Nutrition	Amount/serving	% DV	Amount/serving	% DV
Facts	Total Fat 21g	27%	Total Carb. 25g	9%
	Saturated Fat 12g	60%	Fiber 2g	7%
Serving Size	Trans Fat 0g		Total Sugars 5g	
8.0 fl oz	Cholesterol 90mg	30%	Incl.0g Added Sugars	0%
	Sodium 600mg	26%	Protein 10g	
Calories per serving 330	Vitamin D 8% · Calc	ium 10%	· Iron 6% · Potassium 8	3%

## Cajun Shrimp & Corn Chowder

Ingredients: milk, potatoes, shrimp, celery, heavy cream, flour, unsalted butter, yellow onion, bacon, corn, green bell pepper, green onion, low sodium chicken base, lemon juice, shrimp base, low sodium vegetable base, parsley, garlic, cajun seasoning, thyme, paprika, bay leaf

Contains Fish, Milk, Shellfish, Soy, Wheat