

Creamy Broccoli Cheddar Rice

Directions:

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, Cheddar Cheese (Milk, Salt, Cultures, & Enzymes), and Disodium Phosphate. May Contain Sodium Silico Aluminate at <2%, Cheddar Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes & Annatto (coloring)], Broccoli Florets, Parmesan Cheese (Partially Skim Milk, Culture, Salt, Enzymes) and Disodium Phosphate, Carrot, Sweet Whey, Potatoes, Potato Starch, Natural Butter Flavor [Whey Solids, Enzymes Modified Butter, Maltodextrin, Salt, Dehydrated Butter, Guar Gum, Annatto and Turmeric (for color)], Sweet Cream Powder, White Onion, Celery Stalks, White Onion, Garlic Granulated, Roasted Onion Extract Powder (Onion Extract, Maltodextrin, Sugar, Roasted Onion Oil, Mixed Tocopherols), Seasoning [Contains Baker's Yeast Extract, Salt, Canola Oil (anti-dusting)], Sea Salt, Spinach, Thyme.

Contains: Milk.

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Nutrition Facts

2 servings per container

Serving size

1/2 package (80.5g)

	Per Serving		Per Container	
Calories	330		670	
	% Daily Value*		% Daily Value*	
Total Fat	13g	17%	27g	35%
Saturated Fat	8g	40%	16g	80%
Trans Fat	0g		0.5g	
Cholesterol	40mg	13%	75mg	25%
Sodium	880mg	38%	1760mg	77%
Total Carbohydrate	20g	7%	40g	15%
Dietary Fiber	3g	11%	7g	25%
Total Sugars	8g		16g	
Includes Added Sugars	0g	0%	1g	2%
Protein	16g		32g	
Vitamin D	0mcg	0%	1mcg	6%
Calcium	374mg	30%	748mg	60%
Iron	3mg	15%	6mg	35%
Potassium	784mg	15%	1568mg	35%

*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



**GLUTEN
FREE**

