

YELLOW RICE MIX

Nutrition Facts

Serving Size 1/3 cup dry mix
(63g)(1 cup prepared)
Servings Per Container about 23

Amount Per Serving

Calories 220 Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 770mg 32%

Total Carbohydrate 48g 16%

Dietary Fiber 2g 8%

Sugars 1g

Protein 6g

Vitamin A 2% • Vitamin C 20%

Calcium 4% • Iron 15%

*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
Sat 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

INGREDIENTS: ENRICHED LONG GRAIN PARBOILED RICE (RICE, IRON, NIACIN, THIAMINE MONONITRATE, FOLIC ACID), ONION, SALT, YEAST EXTRACT, RED AND GREEN BELL PEPPER, SUGAR, GARLIC, HYDROLYZED **SOY** PROTEIN, SPICES (INCLUDING TURMERIC, RED PEPPER), BROWN SUGAR, CITRIC ACID & NATURAL FLAVOR.

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OVEN PREPARATION:

1. In a full metal steam tray or other large cooking container, add 1 gal. of hot water, 1 stick (8 Tbsp.) butter or margarine, and rice mix contents.
2. Stir thoroughly; then cover tightly with lid or foil.
3. Place into 400°F preheated oven and bake for 30-35 minutes or until rice is cooked. Do not over cook.
4. When rice is cooked, remove from oven and let stand for 5 minutes.
5. Before serving, stir gently to fluff and mix.



*Except Those Naturally
Occurring Glutamates



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Filled By Weight