RICE PILAF MIX Chicken FLAVOR WITH OTHER NATURAL FLAVORS

Nutrition Facts About 3 servings per container Serving size 2.0 oz (56g/about 1/4 cup dry rice & 2 tsp seasoning mix)

	Ma packageu		As prepared	
Calories	19	<u> 90</u>	22	<u>20</u>
		% DV*		% DV
Total Fat	0.5g	1%	4g	5%
Saturated Fat	0g	0%	2g	11%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	10mg	3%
Sodium	590mg	26%	630mg	27%
Total Carb.	42g	15%	42g	15%
Dietary Fiber	1g	5%	1g	5%
Total Sugars	1g		1g	
Incl. Added Sugars	<1g	1%	<1g	1%
Protein	5g		5g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	40mg	2%	40mg	2%
Iron	0.7mg	4%	0.8mg	4%
Potassium	460ma	8%	460mg	8%

INGREDIENTS: Rice, wheat flour, autolyzed yeast extract, salt, red bell pepper, potassium salt, natural flavor, dried onions, sugar, yeast extract, dried parsley, dried garlic, soy sauce (soybeans, salt), thyme extract, turmeric (color). (00125-L02-6) CONTAINS SOY AND WHEAT INGREDIENTS.

Distributed by: Near East Food Products P.O. Box 049003 Chicago, IL 60604-9003 See side panel for additional product information. ©2023 GGC

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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 inspiration for any meal.

RANGE TOP

DIRECTIONS

2. Stir in rice and contents of Spice Sack. Return to a boil.

Simmer 20 to 25 minutes or until most of water is absorbed.

3. Cover; reduce heat to low.

Fluff pilaf lightly with fork before serving.

About 3 cups prepared

HIGH ALTITUDE PREPARATION

At high altitudes, increase water to 2-3/4 cups and cook time to 33 to 38 minutes.

LOW FAT DIRECTIONS

Follow package directions, except omit olive oil or butter and add additional 3 tablespoons water. (See Nutrition Facts for sodium content.)

Scan here for more food information or call 1-800-822-7423

Near East 1. In medium saucepan, bring 1-3/4 cups water and 1 tablespoon olive oil or butter just to a boil. **RICE PILAF** MIX Chicken

FLAVOR WITH OTHER NATURAL FLAVORS

Package contains



RICE PILAF



Grain Mix Filled To This Line

empty space to accommodate grain to seasoning ratio. This package is sold by weight, not by volume. Contents may settle during shipping and handling.



Chicken FLAVOR WITH OTHER NATURAL FLAVORS

MICROWAVE DIRECTIONS

- 1. In round 2-quart microwaveable glass casserole, combine rice, content of Spice Sack, 2-1/2 cups water, and 1 tablespoon olive oil or butter.
- 2. Cover; microwave at HIGH 21 to 24 minutes or until most of water is
- 3. Let stand about 5 minutes or until all water is absorbed.
- 4. Fluff pilaf lightly with fork before serving.
- * Microwave ovens may vary. Adjust times as

needed.

SAFE HANDLING INSTRUCTIONS: This 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 6.25 OZ (177 g)

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