Heating Instructions: Microwave until warm.

SMALL ❑ MEDIUM ❑ LARGE ❑

Nutrition Facts

Serving Size: 4 oz. (85g)
Servings Per Container: Varied

Amount Per Serving	
Calories 120	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 0mg	**0**%
Total Carbohydrate 26g	**9**%
Dietary Fiber 1g	**4**%
Sugars 7g	
Protein 2g	
Vitamin A 0% •	Vitamin C 0%
Calcium 0% •	Iron 4%

* 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: RICE, RICE, DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), OLIVE OIL

1100 94TH AVE N ST. PETERSBURG FLORIDA 33702

Wild Rice