

Chicken Gumbo Soup



Tender chicken, onions, celery, peppers and okra in a savory chicken broth with tomato and white rice, finished with traditional Cajun spices.



INGREDIENTS:

Water, Chicken Meat, Onions, Celery, Tomato Paste (tomatoes), White Rice, Green Peppers, Okra, Rice Flour, Canola Oil, Red Bell Pepper, Chicken Broth Concentrate (chicken stock, natural flavor, salt, chicken fat), Sea Salt, Sugar, Cajun Seasoning (garlic, salt, onion, paprika, oregano, white pepper, red pepper, spice), Yeast Extract (yeast extract, salt), Corn Starch, Gumbo File, Citric Acid, Basil, Mexican Oregano, Dried Thyme.

Nutrition Facts	
7 servings per container	
Serving size	1 Cup (245g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 880mg	38%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 187mg	4%

*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.

CODE	GTIN	PACK SIZE	SHELF LIFE
910130	10667978012854	4 - 4lb. 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).