Shrimp & Sausage Gumbo

Dairy Free

Water, Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Celery, Green Peppers, Onions, Okra, Shrimp, Andouille Sausage (pork, potatoes, sea salt, sugar, spices, paprika, garlic, celery powder), White Rice, Wheat Flour, Tomato Puree (tomatoes, salt, naturally derived citric acid), Pork Fat, Chicken Fat, Sea Salt, Rice Starch, Parsley, Pepper Sauce (distilled vinegar, red pepper, salt), Garlic, Spices, Clam Concentrate (concentrated clam broth, salt), Paprika (for color). **Contains Shrimp, Wheat, Clam.**

Cal: 140	**Total Fat: 5g**	**Sat Fat: 1.5g**	**Trans Fat: 0g**	**Chol: 30mg**
Sodium: 710mg	**Total Carb: 17g**	**Fiber: 2g**	**Sugars: 3g**	**Protein: 7g**

Nutritional information based on 1 cup (8oz) serving

Shrimp & Sausage Gumbo

Dairy Free

Water, Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Celery, Green Peppers, Onions, Okra, Shrimp, Andouille Sausage (pork, potatoes, sea salt, sugar, spices, paprika, garlic, celery powder), White Rice, Wheat Flour, Tomato Puree (tomatoes, salt, naturally derived citric acid), Pork Fat, Chicken Fat, Sea Salt, Rice Starch, Parsley, Pepper Sauce (distilled vinegar, red pepper, salt), Garlic, Spices, Clam Concentrate (concentrated clam broth, salt), Paprika (for color). **Contains Shrimp, Wheat, Clam.**

Cal: 140	**Total Fat: 5g**	**Sat Fat: 1.5g**	**Trans Fat: 0g**	**Chol: 30mg**
Sodium: 710mg	**Total Carb: 17g**	**Fiber: 2g**	**Sugars: 3g**	**Protein: 7g**

Nutritional information based on 1 cup (8oz) serving

Shrimp & Sausage Gumbo

Dairy Free

Water, Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Celery, Green Peppers, Onions, Okra, Shrimp, Andouille Sausage (pork, potatoes, sea salt, sugar, spices, paprika, garlic, celery powder), White Rice, Wheat Flour, Tomato Puree (tomatoes, salt, naturally derived citric acid), Pork Fat, Chicken Fat, Sea Salt, Rice Starch, Parsley, Pepper Sauce (distilled vinegar, red pepper, salt), Garlic, Spices, Clam Concentrate (concentrated clam broth, salt), Paprika (for color). **Contains Shrimp, Wheat, Clam.**

Cal: 140	**Total Fat: 5g**	**Sat Fat: 1.5g**	**Trans Fat: 0g**	**Chol: 30mg**
Sodium: 710mg	**Total Carb: 17g**	**Fiber: 2g**	**Sugars: 3g**	**Protein: 7g**

Nutritional information based on 1 cup (8oz) serving

Shrimp & Sausage Gumbo

Dairy Free

Water, Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Celery, Green Peppers, Onions, Okra, Shrimp, Andouille Sausage (pork, potatoes, sea salt, sugar, spices, paprika, garlic, celery powder), White Rice, Wheat Flour, Tomato Puree (tomatoes, salt, naturally derived citric acid), Pork Fat, Chicken Fat, Sea Salt, Rice Starch, Parsley, Pepper Sauce (distilled vinegar, red pepper, salt), Garlic, Spices, Clam Concentrate (concentrated clam broth, salt), Paprika (for color). **Contains Shrimp, Wheat, Clam.**

Cal: 140	**Total Fat: 5g**	**Sat Fat: 1.5g**	**Trans Fat: 0g**	**Chol: 30mg**
Sodium: 710mg	**Total Carb: 17g**	**Fiber: 2g**	**Sugars: 3g**	**Protein: 7g**

Nutritional information based on 1 cup (8oz) serving

Shrimp & Sausage Gumbo

Dairy Free

Water, Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Celery, Green Peppers, Onions, Okra, Shrimp, Andouille Sausage (pork, potatoes, sea salt, sugar, spices, paprika, garlic, celery powder), White Rice, Wheat Flour, Tomato Puree (tomatoes, salt, naturally derived citric acid), Pork Fat, Chicken Fat, Sea Salt, Rice Starch, Parsley, Pepper Sauce (distilled vinegar, red pepper, salt), Garlic, Spices, Clam Concentrate (concentrated clam broth, salt), Paprika (for color). **Contains Shrimp, Wheat, Clam.**

Cal: 140	**Total Fat: 5g**	**Sat Fat: 1.5g**	**Trans Fat: 0g**	**Chol: 30mg**
Sodium: 710mg	**Total Carb: 17g**	**Fiber: 2g**	**Sugars: 3g**	**Protein: 7g**

