

Creamy a la King

**POUCH MAKES
6 PREPARED CUPS**

Nutrition Facts

Serving Size 1.5 cups (115g)
Servings Per Container 4

Amount Per Serving

Calories 460 **Calories from Fat** 90

% Daily Value*

Total Fat 10g	16%
Saturated Fat 9g	44%
Cholesterol 0mg	0%
Sodium 1120mg	47%
Total Carbohydrate 82g	27%
Dietary Fiber 3g	11%
Sugars 3g	
Protein 8g	

Vitamin A 30% • Vitamin C 10%
Calcium 8% • Iron 20%

* 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

DIRECTIONS

For 4 servings bring 6 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 3 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

INGREDIENTS

Precooked Long Grain Rice, Coconut Oil, Maltodextrin, Corn Starch, Sea Salt, Onion, Pea, Carrot, Red Bell Pepper, Mushroom, Dried Cane Syrup, Sodium Caseinate, Green Bell Pepper, Butter (cream, water, salt), Garlic, Spice, Parsley, Silicon Dioxide, Non Fat Milk, High Oleic Acid Sunflower Oil, Mono & Diglycerides, Natural Flavor, Tocopherols, Ascorbyl Palmitate.

ALLERGENS: Milk.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- No Trans Fats
- Vegetarian
- Low Cholesterol
- Uses Sea Salt
- Gluten Free

Made in the USA

