



Asian Style Teriyaki Kit

with Freeze Dried Beef

DIRECTIONS for 2 Servings:

2/3 cup rice, 1/3 cup sauce mix, 2 cups water.

Add ingredients to boiling water; stir well. Reduce heat. Cook on a low boil 15-18 minutes, stirring frequently.

Refrigerate after opening.

Nutrition Facts			
Serving Size: 1/3 cup rice + 8 tsp sauce mix (59g)			
Servings Per Container: 20			
Amount Per Serving			
Calories 190		Calories from Fat 15	
% Daily Value*			
Total Fat	1.5g		2%
Saturated Fat	0.5g		3%
<i>Transfat</i> 0g			
Cholesterol	10mg		4%
Sodium	1230mg		51%
Total Carbohydrate	45g		15%
Dietary Fiber	less than 1g		4%
Sugars 5g			
Protein 10g			
Vitamin A	30%	•	Vitamin C 40%
Calcium	4%	•	Iron 10%
*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 Carbs 4 Protein 4			

INGREDIENTS: Enriched precooked long grain rice (rice, niacin, iron [ferric orthophosphate], thiamine [thiamine mononitrate], folic acid), freeze dried beef chunks (salt added), beef base (salt, hydrolyzed soy protein [including partially hydrogenated soybean oil], sugar, torula yeast, corn starch, caramel color, maltodextrin, onion powder, yeast extract and natural flavor, citric acid, silicon dioxide), chopped onion, white granulated sugar, teriyaki flavor (powdered soy sauce, salt, toasted sesame seed oil, silicon dioxide [anti-caking agent], natural flavor, soybean oil), chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), red and green bell peppers, carrot dices, peas, garlic powder, yeast extract, sauteed onion flavor (natural flavors [contains wheat, milk, soybeans], onion powder, tapioca maltodextrin, autolyzed yeast extract, enzyme modified butter and buttermilk powder [butter {cream, salt}, dry buttermilk, mono and diglycerides], salt, tricalcium phosphate, silicon dioxide).

Contains allergens: Soy, wheat and dairy.

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

Contains oxygen absorber. Discard immediately upon opening.

Shelf Life: Best when stored in a cool dry place at temperatures between 50° and 60° F (ideal humidity 15%). Sealed: to 25 years / Opened: to 1 month refrigerated

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

20 SERVINGS
NET WT. 2.0 LBS 9.92 OZ (1.18 kg)