

**Brown & Wild Rice Pilaf**  
**Dutch Valley Foods**  
**May 16, 2008**

<b>Nutrition Facts</b>	
Serving Size 1/4 cup (dry) (45g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 160</b>	<b>Calories from Fat 15</b>
<b>% Daily Value*</b>	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 360mg</b>	<b>15%</b>
<b>Total Carbohydrate 32g</b>	<b>11%</b>
Dietary Fiber 1g	<b>6%</b>
Sugars 1g	
<b>Protein 4g</b>	
Vitamin A 2%	• Vitamin C 8%
Calcium 2%	• Iron 4%
*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:** Brown rice, wild rice, salt, sugar, maltodextrin, hydrolyzed vegetable protein, cornstarch, gelatin, onion and garlic powder, chicken fat and broth, spice, tumeric, disodium inosinate and guanylate, natural flavoring, soybean oil, celery, carrots, onion, tomato flakes, red and green peppers, spinach, minced garlic and onion, black pepper, sage.

**Allergen Information**

\*\*Contains: Soy Ingredients.

\*\*Packaged in a facility that also processes products containing: peanuts, tree nuts, soybeans, milk, egg, fish, crustaceans shellfish and wheat ingredients.