



SIGNATURE CREOLE CHICKEN GUMBO

Case Code
08297

Pack & Size
3 x 1.81 kg (4lb) tub



A Louisiana-style gumbo made with diced tomatoes, okra, chicken, green peppers and rice, seasoned garlic.

Nutrition Facts

Serving Size	125 mL condensed (250 mL prepared)
Amount Per Serving	
Calories 70	Calories from Fat
	% Daily Value
Total Fat 0.5g	1%
Saturated Fat 0.2g	1%
Cholesterol 5mg	2%
Sodium 830mg	35%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 3g	6%
Protein 3g	6%
Vitamin A 2%	Vitamin C 2%
Calcium 4%	Iron 2%
Vitamin E 0%	Thiamine 0%
Magnesium 0%	Zinc 0%

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

Nutrition Facts are based on our current data. However, because the data may change from time to time, this information may not always be identical to the Nutrition Facts table found on the labels of products.

INGREDIENTS

CHICKEN BROTH (WATER, CHICKEN STOCK), DICED TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), ONIONS, OKRA, SEASONED CHICKEN (SOY), CELERY, GREEN PEPPERS, TOMATO PASTE, RICE, MODIFIED CORN STARCH, SALT, DRIED GARLIC, YEAST EXTRACT, DRIED PARSLEY, SUGAR, CITRIC ACID, SPICE EXTRACTS, SPICES (CONTAIN CHILLIES), SEASONING (MUSTARD), FLAVOUR.

FEATURES AND BENEFITS

Easy to prepare: 1:1 Reconstitution with water (or milk for seafood chowders). Our split pack tray results in quicker preparation time as it allows you to make half batches.

Our soups start with stocks, seasoning and other ingredients simmered to perfection. Vegetables are added last and therefore are cooked for the first time when you prepare the soup in your kitchen.

SERVING IDEAS

As a soup, or ingredient in many of your favourite recipes. Add simple garnishes to create signature soups.

PREPARATION

Cooking Directions Remove plastic film 1) Place 1 tray (2 blocks) of soup in pot. 2) Add one full tray (1.9 L or 8 cups) water and cover. 3) Heat to boiling (min. 80C/ 180F), stirring occasionally. Reduce heat (70C/ 160F) and cover. Stir periodically.

HANDLING

Do not re-freeze. Do not use if film is torn or missing.

STORAGE

Shelf Life: 21 months

Storage Temperature: -18C

MORE

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PACKAGING DETAILS

Pack & Size:	3 x 1.81 kg (4lb) tub	Case Weight:	5.90 KG	UPC:	63211082975
Cube:	0.011 M	Case Size:	45.09CM x 27.64CM x 7.80CM (L x W x H)	SCC-14:	10063211082972