

CALORIES PER OZ:

176

TOTAL PROTEIN:

47G

# JAMBALAYA

SHRIMP, HAM, SMOKED BACON, MINCED ANDOUILLE SAUSAGE, AND RICE  
SIMMERED WITH FRESH VEGGIES IN OUR SIGNATURE CREOLE SAUCE

## MEAL PREPARATION:

- 1 OPEN POUCH AT TEAR NOTCH AND REMOVE OXYGEN ABSORBER.
- 2 ADD 10OZ (300ML) BOILING WATER AND STIR WELL.
- 3 ZIP POUCH CLOSED AND LET SIT 10-12 MINUTES  
\*\*\*LONGER AT ELEVATION\*\*\*
- 4 OPEN, STIR AGAIN AND ENJOY!



PROUDLY MADE IN  
EMMETT, IDAHO



## Nutrition Facts

1 servings per container

Serving size

Amount Per Serving

**Calories**

**680**

% Daily Value\*

<b>Total Fat</b> 40g	<b>51%</b>
Saturated Fat 14g	70%
Trans Fat 0g	
<b>Cholesterol</b> 330mg	<b>110%</b>
<b>Sodium</b> 1190mg	<b>52%</b>
<b>Total Carbohydrate</b> 45g	<b>16%</b>
Dietary Fiber 7g	25%
Total Sugars 13g	
Includes 0g Added Sugars	0%
<b>Protein</b> 36g	<b>72%</b>
Vitamin D 2mcg	10%
Calcium 247mg	20%
Iron 4mg	20%
Potassium 1275mg	25%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## THE ALPINE RANCH

### PROMISE:

HIGH PROTEIN, HIGH CALORIE.  
HAND-CRAFTED WITH  
CLEAN, NATURAL INGREDIENTS.  
NO ADDITIVES OR FILLERS.

### INGREDIENTS:

UNCURED HAM, ANDOUILLE SAUSAGE (GROUND PORK, SPICES), SHRIMP, UNCURED BACON, ORGANIC WHITE RICE, ORGANIC YELLOW ONION, ORGANIC BELL PEPPERS, ORGANIC CELERY, ORGANIC OKRA, ORGANIC DICED TOMATOES (ORGANIC PLUM TOMATOES, ORGANIC TOMATO PUREE), ORGANIC GARLIC, ORGANIC CHICKEN BROTH, RED WINE VINEGAR, ORGANIC OLIVE OIL, SPICES

### CONTAINS:

SHELLFISH

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