

PRODUCT NAME: LeGout Instant Chicken Gravy Mix 8 1 lb pouch

ITEM #: 10037500750040 UPC #: 37500750043 DU #: 84129474

INGREDIENTS: WHEAT FLOUR, WHEY PROTEIN CONCENTRATE, MODIFIED CORN STARCH, WHEY, SALT, HYDROLYZED CORN PROTEIN, CHICKEN FAT, MONOSODIUM GLUTAMATE, ONION POWDER, YEAST EXTRACT, CHICKEN POWDER, DEXTROSE, SPICES, TURMERIC (FOR COLOR), CARAMEL COLOR, NATURAL FLAVOR, DISODIUM INOSINATE, DISODIUM GUANYLATE, ASCORBIC ACID, THIAMINE HYDROCHLORIDE.
ALLERGEN\DIET LIST: CONTAINS MILK AND WHEAT.

KOSHER STATUS:

No

GLUTEN FREE STATUS:

No

COUNTRY OF ORIGIN:

USA

CLAIMS: No Artificial Flavors -0g Trans Fat per serving -Contains a bioengineered food ingredient -Not a significant source of saturated fat, trans fat, polyunsaturated fat, monounsaturated fat, cholesterol, dietary fiber, added sugars, vitamin D, calcium, iron and potassium. -Nutrition Facts Panel Format: Simplified with Not a significant source of statement - Cooks in 2 minutes -64 1/4 cups Servings -PREP DIRECTION: 1. Gradually whisk contents of package in 1 gallon (3.75 liters) of warm tap water. 2. Bring to a boil stirring frequently. Simmer 2 minutes. 3. Remove from heat. Pour gravy into serving container and maintain internal gravy temperature of 165°F for 1 minute. -QUICK METHOD: 1. Bring 3 quarts of water to a full rolling boil. 2. Combine 1 quart cool tap water and contents of pouch in a separate container. 3. Mix with a wire whisk until lump free. Pour water and contents of pouch blend into boiling water. Stir until gravy returns to a boil. Simmer for 2 minutes while stirring constantly. 4. Remove from heat. Pour gravy into serving container and maintain internal gravy temperature of 165°F for 1 minute. -FOR SMALLER QUANTITY PREPARATION INSTANT GRAVY MIX YIELD/ MEASURED/ DRY WEIGHT/ WATER 1 QUART/ 1 CUP/ 4 OZ/ 1 QUART

ON-PACK NUTRITION:

Nutrient	Per 100g 100 g	Serving size 1 Tbsp (7g) (makes 1/4 cup prepared)	
Calories	350 kcal	25 kcal	
Total Fat	5 g	0 g	
 Saturated Fat	2 g	0 g	
 Trans Fat	0 g	0 g	
Polyunsaturated Fat	1 g	0 g	
Monounsaturated Fat	2 g	0 g	
Cholesterol	25 mg	0 mg	
Sodium	4400 mg	310 mg	
Total Carbohydrate	58 g	4 g	
 Dietary Fiber	1 g	0 g	
 Total Sugars	19 g	1 g	

 Includes Added Sugars	0 g	0 g	
Protein	12 g	Less than 1 g	
Vitamin D	0 mcg	0 mcg	
Calcium	180 mg	0 mg	
Iron	1.9 mg	0 mg	
Potassium	490 mg	0 mg	

ALLERGEN:

Property	Value
Cereals cont. Gluten and Prod. thereof	CONTAINS
Egg and products thereof	FREE FROM
Fish and products thereof	FREE FROM
Milk and thereof (including lactose)	CONTAINS
Peanuts and products thereof	FREE FROM
Sesame Seeds and prods.	FREE FROM
Crustaceans and products thereof	FREE FROM
Molluscs and products thereof	FREE FROM
Soybeans and products thereof	FREE FROM
Sulphite	FREE FROM
Nuts and products thereof	FREE FROM
Treenuts	FREE FROM