



Select HarvestTM

New England Clam Chowder

COOKED WITH CARE IN THE USA

DIRECTIONS: DO NOT ADD WATER
STOVE: Heat, stirring occasionally.
MICROWAVE: Heat, covered, in medium microwavable bowl OR 2 individual microwavable bowls on HIGH 3 to 3 1/2 min. Careful, leave in microwave 1 min., then stir.
CAUTION: Metal edges are sharp.

Nutrition Facts

Serving Size 1 cup (240mL)
Servings Per Container about 2

Amount Per Serving	
Calories 170	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 480mg	20%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	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

[†]Except for the small amount naturally occurring in yeast extract. Promptly refrigerate unused soup in separate container. Recommend use by date on can end. If using can opener, open *bottom* of can. Satisfaction guaranteed. If you have questions or comments, please call 1-800-257-8443. Please have code and date information from container. Visit our web site at: www.campbellselect.com

- Made with Tender Surf Clams
- No Artificial Flavors
- No MSG[†]

Real Ingredients. For Real Taste.TM

INGREDIENTS: CLAM BROTH, POTATOES, CLAMS, VEGETABLE OIL (CORN, COTTONSEED, CANOLA, AND/OR SOYBEAN), CELERY, CONTAINS LESS THAN 2% OF: LOWER SODIUM NATURAL SEA SALT, ONIONS, MODIFIED CORNSTARCH, WHEAT FLOUR, CREAM (MILK), POTASSIUM CHLORIDE, FLAVORING, SALT, SOY PROTEIN CONCENTRATE, SUGAR, YEAST EXTRACT, DEXTRIN, CLAM EXTRACT, PARSLEY[†], CITRIC ACID, SPICE. [†]DRIED

CAMPBELL SOUP COMPANY, CAMDEN, NJ U.S.A. 08103-1701

[†]Real Ingredients[™] are ingredients you understand.
IN CASE YOU DIDN'T KNOW:
Potassium Chloride is a type of salt that adds flavor but not sodium (see Nutrition Facts for sodium content).
Dextrin is a carbohydrate that comes from potato or corn starch.



SelectTM
NOW IMPROVED
NET WT. 18.8 OZ.
(1 LB. 2.8 OZ.) (533g)

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CLIP & REDEEM



5 POINT VALUE



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READY TO SERVE SOUP
SERVING SUGGESTION

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