



.750"
1/16"

3.375"
BACK

15" WEB
6.750"
FACE

3.375"
BACK

.750"

10"

Cheesy Broccoli Rice

INGREDIENTS: white rice (long grain rice, iron phosphate, niacin, thiamin mononitrate, folic acid), creamer (coconut oil, maltodextrin, sodium caseinate [milk derivative], mono-and diglycerides, dipotassium phosphate, silicon dioxide, soy lecithin), cheddar cheese (cheddar cheese [milk, salt, cheese cultures, enzymes], whey, buttermilk, salt, disodium phosphate, annatto extract), wheat flour, natural flavors, salt, potassium chloride, onion powder, yeast extract, garlic powder, silicon dioxide, dehydrated broccoli, spice, lactic acid.
CONTAINS: Milk, Soy, Wheat.

- DIRECTIONS:**
1. Open pouch and remove oxygen absorber.
 2. Whisk contents into 6 cups boiling water.
 3. Reduce heat to medium and continue cooking for 20 minutes, stirring frequently.
 4. Preheat oven to 350°F.
 5. Spread prepared rice in greased 9x13 baking dish. Top with shredded cheese (not included).
 6. Bake 20-30 minutes, or until cheese is melted and lightly brown.



Nutrition Facts	
8 servings per container	
Serving size 1/3 cup (65g) dry (about 3/4 cup prepared)	
Amount per serving	
Calories 250	
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 650mg	28%
Total Carbohydrate 44g	16%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 1mg	6%
Potassium 732mg	15%

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. 18.34 OZ (520g)