

# Nutrition Facts

Serving Size 2.0 oz (56 g/about 1/3 cup dry rice mix & 1 Tbsp orzo-seasoning mix) (1 cup prepared)

Servings Per Container about 3 (dry)

Amount Per Serving	As Packaged	As Prepared
<b>Calories</b>	190	220
Calories from Fat	5	35
<b>% Daily Value**</b>		
<b>Total Fat</b> 0.5g*	<b>1%</b>	<b>6%</b>
Saturated Fat 0g	<b>0%</b>	<b>11%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>3%</b>
<b>Sodium</b> 680mg	<b>28%</b>	<b>30%</b>
<b>Total Carbohydrate</b> 43g	<b>14%</b>	<b>14%</b>
Dietary Fiber 2g	<b>7%</b>	<b>7%</b>
Sugars 1g		
<b>Protein</b> 5g		
Vitamin A	0%	2%
Vitamin C	0%	0%
Calcium	2%	2%
Iron	4%	4%

\* Amount as packaged. When prepared as directed, a serving of rice mix and orzo-seasoning plus butter provides 4g Total Fat (2g Saturated Fat), 10mg Cholesterol, 720mg Sodium, 43g Total Carbohydrate (2g Dietary Fiber, 1g Sugars), and 5g Protein.

\*\* 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:** PARBOILED LONG GRAIN RICE, WILD RICE, ORZO (MACARONI PRODUCT MADE WITH WHEAT FLOUR), SALT, GARLIC\*, NATURAL FLAVORS, AUTOLYZED YEAST EXTRACT\*, ONIONS\*, PARSLEY\*, BAY LEAF, OLIVE OIL, SOY SAUCE\* (SOYBEANS, WHEAT, SALT), ROSEMARY, MARJORAM, SESAME OIL, SOY PROTEIN, TURMERIC SPICE WHICH IMPARTS COLOR.

\*DRIED

(715-01)

**CONTAINS WHEAT AND SOY INGREDIENTS.**

*This label uses both of the options the new labeling law has provided. Wheat is listed within the ingredients list and there is a "contains wheat..." statement at the end.*