

NEW



MICROWAVES IN



HEAT & EAT

LONG GRAIN
& WILD RICE
ORIGINAL

- NO -
ARTIFICIAL
PRESERVATIVES
OR FLAVORS



Enlarged Image

PER CUP

230
CALORIES

0g
SAT FAT

390mg
SODIUM

<1g
TOTAL
SUGARS

NET WT 8.8 OZ (250 g)

We're here to help.
NearEast.com or 800.822.7423
Please have package available when calling.

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Chicago, IL 60604-9003
P.O. Box 049003
Near East Food Products
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Scan here for more
food information
or call
1-800-822-7423

- NO Artificial Preservatives
- NO Artificial Flavors
- NO Colors from Artificial Sources

32780207202



BEST BEFORE:

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.

REFRIGERATE UNUSED PORTIONS.

Serve immediately.
thoroughly heated (about 4-5 minutes).
the rice on medium high heat, stirring occasionally until contents into a sauté pan with 2 tbsp. of water and heat

STOVE TOP DIRECTIONS:

USE CAUTION WHEN HANDLING & OPENING THE HOT POUCH.

From microwave using sides.

REMOVE

On high for 90 SECONDS

HEAT

Two inches to vent.

TEAR

Pouch to separate rice.

SQUEEZE

HEAT & ENJOY

INGREDIENTS: Water, parboiled long grain rice, wild rice, maltodextrin, gum arabic, sunflower oil, salt, yeast extract, sunflower lecithin, butter (cream, salt), onion powder, garlic powder, potassium salt, spices, lactose, natural flavor, nonfat dry milk, turmeric (color), cream, iron (III) phosphate, niacinamide, thiamine mononitrate, folic acid.

CONTAINS MILK INGREDIENTS.

Nutrition Facts		1 serving per pouch		Serving size About 1-3/4 cups (1 pouch)	
Calories		230	410	Per cup Per pouch	
Total Fat		2.5g	3%	4.5g	5%
Saturated Fat		0g	0%	1g	4%
Trans Fat		0g		0g	
Cholesterol		0mg	0%	0mg	0%
Sodium		390mg	17%	700mg	30%
Total Carb.		47g	17%	84g	31%
Dietary Fiber		1g	5%	3g	9%
Total Sugars		0g	0%	1g	1%
Incl. Added Sugars		0g	0%	<1g	
Protein		5g		9g	
Vitamin D		0mcg	0%	0mcg	0%
Calcium		80mg	6%	150mg	10%
Iron		1.6mg	8%	2.8mg	15%
Potassium		430mg	8%	780mg	15%
Thiamin		0.18mg	15%	0.3mg	25%
Niacin		1.6mg	10%	3.2mg	20%
Folate DFE		100mcg	25%	200mcg	50%
Folic Acid		100mcg	25%	200mcg	50%

* 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.

-HOLD HERE-

TEAR
HERE

-HOLD HERE-