

Yellow Rice

Heating Instructions: Microwave until warm

Nutrition Facts

Serving Size: 4 oz (71g)

Servings Per Container: Varied

Amount per serving

Calories 240

Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 930mg **39%**

Total Carbohydrate 53g **18%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 5g

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 10%

* 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

INGREDIENTS: YELLOW RICE WITH SEASONING, DRY PACKET MIX UNPREPARED