



ITEM
2052

Shrimp & Sausage Gumbo (Frozen Retail)

Our specially prepared creole classic with shrimp, sausage, rice, okra, celery and green peppers. A Southern sensation you'll swear came straight from Louisiana.



Soups, Chowders, Chilis

UPC:

730516060174

Case GTIN:

730516920522

Case:

6 x 18 oz cups | Net Weight: 6.75 lb | Gross Weight: 7.25 lb
Case Dimensions: 14.25" x 9.25" x 4.1875" | Case Cube: .32

Pallet:

14 per tier / 10 tiers high | 140 cases per pallet. Pallet weight (gross): 1015 lbs

INGREDIENTS:

VEGETABLE STOCK (water, sea salt, onion powder, maltodextrin, dextrose, yeast extract [yeast extract, salt], carrot powder, celery seed, white pepper, turmeric), SHRIMP, LONG GRAIN RICE (rice, iron [ferric phosphate], niacin, thiamine [thiamine mononitrate], folic acid), TOMATO (tomatoes, tomato juice, salt, calcium chloride, citric acid), CELERY, ONION, ANDOUILLE SAUSAGE (pork, seasoning [sea salt, spice, brown sugar, native potato starch, paprika, garlic, natural cure (celery powder, sea salt)], water), OKRA, SUNTAN PEPPER, FLOUR (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), CANOLA OIL, GARLIC, CARAMEL COLOR, SPICES, CAYENNE PEPPER SAUCE (aged cayenne red peppers, vinegar, water, salt, garlic powder), GRANULATED GARLIC, PAPRIKA, CRUSHED RED PEPPER, GROUND RED PEPPER.

CONTAINS:

Shellfish (Shrimp) and Wheat.



Cooking Instructions:

Microwave: Heating times are approximate. Cut open pouch across the top and pour contents into a microwave-safe dish. Loosely cover with paper towel and heat on high for 3 minutes. Stir well, then heat for an additional 1-2 minutes.

Stovetop: Place unopened bag in boiling water. Heat for 10-12 minutes, stirring occasionally. Remove pouch, carefully snip off corner and pour into serving dish.



Handling:

Keep frozen. Thaw under refrigeration.



Shelf Life:

18 months from manufacture date, frozen. Once thawed use within 21 days.

Nutrition Facts

about 2 servings per container

Serving size

1 cup (245g)

	Per serving	% DV*	Per container	% DV*
Calories	190		400	
Total Fat	6g	7%	12g	15%
Saturated Fat	1g	6%	2.5g	12%
Trans Fat	0g		0g	
Cholesterol	50mg	16%	105mg	34%
Sodium	630mg	27%	1310mg	57%
Total Carbohydrate	24g	9%	50g	18%
Dietary Fiber	1g	5%	3g	10%
Total Sugars	4g		8g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	11g		22g	
Vitamin D	0mcg	0%	0.1mcg	0%
Calcium	50mg	4%	110mg	8%
Iron	1.4mg	8%	2.9mg	15%
Potassium	210mg	4%	440mg	10%

* The % Daily Value (DV) 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.