



24
SERVINGS



SHELF LIFE
UP TO 25 YEARS

Product good for up to 25 years when unopened. Best when stored in a cool, dry and dark place at temperatures between 55°F and 70°F. Actual shelf life may vary based on individual storage conditions.

FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Creamy Chicken Rice

Nutrition Facts	
Serving Size: 1/3 Cup (52g) Dry	
Servings Per Container: 24	
Amount Per Serving	
Calories 240	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 30g	10%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 4g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	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
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
Calories per gram: Fat 9 • Carbs 4 • Protein 4	

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DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Boil 4 1/4 Cups of water.
3. Whisk in entire contents of the pouch.
4. Simmer on medium-low heat for 20 minutes, stirring frequently.
5. Remove from heat and let stand for 2 to 3 minutes to thicken before serving.

INGREDIENTS: Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), creamer (palm oil, maltodextrin, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, sodium hexametaphosphate, and silicon dioxide), corn starch, natural chicken flavor (autolyzed yeast extract, maltodextrin, salt, chicken flavor, chicken stock, natural flavor, chicken fat, silicon dioxide), onions, low sodium chicken base (corn syrup solids, corn starch, hydrolyzed soy and corn protein, salt, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), onion powder, natural flavoring, parsley flakes, turmeric.

CONTAINS ALLERGEN: Milk and soy.

Contains oxygen absorber.
Discard immediately upon opening.