

Nutrition Facts			
About 3 servings per container			
Serving size	2.0 oz (56g/about 1/3 cup rice mix & 1 tsp seasoning mix)		
	As packaged	As prepared	
Calories	190	230	
	% DV*	% DV*	
Total Fat	0.5g	1%	4.5g 6%
Saturated Fat	0g	0%	2.5g 13%
Trans Fat	0g		0g
Cholesterol	0mg	0%	10mg 3%
Sodium	640mg	28%	680mg 29%
Total Carb.	43g	16%	43g 16%
Dietary Fiber	1g	5%	1g 5%
Total Sugars	0g		0g
Incl. Added Sugars	0g	0%	0g 0%
Protein	5g		5g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	40mg	2%	40mg 2%
Iron	0.6mg	2%	0.6mg 2%
Potassium	150mg	2%	150mg 2%
* 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:** Rice, wild rice, salt, autolyzed yeast extract, dried parsley, onions, garlic, spices, turmeric (color), natural flavor.

(00145-L02-9)

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

See side panel for additional product information.  
©2023 GGC

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

RANGE TOP DIRECTIONS

1. In medium saucepan, bring 1-3/4 cups water and 1 tablespoon olive oil or butter just to a boil.
2. Stir in rice and contents of Spice Sack. Return to a boil.
3. Cover; reduce heat to low. Simmer 25 to 30 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 2-3/4 cups and cooking time to 40 minutes.

LOW FAT DIRECTIONS

Follow package directions, except omit olive oil or butter and add additional 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.

smartlabel®



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



LONG GRAIN & WILD RICE MIX

Original



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.

LONG GRAIN & WILD RICE MIX

Original



LONG GRAIN & WILD RICE

Original



U  
SERVING SUGGESTION

Per serving    Enlarged Image

190 CALORIES	0g SAT FAT 0% DV	640mg SODIUM 28% DV	0g ADDED SUGARS 0% DV
-----------------	------------------------	---------------------------	-----------------------------

NET WT 6 OZ (170 g)



BEST BEFORE



0 72251 00145 7



LONG GRAIN & WILD RICE MIX

Original

MICROWAVE DIRECTIONS

1. In round 2-quart microwaveable glass casserole, combine rice, contents of Spice Sack, 3 cups water and 1 tablespoon olive oil or butter.
2. Microwave uncovered, at HIGH 30 to 33 minutes or until most of water is absorbed.\*
3. Let stand about 5 minutes or until all water is absorbed.
4. Fluff pilaf 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.

32630014524