Heating Instructions: Remove plastic lid. Cover loosely with foil. Heat at 350° for 25-30 minutes or until warm.

SMALL ❑ MEDIUM ❑ LARGE ❑

Nutrition Facts

Serving Size: 4 oz per person (76g)
Servings Per Container: Varied

Amount Per Serving	
Calories 176	Calories from Fat 0
	% Daily Value*
Total Fat 5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 36g	**12%**
Dietary Fiber 4g	**16%**
Sugars 0g	
Protein 6g	
Vitamin A 0% •	Vitamin C 0%
Calcium 2% •	Iron 10%

* 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: WHEAT FLOUR SPEICAL BLEND (CONTAINS GLUTEN) ANNOTTO POWDER, BLUE CORN POWDER, SAFFRON, LEMON PEEL, LAVENDER POWDER, BLACK PEPPERCORN, SPINACH POWDER, TOMATO POWDER, PAPRIKA, ANTIOXIDENT EXTRACT (TURMERIC, ROSEMARY)
CONTAINS: WHEAT

1100 94TH AVE N ST. PETERSBURG FLORIDA 33702

Couscous Mardi Gras Confetti