

# ITEM FACT SHEET

# CHICKEN GUMBO

Our gumbo starts with a Cajun-spiced broth base. We blend in long grain rice, diced, all white meat chicken, sliced okra, diced tomatoes and bell peppers.

## Nutrition Facts

32 Servings per container	
<b>Serving Size</b>	<b>8 oz.</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1 g	<b>1%</b>
Saturated Fat 0 g	<b>2%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 20 mg	<b>7%</b>
<b>Sodium</b> 790 mg	<b>34%</b>
<b>Total Carbohydrate</b> 12 g	<b>4%</b>
Dietary Fiber 1 g	<b>2%</b>
Total Sugars 2 g	
Includes 1 g Added Sugars	<b>1%</b>
<b>Protein</b> 7 g	
Vitamin D 0 mg	0%
Calcium 22 mg	2%
Iron 0 mg	2%
Potassium 127 mg	2%

\*The % Daily Values (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.



### PRODUCT SPECIFICATIONS;

CODE	GTIN	DOT Code	PACK DESCRIPTION	GROSS WT.	NET WT.
102282	00015094022821	49458	2/8 LB. BAGS	16.7 LBS	16LBS

### SHIPPING INFORMATION;

LENGTH	WIDTH	HEIGHT	VOLUME	TI x HI	SHELF LIFE	STORAGE TEMP From/To
14 ½ IN	8 1/4 IN	5 IN	0.3461	13/9	540 Days	-10 FAH / 0 FAH

## INGREDIENT INFO

WATER, CHICKEN, TOMATOES (DICED TOMATOES, TOMATO JUICE, CALCIUM CHLORIDE, CITRIC ACID), OKRA, MODIFIED WHEAT STARCH, RICE (LONG GRAIN PARBOILED RICE, ENRICHED WITH IRON [FERRIC PHOSPHATE], NIACIN, THIAMINE MONONITRATE, AND FOLIC ACID), CHICKEN BROTH, CHICKEN BASE (ROASTED CHICKEN, SALT, SUGAR, HYDROLYZED CORN PROTIEIN, CHICKEN FAT, ONION POWDER, DISODIUM INOSINATE, DISODIUM GUANYLATE, EXTRACTIVE OF TURMERIC, SPICE EXTRACTIVE), CELERY, TOMATO PASTE, ONION, GREEN BELL PEPPER, SUGAR, SALT, GUMBO SEASONING (SALT, SPICES, MONOSODIUM GLUTAMATE, DEXTROSE, MALTODEXTRIN, ONIONS, BELL PEPPERS, SOY OIL, NOT MORE THAN 2% SILICON DIOXIDE ADDED TO PREVENT CAKING), CAYENNE PEPPER, GARLIC, TURMERIC.

CONTAINS: WHEAT, SOY

HANDLING SUGGESTIONS	PREP & COOKING SUGGESTIONS	BENEFITS
All products should be kept frozen. Products may be thawed in the refrigerator to speed preparation time. Never thaw products at room temperature. Reheating cooked product or adding reheated product to fresh product is not recommended.	Place unopened bag of product in a large pot of boiling water. Lower heat and simmer until product reaches internal temperature of 165°F, approximately 40 - 50 minutes from frozen or 20 - 25 minutes from thawed state. Internal temperature can be checked by removing bag from water and folding it, unopened, around a stemmed thermometer. Transfer to a serving container and hold at 150°F –160°F until served.	Ready to use, simply heat and serve. Consistent every time.