

CHEDDAR BROCCOLI & RICE
DUTCH VALLEY
NUTRIPAR
September 2, 2005

Nutrition Facts	
Serving Size 1/3 cup (dry) (45g.)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 520mg	22%
Total Carbohydrate 29g	10%
Dietary Fiber less than 1g	3%
Sugars 3g	
Protein 5g	
Vitamin A 15%	• Vitamin C 30%
Calcium 10%	• 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: Rice, orzo, whole milk powder, maltodextrin, cheddar cheese (milk, salt, cheese cultures, enzymes), whey, partially hydrogenated soybean, malt dextrin, reduced lactose whey, salt, disodium phosphate, blue cheese (milk, salt, cheese cultures, enzymes), nonfat dry milk, citric acid, artificial color (including FD&C Yellow #5 & #6) (cheddar cheese base (dehydrated aged cheddar cheeses, modified food starch, hydrolyzed soy and wheat protein, salt, sugar, paprika & turmeric extracts), soybean oil, onion, broccoli, cornstarch, chicken broth/seasoning, butter flavor (maltodextrin, salt, natural flavors, buttermilk solids, cornstarch, soybean oil, paprika & turmeric), spinach, garlic, celery salt, monosodium glutamate, pepper.