RICE A RONI.

CHEDDAR BROCCOLI RANGE

THE SAN FRANCISCO TREAT®

CHEDDAR

Rice, pasta, cheddar cheese and broccoli

BROCCOLIFLAVOR

Nutrition Facts

About 2.5 servings per container Serving size 2.0 oz (56g/about 1/3 cup dry rice pasta mix & 2-2/3 Tbsp seasoning mix)

	As packageu		MS prepareu	
Calories	21	10	29	90
		% DV*		% DV*
Total Fat	4g	5%	13g	16%
Saturated Fat	2g	10%	4g	19%
Trans Fat	0g		1.5g	
Cholesterol	<5mg	1%		1%
Sodium	610mg	27%	710mg	31%
Total Carb.	37g	14%	37g	14%
Dietary Fiber	1g	4%	1g	4%
Total Sugars	3g		3g	
Incl. Added Sugars	<1g	1%	<1g	1%
Protein	6g		6g	
Vita di D	24	00/	A 4	00/
Vitamin D	0.1mcg	0%	0.1mcg	0%
Calcium	50mg	2%		4%
Iron	1.8mg	8%	1.8mg	8%
Potassium	190mg	2%	190mg	4%
Thiamin	0.24mg	20%	0.24mg	20%
Riboflavin	0.13mg	10%	0.13mg	10%
Missis	4.0	100/	4.0	100/

* 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

1.6mg 10% 1.6mg 10%

120mcg 30% | 120mcg 30%

(68mcg) (68mcg)

Riboflavin Niacin

Folate DFE

Folic Acid

INGREDIENTS: Rice, wheat flour, palm oil, whey, salt, broccoli*, onions, corn syrup solids, cheddar cheese (milk, cultures, salt, enzymes), parmesan cheese (milk, cultures, salt, enzymes), nonfat milk, monosodium glutamate, cheddar and romano cheeses (milk, cultures, salt, enzymes), cream, sugar, potassium phosphate, natural flavor, lactic acid, spinach*, yeast extract, autolyzed yeast extract, annatto (color), ferric orthophosphate, niacinamide, soy lecithin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid. CONTAINS MILK, SOY AND WHEAT INGREDIENTS. (43024-22)

Preferred Method RICE RANGE TOP DIRECTIONS - WHAT YOU NEED -

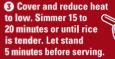




2½ TABLESPOONS BUTTER 2¼ CUPS WATER OR MARGARINE 1 In a large skillet, combine rice-pasta mix







About 2½ cups prepared. Enjoy!

MAKE IT A MEAL

EASY AS 1-2-3:

. STIR in corn and/or chopped

5 minutes of simmering.

ADD cooked sausage, sliced into pieces once rice is fully cooked.

TOP with crumbled bacon before serving (optional).



RICE RONI.







Try Pasta Roni® for another easy homemade meal.

MICROWAVE DIRECTIONS

In 2-quart microwaveable bowl, combine rice-pasta mix and 2½ tablespoons of butter or margarine. Microwave uncovered at HIGH 1 minute. Stir. Microwave at HIGH 1-2 more minutes or until pasta Microwave at HIGH 1-2 more minutes or until pasta is golden brown. Remove and stir in 234 cups water and Special Seasonings. Microwave uncovered, at HIGH 18-21 minutes or until rice is tender, Let stand 5 minutes before serving. Microwave ovens vary; adjust times as needed.

LESS FAT DIRECTIONS:
Follow Range Top or Microwave
Directions, except substitute
butter with ½ tablespoon olive oil.
Fat reduced to 8g from 18g per
serving. * Saturated Fat reduced
to 2.5g from 4g per serving. *
Trans Fat reduced to 1g from 1.5g
per serving. See Nutrition Facts
Panel for Sodium Content.

RICE RÔNI.







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RICE A RONI. PAPER IMAGELATOR

Per Serving





NET WT 6.5 OZ (184 g)

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