

Nutrition Facts			
About 2.5 servings per container			
Serving size 2.0 oz (56g/about 1/3 cup dry quinoa-grain mix & 1/2 Tbsp seasoning mix)			
Calories	As packaged	As prepared	
	200	220	
	% DV*		% DV*
Total Fat	2.5g 3%	4g 5%	
Saturated Fat	0g 0%	0.5g 3%	
Trans Fat	0g	0g	
Cholesterol	0mg 0%	0mg 0%	
Sodium	310mg 14%	310mg 14%	
Total Carb.	38g 14%	38g 14%	
Dietary Fiber	3g 10%	3g 10%	
Total Sugars	<1g	<1g	
Incl. Added Sugars	0g 0%	0g 0%	
Protein	6g	6g	
Vitamin D	0mcg 0%	0mcg 0%	
Calcium	30mg 2%	30mg 2%	
Iron	1.9mg 10%	1.9mg 10%	
Potassium	260mg 4%	260mg 4%	
* The % Daily Value (DV) 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.			

INGREDIENTS: Quinoa, brown rice, red bell pepper*, salt, yeast extract, garlic powder, maltodextrin, tomato powder, basil*, onion powder, sugar, spices, citric acid, natural flavor, black pepper, tocopherols (to preserve freshness), ascorbic acid (to preserve freshness).

*Dried. (02006-L02-5)

Distributed by:
Near East Food Products
P.O. Box 049003
Chicago, IL 60604-9003

See side panel for additional product information.
©2022 GFC

**Quinoa: Fair Trade Certified™ by Fair Trade USA.
At least 40% of Fair Trade Certified™ Ingredients.

We're here to help.
Neareast.com or 800.822.7423
Please have package available when calling.

RANGE TOP DIRECTIONS

1. In medium saucepan, bring quinoa and brown rice blend, 2 cups water, and 1 teaspoon olive oil to a boil.
2. Turn heat to a medium boil, add contents of Spice Sack and mix well.
3. Boil gently with lid on for 19-22 minutes until water is absorbed.
4. Remove from heat. Let stand for 5 minutes. Fluff with a fork before serving.

About 2-1/2 cups prepared

HIGH ALTITUDE PREPARATION

At high altitudes, increase water to 2-1/4 cups and cook time by >10 minutes.

LOW FAT DIRECTIONS

Follow package directions, except omit olive oil. (See Nutrition Facts for sodium content.)

At Near East®, we're inspired by how well the world eats. Our journey began 50 years ago with a single, homemade Armenian rice pilaf recipe. Today, the brand has expanded to a family of hearty grains, blended with vibrant spices and herbs from across the globe. Our simple yet flavorful dishes provide creative inspiration for any meal.

smartlabel®



Scan here for more food information or call:
1-800-822-7423



QUINOA & BROWN RICE BLEND

Roasted Red Pepper & Basil

FLAVOR WITH OTHER NATURAL FLAVORS



Grain Mix Filled To This Line

Package contains empty space to accommodate grain to seasoning ratio. This package is sold by weight, not by volume. Contents may settle during shipping and handling.

QUINOA & BROWN RICE BLEND

Roasted Red Pepper & Basil

FLAVOR WITH OTHER NATURAL FLAVORS

PER SERVING SUGGESTION

FAIR TRADE CERTIFIED INGREDIENT

NON GMO Project VERIFIED

Per serving Enlarged image

200 CALORIES	0g SAT FAT 0% DV	310mg SODIUM 14% DV	<1g TOTAL SUGARS
--------------	------------------	---------------------	------------------

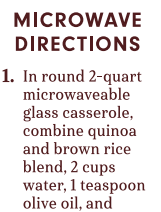
NET WT 4.9 OZ (139 g)



QUINOA & BROWN RICE BLEND

Roasted Red Pepper & Basil

FLAVOR WITH OTHER NATURAL FLAVORS



- MICROWAVE DIRECTIONS
1. In round 2-quart microwavable glass casserole, combine quinoa and brown rice blend, 2 cups water, 1 teaspoon olive oil, and contents of Spice Sack.
 2. Cover; microwave at HIGH for 6 minutes. Stir.
 3. Cover; microwave at HIGH for 9 to 12 minutes or until all water is absorbed.*
 4. Let stand about 5 minutes.
 5. Fluff lightly with fork before serving.

* Microwave ovens may vary. Adjust times as needed.

SAFE HANDLING INSTRUCTIONS: This product is not ready-to-eat and must be thoroughly cooked before eating to prevent illness from potential bacteria in the product. Do not eat or play with raw product; wash hands, utensils, and surfaces after handling.



BEST BEFORE

