WHOLE GRAIN BLEND

Brown Rice Pilaf

A BLEND OF WHOLE GRAIN BROWN RICE AND TOASTED ORZO PASTA

Nutrition Facts About 3 servings per container Serving size 2.0 oz (56g/about 1/3 cup dry

brown rice & 1 tsp seasoning mix)				
Colorios	As packaged		As prepared	
<u>Calories</u>		% DV*		% DV*
Total Fat	1.5g	2%	4.5g	6%
Saturated Fat	0g	0%	2.5g	12%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	10mg	3%
Sodium	610mg	27%	650mg	28%
Total Carb.	40g	15%	40g	15%
Dietary Fiber	2g	8%	2g	8%
Total Sugars	1g		1g	
Incl. Added Sugars		0%		0%
Protein	5g		5g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	20mg	0%	20mg	0%
Lance Control of the	4.0	-00/	4.0	

* 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.

1.3mg 6% 1.3mg 6%

200mg 4% 200mg 4%

INGREDIENTS: Brown rice, wheat flour, salt, natural flavor, carrots*, autolyzed yeast extract, garlic*, spices, parsley*. (05092-L02-8) spices, parsley*.
*Dried.

CONTAINS WHEAT INGREDIENTS.

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RANGE TOP DIRECTIONS

- 1. In medium saucepan, bring 2 cups water and 1 tablespoon olive oil or butter just to a boil.
- 2. Stir in grains and contents of Spice Sack. Return to a boil.
- 3. Cover; reduce heat to low. Simmer 32 to 37 minutes or until most of water is absorbed.
- **4.** Fluff pilaf lightly with fork before serving. About 3 cups prepared

HIGH ALTITUDE PREPARATION

At high altitudes, increase water to 3 cups.

LOW FAT DIRECTIONS

Follow package directions, except substitute olive oil with 3 tablespoons water. (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 $% \left\{ \mathbf{r}_{i}^{\mathbf{r}_{i}}\right\} =\mathbf{r}_{i}^{\mathbf{r}_{i}}$ flavorful dishes provide creative inspiration for any meal.

42g of Whole Grains per Serving



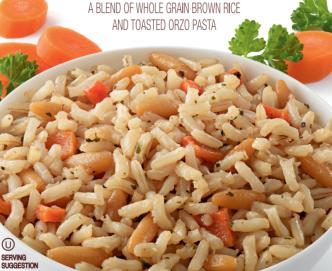
Scan here for more food information or call 1-800-822-7423

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

Near East Vear East **WHOLE GRAIN** BLEND **Brown Rice Pilaf**

> **WHOLE GRAIN BLEND**

Brown Rice Pilaf A BLEND OF WHOLE GRAIN BROWN RICE



Per serving Enlarged Image 610mg sodium

NET WT 6.17 OZ (175 g)



Near East **WHOLE**

GRAIN BLEND

Brown Rice Pilaf

A BLEND OF WHOLE GRAIN BROWN RICE AND TOASTED ORZO PASTA

MICROWAVE DIRECTIONS

- 1. In round 2-quart microwaveable glass casserole, combine rice, contents of Spice Sack, 3-1/4 cups water, and 1 tablespoon olive oil or butter.
- 2. Cover; microwave at HIGH 30 to 35 minutes or until most of water is absorbed.*
- 3. Let stand about 5 minutes or until all water is
- 4. Fluff pilaf lightly with fork before serving.

needed.

* Microwave ovens may vary. Adjust times as

SAFE HANDLING INSTRUCTIONS: This 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.

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BEST BEFORE

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.