

# Delicaé Gourmet Product Information

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## # 48291 Manhattan Style Clam Chowder

This hearty red chowder is a favorite with seafood lovers.

### Just add Clams and Tomatoes.

**Ingredients:** Dehydrated Vegetables (Potatoes, Carrots, Onion, Corn, Celery), Minced Garlic, Basil, Thyme, Parsley and Black Pepper.

### Ingredients needed

- 1 14 1/2 oz can of petite diced tomatoes
- 1 15 oz can of tomato sauce
- 2 8 fl oz bottles of clam juice
- 2-3 6.5 oz cans of minced or chopped clams
- 16 ounces of water or vegetable broth

### Cooking Instructions

1. Place the potatoes in the bottom of the slow cooker.
2. Layer the contents of the vegetable and spice packets over the potatoes.
3. Top evenly with the diced tomatoes and tomato sauce.
4. Slowly pour the clam juice and water or vegetable broth over the ingredients. **Do not stir.**
5. Cover & cook on high for 3 1/2 to 4 1/2 hours or low for 6 to 7 hours. **Do not lift lid while cooking.**
6. Add the clams in the last 5 minutes of cooking time.
7. Salt to taste.

### Serving Suggestions

Add a dash of Worcestershire sauce or hot sauce to taste.

Serve with oyster crackers and white wine. Accompany with a green salad.

### Stove Top Cooking Instructions: (For those without a slow cooker.)

1. Place contents of potato packet into a 4 to 6 quart sauce pot.
2. Add 2 cups water or broth, tomato sauce and diced tomatoes. Place on stove and set on a low setting and heat to a bubble, stirring often.
3. Once the pot has reached a slight boil, (30 to 45 minutes), add the vegetable packet and two bottles of clam juice. Stir, turn stove to simmer, and add spice packet.
4. Cover and let simmer for one and one-half to two hours. Check potatoes and vegetables to determine if cooked. Continue to cook until potatoes and vegetables become soft.
5. When cooked, add the two cans of chopped clams and let cook until they are heated all the way through.
6. Garnish, salt and pepper if needed and serve.

## Nutrition Facts

Serving Size As Packaged .77 oz. (22g)

As Prepared 10.2 oz (291g)

Servings Per Container 8

Amount Per Serving	As Packaged	As Prepared	
<b>Calories</b>	80	110	
Calories from Fat	5	5	
<b>% Daily Value**</b>			
<b>Total Fat</b> 0g*	<b>0%</b>	<b>0%</b>	
Saturated Fat 0g	<b>0%</b>	<b>0%</b>	
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>3%</b>	
<b>Sodium</b> 35mg	<b>1%</b>	<b>37%</b>	
<b>Total Carbohydrate</b> 17g	<b>6%</b>	<b>8%</b>	
Dietary Fiber 3g	<b>12%</b>	<b>12%</b>	
Sugars 4g			
<b>Protein</b> 2g			
Vitamin A	130%	140%	
Vitamin C	8%	30%	
Calcium	4%	8%	
Iron	4%	10%	
<small>* Amount in Mix. As prepared, one serving provides 0g total fat (0g saturated fat), 10mg cholesterol, 890mg sodium, 23g carbohydrate (3g fiber, 7g sugar) and 7g protein.</small>			
<small>**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
Fat	9	* Carbohydrate	4 * Protein 4