# Nutrition Facts

Serving Size 1 cup (232g)
Servings Per Container about 16

**Amount Per Serving**

**Calories** 250 Calories from Fat 150

| | % Daily Value* |
|---|---|
| **Total Fat** 17g | **26**% |
| Saturated Fat 10g | **50**% |
| Trans Fat 0g | |
| **Cholesterol** 90mg | **30**% |
| **Sodium** 600mg | **25**% |
| **Total Carbohydrate** 12g | **4**% |
| Dietary Fiber 1g | **4**% |
| Sugars 0g | |
| **Protein** 13g | |

Vitamin A 15% • Vitamin C 15%

Calcium 4% • Iron 2%

*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 |
| Saturated Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 300 mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

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

NUTRITIONAL INFORMATION

**HADDOCK CHOWDER**

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