

Nutrition Facts

Serving Size
Serving Per Container

Red Beans and Rice 213-0.5	Chicken Flavored Rice Dinner 206-0.5	Beef Flavored Rice Dinner 205-0.5	Chicken Flavored Fried Rice Dinner 215-0.5
50g (1.8 oz)	50g (1.8 oz)	50g (1.8 oz)	50g (1.8 oz)
30	30	30	30

Amount Per Serving

Calories	180	180	180	170
Calories from Fat	15	5	5	5

Total Fat

Saturated Fat

Trans Fat

Cholesterol

Sodium

Total Carbohydrate

Dietary Fiber

Sugars

Protein

	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	1.5g 2%	0.5g 1%	1g 1%	0.5g 1%
Saturated Fat	0g 0%	0g 0%	0g 0%	0g 0%
Trans Fat	0g	0g	0g	0g
Cholesterol	0mg 0%	0mg 0%	0mg 0%	0mg 0%
Sodium	450mg 19%	270mg 11%	380mg 16%	660mg 28%
Total Carbohydrate	35g 12%	35g 12%	35g 12%	34g 11%
Dietary Fiber	4g 16%	3g 12%	3g 12%	3g 10%
Sugars	2g	3g	3g	2g
Protein	7g	7g	7g	8g
Vitamin A	8%	20%	15%	4%
Vitamin C	30%	50%	50%	2%
Calcium	6%	4%	4%	4%
Iron	8%	8%	8%	8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

Product code: 2004

Red Beans and Rice Dinner

Ingredients: Rice, pre-cooked pinto beans, seasoning blend (dehydrated vegetables (bell pepper, onion, garlic), red bean flour, wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), maltodextrin, salt, modified food starch, autolyzed yeast extract, hydrolyzed soy protein, caramel color, spices, natural mesquite smoke flavor, disodium inosinate and disodium guanylate), imitation chorizo-sausage flavored chunks (textured vegetable protein (soy flour, caramel color, red 3), soybean oil, natural flavor (hydrolyzed corn protein, salt, maltodextrin, autolyzed yeast extract, monosodium glutamate, natural flavor), salt, vinegar, garlic powder, water, dextrose, spice, artificial flavor (natural and artificial flavor, sesame oil), mustard flavor, extractives of paprika, natural spice extractives). **CONTAINS SOY AND WHEAT.**

Chicken Flavored Fried Rice Dinner

Ingredients: Rice, textured vegetable protein (soy flour), seasoning blend (dehydrated vegetables (peas, carrot, broccoli, onion, garlic, celery), salt, maltodextrin, hydrolyzed corn and soy protein, monosodium glutamate, sugar, soy sauce (wheat, soybeans, salt), brown sugar, partially hydrogenated soybean oil, caramel color, natural flavors, disodium inosinate and disodium guanylate).

CONTAINS SOY AND WHEAT.

Chicken Flavored Rice Dinner

Ingredients: Rice, textured vegetable protein (textured soy flour), pre-cooked pinto beans, green peas, seasoning blend (salt, maltodextrin, potassium chloride, cornstarch, sugar, monosodium glutamate, sugar, garlic and onion powder, partially hydrogenated vegetable oil (cottonseed, soybean), hydrolyzed soy protein, autolyzed yeast extract, parsley, turmeric, disodium inosinate and disodium guanylate, oleoresin turmeric, spice extractive), carrot, corn, onion, red bell pepper, jalapeno powder. **CONTAINS SOY.**

Beef Flavored Rice Dinner

Ingredients: Rice, textured vegetable protein (soy flour, caramel color), pre-cooked black beans, green peas, seasoning blend (salt, maltodextrin, potassium chloride, cornstarch, sugar, monosodium glutamate, partially hydrogenated vegetable oil (cottonseed, soybean), hydrolyzed soy protein, autolyzed yeast extract, caramel color, onion powder, parsley, spice, disodium inosinate and disodium guanylate), corn carrot, onion, red bell pepper, jalapeno powder, salt. **CONTAINS SOY.**