



KARLIN FOODS
CORP
Always Something Cookin'.

Confidential

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S08AVJ Beef Rice Mix 6.8oz. (192g)

Nutrition Facts

about 3.5 servings per container

Serving size **2 oz (56g/about 1/3 Cup**
Dry Mix & 1 Tbsp. Seasoning)
Makes 1 Cup Prepared

	As Packaged	As Prepared
Calories	190	250
	% Daily Value*	% Daily Value*
Total Fat	0.5g 1%	7g 9%
Saturated Fat	0g 0%	1.5g 8%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	860mg 37%	940mg 41%
Total Carbohydrate	41g 15%	41g 15%
Dietary Fiber	1g 4%	1g 4%
Total Sugars	1g	1g
Includes Added Sugars	0g 0%	0g 0%
Protein	5g	5g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	13mg 2%	15mg 2%
Iron	2mg 10%	2mg 10%
Potassium	92mg 2%	95mg 2%

*The % Daily Value 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: ENRICHED LONG GRAIN RICE (RICE, IRON PHOSPHATE, NIACIN, THIAMINE MONONITRATE, FOLIC ACID), ENRICHED VERMICELLI (WHEAT FLOUR, NIACIN, FERROUS SULFATE [IRON], THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, HYDROLYZED SOY PROTEIN, SUGAR, ONION*, MONOSODIUM GLUTAMATE, CARROT*, CARAMEL COLOR, YEAST EXTRACT, CITRIC ACID, GARLIC*, NATURAL FLAVORS, PAPRIKA EXTRACT, BEEF BROTH*

***DRIED**

Allergens: CONTAINS: SOY, WHEAT

Instructions

STOVETOP INSTRUCTIONS

In a large skillet, combine the rice and vermicelli mix with 2 tablespoons margarine or butter. Sauté over medium heat until vermicelli is golden brown, stirring frequently.

Slowly stir in 2½ cups water and contents of seasoning packet. Bring to a boil.

Cover; reduce heat to low and simmer 15 to 20 minutes or until rice is tender.

MICROWAVE INSTRUCTIONS

In a round 2-quart microwaveable glass casserole dish, combine the rice and vermicelli mix with 2 tablespoons margarine or butter. Microwave on HIGH 1 minute*. Stir. Microwave an additional 1 to 2 minutes* or until vermicelli is light brown.

Remove casserole from microwave and allow it to cool for 1 minute.

Slowly add 2¾ cups water and contents of seasoning packet.

Microwave, un-covered, on HIGH 17 to 20 minutes* or until rice is tender.

Let stand about 5 minutes before serving.

CAUTION: BOWL WILL BE HOT.

**Because microwaves cook differently, times are approximate*



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ALLERGEN & SENSITIVITIES

Allergen/Sensitivity	In Product		In Facility	
	Yes	No	Yes	No
Dairy/Dairy Derivatives		X	X	
Eggs		X	X	
Soy/Soy Derivatives*	X		X	
Wheat	X		X	
Peanuts		X	X	
Tree Nuts		X	X**	
Fish		X	X***	
Shellfish		X	X****	
MSG		X	X	
Gluten (wheat/rye/barley/oats)	X		X	

* Hydrogenated soybean oil is considered to be a non-allergen due to the absence of the protein associated with allergic reactions.

** Almonds, Cashews, Coconut, Pecans and Walnuts

*** Fin Fish (Seafood)

**** Clams

This facility; as well as ingredient suppliers, have allergen awareness policies and procedures in place to recognize and to prevent the possibility of cross contact of ingredients

Approved:

Mitchell Karlin

Q.A.

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