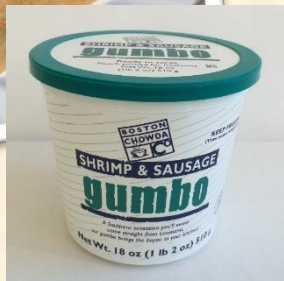




Boston Chowda Co.



Shrimp & Sausage Gumbo

Our specially prepared creole classic with shrimp, sausage, rice, okra, celery and green peppers. A Southern sensation you'll swear came straight from Louisiana.

Item #	UPC	Case	Pallet
2052	730516060174	6 x 18 oz cups Net Weight: 6.75 lb Gross Weight: 7.25 lb Case Dimensions: 14.25" x 9.25" x 4.1875" Case Cube: .32	14 per tier / 10 tiers high 140 cases per pallet Pallet weight (gross): 1015 lbs

INGREDIENTS: VEGETABLE STOCK (water, sea salt, onion powder, maltodextrin, dextrose, yeast extract, carrot powder, spices, turmeric), SHRIMP, RICE (rice, iron phosphate, niacin, thiamine, mononitrate, folic acid), TOMATO (tomatoes, tomato juice, salt, calcium chloride, citric acid), ANDOUILLE SUASAGE (all natural pork, potatoes, sea salt, evaporated cane juice, spices, paprika, garlic, celery powder), ONION, CELERY, SUNTAN PEPPER, OKRA, FLOUR (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), CANOLA OIL, GARLIC, SPICES, CAYENNE PEPPER SAUCE (cayenne peppers, vinegar, water, salt, garlic powder), PAPRIKA, CAMEL COLOR.

CONTAINS: Shellfish, Wheat.

COOKING INSTRUCTIONS: Heat soup until it reaches a uniform 165°F. Hold product at 145°F or above.

HANDLING: Keep frozen. Thaw under refrigeration.

SHELF LIFE: 18 months from manufacture date, frozen. Once thawed use within 21 days.

Nutrition Facts

Serving Size 1 cup (241g)

Amount Per Serving

Calories 190 **Calories from Fat** 50

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 870mg **36%**

Total Carbohydrate 25g **8%**

Dietary Fiber 1g **5%**

Sugars 3g

Protein 8g

Vitamin A 30% • Vitamin C 60%

Calcium 8% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.



PGI Foods

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