%
Calcium 6% • Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Alder Smoked Salmon Chowder

Nutrition Facts
Serving Size 1 Cup
Servings Per Container

Amount Per Serving

Calories 300	Calories from Fat 190
	% Daily Value*
Total Fat 21g	**32%**
Saturated Fat 13g	**65%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 550mg	**23%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 3g	

Vitamin A 2% • Vitamin C 4%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Wild Alaskan Smoked Salmon Chowder

Nutrition Facts
Serving Size 1 Cup
Servings Per Container

Amount Per Serving

Calories 240	Calories from Fat 150
	% Daily Value*
Total Fat 17g	**26%**
Saturated Fat 8g	**40%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 850mg	**35%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 1g	**4%**
Sugars 4g	
Protein 8g	

Vitamin A 25% • Vitamin C 60%
Calcium 8% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

All information shown was determined by FDA approved methods and is based on cooking instructions provided.

Nutritional values for Wild Catch Clam Chowder based on the use of 2% milk.

For more information about Ivar's and Ivar's TwoSpoon products please contact our sales department at 425 493 1402

Since 1938 Ivar's
Seafood, Soup & Sauce Company

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