



## ARROZ CON VEGETALES

Our Arroz con Vegetales packs an authentic flavor. Our traditional recipe simmers Mexican long grain rice in a delicious tomato bouillon. Then, it is combined with fresh cooked corn, carrots and peas. Arroz con Vegetales is the most traditional side to any dish.

GLUTEN  
FREE

0g  
TRANS FAT  
PER SERVING

VEGETARIAN

## INGREDIENTS

Water, Rice, Mixed Vegetables (Carrots, Corn, Green Peas, Green Beans, Lima Beans), Canola Oil, Tomato Puree (Tomato Concentrate, Salt), Tomato Bouillon (Salt, Tomato Powder, Cane Sugar, Organic Maltodextrin, Corn Oil, Corn Starch, Carrot Extract, Garlic Powder, Distilled Vinegar, Onion Powder, Natural Flavor, Parsley), Onion, Salt.

## NUTRITION FACTS

About 4 servings per container

Serving Size: 1 cup (140g)

Amount per Serving

<b>CALORIES</b>	<b>210</b>
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 680mg	30%
Total Carbohydrate 36g	13%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 33mg	0%

\*The % Daily Value 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## COOKING INSTRUCTIONS

### MICROWAVE

1. Remove paper sleeve. Leave bag in tray. Heat on high from 2 ½ minutes then flip over bag.
2. Puncture 4 small holes in bag. Cover with paper towel, heat for an additional 2 ½ minutes.
3. Open bag carefully and empty contents into serving tray.

Note: Microwave ovens vary in rates of heating. Times given are approximate.