

Nutrition Facts

About 2 servings per container  
Serving size 2.0 oz (56 g/about 1/4 cup dry rice mix and 1-2/3 Tbsp seasoning mix)

	As packaged	As prepared
Calories	190	240
	% DV*	% DV*
Total Fat	0.5g 1%	6g 8%
Saturated Fat	0g 0%	3.5g 17%
Trans Fat	0g	0g
Polyunsaturated Fat	0g	0g
Monounsaturated Fat	0g	1.5g
Cholesterol	0mg 0%	15mg 5%
Sodium	570mg 25%	620mg 27%
Total Carb.	42g 15%	42g 15%
Dietary Fiber	1g 5%	1g 5%
Total Sugars	1g	1g
Incl. Added Sugars	<1g 2%	<1g 2%
Protein	5g	5g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	40mg 2%	40mg 2%
Iron	1.7mg 8%	1.7mg 8%
Potassium	360mg 6%	360mg 6%
Thiamin	0.18mg 15%	0.18mg 15%
Riboflavin	0.03mg 2%	0.03mg 2%
Niacin	2.4mg 15%	2.4mg 15%
Vitamin B <sub>6</sub>	0.17mg 10%	0.17mg 10%
Folate DFE	100mcg 25%	100mcg 25%
Folic Acid	(66mcg)	(66mcg)

\* 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, wild rice, hydrolyzed soy protein, corn maltodextrin, monosodium glutamate, onion powder, autolyzed yeast extract, sugar, salt, dried parsley, potassium salt, garlic powder, sunflower oil, caramel color, spices, hydrolyzed corn protein, hydrolyzed yeast protein, hydrolyzed wheat protein, iron (iii) phosphate, niacinamide, thiamine mononitrate, folic acid.

CONTAINS SOY AND WHEAT INGREDIENTS. (43047-102-17)

Preferred Method  
RICE RANGE TOP DIRECTIONS  
- WHAT YOU NEED -

1 TABLESPOON BUTTER OR MARGARINE 1 2/3 CUPS WATER

1 In a medium saucepan, combine rice mix, Special Seasonings, water and butter or margarine; bring to a boil.

2 Cover and reduce heat to low. Simmer 25 to 30 minutes or until rice is tender. Let stand 3 minutes before serving.

About 2 cups prepared. Enjoy!  
See side panels for additional product information.

MAKE IT A MEAL  
EASY AS 1-2-3:

1. STIR in chopped celery during last 5 minutes of simmering.
2. ADD cooked chicken breast sliced into pieces once rice is fully cooked.
3. TOP with shredded carrots before serving (optional).

Find more ideas at [ricearoni.com/recipes](http://ricearoni.com/recipes)

RICE RÔNI.

LONG GRAIN & WILD RICE ORIGINAL

Try Pasta Roni® for another easy homemade meal.

MICROWAVE DIRECTIONS

In a 2- quart microwavable bowl, combine rice-vermicelli mix and 1 tablespoon of butter or margarine. Microwave uncovered at HIGH 1-2 more minutes or until vermicelli is golden brown. Remove and stir in 2 & 1/2 cups water and Special Seasonings. Microwave uncovered, at HIGH 25-30 minutes or until rice is tender. Let stand 3 minutes before serving. Microwave times vary; adjust times as needed.

LESS FAT DIRECTIONS: Follow Range Top or Microwave Directions, except omit butter or margarine. • Fat reduced to 0.5g from 0g per serving. • Saturated Fat reduced to 0g from 1g per serving. • Trans Fat reduced to 0g from 1g per serving. See Nutrition Facts Panel for Sodium Content.

RICE A RONI.

LONG GRAIN & WILD RICE ORIGINAL

RICE RONI. EST. 1958 THE SAN FRANCISCO TREAT®

LONG GRAIN & WILD RICE ORIGINAL

Long grain and wild rice with herbs



Per Serving

190 CALORIES 0g SAT FAT 0% DV 570mg SODIUM 25% DV <1g ADDED SUGARS 2% DV

SERVING SUGGESTION

NET WT 4.3 OZ (122 g)

RICE A RONI.

BEST BEFORE:



UPC/PURCHASE SEAL



100% LONG GRAIN & WILD RICE

RICE RÔNI.

LONG GRAIN & WILD RICE ORIGINAL

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.

QUALITY GUARANTEED  
We're here to help. [ricearoni.com](http://ricearoni.com) or 800-421-2444  
Please have package available when calling.

Grain Mix Filled To This Line

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

smartlabel®

Scan here for more food information or call 1-800-421-2444

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