

RICELAND®

Chef-way®
CONDITIONED

Rice

PILAF

**GROWN
IN
AMERICA**

Nutrition Facts

Serving Size 2 oz. dry rice mix
(57g, about 1/4 cup dry rice and
2 tsp. seasoning)
Servings Per Container about 18

Amount Per Serving	As Packaged	Fat Cal 5
Calories 190		
% Daily Value*		
Total Fat 0g		1%
Saturated Fat 0g		1%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 790mg		33%
Total Carb. 43g		14%
Dietary Fiber 1g		4%
Sugars 2g		
Protein 4g		8%

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 8%
Folic Acid 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	Less than 50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED PARBOILED LONG GRAIN RICE (RICE, IRON (FERRIC ORTHOPHOSPHATE), NIACIN (NICOTINAMIDE), THIAMIN (THIAMINE MONONITRATE), FOLIC ACID), ENRICHED TOASTED MELON SEED ORZO (SEMOLINA, NIACIN, IRON (FERROUS SULFATE), THIAMINE (THIAMINE MONONITRATE), RIBOFLAVIN, FOLIC ACID), CHEFWAY PILAF SEASONING (HYDROLYZED PLANT PROTEIN (HYDROLYZED CORN GLUTEN AND SOY PROTEIN, SALT, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL), SUGAR, FLAVOR (DEXTRROSE, SALT, AUTOLYZED YEAST EXTRACT), MALTED BARLEY EXTRACT, SALT, NATURAL BUTTER FLAVOR, DEHYDRATED VEGETABLES (ONION, GARLIC), SPICES, TURMERIC (COLOR), CALCIUM SILICATE (PREVENTS CAKING)).

CONTAINS WHEAT AND SOY.

