

Serving size 2 oz (56g/about 1/3 cup dry rice-pasta mix & 3/4 Tbsp seasoning mix)

Calories	As packaged		As prepared	
	190	% DV*	230	% DV*
Total Fat	0.5g	1%	4.5g	6%
Saturated Fat	0g	0%	2.5g	13%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	10mg	3%
Sodium	610mg	27%	650mg	28%
Total Carb.	43g	16%	43g	16%
Dietary Fiber	2g	6%	2g	6%
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	150mg	2%	150mg	2%

* 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.

Distributed by:
Near East Food Products
P.O. Box 049003
Chicago, IL 60604-9003

See side panel for additional product information.
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RANGE TOP DIRECTIONS

1. In medium saucepan, bring 1-3/4 cups water and 1 tablespoon 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 25 to 30 minutes or until most of water is absorbed.
4. Fluff pilaf lightly with fork before serving.

About 3 cups prepared

HIGH ALTITUDE PREPARATION

At high altitudes, increase water to 2 cups.

LOW FAT DIRECTIONS

Follow package directions,
except substitute olive oil with
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.

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when calling.



**LONG GRAIN
& WILD RICE**
MIX

Garlic & Herb
FLAVOR WITH OTHER
NATURAL FLAVORS



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.



**LONG GRAIN
& WILD RICE**
MIX

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MICROWAVE DIRECTIONS

1. In round 2-quart microwaveable glass casserole, combine rice, contents of Spice Sack, 3 cups water, and 1 tablespoon olive oil or butter.
 2. Microwave uncovered, at HIGH 24 to 29 minutes or until most of water is absorbed.*
 3. Fluff pilaf lightly with fork before serving.
- * Microwave ovens may vary. Adjust times as needed.

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.

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BEST BEFORE


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