



# LONG GRAIN & WILD RICE ORIGINAL

Long grain and wild rice with herbs



MAKING HOME MADE EASY.

SERVING SUGGESTION

NET WT 4.3 OZ (122 g)

Per Serving  
190 CALORIES

0g SAT FAT  
0% DV

780mg SODIUM  
34% DV

2g TOTAL SUGARS

# Nutrition Facts

About 2 servings per container

**Serving size** 2.0 or 1/2 cup (about 1/4 cup dry rice mix & 1-2/3 Tbsp seasoning mix)

**Calories** As packaged **190** As prepared **240**

	% DV*	% DV*
<b>Total Fat</b>	0.5g 1%	6g 7%
Saturated Fat	0g 0%	1g 6%
Trans Fat	0g 0%	1g 6%
Polyunsaturated Fat	0g 0%	1.5g 6%
Monounsaturated Fat	0g 0%	2.5g 6%
<b>Cholesterol</b>	0mg 0%	0mg 0%
<b>Sodium</b>	780mg 34%	840mg 36%
<b>Total Carb.</b>	42g 15%	42g 15%
Dietary Fiber	2g 6%	2g 6%
Total Sugars	2g 2%	2g 2%
Incl. Added Sugars	<1g 1%	<1g 1%
<b>Protein</b>	5g 10%	6g 12%
Vitamin D	0mcg 0%	0mcg 0%
Calcium	40mg 2%	40mg 2%
Iron	1.5mg 8%	1.5mg 8%
Potassium	150mg 2%	150mg 2%
Thiamin	0.18mg 15%	0.18mg 15%
Riboflavin	0.05mg 4%	0.05mg 4%
Niacin	1.6mg 10%	1.6mg 10%
Vitamin B <sub>6</sub>	0.17mg 10%	0.17mg 10%
Folate DFE	100mcg 25%	100mcg 25%
Folic Acid	(65mcg)	(65mcg)

\*The % Daily Value (DV) 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.

**INGREDIENTS:** Rice, wild rice, onions, hydrolyzed soy protein, salt, monosodium glutamate, maltodextrin, autolyzed yeast extract, sugar, garlic\*, garlic, sunflower oil, caramel color, spices, hydrolyzed corn protein, ferric orthophosphate, yeast extract, niacinamide, hydrolyzed wheat protein, thiamin mononitrate, tocopherols (to preserve freshness), folic acid.

\*Dried.  
CONTAINS SOY AND WHEAT INGREDIENTS. (43047-104-14)

## Preferred Method RICE RANGE TOP DIRECTIONS

- WHAT YOU NEED -

- 1 TABLESPOON BUTTER OR MARGARINE
- 1 1/2 CUPS WATER

**1** In a medium saucepan, combine rice mix, Special Seasonings, water and butter or margarine; bring to a boil.

**2** Cover and reduce heat to low. Simmer 25 to 30 minutes or until rice is tender. Let stand 3 minutes before serving.

About 2 cups prepared. Enjoy!

See side panels for additional product information.

### MAKE IT A MEAL

EASY AS 1-2-3:

1. STIR in chopped celery during last 5 minutes of simmering.
2. ADD cooked chicken breast sliced into pieces once rice is fully cooked.
3. TOP with shredded carrots before serving (optional).

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