

Boston Chowder

29141 - Shrimp & Sausage Gumbo

Our specially prepared creole classic with shrimp, andouille sausage, rice, okra, celery and green peppers. A Southern sensation youll swear came straight from Louisiana.



		Nutrition Fa	cts	
		Servings per Container Serving size 1cup	2 (1GS21)	
		Amount per serving Calories	190	
		% Da	aily Value*	
		Total Fat 6g	7%	
		Saturated Fat 1g	6%	
		<i>Trans</i> Fat		
		Cholesterol 50mg	16%	
★ Benefits		Sodium 620mg	27%	
		Total Carbohydrate 24g	9%	
green peppers. A Southern sensation youll	swear came straight from Louisiana. Boston	Dietary Fiber 1g	5%	
Our specially prepared creole classic with shrimp, andouille sausage, rice, okra, celery and green peppers. A Southern sensation youll swear came straight from Louisiana. Boston Chowda is an award winning soup and chowder brand that includes both retail bulk and individual cup packages. Items can be either frozen or refrigerated. Manufactured by PGI	Total Sugars 3g			
in Lowell, MA with premium ingredients in s	Includes 0g Added Sugar			
Ingredients	Allergens	Protein 10g		
		Vitamin D 0mcg	0%	
VEGETABLE STOCK (water, sea salt, onion powder, maltodextrin, dextrose, yeast extract, carrot powder,	Contains:	Calcium 50mg	4%	
spices, turmeric), SHRIMP, RICE (rice, iron phosphate, niacin, thiamine, mononitrate, folic acid), TOMATO (tomatoes, tomato juice, salt, calcium chloride, citric	💮 crustaceans 🔊 fish 🌘 wheat	Iron 1.4mg	8%	
acid), ANDOUILLE SUASAGE (all natural pork, potatoes sea salt, evaporated cane juice, spices, paprika, garlic,	Free From:	Potassium 210mg	4%	
celery powder), ONION, CELERY, SUNTAN PEPPER, OKRA, FLOUR (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), CANOLA OIL, GARLIC, SPICES, CAYENNE PEPPER SAUCE (cayenne peppers, vinegar, water, salt, garlic powder), PAPRIKA, CARAMEL COLOR.	eggs (1) milk (5) peanuts (8) soy figure nuts	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.		
CONTAINS' Shellfish Wheat				

VIAINS: Shellfish, Wheat

Handling Suggestions

Keep Frozen. Thaw under refrigeration.

Serving Suggestions

Heat and serve. Makes a great starter course, yet is hearty enough to be a main entree.

Prep & Cooking Suggestions

For best results, fully thaw in refrigerator prior to For best results, fully thaw in refrigerator prior to heating. If frozen, additional heating time required. Microwave: Cut open pouch and pour contents into a microwave-safe dish. Loosely cover with paper towel and heat on high for 3 minutes. Stir well, then heat for an additional 1-2 minutes. Stovetop: Place unopened bag in boiling water. Heat for 10-12 minutes, stirring occasionally.

Product Specifications

Brand					Manufacturer				
Boston Chowder					Plenus Group				
UI	PC	MFG #	SPC #		GTIN		Pa	ck	Pack Desc.
730516	060174	2052	29141	007	7305169	20522	2		6/18 OZ
Gross V	Veight	Net Weig	sht Cou	untry c	of Origin Kosł		sher	her Child Nutritior	
7.25	5lb	6.75lb	l	nited s	States	1	No		
Shipping Information									
Length	Width	Height	Volume	TIxH	ll She	f Life	Stora	ige T	emp From/To
9.25in	14.25in	4.19in	0.32ft3	14x1	10 487	days	-2°F / -5°F		



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Nutrition Analysis - By Measure

Calories	190	Total Fat	6g	Sodium	620mg
Protein	10	Trans Fats		Calcium	50mg
Total Carbohydrates…	24g	Saturated Fat	1g	Iron	1.4mg
Sugars	3g	Added Sugars	Og	Potassium	210mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	50mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



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