

Nutrition Facts

Serving Size 4 oz. (113g)
Servings Per Container 4

Amount Per Serving

Calories 334 Calories From Fat 162

% Daily Value*

Total Fat 18g	25%
Saturated Fat 3g	13%
Cholesterol 13mg	4%
Sodium 720mg	30%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	11%
Sugars 1g	
Protein 11g	

Vitamin A 0% • Vitamin C 0%

Calcium 3% • Iron 3%

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

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 • Carbohydrates 4 • Protein 4

COOKING DIRECTIONS:

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 them 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.

THE ORIGINAL

Cape Cod

BRAND™

TENDER & SWEET

KEEP FROZEN

PREMIUM HAND SHUCKED FRIED CLAMS

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

Started in East Orleans, Ma. in 1955, these same clams are still being served with pride by many fine restaurants on Cape Cod. Now you can also enjoy them in your home. Happy Clamming!

Len Rubin
President

SERVING IDEAS

- In a roll with tartar sauce
- In a cup with cocktail sauce
- In a basket with french fries
- On a plate with cole slaw and fries
- On a plate with shrimps, scallops or fish

INGREDIENTS: NO MSG Added

Goniatite Clams, Bleached Wheat Flour, (Wheat Flour, Bleached, Yellow Corn Flour, Soybean Oil, Contains 2% or less of each of the following: salt, Wheat, leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Yeast, Nonfat milk, Sodium Alginate, Dextrose, Sugar, Calcium Caseinate, Spices, Soy Flour, Sodium Tripolyphosphate, Oleoresin Peppers and Annatto, Natural Flavors.

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EAST ORLEANS, MA 02543

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