

Creole Style Grilled Chicken Gumbo with Rice

Directions:

1. Open pouch and remove oxygen absorber.
2. Prepare in pouch or other suitable container.
3. Add 2 cups (16 oz) boiling water to ingredients or fold /crease & fill pouch to "E-Z Fill Line" 8.
4. Stir thoroughly then seal pouch or cover.
5. Let stand 10 - 12 minutes; stir again & serve.

Ingredients: Instant White Rice (cooked), Cooked Seasoned Grilled Diced Chicken White Meat Freeze Dried (Chicken, Salt), Bell Pepper Red & Green Combo, White Onion, Tomato Flakes, Potato Starch, Sea Salt, Okra, Chicken Flavor Broth Low Sodium [Maltodextrin, Salt, Torula Yeast, Dehydrated Vegetables (Onion, Celery, Parsley, Spinach, Garlic, Carrot), Potato Flour, Xanthan Gum, Spices, Extractives of Spice (including Turmeric and Paprika), Soy Lecithin. Not more than 2% Soybean Oil added as a processing aid], White Onion, Garlic Granulated, Seasoning [Contains Baker's Yeast Extract, Salt, Canola Oil (anti-dusting)], Celery Stalks, Paprika, Cayenne Pepper (Ground Red Pepper), Sassafras Leaf Powder [Spice (Thyme, Marjoram), Sassafras], Black Pepper, Green Onion, Oregano, Thyme.

Contains: Soy.

Nutrition Facts

2 servings per container

Serving size

1/2 package (77g)

	Per Serving		Per Container	
	270		540	
	% Daily Value*		% Daily Value*	
Calories				
Total Fat	2.5g	3%	5g	6%
Saturated Fat	0.5g	3%	1.5g	8%
Trans Fat	0g		0g	
Cholesterol	30mg	10%	60mg	20%
Sodium	840mg	37%	1690mg	73%
Total Carbohydrate	20g	7%	41g	15%
Dietary Fiber	1g	4%	3g	11%
Total Sugars	7g		14g	
Includes Added Sugars	0g	0%	0g	0%
Protein	16g		32g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	78mg	6%	156mg	10%
Iron	3mg	15%	5mg	30%
Potassium	1263mg	25%	2527mg	50%

*The % Daily Value 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



0g TRANS FAT
PER SERVING



GLUTEN FREE

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