Nutritional information based on 1 cup (8oz) serving

Shrimp & Sausage Gumbo

Dairy Free

Water, Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Celery, Green Peppers, Onions, Okra, Shrimp, Andouille Sausage (pork, potatoes, sea salt, sugar, spices, paprika, garlic, celery powder), White Rice, Wheat Flour, Tomato Puree (tomatoes, salt, naturally derived citric acid), Pork Fat, Chicken Fat, Sea Salt, Rice Starch, Parsley, Pepper Sauce (distilled vinegar, red pepper, salt), Garlic, Spices, Clam Concentrate (concentrated clam broth, salt), Paprika (for color). **Contains Shrimp, Wheat, Clam.**

Cal: 140	**Total Fat: 5g**	**Sat Fat: 1.5g**	**Trans Fat: 0g**	**Chol: 30mg**
Sodium: 710mg	**Total Carb: 17g**	**Fiber: 2g**	**Sugars: 3g**	**Protein: 7g**

Nutritional information based on 1 cup (8oz) serving

Shrimp & Sausage Gumbo

Dairy Free

Water, Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Celery, Green Peppers, Onions, Okra, Shrimp, Andouille Sausage (pork, potatoes, sea salt, sugar, spices, paprika, garlic, celery powder), White Rice, Wheat Flour, Tomato Puree (tomatoes, salt, naturally derived citric acid), Pork Fat, Chicken Fat, Sea Salt, Rice Starch, Parsley, Pepper Sauce (distilled vinegar, red pepper, salt), Garlic, Spices, Clam Concentrate (concentrated clam broth, salt), Paprika (for color). **Contains Shrimp, Wheat, Clam.**

Cal: 140	**Total Fat: 5g**	**Sat Fat: 1.5g**	**Trans Fat: 0g**	**Chol: 30mg**
Sodium: 710mg	**Total Carb: 17g**	**Fiber: 2g**	**Sugars: 3g**	**Protein: 7g**

Nutritional information based on 1 cup (8oz) serving

Shrimp & Sausage Gumbo

Dairy Free

Water, Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Celery, Green Peppers, Onions, Okra, Shrimp, Andouille Sausage (pork, potatoes, sea salt, sugar, spices, paprika, garlic, celery powder), White Rice, Wheat Flour, Tomato Puree (tomatoes, salt, naturally derived citric acid), Pork Fat, Chicken Fat, Sea Salt, Rice Starch, Parsley, Pepper Sauce (distilled vinegar, red pepper, salt), Garlic, Spices, Clam Concentrate (concentrated clam broth, salt), Paprika (for color). **Contains Shrimp, Wheat, Clam.**

Cal: 140	**Total Fat: 5g**	**Sat Fat: 1.5g**	**Trans Fat: 0g**	**Chol: 30mg**
Sodium: 710mg	**Total Carb: 17g**	**Fiber: 2g**	**Sugars: 3g**	**Protein: 7g**

Nutritional information based on 1 cup (8oz) serving

Shrimp & Sausage Gumbo

Dairy Free

Water, Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Celery, Green Peppers, Onions, Okra, Shrimp, Andouille Sausage (pork, potatoes, sea salt, sugar, spices, paprika, garlic, celery powder), White Rice, Wheat Flour, Tomato Puree (tomatoes, salt, naturally derived citric acid), Pork Fat, Chicken Fat, Sea Salt, Rice Starch, Parsley, Pepper Sauce (distilled vinegar, red pepper, salt), Garlic, Spices, Clam Concentrate (concentrated clam broth, salt), Paprika (for color). **Contains Shrimp, Wheat, Clam.**

Cal: 140	**Total Fat: 5g**	**Sat Fat: 1.5g**	**Trans Fat: 0g**	**Chol: 30mg**
Sodium: 710mg	**Total Carb: 17g**	**Fiber: 2g**	**Sugars: 3g**	**Protein: 7g**

Nutritional information based on 1 cup (8oz) serving

Shrimp & Sausage Gumbo

Dairy Free

Water, Chicken Stock (water, chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid), Celery, Green Peppers, Onions, Okra, Shrimp, Andouille Sausage (pork, potatoes, sea salt, sugar, spices, paprika, garlic, celery powder), White Rice, Wheat Flour, Tomato Puree (tomatoes, salt, naturally derived citric acid), Pork Fat, Chicken Fat, Sea Salt, Rice Starch, Parsley, Pepper Sauce (distilled vinegar, red pepper, salt), Garlic, Spices, Clam Concentrate (concentrated clam broth, salt), Paprika (for color). **Contains Shrimp, Wheat, Clam.**

Cal: 140	**Total Fat: 5g**	**Sat Fat: 1.5g**	**Trans Fat: 0g**	**Chol: 30mg**
Sodium: 710mg	**Total Carb: 17g**	**Fiber: 2g**	**Sugars: 3g**	**Protein: 7g**

Nutritional information based on 1 cup (8oz) serving