QUINOA & BROWN RICE BLEND Rosemary & Olive Oil WITH OTHER NATURAL FLAVORS



About 2.5 servings per container

Serving size 2 oz (56g/about 1/3 cup dry quinoa-grain mix & 1/2 Tbsp seasoning mix)

	As packaged		As prepar	
Calories	20	00	21	
		% DV*		% D
Total Fat	2.5g	3%	4.5g	5
Saturated Fat	0g	0%	0.5g	3
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0
Sodium	320mg	14%	320mg	14
Total Carb.	38g	14%	38g	14
Dietary Fiber	3g	10%	3g	10
Total Sugars	<1g		<1g	
Incl. Added Sugars	0g	0%	0g	0
Protein	6g		6g	
Vitamin D	0mcg	0%	0mcg	(
Calcium	30mg	2%	30mg	2
Iron	1.7mg	8%	1.7mg	8
Potassium	250mg	4%	250mg	

* The % Daily Value (DV) tells you how much a nutrient in a servir food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Quinoa, brown rice, salt, yeast extract, tapioca maltodextrin, onion powder, garlic powder, rosemary*, parsley*, tomato powder, dextrose, spices, citric acid, modified tapioca starch, sugar, natural flavor, sunflower oil, olive oil, tocopherols (to preserve freehpess)

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

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See side panel for additional product information. ©2022 GGC **Quinoa: Fair Trade Certified™ by Fair Trade USA.
At least 40% of Fair Trade Certified™ Ingredients.

RANGE TOP DIRECTIONS

- In medium saucepan, bring quinoa and brown rice blend, 2 cups water, and 1 teaspoon olive oil to a boil.
- 2. Turn heat to a medium boil, add contents of Spice Sack and mix well.
- **3.** Boil gently with lid on for 19-22 minutes until water is absorbed. 4. Remove from heat. Let stand for

5 minutes. Fluff with a fork before serving. About 2 ½ cups prepared

> HIGH ALTITUDE PREPARATION

At high altitudes, increase water to 2-1/4 cups and cook time by 5-10 minutes.

LOW FAT DIRECTIONS

Follow package directions, except omit olive oil. (See Nutrition Facts for

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

> smartlabel*

inspiration for any meal.

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Near East

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MICROWAVE DIRECTIONS

- 1. In round 2-quart microwaveable glass casserole, combine quinoa and brown rice blend, 2 cups water, I teaspoon olive oil, and contents of Spice Sack.
- 2. Cover; microwave at HIGH for 6
- 3. Cover; microwave at HIGH for 9 to 12
- minutes or until all water is absorbed.* **4.** Let stand about 5
- 5. Fluff lightly with fork before serving.

* Microwave ovens may vary. Adjust times as needed.

SAFE HANDLING 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.



NET WT 4.9 OZ (139 g)

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