



MICROWAVE COOKING
Easier Prep with no Seasoning Pouch!
...and add water to fill line inside of cup.

- ① Remove lid and add water to...
- ② Stir until seasoning is dissolved.
- ③ Microwave uncovered on HIGH for 3 ½ minutes.
- ④ Let stand for at least 1 minute in microwave - until rice is tender and cup is cool enough to handle. Stir.

**CAUTION: CUP AND CONTENTS
WILL BE EXTREMELY HOT.**

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Microwave ovens vary in rate of heating; cooking time may be different. Do not reuse cup. Additional specs included in cup to prevent product from boiling over. Do not leave microwave unattended.

INSTRUCTIONS:

SAFE HANDLING INSTRUCTIONS:

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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)

See nutrition facts for sodium content

230
CALORIES
PER SERVING

See nutrition facts for sodium content

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

MAKE IT A MEAL
Try adding in
grilled chicken and
chopped spinach

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

Serving size 1 cup (60g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 4.5g	
Saturated Fat 2g	6%
Trans Fat 0g	10%
Cholesterol <5mg	
Sodium 520mg	1%
Total Carb. 43g	23%
Dietary Fiber 1g	16%
Total Sugars 2g	4%
Incl. <1g Added Sugars	
Protein 6g	1%
Vitamin D 1.3mg	6% • Calcium 60mg
Iron 1.5mg	8% • Potassium 150mg
	2%

Thiamin 0.24mg 20% • Riboflavin 0.1mg 8%
Niacin 1.6mg 10% • Folate 80mcg DFE 20%
(73mcg Folic Acid)

*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, MALTODEXTRIN, PALM OIL, WHEY NONFAT DRY MILK, SALT, CANOLA OIL, CORN SYRUP SOLIDS, DRIED BROCCOLI, NATURAL FLAVOR, CHEDDAR CHEESE CURD, CULTURES, SALT, ENZYMES; PARMESAN CHEESE (MILK, CULTURES, SALT, ENZYMES); CHEDDAR, DRIED CREAM, STARCH, MONOSODIUM GLUTAMATE, MODIFIED CORN CHEESES (MILK, CULTURES, SALT, ENZYMES) AND ROMANO CHEESES (MILK, CULTURES, SALT, ENZYMES); DRIED CREAM, CARBONATED, DRIED SPINACH, FERRIC PHOSPHATE, LACTIC ACID, BUTYRATE, BUTTERMILK POWDER, BLUE CHEESE (MILK, CULTURES, SALT, ENZYMES), SOY SAUCE (SOYBEAN, WHEAT, SALT, CARBOHYDRATES).

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COD. 40

COD.408ml / 398ml