

ITEM#: 53004
BLOUNT FINE FOODS

ITEM UPC: 077958530040
CASE UPC: 10077958530047

[RETAIL BAG IN CUP]



[Blount Clam Shack]

Gumbo

with uncured sausage,
white meat chicken and shrimp.

Nutrition Facts

about 3.5 servings per container
Serving size 1 cup (245g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 880mg	38%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%

Protein 10g

Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.5mg	8%
Potassium 370mg	8%

*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.

INGREDIENTS: Water, Tomatoes, Okra, Uncured Chourico Sausage With No Added Nitrites or Nitrates Except Naturally Occurring Nitrates in Celery Powder (Pork, Water, Nonfat Dry Milk, Salt, Paprika, Spices, Garlic, Celery Powder), White Meat Chicken Raised Without Antibiotics, Shrimp, Green Bell Peppers, Onions, Celery, Enriched Long Grain Parboiled Rice (Rice, Ferric Orthophosphate, Thiamine Mononitrate, Folic Acid), Contains 2% or less of: Butter (Cream, Salt), Modified Corn Starch, Wheat Flour, Garlic, Beef Stock Concentrate (Beef, Beef Stock), Natural Flavor, Onion Powder, Garlic Powder, Sugar, Yeast Extract, Xanthan Gum, Salt, Organic Canola Oil, Dry Mustard, Nisin Preparation and Spices.

CONTAINS: Milk, Shellfish (Shrimp) and Wheat.

Shelf Life: 90 days from manufacture

Pack Size: 8/30 oz bag in cup

HI-TI: 6/10

Cube: 0.6637

Net Weight: 15 lbs

Gross Weight: 16.5 lbs

LxWxH: 18.9 x 9.6 x 6.4



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