Chicken Gumbo Soup

Water, Chicken Meat, Onions, Celery, Tomato Paste (tomatoes), White Rice, Green Peppers, Okra, Rice Flour, Canola Oil, Red Bell Pepper, Chicken Broth Concentrate (chicken stock, natural flavor, salt, chicken fat), Sea Salt, Sugar, Cajun Seasoning (garlic, salt, onion, paprika, oregano, white pepper, red pepper, spice), Yeast Extract (yeast extract, salt), Corn Starch, Gumbo File, Citric Acid, Basil, Mexican Oregano, Dried Thyme.

Cal: 140	**Total Fat: 4.5g**	**Sat Fat: 0g**	**Trans Fat: 0g**	**Chol: 10mg**
Sodium: 880mg	**Total Carb: 19g**	**Fiber: 1g**	**Sugars: 4g**	**Protein: 6g**

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

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