Emergency Breakfast & Dinner

33 Total Pouches

BUTTERMILK **PANCAKES**

(4 pouches)

Nutrition Facts

6 servings per container Serving size 1/3 Cu (about 3-4" pancake	p (46g) Dry
Amount per serving Calories	160
9	% Daily Value*
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 560mg	24%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 4g Added Suga	rs 8%
Protein 4g	
Vitamin D Omcg	0%
Calcium 111mg	8%
Iron 3mg	15%
Potassium 112mg	2%

wheat flour, niacin, iron [reduced iron], thiamin mononitrate, riboflavin, folic acid), sugar, soybean flour, dextrose, buttermilk powder, baking soda, corn starch, leavening agent (sodium acid pyrophosphate), noniodized salt, leavening agent (monocalcium phosphate monohydrate), egg substitute (soy flour, wheat gluten, corn syrup solids, Contains allergens: Milk, sov. and wheat.

INGREDIENTS: Cake flour (bleached

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

6 GRAIN BANANA CEREAL (2 pouches)

Nutrition Facts 4 servings per container Serving size 1/3 Cup (48g) Dry

(about 1/2 cup prepared)

<u>Calories</u>	<u> 170</u>
% [Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 85mg	4%
Total Carbohydrate 37g	13%
Dietary Fiber 5g	18%
Total Sugars 12g	
Includes 9g Added Sugars	18%
Protein 4g	
Vitamin D Omcg	0%
Calcium 13mg	2%
Iron 1mg	6%
Potassium 206mg	4%

corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono & diglycerides, silicon dioxide, soy lecithin), natural and artificial maple flavor (dextrose maltodextrin, less than 2% silicon dioxide added to prevent caking), brown sugar, noniodized salt. Contains allergens: Milk, soy, and wheat.

INGREDIENTS: Six grain mix (hard red

wheat, soft white wheat, barley, oats, rye,

triticale), sugar, freeze-dried banana dices,

coconut creamer (hydrogenated coconut oil,

SWEETENED **BANANA CHIPS** (2 pouches)

Nutrition Facts

8 servings per container

1/2 Cup (33g) Dry Serving size (about 1/2 Cup prepared) Amount per serving **Calories**

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 10g	50%
Trans Fat Og	
Cholesterol Omg	0%
Sodium Omg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 4g Added Su	gars 8%
Protein 1g	
Vitamin D Omcg	0%
Calcium 8mg	0%
Iron 1mg	6%
Potassium 190mg	4%

INGREDIENTS: Dehydrated banana slices

(bananas, refined coconut oil, sugar, banana

flavoring).

Morning Moo's® Low Fat Milk Alternative

(3 pouches)

20 servings per container

Nutrition Facts

Serving size 2 Tbsp (17g) Dry (about 1 Cup prepared) Amount per serving 70 Calories % Daily Value* Total Fat 2.5g Saturated Fat 2g 10% Trans Fat Og Cholesterol Omg 0% Sodium 115mg 5% Total Carbohydrate 10g Dietary Fiber Og 0% Total Sugars 9g Includes 1g Added Sugars 2% Protein 3g

Vitamin D 3mcg 15% Calcium 120mg 10% Iron Omg 0% Potassium 283mg Vitamin A 105mcg 10% *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

soy lecithin), nonfat dry milk, sugar, vitamin mix (nonfat dry milk, vitamin A palmitate, vitamin D3) guar gum. Contains Allergens: Milk, and soy.

polysorbate 80, tetrasodium pyrophosphate,

INGREDIENTS: Whey, creamer (coconut

oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono & diglycerides, silicon dioxide,

(3 pouches) **Nutrition Facts**

OATMEAL

10 servings per container Serving size 1/4 Cup (30g) Dry (about 1/3 Cup prepared) 120 **Calories** % Daily Value* Total Fat 2.5g Saturated Fat 1g 5% Trans Fat Og Cholesterol Omg 0% Sodium 35mg 2% Total Carbohydrate 20g 7% Dietary Fiber 3g Total Sugars 3g Includes 3g Added Sugars 6% Vitamin D Omcg Calcium 19mg 2% Iron 1mg 6% Potassium 130mg 2% *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

tetrasodium pyrophosphate, soy lecithin), natural and artificial maple flavor (dextrose, maltodextrin, less than 2% silicon dioxide added to prevent caking), non-iodized salt. Contains allergens: Milk, and soy.

INGREDIENTS: Quick oats, brown sugar,

creamer (coconut oil, corn syrup solids,

sodium caseinate [a milk derivative],

dipotassium phosphate, sugar, mono &

diglycerides, silicon dioxide, polysorbate 80,

Nutrition Facts 8 servings per container

1/4 Cup (46g) Dry

MAPLE BROWN SUGAR STRAWBERRY CREAMY HEARTY VEG. CHICKEN CREAMY CHICKEN

Serving size

WHEAT

(3 pouches)

(about 1 cup prepared) 180 Calories % Daily Value* Total Fat 2.5g 13% Saturated Fat 2.5g Trans Fat Og Cholesterol Omg 0% Sodium 95mg 4% Total Carbohydrate 36g 13% Dietary Fiber 1g Total Sugars 10g Includes 10g Added Sugars 20%

Vitamin D Omcg 0% Calcium 5mg 0% Iron Omg 0% Potassium 72mg 2% *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. INGREDIENTS: Farina (wheat), sugar, coconut creamer (hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono & diglycerides, silicon dioxide, soy lecithin), natural and artificial strawberry flavor (maltodextrin, sugar, natural and artificial

flavor, modified corn starch, potassium

benzoate [preservative], sulfites), non-

caramel color, and maltodextrin).

iodized salt, natural red coloring (carmine,

Contains: Milk, soy and wheat.

