

Broccoli Brown Rice \$1.25

Nutrition Facts Serving Size: 0.5 cup (101.71g), Servings Per Container: 1, Amount Per Serving: **Calories** 140, Calories from Fat 50, **Total Fat** 6g (9% DV), Saturated Fat 2.5g (13% DV), *Trans* Fat 0g, **Cholesterol** 10mg (3% DV), **Sodium** 105mg (4% DV), **Total Carbohydrate** 16g (5% DV), Dietary Fiber 2g (8% DV), Sugars 1g, **Protein** 6g, Vitamin A (8% DV), Vitamin C (25% DV), Calcium (10% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Water, Tap; Rice, Brown, Long Grain, Dry; Broccoli, Chopped, Frozen; Cheese, Cheddar, Shredded; Onions, Chopped; Pepper, Bell or Sweet, Red; Sunflower Seeds Unsated; Low Sodium Vegetable Base, Minor's; Flaxseed Meal; Parsley, Dried; Garlic Powder; Paprika

