

## Shrimp & Sausage Gumbo



Tender shrimp, Andouille sausage, vine-ripened tomatoes, sliced okra and white rice in a roux-thickened chicken stock with chopped parsley and a dash of pepper sauce.



**Contains Shellfish and Wheat.**

### INGREDIENTS:

Water, Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Celery, Green Peppers, Onions, Okra, Smoked Andouille Sausage (pork, seasoning [sea salt, spices, brown sugar, native potato starch, paprika, garlic, natural cure {blend of celery powder, sea salt}], water), Shrimp, Parboiled Long Grain Rice, Wheat Flour, Pork Fat, Tomato Puree (tomatoes, salt, citric acid), Chicken Fat, Sea Salt, Rice Starch, Parsley, Pepper Sauce (distilled vinegar, red pepper, salt), Garlic, Clam Concentrate (concentrated clam broth, salt), Paprika (for color), Gumbo File, Dried Thyme, Black Pepper, Bay Leaves, Cayenne Ground Pepper, Red Pepper Flakes, Cloves.

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 cup (245g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 690mg	<b>30%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 1mcg	<b>6%</b>
Calcium 46mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 216mg	<b>4%</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

CODE	GTIN	PACK SIZE	SHELF LIFE
700194	00667978042410	4-4# Bags/Case	15 months from manufacture

### FROZEN HANDLING INSTRUCTIONS:

Hold at a frozen state 0-15°F until time of use. Thaw under refrigeration for approximately 24-36 hours at or below 40°F. Heat to 165°F as quickly as possible by placing pouches in a water bath, kept preferably around 180 -190°F or by pouring thawed product into double boiler (stirring constantly to avoid scalding).

**PALLET CONFIGURATIONS:** 17 x 6 (102) **CASE DIMENSIONS:** 11.8125" x 9.3125" x 5.875"