Shrimp & Sausage Gumbo

Water, Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Celery, Green Peppers, Onions, Okra, Smoked Andouille Sausage (pork, seasoning [sea salt, spices, brown sugar, native potato starch, paprika, garlic, natural cure {blend of celery powder, sea salt}], water), Shrimp, Parboiled Long Grain Rice, Wheat Flour, Pork Fat, Tomato Puree (tomatoes, salt, citric acid), Chicken Fat, Sea Salt, Rice Starch, Parsley, Pepper Sauce (distilled vinegar, red pepper, salt), Garlic, Clam Concentrate (clam, salt), Paprika (for color), Gumbo File, Dried Thyme, Black Pepper, Bay Leaves, Cayenne Ground Pepper, Red Pepper Flakes, Cloves. **Contains: Shellfish and Wheat.**

Cal: 140	**Total Fat: 5g**	**Sat Fat: 1.5**	**Trans Fat: 0g**	**Chol: 20mg**
Sodium: 790mg	**Total Carb: 17g**	**Fiber: 2g**	**Sugars: 3g**	**Protein: 6g**

Nutritional information based on 1 cup (8oz) serving.

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