



Shrimp & Okra Gumbo

753025

Ingredients

Water, Shrimp (Shrimp, Water, Sodium Tripolyphosphates and Salt), Tomato Sauce (Tomato Concentrate [Water, Tomato Paste], Water, Salt, Citric Acid, Red Bell Pepper Powder, Dextrose, Spice, Natural Flavor), Okra, Onion, Cottonseed Oil (Fully refined Cottonseed Oil with TBHQ and Citric Acid [To preserve stability and freshness], Dimethylpolysiloxane [Added to reduce foaming]), Enriched Bleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin and Folic Acid), Celery, Tomato Paste (Vined Ripened Fresh Tomatoes and naturally derived Citric Acid), Bell Pepper, Salt, Green Onion, Corn Starch, Garlic, Spices and Gumbo File (Sassafras Leaves).

Directions

Thaw pouch in refrigerator. Pour contents into saucepan and warm on medium heat.

Keep Frozen • Do Not Refreeze
May Contain Sulfites

Nutrition Facts

servings per container

Serving size 1 cup (265g)

Amount per serving

Calories 190

% Daily Value*

Total Fat 10g 13%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 1100mg 48%

Total Carbohydrate 20g 7%

Dietary Fiber 0g 0%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 0mg 0%

Potassium 296mg 6%

*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.



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1997 Surgi Dr | Mandeville, LA 70448 | P 985.624.3818 | drgumbo.com