

Item # 405829

Desc: Haitian Rice & Black Beans

<b>Nutrition Facts</b>			
Serving Size		1/4 cup (dry) (48g)	
Servings Per Container		Varied	
<b>Amount Per Serving</b>			
<b>Calories</b>	180	Calories from Fat	20
			<b>% Daily Value*</b>
<b>Total Fat</b>	2.5 g		<b>4 %</b>
Saturated Fat	0 g		<b>2 %</b>
Trans Fat	0 g		
<b>Cholesterol</b>	0 mg		<b>0 %</b>
<b>Sodium</b>	360 mg		<b>15 %</b>
<b>Total Carbohydrate</b>	35 g		<b>12 %</b>
Dietary Fiber	3 g		<b>13 %</b>
Sugars	1 g		
<b>Protein</b>	5 g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	• Iron	8%

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

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**405829 Haitian Rice & Black Beans**

Ing: Parboiled Rice (long grain parboiled rice, iron phosphate, niacin, thiamine, mononitrate, folic acid), Whole Black Beans, Ham Base (partially hydrogenated soybean and cottonseed oils, maltodextrin, brown sugar, hydrolyzed corn, yeast and soy protein, MSG, artificial flavor, dehydrated onion, caramel color, and sulfating agents), Garlic Salt, Minced Garlic, Crispy Toasted Onion Bits (onions, canola oil, wheat flour, salt, citric acid), Expeller Pressed Canola Oil, Cayenne Pepper, Cloves & Pepper.

\*\*Contains: Wheat, Milk and Soybean Ingredients.

\*\*Good Manufacturing Practices are used to sequence ingredients in our production facility that also processes products containing peanuts, tree nuts, soy, fish, milk, egg, crustacean shellfish and wheat ingredients.

Product information/materials may change. Refer to the package or call for updates.

**Haitian Rice & Black Beans**

2 cups water

1 cup mix

Bring water to a boil in a heavy saucepan.

Add mix and stir once. Return to a boil, then lower heat to simmer. Cover and let simmer for 15 min. DO NOT STIR. Remove from heat and steam for 5 min. with the lid on. Fluff with a fork and serve.