



Lobster Sauce

Gourmet Chef Packers is pleased to present this delicious, velvety smooth, gourmet lobster sauce made from all-natural ingredients.



KNOCEAN FOODS LTD.
SCOU DOUC, NEW BRUNSWICK

Gourmet Chef Packers provides kitchen convenience. Delivering a versatile lobster sauce to make delicious lobster mac and cheese, pasta sauce or even your own bisque.



1 BOIL WATER



2 ADD POUCH



3 REMOVE & SERVE

Temperature of sauce regardless of cooking method should be **74° C (165° F)** when serving.



COOKING METHODS:

→ Boil in a Bag

Place the frozen pouch in a medium-sized pot of water over high heat and bring to a rolling boil, boil for 8 minutes, carefully remove pouch from water, open and serve.

→ Stove Top

Pour contents of the pouch into a sauté pan and gently warm over medium heat for approx. 8 minutes.

Nutrition Facts

Per 1/2 (125 ml)

	% DV*
Calories 150	
Fat 10 g	13 %
Saturated 4.5 g	25 %
+ Trans 0.3 g	
Carbohydrate 10 g	
Fibre 1 g	4 %
Sugars 1 g	1 %
Protein 6 g	
Cholesterol 50 mg	
Sodium 610 mg	27 %
Potassium 175 mg	4 %
Calcium 50 mg	4 %
Iron 0.75 mg	4 %

*DV = Daily Value

5 % or less is a **little**, 15% or more is a **lot**

INGREDIENTS: Water • Lobster • Butter
• Flour • Onion • Carrot • Celery • Tomato
• Olive Oil • Garlic • Sea Salt • Natural Colour



DISTRIBUTED BY:
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