

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**
(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%

*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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8 SERVINGS

Best when stored in a cool and dry place.

NET WT. 22.79 OZ (646g)