

FILE GUMBO

Chicken and andouille sausage sautéed with onions and peppers in dark roux

BENEFITS

- Produced in FDA/USDA Facility
- Reduces Need for Skilled Labor
- Reduces Time and Labor Cost
- Consistency
- Quality of Product
- High Profitability
- Reduces Storage Needed
- Boil-in-Bag Technology
- Extended Shelf Life
- Resealable Bag
- Predictable Food Cost
- 100% Yield
- Authentic Cajun
- Reduces Order Guide

Heating Methods

To heat product, place frozen or cold bag/bags in boiling water or steamer for 12 to 14 minutes or until internal temperature reaches 170°F. When ready to serve, shake bag vigorously, open and pour directly into chafing dish or serving container.

Pack Sizes Available

- 12lb per case (2-6lb bags)
- (48) 4oz servings per case

Suggested Resale Options

- Individual Servings (4oz)
 - Served over steamed rice or with potato salad
- 6lb pan



Nutrition Facts

Serving Size 4 ounces (113.4g)	Servings Per Container 24 per bag, 48 per case
-----------------------------------	---

Amount Per Serving: Calories 140	Calories from Fat 80
---	-----------------------------

		% Daily Value*
Total Fat	9g	14%
Saturated Fat	2.5g	12%
Trans Fat	0g	
Cholesterol	30mg	11%
Sodium	560mg	23%
Total Carbohydrate	6g	2%
Dietary Fiber	0g	2%
Sugars	<1g	
Protein	8g	16%

Vitamin A 0% • Vitamin C 10% • Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Shreveport
#CD780
1-800-256-1336

Little Rock
#623465
1-501-568-3141

Houston
#7241814
1-800-444-4017

Longview
#7241814
1-318-205-7340
1-903-252-6100