

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%**

*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.

V.1.0

Distributed by 4 Patriots, LLC
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8 SERVINGS

Best when stored in a cool and dry place.

NET WT. 18.34 OZ (520g)