

## Turkey Gumbo



Slow-simmered turkey, sliced okra, vine-ripened tomatoes and white rice in a roux-thickened chicken stock with Cajun spices and chopped parsley.



Contains Wheat.

### INGREDIENTS:

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), Turkey Thigh Meat, Okra, Onions, Carrots, Celery, Parboiled Long Grain Rice, Turkey Breast, Green Peppers, Chicken Fat, Sherry Wine (contains sulfites), Wheat Flour, Sea Salt, Garlic, Parsley, Paprika (for color), Pepper Sauce (distilled vinegar, red pepper, salt), Black Pepper, Gumbo File, Dried Thyme, Bay Leaves, Cloves, Cayenne Ground Pepper, Red Pepper Flakes.

<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> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 620mg	<b>27%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	<b>0%</b>
Calcium 40mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 305mg	<b>6%</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.

MFG CODE	RECIPE CODE	GTIN	PACK SIZE	SHELF LIFE
700042	500031	00667978017050	2-8# Bags/Case	38 days from manufacture

### REFRIGERATED HANDLING INSTRUCTIONS:

Store at 30-38°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 product into double boiler (stirring constantly to avoid scalding).

**PALLET CONFIGURATIONS:** 14 x 7 (98) **CASE DIMENSIONS:** 14.875" x 8.25" x 5"