

MICROWAVE COOKING DIRECTIONS:
Easier Prep with no Seasoning Pouch!

- 1 Remove lid and add water to fill line inside of cup.
- 2 Stir until seasoning is dissolved.
- 3 Microwave uncovered on HIGH for 3 1/2 minutes.
- 4 Let stand for at least 1 minute in microwave - until rice is tender and cup is cool enough to handle. Stir. For creamier texture, add 1 Tbsp of milk after microwaving.

CAUTION: CUP AND CONTENTS WILL BE EXTREMELY HOT.
Microwave ovens vary in rate of heating; cooking time may be different. Do not reuse cup. Additional space included in cup to prevent product from boiling over. Do not leave microwave unattended.

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.

JUST ADD WATER & Microwave 3 1/2 MIN

NET WT 2.11 OZ (60 g)

240 CALORIES PER SERVING

Hot & Spicy

RICE RONI
EST. 1958
THE SAN FRANCISCO TREAT®

JALAPEÑO CHEDDAR RUMM
Rice, jalapeño and cheddar cheese with other natural flavors

No Colors from Artificial Sources

Nutrition Facts
1 serving per container
Serving size 1 cup (60g)

Amount per serving	% Daily Value*
Calories 240	
Total Fat 4g	8%
Saturated Fat 2g	5%
Trans Fat 0g	9%
Cholesterol <5mg	1%
Sodium 520mg	22%
Total Carb. 45g	16%
Dietary Fiber <1g	3%
Total Sugars 3g	1%
Incl. 0g Added Sugars	
Protein 5g	10%
Vitamin D 0mcg	0%
Iron 1.5mg	8%
Calcium 70mg	4%
Potassium 170mg	2%

INGREDIENTS: RICE, PALM OIL, NONFAT DRY MILK, SOLIDS, NATURAL FLAVOR, JALAPEÑO PEPPER, STARCH, PANMELAN, CHEDDAR CHEESE, MILK CULTURES, SALT, ENZYMES, MONOSODIUM GLUTAMATE, CHEDDAR AND ROMANO CHEESES (MILK, CULTURES, SALT, ENZYMES), FERROUS PYRROPHOSPHATE, SUCROSE, LACTIC ACID, YEAST EXTRACT, AUTOLYZED YEAST EXTRACT, THIAMINE MONONITRATE, TOCOPHEROLS (TO PRESERVE FRESHNESS), BUTTERMILK POWDER, BLUES CHEESE (MILK, CULTURES, SALT, ENZYMES), SOY SAUCE (SOYBEAN, WHEAT, SALT), SOY LECITHIN, "TOSSED" (ONE OF THE 8 VITAMINS CONTAINS MILK, SOY AND WHEAT) INGREDIENTS. Distributed by Golden Grain Co. P.O. Box 049003 Chicago, IL 60604-9003

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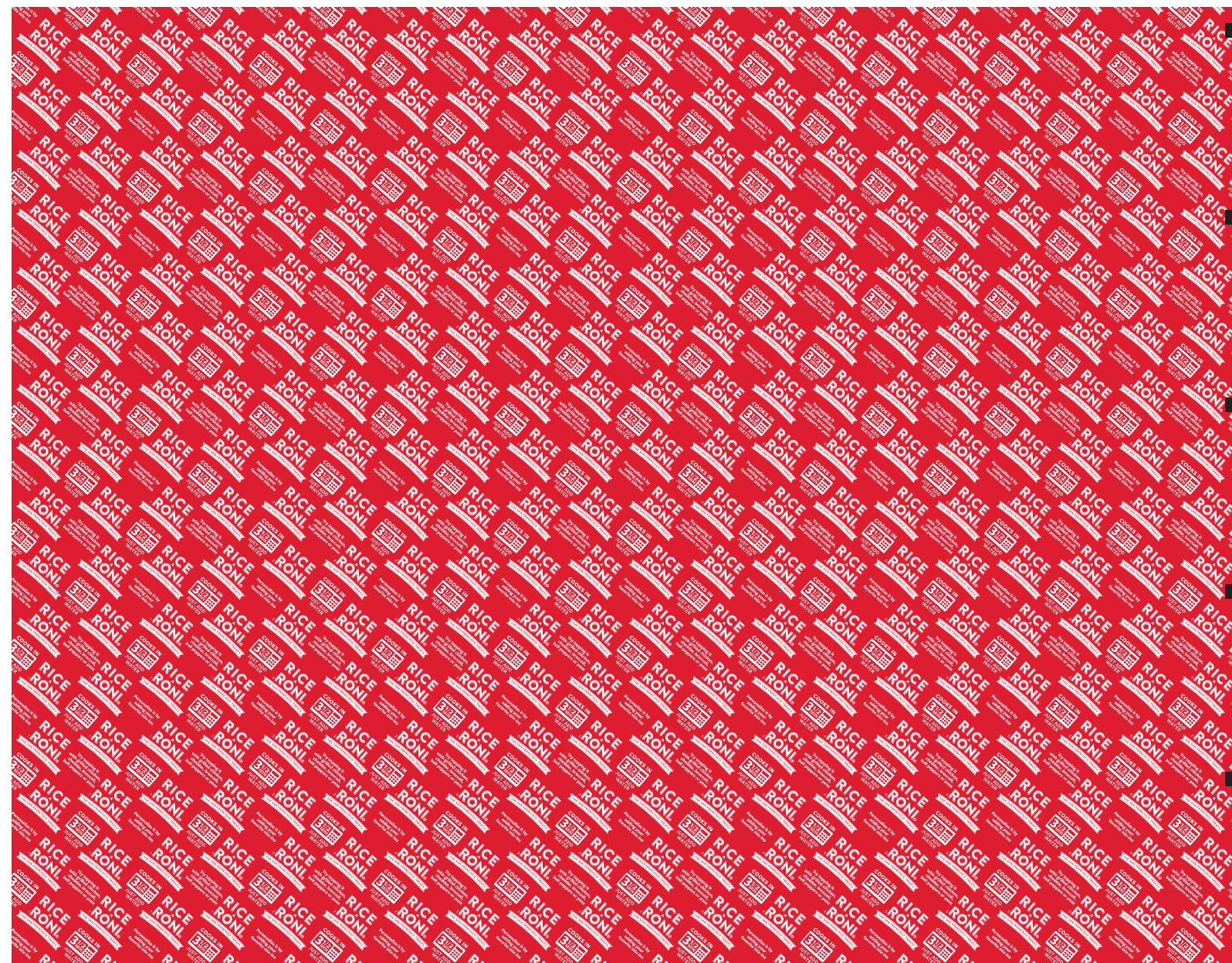
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FOOD SAFE

COD.408ml / 398ml



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