## **RICE PILAF MIX** Garlic & Herb FLAVOR WITH OTHER NATURAL FLAVORS

# **Nutrition Facts**

About 3 servings per container

Serving size 2 oz (56g/about 1/4 cup dry ricepasta & 2 tsp seasoning mix)

Calories	20	<u>)0</u>	22	20
		% DV*		% DV*
Total Fat	1g	1%	3.5g	4%
Saturated Fat	0g	0%	1.5g	9%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	5mg	2%
Sodium	600mg	26%	620mg	27%
Total Carb.	43g	15%	43g	15%
Dietary Fiber	1g	5%	1g	5%
Total Sugars	<1g		<1g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	5g		5g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	40mg	2%	40mg	2%
Iron	0.8mg	4%	0.8mg	4%
Potassium	140mg	2%	140mg	2%

INGREDIENTS: Rice, wheat flour, salt, garlic, autolyzed yeast extract, natural flavor, olive oil, yeast extract, herbs\* (parsley, thyme, oregano, sage, rosemary, marjoram, basil), onions, soy sauce (soybean, wheat, salt), soy protein isolate, toasted sesame seed oil, tomato\*. (00211-L02-8)

CONTAINS SESAME, 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. ©2022 GGC

**We're here to help.** Neareast.com or 1.800.822.7423 Please have package available when calling.

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#### **RANGE TOP** Near East DIRECTIONS

**RICE PILAF** 

MIX

Garlic & Herb

Grain Mix Filled To This Line

Package contains

empty space to accommodate

grain to seasoning ratio. This package is sold by weight, not by volume. Contents may settle

during shipping and handling.

- 1. In medium saucepan, bring 1-3/4 cups water and 2 teaspoons olive oil or butter just to a boil. 2. Stir in rice and contents of Spice Sack. Return to a boil.
- 3. Cover; reduce heat to low. Simmer 20 to 25 minutes or until most of water is absorbed. Fluff pilaf lightly with fork before serving.

## About 3 cups prepared HIGH ALTITUDE PREPARATION

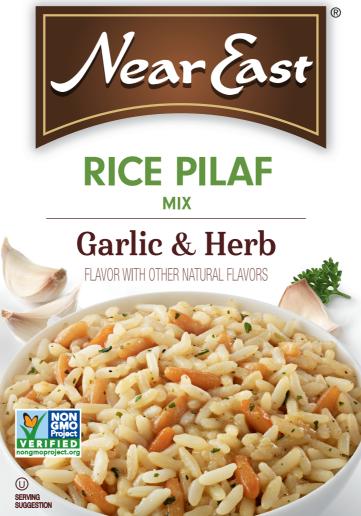
At high altitudes, increase water to 2-3/4 cups and cook time to 25 to 30 minutes.

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

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.

smartlabel\*

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



Near East

**RICE PILAF** MIX

Garlic & Herb FLAVOR WITH OTHER NATURAL FLAVORS

### **MICROWAVE** DIRECTIONS

- 1. In round 2-quart microwaveable glass casserole, combine rice, contents of Spice Sack, 2-1/2 cups water, and 2 teaspoons olive oil or butter.
- 2. Cover: microwave at HIGH 22 to 25 minutes or until most of water is
- 3. Let stand 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.



600mg sodjum



NET WT 6.3 OZ (178 g)