

# 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** **200**

% Daily Value\*

**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.



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Distributed by 4 Patriots, LLC  
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8 SERVINGS

Best when stored in a cool and dry place.

NET WT. 16.23 OZ (460g)