

Serving size 2.0 oz (56g/about 1/3 cup dry
brown rice & 1 tsp seasoning mix)

Calories	As packaged		As prepared	
	190	220		
	% DV*	% DV*		
Total Fat	1.5g	2%	4.5g	6%
Saturated Fat	0g	0%	2.5g	12%
Trans Fat	0g	0%		
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	0g	0%	0g	0%
Protein	5g		5g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	20mg	0%	20mg	0%
Iron	1.3mg	6%	1.3mg	6%
Potassium	200mg	4%	200mg	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: Brown rice, wheat flour, salt, natural flavor, carrots*, autolyzed yeast extract, garlic*, spices, parsley*. (05092-L02-8)

CONTAINS WHEAT INGREDIENTS.

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

See side panel for additional product information.
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1. In medium saucepan, bring 2 cups water and 1 tablespoon olive oil or butter just to a boil.

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

At high altitudes, increase water to 3 cups.

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 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.

A BLEND OF WHOLE GRAIN BROWN RICE AND TOASTED ORZO PASTA



A BLEND OF WHOLE GRAIN BROWN RICE
AND FLAX SEEDS BACK!



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.



BLEND OF WHOLE GRAIN BROWN
AND TOASTED ORZO PASTA

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.

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 absorbed.

* 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 play with raw product; wash hands, utensils, and surfaces after handling.

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BEST BEFORE



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