



Fruits de mer
ALLIANCE
Seafood Inc.

**Your Year-Round
Seafood Source.**



Breaded Whole Atlantic Bar Clams

Alliance Seafood is pleased to introduce Wild caught Breaded Atlantic Bar Clams. Atlantic Bar Clams are found traditional methods. Shucked and hand breaded in Atlantic Canada and the light coating ensures natural flavor with every bite. Packaged size 12 x 280G.

Nutrition Facts

Valeur nutritive

Per 1 package (280 g)
1 package = 2 servings
pour 1 emballage (280 g)
1 emballage = 2 portions

| | | % Daily Value* |
|--|--|-----------------------|
| | | % valeur quotidienne* |
| Calories 660 | | |
| Fat / Lipides 32 g | | 43 % |
| Saturated / saturés 3 g | | 18 % |
| + Trans / trans 0.3 g | | |
| Carbohydrate / Glucides 43 g | | |
| Fibre / Fibres 1 g | | 4 % |
| Sugars / Sucres 3 g | | 3 % |
| Protein / Protéines 46 g | | |
| Cholesterol / Cholestérol 90 mg | | |
| Sodium 1300 mg | | 57 % |
| Potassium 700 mg | | 15 % |
| Calcium 125 mg | | 10 % |
| Iron / Fer 5.5 mg | | 31 % |

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

Cooking Instructions

Cook from frozen. Spread frozen Atlantic bar clams evenly in a shallow baking dish.

Convection Oven: 375 °F for 10-12 minutes
Conventional Oven: 375 °F for 12-15 minutes
Deep Fry 400 °F for 1 - 1.5 minutes

Cooking time and temperature may vary with equipment.

| | |
|---------------------|---------------------------|
| SCC Code | 10879601002389 |
| UPC Code: | 879601002382 |
| Product Code | 405400 |
| Case Dimension (cm) | 33.5 cm x 29 cm x 16.7 cm |
| Ti - Hi | 12 x 7 |

INGREDIENTS: Bar Clam Meat, Enriched Wheat Flour, Corn Flour, Water, Baking Powder, Canola Oil, Salt. **MAY CONTAIN:** Milk, eggs, wheat, shellfish, corn



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