

Creamy Chicken Rice

Chicken Flavor

Nutrition Facts

Serving Size: 1/3 Cup (52g) Dry
Servings Per Container: 24

Amount Per Serving

Calories 240 **Calories from Fat 110**

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 330mg **14%**

Total Carbohydrate 30g **10%**

Dietary Fiber 0g **0%**

Sugars 1g

Protein 4g

Vitamin A 0% • **Vitamin C 2%**

Calcium 0% • **Iron 6%**

*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 Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram: Fat 9 • Carbs 4 • Protein 4

DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Boil 5 Cups of water.
3. Whisk in entire contents of the pouch.
4. Reduce heat to medium and continue cooking for 20 minutes, stirring frequently.
5. Remove from heat and let stand for 5 to 6 minutes to thicken before serving.

INGREDIENTS: Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), creamer (palm oil, maltodextrin, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide), corn starch, natural chicken flavor (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide), onions, low sodium chicken base (corn syrup solids, corn starch, hydrolyzed soy and corn protein, salt, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), onion powder, yeast extract, parsley flakes, turmeric.

CONTAINS ALLERGEN: Milk and soy.

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