



Z09547 - ZATARAIN'S GUMBO BASE 1 LB

Zatarain's Gumbo Base offers a delicious, convenient way to prepare exceptional gumbo: • Zatarain's Gumbo Base features a premium blend of dark roux, vegetables and spices for exceptional taste and performance. • Zatarain's Gumbo Base delivers the distinctive flavors and authenticity of New Orleans-style gumbo without the added labor of preparing from scratch. • Zatarain's Gumbo Base is kosher. • As the nation's leading provider of New Orleans-style foods, Zatarain's has been the authority on New Orleans flavor since 1889. • There are 6/1 lb. boxes per case. • Create this classic favorite, easily and conveniently, by simply adding 1 pound of smoked sausage and 2 lbs. of shrimp to premium Zatarain's Gumbo Base and serve over rice.



Brand: Zatarain's®

Nutrition Facts

Serving Size 16g (16g)
Servings Per Container: 28

Amount Per Serving

Calories 50

	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 770 mg	33%
Potassium 0 mg	0%
Total Carbohydrate 10 g	4%
Dietary Fiber 1 g	3%
Sugars 0 g	
Protein 1 g	

Vitamin A 0%	•	Vitamin C
Calcium 0%	•	Iron 0%
Vitamin D 0 mcg	•	

*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 Carbs.		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

Ingredients: Enriched Bleached Wheat Flour (Wheat & Malt Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Onion, Salt, Modified Corn Starch, Wheat Flour, Soybean Oil, Red And Green Bell Pepper, Yeast Extract, Soy Sauce (Hydrolyzed Soy Protein, Corn Syrup Solids, Salt), Spices (Including Red Pepper, Chili Pepper), Garlic, Caramel Color, Disodium Inosinate And Disodium Guanylate (Flavor Enhancers) & Dextrose. *** Contains: Wheat, Soy.

Case Specifications

GTIN	10071429095479	Case Gross Weight	6.74 LB
Pack Size	6 / 1LB	Case Net Weight	6 LB
Shelf Life		Case L,W,H	11.13 IN, 5.19 IN, 8.19 IN
Tie x High	30 x 5	Cube	0.27 CF

Preparation and Cooking

Bring the heritage and energy of New Orleans to your tables with easy- to-prepare Zatarain's Gumbo Base. Follow these kitchen-simple steps for each method. Stove Top Method: 1. In a large cooking container, add 20 cups (5 quarts) of cold water and 1/4 cup vegetable oil. 2. Gradually add contents of gumbo base to water, stirring continuously until base is dissolved. 3. Bring mixture to a boil, reduce heat to low, stir, cover and let simmer for 30 minutes. 4. After 30 minutes, add 3 lb

Serving Suggestions

Zatarain's Gumbo Base is a flavorful accompaniment in any liquid-based application including soups, chowders and bisques when added with: • Shrimp • Chicken • Smoked sausage • Ham

Packaging and Storage

To maintain the freshest flavor and color, Zatarain's Gumbo Base Mix should be stored in a cool, dry place away from exposure to heat, humidity, moisture, direct sunlight and fluorescent light. Unopened Zatarain's® Gumbo Base Mix boxes are shelf stable and can be held for use for up to 730 days.

Allergens

CONTAINS:
Soybeans or Soybean Derivatives, Wheat or Wheat Derivatives

FREE FROM:
Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Milk or Milk Derivatives, Peanuts or Peanut Derivatives, Sesameseeds or Sesame Seed Derivatives, Treenuts or Treenut Derivatives

Nutritional Claims: Kosher