



Rice

NUTRITION FACTS

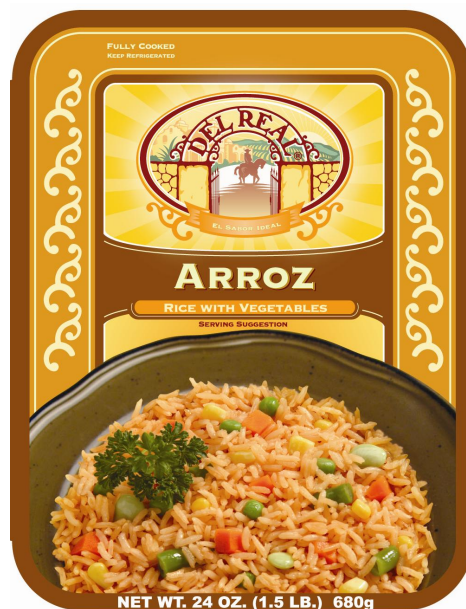
SERVING SIZE 1 cup (142g)

AMOUNT PER SERVING

Calories 190 Calories from Fat 40
% daily Value*

Total Fat 4.5g	7%
Saturated Fat 2g	10%
Trans Fat 0g	0%
Cholesterol 5mg	2%
Sodium 750mg	31%
Total Carbohydrate 33g	11%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 3g	
Vitamin A 15%	Vitamin C 6%
Calcium 0%	Iron 2%

* Percent Daily Values (DV) are based on a 2,000



Ingredients: Rice, Corn, Carrots, Peas, Tomato bouillon with chicken flavor (Salt, monosodium glutamate, sugar, hydrolyzed corn protein, corn starch, beef fat, tomato powder, chicken fat, garlic, yeast extract, onion or onion extract, citric acid, dried chicken meat, colors (Annato Yellow 6 lake, Caramel, Red 40 and Yello 6) turmeric, disodium inosinate or disodium inosinate and disodium guanylate, silicon dioxide(For anti-caking) parsley, natural flavors, sulfur dioxide to protect quality.

Method	Preparation Time		Heating Instructions
	Refrigerated	Frozen	
Microwave	8 Minutes	12 Minutes	Heat on high for 4 minutes. Rotate bag 1/2 turn. Puncture 4 small holes, cover with paper towel. Continue to heat for 4 more minutes (8 minutes if frozen) until center is hot. Let bag stand for 2 minutes. Open bag carefully and empty contents into tray.
Boil in Bag	8 minutes	12 Minutes	Place bag in saucepan with enough water to completely cover bag. Boil 8 minutes (12 minutes if frozen). Remove bag from boiling water. Let the bag stand for 2 minutes. Open bag carefully and empty contents into serving tray.