

Wild Cajun Meal, LLC, Aka Lady Jambalaya
Homemade Gumbo



Homemade Gumbo

Ready in 15 minutes

1. Run container under warm water with top covered. You will see product detaching from the container. Pour contents into a saucepan.
2. Cook on medium-high heat for 10 minutes stirring occasionally. Do not add water!!

Ingredients: Chicken Leg, Water, Crab, Turkey, Smoked, Boneless Pork, Cured Ham Fat, Trimmings (Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite), Pork Hearts, Water, Salt, Sugar, Spices, Paprika, Seasonings (Chili Pepper, Salt, Spices), Monosodium Glutamate, Sodium Erythorbate, Spice Extractives, Natural Smoke Flavor, Sodium Nitrite, Tomatoes, Okra, Shrimp, Oil, Onion, Wheat Flour, Bell Peppers, File Powder, Salt, Thyme, Jalapeños, Onion Salt, Garlic Powder, Cayenne Pepper, Garlic, Dill, Bay Leaf.
Contains: Wheat, Crab, Shrimp

Refrigerate After Opening

Manufactured By:
Wild Cajun Meals, LLC
214-859-8378



Best if used by 12/20/2023
Keep refrigerated at all times

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A white nutrition facts label on a yellow background. The label is titled "Nutrition Facts" in bold black text. Below the title, it lists "Serving Size 4 oz. (227g)" and "Servings Per Container: 2". A horizontal line separates this information from the "Amount Per Serving" section. Under "Amount Per Serving", it lists "Calories 470" and "Calories from Fat 210". Another horizontal line follows. Below this, the text "% Daily Values*" is centered. The label then lists various nutrients with their amounts and percentages: Total Fat 23g (35%), Saturated Fat 8g (40%), Trans Fat 0g, Cholesterol 145mg (48%), Sodium 1380mg (58%), Total Carbohydrates 29g (10%), Dietary Fiber 1g (4%), Sugars 0g, and Protein 34g. At the bottom, it lists Vitamin A 15%, Vitamin C 6%, Calcium 6%, and Iron 20%. A small note at the very bottom states: "Percent Daily Values are based on a diet of other people's secrets."

Homemade Jambalaya

Ready in 15 minutes

Open the top of the container

Pull film off

Put in microwave to defrost for 9 minutes

Then for 3 to 5 minutes cook on warm

Do not place in oven, broiler, or toaster oven

Ingredients: Water, Ground Beef, Chicken, Rice Mix, Boneless Pork, Cured Ham Fat, Trimmings (Water, salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium nitrite) Pork Hearts, Water, Salt, Sugar, Spices, Paprika, Seasonings (Chili Pepper, Salt, Spices), Monosodium Glutamate, Sodium Erythorbate, Spice Extractives, Natural Smoke Flavor, Sodium Nitrite, Shrimp, Onion, Butter (Sweet Cream And Natural Flavorings), Bell Peppers, Salt, Slap Ya Mama, Thyme, Jalapeños, African Pepper, Garlic Powder, Garlic, Onion Powder, Dill.
Contains: Shrimp

Refrigerate After Opening

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Good for 90 days frozen - Consume within 24 hours after Opening
Keep refrigerated at all times