

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 packaged!	As prepared
Calories	210	290
	% DV*	% DV*
Total Fat	4g	5%
Saturated Fat	2g	10%
Trans Fat	0g	1.5g
Cholesterol	<5mg	1%
Sodium	610mg	27%
Total Carb.	37g	14%
Dietary Fiber	1g	4%
Total Sugars	3g	3g
Incl. Added Sugars	<1g	1%
Protein	6g	6g
Vitamin D	0.1mcg	0%
Calcium	50mg	2%
Iron	1.8mg	8%
Potassium	190mg	2%
Thiamin	0.24mg	20%
Riboflavin	0.13mg	10%
Niacin	1.6mg	10%
Folate DFE	120mcg	30%
Folic Acid	(68mcg)	(68mcg)

* 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, 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.

*Dried.

CONTAINS MILK, SOY AND WHEAT INGREDIENTS. (43024-22)

Preferred Method RICE RANGE TOP DIRECTIONS - WHAT YOU NEED -



1 In a large skillet, combine rice-pasta mix and butter or margarine. Sauté over medium heat until pasta is golden brown, stirring frequently.

2 Slowly stir in water and Special Seasonings; bring to a boil.

3 Cover and reduce heat to low. Simmer 15 to 20 minutes or until rice is tender. Let stand 5 minutes before serving.

About 2 1/2 cups prepared. Enjoy!

MAKE IT A MEAL

EASY AS 1-2-3:

1. STIR in corn and/or chopped green bell pepper during last 5 minutes of simmering.
2. ADD cooked sausage, sliced into pieces once rice is fully cooked.
3. TOP with crumbled bacon before serving (optional).

Find more ideas at ricearoni.com/recipes



RICE A RONI.



Try Pasta Roni® for another easy homemade meal.

MICROWAVE DIRECTIONS

In 2-quart microwaveable bowl, combine rice-pasta mix and 2 1/2 tablespoons of butter or margarine. Microwave uncovered at HIGH 1 minute. Stir. Microwave at HIGH 1-2 more minutes or until pasta is golden brown. Remove and stir in 2 1/2 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 1/2 tablespoon olive oil. • Fat reduced to 6g from 13g per serving. • Saturated Fat reduced to 2.5g from 4g per serving. • Trans Fat reduced to 0g from 1.5g per serving. See Nutrition Facts Panel for Sodium Content.

RICE A RONI.

CHEDDAR BROCCOLI FLAVOR
with other natural flavors



CHEDDAR BROCCOLI FLAVOR
Rice, pasta, cheddar cheese and broccoli with other natural flavors



Per Serving

210	2g	610mg	3g
CALORIES	SAT FAT	SODIUM	TOTAL SUGARS
	10% DV	27% DV	

SERVING SUGGESTION

NET WT 6.5 OZ (184 g)

RICE A RONI.

BEST BEFORE:



RICE A RONI.



QUALITY GUARANTEED

We're here to help. ricearoni.com or 800-421-2444. Please have package available when calling.

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.



1-800-421-2444

Call For More Food Information

Distributed by Golden Grain Co. P.O. Box 045003 Chicago, IL 60604-9003 U.S.A.

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