

ITEM#: 73404

Blount Fine Foods

ITEM UPC: 0-77958-73404-2

CASE UPC: 100-77958-73404-9

[Blount Clam Shack]

Gumbo

with uncured sausage,
white meat chicken and shrimp.

[RETAIL BAG IN CUP]



Hearty chunks of chicken, tender shrimp, savory uncured sausage, long grain rice, vegetables and spices make this a land-lover's favorite.

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 (Long Grain Parboiled Rice, Calcium Carbonate, Iron Phosphate, 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 and Spices.

CONTAINS: Milk, Shellfish (Shrimp) and Wheat.

Nutrition Facts

About 2 servings per container

Serving size **1 cup (245g)**

	Per serving		Per container	
		% DV*		% DV*
Calories	160		340	
Total Fat	6g	8%	13g	17%
Saturated Fat	2.5g	13%	5g	25%
Trans Fat	0g		0g	
Cholesterol	40mg	13%	85mg	28%
Sodium	850mg	37%	1770mg	77%
Total Carb.	17g	6%	36g	13%
Dietary Fiber	2g	7%	4g	14%
Total Sugars	3g		6g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	10g		21g	
Vitamin D	0mcg	0%	0.1mcg	0%
Calcium	80mg	6%	160mg	10%
Iron	1.5mg	8%	3.1mg	15%
Potassium	370mg	8%	770mg	15%

* 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.

Shelf Life: 455 days from
manufacture Pack Size: 8/18 oz
bag in cup
HI-TI: 4/20
Cube: 0.45

Net Weight: 9 lbs
Gross Weight: 10.5 lbs
LxWxH: 13.3 x 7.5 x 7.8



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