

Rice Pilaf

Nutrition Facts

1 Serving Per Container

Serving Size 225 grams or 8 oz (484g)

Amount Per Serving
Calories 560

% Daily Value *

Total Fat 5g **6%**

Saturated Fat 1.5g **7%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 2970mg **130%**

Total Carbohydrates 93g **34%**

Dietary Fiber 12g **42%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 36g

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 3.9mg 20%

Potassium 760mg 15%

* 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.

Ingredients: Chicken Bone Broth (no sodium), Basmati Rice, Orzo, Salt, Thyme, Garlic

Contains: Wheat