

# Enchilada Beans and Rice

**POUCH MAKES  
6 PREPARED CUPS**

## Nutrition Facts

Serving Size 1.5 cups (104g)  
Servings Per Container 4

**Amount Per Serving**  
Calories 390    Calories from Fat 60

	% Daily Value*
<b>Total Fat</b> 6g	<b>10%</b>
Saturated Fat 4g	<b>20%</b>
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 1070mg	<b>44%</b>
<b>Total Carbohydrate</b> 73g	<b>24%</b>
Dietary Fiber 4g	<b>15%</b>
Sugars 9g	
<b>Protein</b> 11g	

Vitamin A 15% • Vitamin C 35%  
Calcium 15% • 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

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## DIRECTIONS

**For 4 servings** bring 6 1/2 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 1/4 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

Rice, Tomato, Corn, Cheese Powder (pasteurized milk, salt, cheese cultures, enzymes), Maltodextrin, Coconut Oil, Onion, Whey, Sea Salt, Red Bell Pepper, Spice, Corn Starch, Garlic, Autolyzed Yeast Extract, Green Chili, Natural Cheese Flavor, Dried Cane Syrup, Sodium Caseinate, Silicon Dioxide, Disodium Phosphate, High Oleic Acid Sunflower Oil, Annatto, Natural Flavor, Tocopherols.

## 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

