

### **Louisiana Gumbo Mix**

**Nutritional Information per serving:** Calories 15 (calories from fat 0) \* Total Fat 0 grams \* Cholesterol 0 mg \* Sodium 125 mg \* Carbohydrates 4grams \* Sugars 0 grams \* Protein 0 g

**Ingredients:** Cornstarch, red and green bell pepper, parsley, onion, Creole seasoning (salt, spices, paprika, and dehydrated garlic, less than 2%silicon dioxide (to prevent caking)), spices and garlic.