



.750"
1/16"

3.375"
BACK

15" WEB
6.750"
FACE

3.375"
BACK

.750"

10"

Buckaroo Stew

INGREDIENTS: white rice (long grain rice, iron phosphate, niacin, thiamin mononitrate, folic acid), lentils, elbow macaroni (semolina [wheat], niacin, ferrous sulfate [iron], thiamin mononitrate, riboflavin, folic acid), dehydrated carrots, chicken flavor (natural flavor, maltodextrin, yeast extract, salt), yeast extract, garlic powder, salt, dehydrated onion, dehydrated celery, silicon dioxide, spice.
CONTAINS: Wheat.

- DIRECTIONS:**
1. Open pouch and remove oxygen absorber.
 2. Whisk contents into 8 cups boiling water.
 3. Boil for 3-5 minutes.
 4. Reduce heat to medium and continue cooking for 25 minutes.



Nutrition Facts

8 servings per container
Serving size 1/3 cup (57.5g) dry
(about 1 cup prepared)

Amount per serving	Calories	% Daily Value*
Calories	200	
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 680mg		30%
Total Carbohydrate 41g		15%
Dietary Fiber 3g		11%
Total Sugars 2g		
Includes 0g Added Sugars		0%
Protein 7g		
Vitamin D 0mcg		0%
Calcium 34mg		2%
Iron 2mg		10%
Potassium 332mg		8%

*The % Daily Value 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.

V1.0
Distributed by 4 Patriots, LLC
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4Patriots.com 800-304-4202
8 SERVINGS
Best when stored in a cool and dry place.
NET WT. 16.23 OZ (460g)