



Learn more at 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
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 0°F (-18°C)
Shelf Life	24 months
Species	<i>Meretrix meretrix</i>
Country of Origin	Thailand