

NUTRITIONAL INFORMATION
CLAM CHOWDER
HURRICANE'S SOUP & CHOWDER
PO BOX 28
GREENE, ME 04236
207-946-3354

Nutrition Facts

Serving Size 1 Cup (250g)
 Serving Per Container 3

Amount Per Serving	
Calories 220	Calories from Fat 120
% Daily Values*	
Total Fat 13g	20%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 910mg	38%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 8g	16%
Vitamin A 10%	• Vitamin C 40%
Calcium 4%	• Iron 30%

*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g