

Teriyaki and Rice

Nutrition Facts

Serving Size: 1/4 Pouch (75g)

Servings Per Container 4

Amount Per Serving

Calories 270 Calories from Fat 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 340mg **14%**

Total Carbohydrate 62g **21%**

Dietary Fiber 2g **8%**

Sugars 16g

Protein 6g

Vitamin A 20% • Vitamin C 0%

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, Sugar, Maltodextrin, Brown Sugar, Food Starch - Modified, Textured Vegetable Protein (Soy Flour), Dried Red and Green Bell Peppers and Carrots, Dried Soy Sauce (Soybeans, Wheat, Salt, Vinegar, Lactic Acid), Salt, Onion Powder, Xanthan Gum, Yeast Extract, Vinegar Powder, Natural and Artificial Flavors, Miso Powder (Soybeans, Salt, Food Starch - Modified), Spices, Disodium Inosinate and Disodium Guanylate, Citric Acid, Caramel 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. 300g (10.6 OZ)