



Learn more at [www.harborseafood.com](http://www.harborseafood.com)

## Brown Clams

Although our clams are technically “farm raised” they are actually grown in natural sand beds bordering the ocean. They must be harvested at precisely the right moment in order to ensure meat quality and yield; Harbor Seafood’s team of quality assurance experts is there to do just that. Our fully cooked clams have been purged of sand, fully cleaned, and then frozen at their very best. You can just heat and serve!



## Nutrition Facts

Serving Size 4 oz / 113g

Amount Per Serving

**Calories 170**      Calories from Fat 20

% Daily Value\*

**Total Fat 2g**      **3%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 75mg**      **25%**

**Sodium 125mg**      **5%**

**Potassium 710mg**      **20%**

**Total Carbohydrate 6g**      **2%**

Dietary Fiber 0g      **0%**

Sugars 0g

**Protein 29g**

Vitamin A 15%      • Vitamin C 40%

Calcium 10%      • Iron 180%

Riboflavin 30%      • Niacin 20%

Vitamin B-6 6%      • Folate 8%

Vitamin B-12 1860%      • Pantothenic Acid 8%

Phosphorus 40%      • Magnesium 6%

Zinc 20%      • Selenium 100%

Copper 40%      • Manganese 60%

\* 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     |

Calories per gram:

Fat 9      • Carbohydrate 4      • Protein 4

### Features and Benefits:

Harbor Seafood offers clams in two great sizes- 11/16 per pound or 17/22 per pound. Both are packed in a 10 lb case. Our clams are fully cooked and cleaned (purged before cooking to eliminate sand), so the majority of the work is done! This offers the customer consistent quality, uniformity, meat yield, taste, texture and over all flavor. There is virtually no waste due to spoilage or unusable clams and most importantly, they are a safe and easy to use option. Oyster Bay clams are competitively priced and excellent for portion control and food cost. No more dealing with bushels, nets, tags, short shelf life and the overall mess that comes with the handling and holding of live clams. Our clams have a 24 month shelf life and come in convenient 1 lb packages; take what you need from the freezer to the pan with ease.

### Menu Ideas:

The recipes are endless with Oyster Bay clams. Serve them in a traditional dish such as linguine and clam sauce, in a garlic, lemon, white wine, shallot, and parsley broth or in a New England Clam Chowder. For something unique try an Andouille sausage and beer broth or sake steamed over soba noodles. Whatever you choose to create, Oyster Bay clams will not disappoint.

### Handling:

Keep frozen up to 24 months. Cook from frozen.

**11/16 count**  
**Whole Clams, In Shell, Fully Cooked**  
Item No. 640031  
GTIN 03249029111169

**17/22 count**  
**Whole Clams, In Shell, Fully Cooked**  
Item No. 640036  
GTIN 03249029117222

### Product Description

**1 lb**

**Pack Size**

10 x 1 lb

**Master Case Net Weight**

10 lb

**Master Case Gross Weight**

12 lb

**Case Dimensions & Case Cube**

14" L x 7.5" W x 8" H • 0.486

**Pallet Ti x Hi**

15 x 10

**Method of Catch**

Farm Raised

**Storage**

Keep Frozen

**Shelf Life**

24 months

**Species**

*Meretrix meretrix*

**Country of Origin**

Thailand