

**Heating Instructions:** Microwave until warm

SMALL  MEDIUM  LARGE

### Nutrition Facts

Serving Size: 4 oz. (71g)  
Servings Per Container: Varied

Amount Per Serving	
	% Daily Value*
<b>Calories</b> 240	Calories from Fat 10
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 990mg	<b>39%</b>
<b>Total Carbohydrate</b> 53g	<b>18%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein</b> 5g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 10%

\*Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs.

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	35g

**INGREDIENTS:** YELLOW RICE WITH SEASONING, DRY PACKET MIX,  
UNPREPARED

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## Yellow Rice