



NO ARTIFICIAL PRESERVATIVES OR FLAVORS



serving suggestion  
Enlarged image

GREAT TASTE

SAN FRANCISCO

HEAT & EAT

BEEF RICE FLAVOR

Rice, carrots and beef flavor with other natural flavors

NET WT 8.8 OZ (250 g)

90 SECONDS

PER CUP  
230 CALORIES  
0g SAT FAT (0% DV)  
610mg SODIUM (27% DV)  
1g TOTAL SUGARS

100% U.S. GROWN RICE



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INGREDIENTS: Water, rice, gum arabic, hydrolyzed corn protein, potassium salt, soy sauce, dried carrots, salt, sunflower oil, soy lecithin, hydrolyzed corn protein, wheat, salt, sugar, garlic powder, garlic powder, natural beef (contains soybean), dried beef, dried beef broth, calcium chloride, natural color, spices, yeast extract, iron (E1), phosphate, niacinamide, tocopherols (to preserve freshness), B vitamins (niacinamide, folic acid), (E1000020490-102-2)

**Nutrition Facts**

1 serving per pouch  
Serving size About 1-2/3 cups (1 pouch)

<b>Calories</b>	<b>230</b>	<b>380</b>
	Per cup	Per pouch
<b>Total Fat</b>	2g	3.5g
	0%	5%
<b>Saturated Fat</b>	0g	0.5g
	0%	3%
<b>Trans Fat</b>	0g	0g
<b>Cholesterol</b>	0mg	0mg
	0%	0%
<b>Sodium</b>	610mg	1020mg
	27%	44%
<b>Total Carb.</b>	48g	79g
	17%	29%
<b>Dietary Fiber</b>	1g	2g
	5%	8%
<b>Total Sugars</b>	<1g	<1g
<b>Incl. Added Sugars</b>	<1g	2%
<b>Protein</b>	4g	7g
<b>Vitamin D</b>	0mcg	0mcg
	0%	0%
<b>Calcium</b>	90mg	150mg
	6%	10%
<b>Iron</b>	1.6mg	2.7mg
	8%	15%
<b>Potassium</b>	470mg	780mg
	8%	15%
<b>Thiamin</b>	0.18mg	0.36mg
	15%	30%
<b>Niacin</b>	1.6mg	2.4mg
	10%	15%
<b>Folate DFE</b>	120mcg	200mcg
	30%	50%
<b>Folic Acid</b>	(76mcg)	(126mcg)

\* The % Daily Values (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.



BEST BEFORE



TASTE THEM ALL

**HEAT & ENJOY**

**SQUEEZE** pouch to separate rice

**TEAR** two inches to vent

**HEAT** on high for 90 SECONDS  
Microwave times may vary

**REMOVE** from microwave using sides

**USE CAUTION WHEN HANDLING AND OPENING THE HOT POUCH.**

**Stove Top Directions:**  
Squeeze the pouch to separate the rice. Pour the rice contents into a sauté pan with 2 tbsp. of water and heat the rice on medium high heat, stirring occasionally until thoroughly heated (about 4-5 minutes). Serve immediately. Refrigerate unused portions.



TEAR HERE