



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: 14.50" x 9.75" x 5.25" | Case Cube: .43

**Pallet:**

13 per tier/ 10 tiers high | 130 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*
<b>Calories</b>	<b>190</b>		<b>400</b>	
<b>Total Fat</b>	6g	7%	12g	15%
Saturated Fat	1g	6%	2.5g	12%
Trans Fat	0g		0g	
<b>Cholesterol</b>	50mg	16%	105mg	34%
<b>Sodium</b>	630mg	27%	1310mg	57%
<b>Total Carbohydrate</b>	24g	9%	50g	18%
Dietary Fiber	1g	5%	3g	10%
Total Sugars	4g		8g	
Incl. Added Sugars	0g	0%	0g	0%
<b>Protein</b>	11g		22g	
<b>Vitamin D</b>	0mcg	0%	0.1mcg	0%
<b>Calcium</b>	50mg	4%	110mg	8%
<b>Iron</b>	1.4mg	8%	2.9mg	15%
<b>Potassium</b>	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.