



.750"  
1/16"

3.375"  
BACK

15" WEB  
6.750"  
FACE

3.375"  
BACK

.750"

10"

### Heartland Hot Dish Veggies & Rice Dinner

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), wheat flour, dehydrated onion, dehydrated carrots, chicken flavor (natural flavor, maltodextrin, yeast extract, salt), salt, potassium chloride, natural flavor, dehydrated green peas, yeast extract, silicon dioxide, spices.  
CONTAINS: Milk, Soy, Wheat.

- DIRECTIONS:
1. Open pouch and remove oxygen absorber.
  2. Whisk contents into 7 cups boiling water.
  3. Reduce heat to medium, continue cooking for 20 minutes, stirring frequently.
  4. Remove from heat and let stand 2 to 3 minutes to thicken before serving.



| Nutrition Facts  |     |
|--|-----|
| 8 servings per container                                 |     |
| Serving size 1/3 cup (81g) dry<br>(about 1 cup prepared) |     |
| Amount per serving                                       |     |
| Calories 320   |     |
| % Daily Value*   |     |
| Total Fat 8g   | 10% |
| Saturated Fat 7g   | 35% |
| Trans Fat 0g   |     |
| Cholesterol 0mg  | 0%  |
| Sodium 620mg   | 27% |
| Total Carbohydrate 56g                                   | 20% |
| Dietary Fiber 1g   | 4%  |
| Total Sugars 1g  |     |
| Includes 0g Added Sugars                                 | 0%  |
| Protein 6g   |     |
| Vitamin D 0mcg   | 0%  |
| Calcium 23mg   | 2%  |
| Iron 2mg   | 10% |
| Potassium 754mg  | 15% |

V1.0  
Distributed by 4 Patriots, LLC  
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Nashville, TN 37204  
4Patriots.com 800-304-4202  
8 SERVINGS  
Best when stored in a cool and dry place.  
NET WT. 22.79 OZ (646g)