



Fruits de mer
ALLIANCE
Seafood Inc.

**Your Year-Round
Seafood Source.**



Regal™
SEAFOOD BRAND

Atlantic Breaded Bar Clams

Alliance Seafood is pleased to introduce
Wild caught Atlantic Breaded Bar Clams.

These tenders morcels are fished off the coast of Atlantic Canada and are harvested by traditional methods. Our product is shucked and breaded in Atlantic Canada and our light coating ensures natural flavor with every bite.

NUTRITIONAL FACTS/ VALEUR NUTRITIVE

PER 18 AVERAGE PIECES (124 G)
POUR 18 MORCEAUX MOYENS (124 G)

Amount / Teneur

Calories / Calories	290	
Fat / Lipides	14g	22%
Saturated / satures	1g	5%
Trans / trans	0g	
Sodium / Sodium	580mg	24%
Potassium / Potassium	300mg	9%
Carbohydrate / Glucides	19g	6%
Fibre/Fibres	1g	2%
Sugars / Sucres	1g	
Protein / Proteines	20g	
Vitamin A / Vitamine A		10%
Vitamin C / Vitamine C		0%
Calcium / Calcium		4%
Iron / Fer		15%

Cooking Instructions

Deep fry for 1 Minute @ 350°F
Oven bake for 12-15 minutes @ 375°F

Product Specifications

10 x 1lb
Made from Atlantic Bar Clams.
Serve as a clam dinner or appetizer

SCC Code 10879601003478
UPC Code 879601003471
Product Code 405510
Case Dimension (cm) 33.5 cm x 29 cm x 16.7 cm
Ti - Hi 10 x 10



Ingredients: Bar Clam Meat, enriched wheat flour, corn flour, water, baking powder, canola oil, salt.
May Contain: Milk, Eggs



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