

# Southwest Rice & Beans

## Nutrition Facts

Serving Size: 1/4 Pouch (50g)

Servings Per Container 4

### Amount Per Serving

**Calories** 180      Calories from Fat 10

% Daily Value\*

**Total Fat** 1g      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 400mg      **17%**

**Total Carbohydrate** 36g      **12%**

Dietary Fiber 3g      **12%**

Sugars 2g

**Protein** 7g

Vitamin A 20% • Vitamin C 8%

Calcium 4% • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Precooked Long Grain Rice, White Corn Masa (Ground White Corn Masa Flour, Sorbic Acid, Carboxymethyl Cellulose, Calcium Propionate, Fumaric Acid, Guar Gum, Enzymes, Trace of Lime), Textured Vegetable Protein (Soy Flour), Food Starch - Modified, Dried Pinto Beans, Tomato Powder, Yeast Extract, Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Salt, Natural Flavors, Freeze-Dried Corn, Sugar, Spices, Caramel Color, Guar Gum, Citric Acid, Annatto and Turmeric (for color).

CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

100% VEGETARIAN

NET WT. 200g (7 OZ)