
Chincoteague
TM
Premium
Hand Shucked
BREADED
FRIED
CLAMS
KEEP FROZEN
NET WT. 16 oz (1 lb.) 454g.
SERVING SUGGESTION
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 tited clams in oil and deep fry for 45-60 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 tited clams in oil and fry 45-60 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 tited clams in a single layer on a baking pan or cookie sheet. Bake for 6 minutes, flip clams and bake for 6 more minutes.
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:
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