



20  
SERVINGS



SHELF LIFE UP TO  
25 YEARS

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

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.

SEALED: UP TO 25 YEARS  
OPENED: TO 1 MO. REFRIGERATED

FOOD STORAGE  
EMERGENCY  
EVERYDAY FOOD

# Asian Style Teriyaki Kit

## With Freeze Dried Beef

### Nutrition Facts

Serving Size: 1/3 Cup rice + 8 Tsp sauce mix (59g dry)  
Servings Per Container: 20

Amount Per Serving		Calories 200		Calories from Fat 15	
		% Daily Value*			
<b>Total Fat</b>	1.5g			<b>2%</b>	
<b>Saturated Fat</b>	0.5g			<b>3%</b>	
<b>Trans Fat</b>	0g				
<b>Cholesterol</b>	10mg			<b>4%</b>	
<b>Sodium</b>	1230mg			<b>51%</b>	
<b>Total Carbohydrate</b>	45g			<b>15%</b>	
<b>Dietary Fiber</b>	1g			<b>4%</b>	
<b>Sugars</b>	5g				
<b>Protein</b>	10g				
<b>Vitamin A</b>	30%	<b>Vitamin C</b>	40%		
<b>Calcium</b>	4%	<b>Iron</b>	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					

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### DIRECTIONS FOR TWO 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.

**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 milk.