



**Cajun-Style Chicken & Chorizo Gumbo - As Packaged**

Ingredients: CHICKEN STOCK (water, chicken base [chicken meat, natural chicken juices, salt, sugar, auto-lyzed yeast extract, maltodextrin, natural flavor, onion powder, spice extract, turmeric {color}],), COOKED ENRICHED PARBOILED RICE (long grain milled rice, ferric orthophosphate, niacin, thiamine mononitrate, folic acid), VEGETABLES (onions, celery, carrots, okra, green and red bell peppers), TOMATOES (tomatoes, tomato puree, salt, citric acid), CHICKEN (cooked chicken, salt), COOKED CHORIZO SAUSAGE (pork, water, spices, paprika, salt, sugar, garlic powder, citric acid, turmeric), WHITE WINE (contains potassium metabisulfite), MODIFIED CORNSTARCH, OLIVE OIL, GREEN ONIONS, CAJUN SEASONING (paprika, salt, red pepper, garlic, onion, spices), GARLIC, SALT, CULTURED DEXTROSE ON MALTODEXTRIN, SPICES, FILE GUMBO (sassafras leaf powder), PARSLEY, HOT SAUCE (aged cayenne red peppers, vinegar, salt, garlic), CITRIC ACID, CRUSHED RED PEPPERS, CULTURED WHEY.

THIS PRODUCT CONTAINS: MILK

**As Prepared**

<b>Nutrition Facts</b>	
Serving Size 1 cup prepared (245g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 100</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 940mg</b>	<b>39%</b>
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber 1g	4%
Sugars 2g	
<b>Protein 4g</b>	
Vitamin A 35%	• Vitamin C 8%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	