

ITEM#: 73404  
**BLOUNT FINE FOODS**

ITEM UPC: 0-77958-73404-2  
CASE UPC: 100-77958-73404-9

[RETAIL BAG IN CUP]



[Blount Clam Shack]

# Gumbo

**with uncured sausage,  
white meat chicken and shrimp.**

Hearty chunks of chicken, tender shrimp, savory uncured sausage, long grain rice, vegetables and spices make this a land- lover's favorite.

Nutrition Facts			
About 2 servings per container			
Serving size		1 cup (245g)	
Calories	Per serving	Per container	
	<b>160</b>	<b>340</b>	
	% DV*	% DV*	
<b>Total Fat</b>	6g 8%	13g 17%	
Saturated Fat	2.5g 13%	5g 25%	
Trans Fat	0g	0g	
<b>Cholesterol</b>	40mg 13%	85mg 28%	
<b>Sodium</b>	850mg 37%	1770mg 77%	
<b>Total Carb.</b>	17g 6%	36g 13%	
Dietary Fiber	2g 7%	4g 14%	
Total Sugars	3g	6g	
Incl. Added Sugars	0g 0%	0g 0%	
<b>Protein</b>	10g	21g	
Vitamin D	0mcg 0%	0.1mcg 0%	
Calcium	80mg 6%	160mg 10%	
Iron	1.5mg 8%	3.1mg 15%	
Potassium	370mg 8%	770mg 15%	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Water, Tomatoes, Okra, Uncured Chourico Sausage With No Added Nitrites or Nitrates Except Naturally Occurring Nitrates in Celery Powder (Pork, Water, Nonfat Dry Milk, Salt, Paprika, Spices, Garlic, Celery Powder), White Meat Chicken Raised Without Antibiotics, Shrimp, Green Bell Peppers, Onions, Celery, Enriched Long Grain Parboiled Rice (Long Grain Parboiled Rice, Calcium Carbonate, Iron Phosphate, Thiamine Mononitrate, Folic Acid), Contains 2% or less of: Butter (Cream, Salt), Modified Corn Starch, Wheat Flour, Garlic, Beef Stock Concentrate (Beef, Beef Stock), Natural Flavor, Onion Powder, Garlic Powder, Sugar, Yeast Extract, Xanthan Gum, Salt, Organic Canola Oil, Dry Mustard and Spices.

**CONTAINS:** Milk, Shellfish (Shrimp) and Wheat.

**Shelf Life:** 455 days from manufacture  
**Pack Size:** 8/18 oz bag in cup  
**HI-TI:** 4/20  
**Cube:** 0.45

**Net Weight:** 9 lbs  
**Gross Weight:** 10.5 lbs  
**LxWxH:** 13.3 x 7.5 x7.8



Blount Fine Foods 630 Currant Road Fall River, MA 02720  
Phone: (774) 888-1300 • [www.blountfinefoods.com](http://www.blountfinefoods.com)

