Hearty Foundations® Reserve GF

Gluten-Free Seafood Base

No Added MSG*

Product Description

A "clean" label, all-purpose paste base made from lobster, shrimp, crab, clams, bonito, sea salt and other natural ingredients. All ingredients are non-GMO. RC Reserve GF Seafood Base contains no added monosodium glutamate, artificial ingredients, hydrolyzed proteins, disodium inosinate or disodium guanylate. It is tested to be Gluten Free**. Prepared, this base has the pleasant flavor and aroma characteristic of a seafood stock. Made in the USA.

Product Usage

Prepare an instant seafood stock by dissolving product in water. A soup base makes an excellent foundation for creating or seasoning stocks and sauces. Use prepared stock to create home-style chowders, soups and bisques, to enhance pasta dishes or to season stuffing. Contact RC Fine Foods for recipe ideas or suggested uses.

Packaging Sizes and Product Yield

Packaged in BPA/Phthalate-free HDPE jars or pails. Each container has a lot code and "Best If Used By" date.

Product Number:	13801	13803	13805
Pack Size:	12/1 lb jars	6/1 lb jars	15 lb pail
Yields:	5 gallons/lb		

Storage Conditions and Shelf Life

Storage: Refrigerate upon receipt.
Shelf Life: 9 months.

Ingredient Statement

Cooked seafood (lobster meat, shrimp, crab meat and clams), sea salt, sugar, yeast extract, potato flour, food starch - modified, maltodextrin, water, onion powder, fish extract (bonito), dehydrated shrimp, spices, garlic powder, clam broth, lobster extract, and crab extract.
Allergens: Fish (Bonito), Shellfish (Lobster, Shrimp, Crab, Clam).

Nutritional Information

Product Prepared with: Water

	Prepared	Per 100 grams (base)
Weight or Serving Size	6 g (1 cup)	100 g
Calories	10	166
Total Fat	0 g	0.3 g
Saturated Fat	0 g	0.1 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	36.1 mg
Sodium	590 mg	10,360 mg
Total Carbohydrates	2 g	29.2 g
Dietary Fiber	0 g	0.7 g
Total Sugars	1 g	12.9 g
Added Sugars	1 g	12.5 g
Protein	1 g	12.5 g
Vitamin D	0 mcg	0.1 mcg
Calcium	4 mg	69.4 mg
Iron	0 mg	1.5 mg
Potassium	25 mg	441 mg

For Percentages of Daily Values, please refer to RC Nutritional Information Formats.
*Contains no added MSG except for that which is naturally occurring
** Reserve GF Seafood Base is laboratory tested to be Gluten Free (less than 20 ppm gliadin)

For Additional Product Information or Recipe Ideas contact:
RC Fine Foods • P.O. Box 236 • Belle Mead, NJ 08502
1-800-526-3953 • Fax 1-908-359-6957 • www.rcfinefoods.com

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