

RC Seafood Base

No Added MSG**

Storage Conditions, Shelf Life, Servings and Yield

Storage: Refrigerate for best shelf life and flavor. May be frozen.

Shelf Life: 1 month non-refrigerated, 6 months refrigerated, may be frozen to extend shelf life.

Servings: 80 servings per 16 oz. jar.

Yield: 5 gallons.

Ingredients

Cooked seafood (lobster meat, shrimp, crab meat and clams), salt, sugar, autolyzed yeast extract, potato flour, onion powder, dextrose, ethyl alcohol, water, clam flavor (contains clam broth, salt, natural flavor), spices, garlic powder, dehydrated shrimp, natural lobster flavor, maltodextrin, natural flavor, disodium inosinate, disodium guanylate, crab extract, and xanthan gum.

Contains Shellfish.

Nutritional Information

Product prepared with: Water

	1 cup prepared	%DV*	Per 100 grams (base)
Weight or Serving Size	1 tsp. (6g)		100g
Calories	10		156
Calories from Fat	0		4
Total Fat	0g		0.5g
Saturated Fat	0g		0.1g
Trans Fat	0g		0.0g
Cholesterol	0mg		32.7mg
Sodium	740mg		13,120mg
Total Carbohydrates	1g		25.7g
Dietary Fiber	0g		0.5g
Sugar	1g		18.8g
Protein	1g		12.6g
Vitamin A		0%	38.3 IU
Vitamin C		0%	1.6mg
Calcium		0%	46.9mg
Iron		0%	0.7mg

*Percent Daily Value (DV) are based on a 2,000 calorie diet.

**Contains no added MSG except for that which is naturally occurring.