

Mexican Style Veggie Bowl (with Rice and Beans)

Direction:

1. Open pouch and remove oxygen absorber.
2. Prepare in pouch or other suitable container.
3. Add 1 1/2 cups (12 oz) boiling water to ingredients or fold / crease & fill pouch to "E-Z Fill Line" 7.
4. Stir thoroughly then seal pouch or cover.
5. Let stand 10-12 minutes; stir again & serve.

Ingredients: Instant White Rice, Black Beans, Taco Seasoning [Paprika, Corn Meal, Salt, Onion, Spices, Garlic, Tomato, Citric Acid], Sweet Corn, Pepper Jack Cheese [(Pasteurized Milk, Cheese Cultures, Salt, Jalapeno Peppers, enzymes), Powdered Cellulose (added to prevent caking)], Tomato Flakes, Bell Pepper Red & Green Combo, Red Onion, Potato Starch, Sea Salt, Crystalized Lime [Citric Acid, Natural Lime Flavor (maltodextrin, sugar, lime oil, lime juice concentrate, sunflower lecithin, gum arabic, silicon dioxide)], Garlic Granulated, Natural Flavor [Contains Baker's Yeast Extract, Salt, Canola Oil (anti-dusting)], Black Pepper, Cilantro, Jalapeno.

Contains: Milk.

Nutrition Facts

2 servings per container

Serving size

1/2 package (78.5g)

	Per Serving		Per Container	
	280		550	
	% Daily Value*		% Daily Value*	
Calories				
Total Fat	3g	4%	6g	8%
Saturated Fat	1g	5%	2.5g	13%
Trans Fat	0g		0g	
Cholesterol	5mg	2%	10mg	3%
Sodium	550mg	24%	1100mg	48%
Total Carbohydrate	24g	9%	47g	17%
Dietary Fiber	4g	14%	8g	29%
Total Sugars	4g		8g	
Includes Added Sugars	0g	0%	0g	0%
Protein	10g		21g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	81mg	6%	161mg	10%
Iron	3mg	15%	6mg	35%
Potassium	718mg	15%	1436mg	30%

*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

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**0g TRANS FAT
PER SERVING**



**GLUTEN
FREE**

