

Himalayan Lentils & Rice

Directions:

1. Open pouch and remove oxygen absorber.
2. Prepare in pouch or other suitable container.
3. Add 1 3/4 cups (14 oz) Boiling water to ingredients or you may crease / fold pouch at water line 7.5 then fill to water line 7.5
4. Stir completely and cover. Let stand 12-15 minutes.



GLUTEN FREE



**0g TRANS FAT
PER SERVING**

INGREDIENTS: Instant White Rice, Lentils, Crushed Black Beans, Diced Apples, Freeze-Dried Diced Mango, Black Bean Flakes, Mixed Red & Green Bell Pepper, Sweet Cream Powder (Pasteurized Sweet Cream, Skim Milk Solids, Sodium Caseinate, Lecithin, BHT), Chili Powder (Chili Pepper, Cumin, Salt, Oregano, Garlic), Low Sodium Salt (Sodium, Chloride, Potassium), Cumin, Allspice, Ground Turmeric, Crushed Red Pepper, Sassafras Leaf Powder, Ginger, Natural Butter Flavor.

Contains Milk.

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Nutrition Facts

Serving Size 3 oz (85g)
Servings Per Container 2

Amount Per Serving

Calories 310 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 180mg **8%**

Total Carbohydrate 62g **21%**

Dietary Fiber 9g **36%**

Sugars 3g

Protein 11g

Vitamin A 60% • Vitamin C 130%

Calcium 6% • Iron 20%

*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

