



## Hot Shrimp and Sausage Gumbo

<b>Nutrition Facts</b>			
Serving Size 1 Cup (233 grams)			
Servings Per Container 8			
<b>Amount Per Serving</b>			
<b>Calories 200</b>		Calories from Fat 60	
		<b>% Daily Value*</b>	
<b>Total Fat</b> 6g			<b>9%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
<b>Cholesterol</b> 55mg			<b>19%</b>
<b>Sodium</b> 740mg			<b>31%</b>
<b>Total Carbohydrate</b> 20g			<b>7%</b>
Dietary Fiber 1g			<b>6%</b>
Sugars 4g			
<b>Protein</b> 15g			
Vitamin A 15%		• Vitamin C 40%	
Calcium 4%		• Iron 15%	
* 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
Sat 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
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4