



Comeau®

Seafood Chowder

Comeau's Seafood Chowder has been a staple for food service operators in Atlantic Canada for over 20 years. It's one of the industry's best-kept secrets! Often used as a base, operators can make some simple additions to create their own unique Chowder or simply heat and serve with confidence and pride. With almost 80 years of experience in harvesting, processing, and living in Nova Scotia, we believe we know a good chowder. True to our quality-driven focus, we use the best and cleanest ingredients available.

Nutrition Facts		Valeur nutritive	
Per 1 cup (250 ml) pour 1 tasse (250 ml)			
Calories 200		% Daily Value *	% valeur quotidienne *
Fat / Lipides 6 g			8 %
Saturated / saturés 1.5 g			8 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 23 g			
Fibre / Fibres 1 g			4 %
Sugars / Sucres 8 g			8 %
Protein / Protéines 13 g			
Cholesterol / Cholestérol 35 mg			
Sodium 790 mg			34 %
Potassium 500 mg			15 %
Calcium 175 mg			13 %
Iron / Fer 1 mg			6 %

* 5% or less is a little, 15% or more is a lot
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients

Water, milk, potatoes, scallops, shrimp, haddock, Chowder mix [dehydrated vegetables (potatoes (sulphites), onions), flour (wheat), modified corn starch, modified milk ingredients, salt. Onion powder, hydrolyzed plant protein (corn, soy), lactose whey, torula yeast, yeast extract, canola oil, spices, disodium inosinate, disodium guanylate], celery, onions, skim milk powder, margarine, modified corn starch, red peppers, green peppers, salt, white pepper, paprika.

Product Details

Product Code : 2036
Case Size: 17.6 lbs (8 kg)
Purchasing Unit: 4 x 2 kg
UPC: 0-62763-02036-7
SCC: 100-62763-02036-4

Preparation/Handling

Thaw product under refrigeration.
Boiling Water (cook from frozen): Immerse bag in water, boil for 30-35 minutes.

Boiling Water (cook thawed): Immerse bag in water, boil for 15-20 minutes.

Double Boiler: Remove thawed product from bag, pour in double boiler. Cook for 15-20 minutes.

Microwave: Remove thawed product from bag. Pour 6 oz of chowder in microwavable container cook 2-3 minutes.



Comeau® Fish Chowder

Comeau's creamy fish chowder consists of a rich blend of fish, potatoes and vegetables. Our delicious fish chowder, which contains Atlantic Canadian haddock, is an excellent choice as either a meal or an appetizer. The chowder is packaged and frozen in a sous vide bag, with no need to add any milk or water. These features make it a convenient and cost effective product.

Nutrition Facts Valeur nutritive

Per 1 cup (250 ml)
pour 1 tasse (250 ml)

Calories 190	% Daily Value *
	% valeur quotidienne *
Fat / Lipides 6 g	8 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 23 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 8 g	8 %
Protein / Protéines 12 g	
Cholesterol / Cholestérol 30 mg	
Sodium 640 mg	28 %
Potassium 450 mg	13 %
Calcium 150 mg	12 %
Iron / Fer 0.75 mg	4 %

* 5% or less is a little, 15% or more is a lot

* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients

Water, milk, haddock, potatoes, Chowder mix [dehydrated vegetables (potatoes (sulphites), onions), flour (wheat), modified corn starch, modified milk ingredients, salt. Onion powder, hydrolyzed plant protein (corn, soy), lactose whey, torula yeast, yeast extract, canola oil, spices, disodium inosinate, disodium guanylate], celery, onions, skim milk powder, margarine, green peppers, modified corn starch, salt, white pepper.

Product Details

Product Code :	2036
Case Size:	17.6 lbs (8 kg)
Purchasing Unit:	4 x 2 kg
UPC:	0-62763-02032-9
SCC:	100-62763-02032-6

Preparation/Handling

Thaw product under refrigeration.

Boiling Water (cook from frozen):
Immerse bag in water, boil for 30-35 minutes.

Boiling Water (cook thawed):
Immerse bag in water, boil for 15-20 minutes.

Double Boiler:
Remove thawed product from bag, pour in double boiler. Cook for 15-20 minutes.

Microwave:
Remove thawed product from bag. Pour 6 oz of chowder in microwavable container cook 2-3 minutes.