

Southwestern Style Masa with Beef

Directions:

1. Open pouch and remove oxygen absorber.
2. Prepare in pouch or other suitable container.
3. Add 2 cups (16oz) boiling water to ingredients or you may crease / fold pouch at water line 8 then fill to water line 8.
4. Stir completely and cover. Let stand 10-12 minutes.



ALL NATURAL*



GLUTEN FREE



**0g TRANS FAT
PER SERVING**

*Minimally processed, no artificial ingredients

INGREDIENTS: Corn Meal, Cooked Freeze-Dried Diced Beef, Sharp Cheddar Cheese Powder (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Disodium Phosphate, Annatto Extract), Instant Brown Rice, Tomato Powder (Tomato), Tomato Flakes, Pinto Bean Flakes, Black Bean Flakes, Freeze-Dried Sweet Corn, Chopped Onion, Corn Flakes, Chili Powder (Chili Pepper, Cumin, Salt, Oregano, Garlic), Diced Green Chili, Low Sodium Salt (Sodium, Chloride, Potassium), Low Sodium Chicken Broth [Maltodextrin, Salt, Torula Yeast, Dehydrated Vegetables (Onion, Celery, Parsley, Spinach, Garlic, Carrot), Potato Flour, Xanthan Gum, Spices, Extractives of Spice (including Turmeric and Paprika), Soy Lecithin. Not more than 2% Soybean Oil added as a processing aid], Garlic Granules, Black Pepper, Cilantro, Jalapeno Pepper Powder.

Contains Milk, Soy.

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Nutrition Facts

Serving Size 3 oz (85g)
Servings Per Container 2

Amount Per Serving

Calories 330 Calories from Fat 80

% Daily Value*

Total Fat 8g 12%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 770mg 32%

Total Carbohydrate 46g 15%

Dietary Fiber 6g 24%

Sugars 10g

Protein 20g

Vitamin A 80% • Vitamin C 110%

Calcium 15% • Iron 20%

*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
Saturated 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 • Carbohydrate 4 • Protein 4

