Cape Cod™

Premium Hand Shucked

BREADED

FRIED CLAMS

KEEP FROZEN

NET WT. 16 oz (1 lb.) 454g.

Nutrition Facts

Serving Size 3 oz. (84g)
Servings Per Container about 5

Amount Per Serving	
Calories 265	Calories from Fat 127
	%Daily Value*
Total Fat 16g	**25%**
Saturated Fat 3g	**15%**
Cholesterol 5mg	**2%**
Sodium 527mg	**22%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 1g	**4%**
Sugars 7g	
Protein 6g	

Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 0%	

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

COOKING INSTRUCTIONS

To Deep Fry: Preheat oil to 350°F. Place fried clams in oil and deep fry for 45-50 seconds, or until light golden brown. Drain well on paper towels and serve while hot.

To Pan Fry: Use deep fry pan, add at least 1" oil and preheat until hot to 350°F. Place fried clams in oil and fry 45-50 seconds. Turn clams over often, drain on paper towels and serve while hot.

To Oven or Toaster Oven Bake: Preheat oven to 375-400°F. Place fried clams in a single layer on a baking pan or cookie sheet. Bake for 6 minutes, flip clams and bake for 6 more minutes.

SERVING SUGGESTION

INGREDIENTS:

Selected HAND SHUCKED CLAM MEATS, bleached wheat flour, yellow corn flour, soybean oil, water, contains 2% or less of each of the following: salt, whey, leavening (sodium acid pyrophosphate, sodium bicarbonate), nonfat dry milk, sugar, sodium tripolyphosphate, partially hydrogenated soybean oil, corn starch, guar gum, powdered egg solids, sodium alginate, calcium caseinate, soy flour, artificial flavors, natural flavor.

DISTRIBUTED BY:

CHINCOTEAGUE SEAFOOD CO., INC.
7056 FOREST GROVE ROAD
P.O. BOX 88
PARSONSBURG, MD 21849
Tel # (443) 260-4800 Fax # (443) 260-4900
www.chincoteagueseafood.com

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