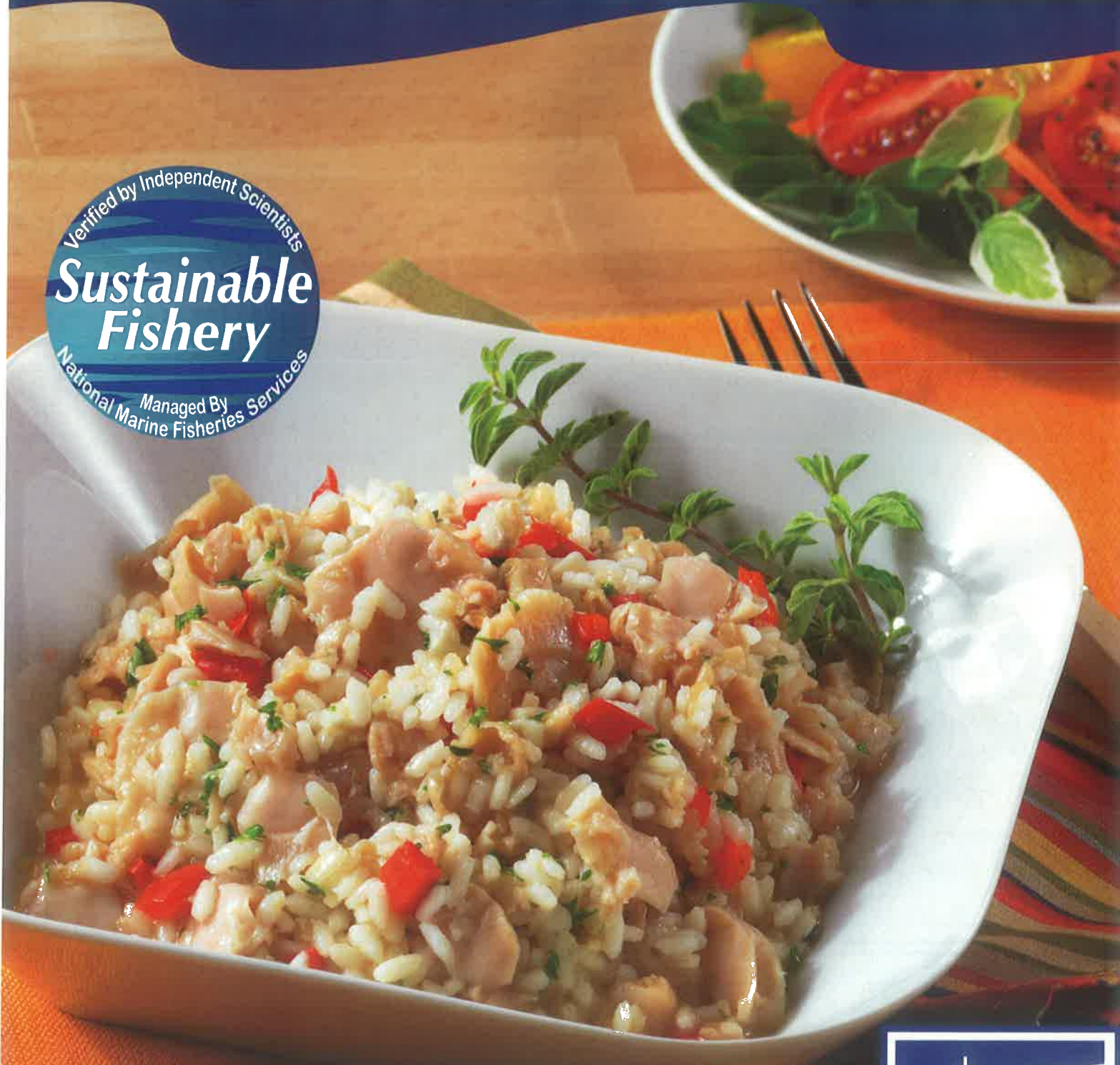


CHOPPED OCEAN CLAMS & OCEAN CLAM JUICE



Clams Risotto made with Chopped Ocean Clams, this and other great clam recipes available at SeaWatch.com



SEA WATCH CHOPPED OCEAN CLAMS & OCEAN CLAM JUICE

Sea Watch **Chopped Ocean Clams** are a product made from the Ocean Quahog Clam (*Arctica islandica*) harvested in US federally regulated waters. The harvest area is called the "Mid-Atlantic Bight" which is roughly a 40,000 square mile area off the coast of Virginia to Massachusetts between 3 miles and 200 miles offshore. The Ocean Clam has long been considered the work horse of the clam chowder world because of its robust flavor. The Ocean Clam is also a terrific low fat and low cholesterol source of protein.

The Offshore Clam fishery has been managed by the National Marine Fisheries Services since 1976. This fishery is considered by most in the marine science field as one of the best managed fisheries in the world. Under the Magnuson Stevens Act, sustainability is mandated by law.

Robust Flavor	Ready to use
Texture Identity	Profitable Protein
High in Protein	High in Iron and Selenium
Versatile	Low in Fat and Cholesterol

Sea Watch **Ocean Clam Juice** is derived from the processing of fresh clams. The liquid which is released during the processing is cooked, standardized and canned to provide a tremendous shelf stable flavor source for any seafood sauce, soup, chowder or sauté application. Ocean Clam Juice adds the robust flavor of the Ocean Clam to any recipe.

CODE	DESCRIPTION	OPERATOR PORTION COST	CASE PACK	GROSS WT.	NET WT.	CASE CUBE	PALLET
03Q31	SW Chopped Ocean Clams	1 oz.-\$.40	12/51 oz.	45 lb.	38 lb.	.95	8x7
03ES	ESF Chopped Ocean Clams	1 oz.-\$.40	12/51 oz.	45 lb.	38 lb.	.95	8x7
0Q31	SW Chopped Ocean Clams	1 oz.-\$.41	6/51 oz.	23 lb.	19 lb.	.48	16x7
03G31	SW Gourmet Chop Ocean Clams	1 oz.-\$.41	12/51 oz.	45 lb.	38 lb.	.95	8x7
0431	SW Ocean Clam Juice	1 oz.-\$.05	12/46 oz.	43 lb.	35 lb.	.95	8x7
04ES	ESF Ocean Clam Juice	1 oz.-\$.05	12/46 oz.	43 lb.	35 lb.	.95	8x7

CLAM STUFFED ITALIAN SHELLS



made with Chopped Ocean Clams

Nutrition Facts

Serving Size 1/4 cup (54g)
Serving per Container 27

Amount Per Serving
Calories 25 Calories from Fat 0
% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	310mg	13%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	

Protein 6g

Vitamin A 0% Vitamin C 0%
Calcium 0% 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

Total Fat	Calories 2,000	2,500
Saturated Fat	Less than 65g	80g
Cholesterol	Less than 20g	25g
Sodium	Less than 300mg	300mg
Total Carbohydrate	Less than 2,400mg	2,400mg
Dietary Fiber	300g	375g
Calories per gram	25g	30g

Fat 9 • Carbohydrate 4 • Protein 4

Based on SW Chopped Ocean Clams

Clams...protein perfected

Profitable

Versatile

High in Protein

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MADE in U.S.A.

