



## 900398279 - ZATARAIN'S GUMBO FILE

Zatarain's Gumbo File is pure sassafras leaves, traditional flavor - every time!

Brand: Zatarain's®



### Nutrition Facts

Serving Size 1/4 TSP (0.5g)  
Servings Per Container: 680

#### Amount Per Serving

Calories 0                      Calories from Fat 0

#### % Daily Value\*

Total Fat 0 g                      0%

Saturated Fat 0 g                      0%

Trans Fat 0 g

Cholesterol 0 mg                      0%

Sodium 0 mg                      0%

Total Carbohydrate 0 g                      0%

Dietary Fiber 0 g                      0%

Sugars 0 g

Protein 0 g

Vitamin A 0%                      •                      Vitamin C 0%

Calcium 0%                      •                      Iron 0%

\*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

Sassafras Leaves

### Case Specifications

GTIN	10071429011011	Case Gross Weight	5.85 LB
Pack Size	6 / 12OZ	Case Net Weight	4.50 LB
Shelf Life		Case L,W,H	8.44 IN, 8 IN, 8.31 IN
Tie x High	26 x 5	Cube	0.33 CF

### Preparation and Cooking

Zatarain's Gumbo File is pure, ground sassafras leaves. Bring the flavor of Cajun cooking by using this traditional ingredient in your recipes.

### Serving Suggestions

Zatarain's Gumbo File is a traditional ingredient in Cajun Style cooking. Using Gumbo File will help thicken and flavor your base for a true Gumbo recipe.

### Packaging and Storage

Spices should be stored in a cool, dry place. They should be protected from flavor loss and moisture by making sure containers are tightly closed when not in use. Avoid exposure to heat, humidity, moisture, and direct sunlight or fluorescent light to retain flavor and color.

### Allergens

#### FREE FROM:

Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Milk or Milk Derivatives, Peanuts or Peanut Derivatives, Sesameseeds or Sesameseed Derivatives, Soybeans or Soybean Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives

Nutritional Claims: Kosher