Total Fat Less than 65g 80g Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 300mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Sodium 720mg Total Carbohydrate 32g Dietary Fiber 3g Calcium 3% ron 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. Cholesterol 13mg Calories 334 Calories From Fat 162 Serving Size 4 oz. (113g) **Nutrition Facts** Total Fat 18g Amount Per Serving Servings Per Container 4 fitamin A 0% • Saturated Fat 3g Protein 11g 2,000 Vitamin C 0% % Daily Value* 2,500 25% 13% 4% 30% 11%

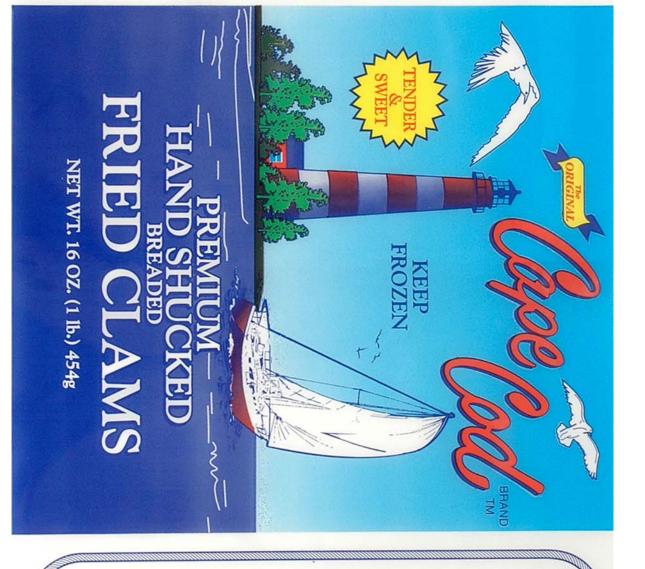
COOKING DIRECTIONS:

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

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

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



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 erjoy them in your bome. Happy Clamming!

Len Rubin President

SERVING IDEAS

- In a roll with tartar sauce
 In a cup with cocktal sauce
 In a basket with French fries
 On a plate with cole slaw
 and fries
 On a plate with sbrimps,
 scallops or fish

INGREDIENTS: NO MSG Added
Contains: Clams, Bleached Wheat Flour,
(Wheat Flour, Bleached, Vellow Com Flour,
Soybean Oll, Contains 2% or less of each of
the following: Salt, Whey, Leavening (Sodium
Acid Prophosophate, Sodium Bigarborate,
Monocalcium Phosphate), Yeast, Nonfat milk,
Sodium Alginate, Deutroee, Sugar, Calcium
Caseinate, Spices, Soy Flour, Sodium
Iripolyphosphate, Oleoreain Paprika and Distributed By CAPE COD PACKING CO. OF MA-EAST ORLEANS, MA 02563 Annatto, Natural Flavors.

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