



SEAFOOD GUMBO

Gulf shrimp & blue crab in a 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
- MSG-FREE
- Authentic Cajun
- Reduces Order Guide

Nutrition Facts

Serving Size
4 ounces (113.4g)

Servings Per Container
24 per bag, 48 per case

Amount Per Serving:

Calories **70**

Calories from Fat **25**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 440mg **18%**

Total Carbohydrate 5g **2%**

Dietary Fiber 0g **1%**

Sugars <1g

Protein 5g **11%**

Vitamin A 2% • Vitamin C 8% • Calcium 2% • Iron 0%

*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

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



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