Turkey Gumbo

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), Turkey Thigh Meat, Okra, Onions, Carrots, Celery, Parboiled Long Grain Rice, Turkey Breast, Green Peppers, Chicken Fat, Sherry Wine (contains sulfites), Wheat Flour, Sea Salt, Garlic, Parsley, Paprika (for color), Pepper Sauce (distilled vinegar, red pepper, salt), Black Pepper, Gumbo File, Dried Thyme, Bay Leaves, Cloves, Cayenne Ground Pepper, Red Pepper Flakes. **Contains Wheat.**

Cal: 140	**Total Fat: 4g**	**Sat Fat: 1.5g**	**Trans Fat: 0g**	**Chol: 35mg**
Sodium: 620mg	**Total Carb: 15g**	**Fiber: 2g**	**Sugars: 2g**	**Protein: 11g**

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

Turkey Gumbo

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), Turkey Thigh Meat, Okra, Onions, Carrots, Celery, Parboiled Long Grain Rice, Turkey Breast, Green Peppers, Chicken Fat, Sherry Wine (contains sulfites), Wheat Flour, Sea Salt, Garlic, Parsley, Paprika (for color), Pepper Sauce (distilled vinegar, red pepper, salt), Black Pepper, Gumbo File, Dried Thyme, Bay Leaves, Cloves, Cayenne Ground Pepper, Red Pepper Flakes. **Contains Wheat.**

Cal: 140	**Total Fat: 4g**	**Sat Fat: 1.5g**	**Trans Fat: 0g**	**Chol: 35mg**
Sodium: 620mg	**Total Carb: 15g**	**Fiber: 2g**	**Sugars: 2g**	**Protein: 11g**

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

#