Turkey Gumbo

Dairy Free

Tomatoes (tomatoes, salt, citric acid), Turkey Thigh Meat, Onions, Small Red Beans, Green Peppers, Green Chilies (green chile peppers, water, salt, citric acid), Tomato Paste (tomatoes, naturally derived citric acid), Garlic, Spices, Chicken Fat, Paprika (for color), Sea Salt, Chili Powder (spices, sea salt, garlic powder), Pepper Sauce (distilled vinegar, red pepper, salt).

Cal: 200	**Total Fat: 4g**	**Sat Fat: 1g**	**Trans Fat: 0g**	**Chol: 70mg**
Sodium: 550mg	**Total Carb: 21g**	**Fiber: 6g**	**Sugars: 7g**	**Protein: 22g**

Nutritional information based on 1 cup (8oz) serving

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