

Ginger Stir Fried Rice with Beef

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 (cooked), Beef Diced Cooked Freeze Dried (Beef, Salt), Precooked Scrambled Egg Curds Freeze Dried (Whole Eggs, Corn Starch, Salt, Citric Acid, Xanthan Gum), Corn Starch, Peas, Carrot, Soy Sauce [(Fermented Soybeans, Wheat and Salt), Maltodextrin, Salt, Yeast Extract, Spices, Onion Powder, Garlic Powder], White Onion, Sea Salt, Roasted Onion Extract Powder (Onion Extract, Maltodextrin, Sugar, Roasted Onion Oil, Mixed Tocopherols), Garlic Granulated, Soy Sauce [(Wheat Soybeans, Salt) Maltodextrin, Salt], Ginger, Green Onion.

Contains: Soy, Wheat, Egg.

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Nutrition Facts

2 servings per container

Serving size

1/2 package (70g)

	Per Serving		Per Container	
	280		550	
	% Daily Value*		% Daily Value*	
Calories				
Total Fat	6g	8%	12g	15%
Saturated Fat	2g	10%	4g	20%
Trans Fat	0g		0g	
Cholesterol	110mg	37%	220mg	73%
Sodium	920mg	40%	1830mg	80%
Total Carbohydrate	13g	5%	25g	9%
Dietary Fiber	1g	4%	3g	11%
Total Sugars	3g		6g	
Includes Added Sugars	0g	0%	1g	2%
Protein	15g		30g	
Vitamin D	0mcg	0%	1mcg	6%
Calcium	79mg	6%	159mg	10%
Iron	3mg	15%	6mg	35%
Potassium	676mg	15%	1353mg	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