Nutrition Facts 8 servings per container

1/3 Cup (57g) Dry

FLAVORED SOUP MIX

(about 1 Cup prepared)

Serving size

200 Calories Total Fat Og Saturated Fat Og 0%

Trans Fat Og Cholesterol Omg 0% Sodium 590mg 26% Total Carbohydrate 40g 15% Dietary Fiber 7g Total Sugars 4g Includes Og Added Sugars 0% Vitamin D Omcg 0% Calcium 37mg 2% Iron 3mg 15% Potassium 406mg 8% *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. INGREDIENTS: White rice (long grain rice. iron phosphate, niacin, thiamin mononitrate,

carrots, celery slices, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium quanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), non-iodized salt, onions, sugar, yeast extract, whey, turmeric, garlic powder, caramel color. Contains allergens: Milk, soy, and wheat.

and folic acid), lentils, elbow macaroni

(wheat flour, niacin, ferrous sulfate [iron],

thiamin mononitrate, riboflavin, folic acid),

FLAVORED RICE

(2 pouches)

	Cup (52g) Dry Cup prepared
Amount per serving Calories	240
	% Daily Value
Total Fat 12g	15%
Saturated Fat 6g	30%
Trans Fat Og	
Cholesterol Omg	09
Sodium 330mg	149
Total Carbohydrate 30g	119
Dietary Fiber Og	0%
Total Sugars 1g	
Includes 0g Added Sug	gars 0 %
Protein 4g	
Vitamin D 0mcg	09
Calcium 8mg	09
Iron 1mg	69
Potassium 277mg	69
*The % Daily Value (DV) tells you ho serving of food contributes to a dail day is used for general nutrition adv	y diet. 2,000 calories

carrots, celery slices, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium quanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), non-iodized salt, onions, sugar, yeast extract, whey, turmeric, garlic powder, caramel color. Contains allergens: Milk, and soy.

iron phosphate, niacin, thiamin mononitrate,

and folic acid), lentils, elbow macaroni

(wheat flour, niacin, ferrous sulfate [iron],

thiamin mononitrate, riboflavin, folic acid),

(1 pouch) **Nutrition Facts**

STROGANOFF

CREAMY

4 servings per container

Serving size

320 Calories

1/2 Cup (76q) Drv

(about 1 Cup prepared)

% Daily Value* Total Fat 10g 40% Saturated Fat 8g Trans Fat Og Cholesterol 30mg 10% 36% Sodium 830mg Total Carbohydrate 49g 18% Dietary Fiber 2g **7**% Total Sugars 3g Includes 1g Added Sugars 2% Vitamin D Omcg Calcium 33mg 10% Iron 2mg 8% *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition adv

ream [cream, nonfat milk, culture, enzymes] salt, lactic acid, tocopherols, vitamin E, ascorbyl palmitate, contains less than 2% silicon dioxide and sodium citrate), low sodium beef base (salt, hydrolyzed soy protein, sugar, torula yeast, corn starch, maltodextrin, caramel color, onion powder, yeast extract, natural flavors, citric acid, and less than 2% silicon dioxide

added to prevent caking), onions, non-iodized salt, modified food starch, mushrooms, onion powder, burgundy wine flavor (maltodextrin, modified corn starch, wine solids, corn syrup solids, malic acid, natural flavor, sorbic acid, sulfites, potassium sorbate), sautéed mushroom stock (shiitake mushroom powder, maltodextrin, tapioca dextrin, salt, sunflower oil, natural buttermilk flavor, autolyzed yeast extract, soybean oil, yeast extract, soy sauce powder, onion, modified corn starch). Contains allergens: Egg, milk, soy and wheat.

egg noodies (durum wneat semolina, durum wneat flour, eggs, niacin, iron (ferrous sulfate), thiamin, monolitate, ribo-flavin, folic acid), creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides [with tocopherols, ascorbic acid, citric acid to preserve freshness], sodium aluminosilicate, natural flavor, annatto extract [color], sodium hexmetaphosphate), sour cream powder (cultured

INGREDIENTS:

Egg noodles (durum wheat semolina, durum wheat flour,

parmesan (whey, maltodextrin, buttermilk, natural parmesan cheese flavor, salt), noniodized salt, whey, lactic acid, garlic powder, parsley, black pepper. Contains allergens: Egg. milk, soy and wheat,

1/2 Cup (69a) Drv Serving size (about 1 Cup prepared)

Nutrition Facts

4 servings per container

Calories

Saturated Fat 9g

Total Fat 11g

FETTUCCINE ALFREDO ITALIANO

300

45%

% Daily Value*

Trans Fat Og Cholesterol 35mg 12% Sodium 900mg 39% Total Carbohydrate 42g 15% Dietary Fiber 1g Total Sugars 5g Includes 1g Added Sugars 2% Vitamin D Omcg 0% Calcium 112mg 8% Iron 2mg 10% 6% *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. INGREDIENTS: Egg noodles (durum wheat semolina, durum wheat flour, eggs, niacin, iron (ferrous sulfate), thiamin, monoitrate, riboflavin, folic acid), coconut creamer

(hydrogenated coconut oil, corn syrup

solids, sodium caseinate [a milk derivative],

silicon dioxide, soy lecithin), white cheese

cheese culture, enzymes], buttermilk, whey,

salt and natural flavors [contains less than

2% silicon dioxide]), modified food starch,

(cheddar cheese, [pasteurized milk, salt,

dipotassium phosphate, mono & diglycerides,

1/2 Cup (69a) Drv Serving size (about 1 Cup prepared)

Calories

4 servings per container

MARINARA (2 pouches)

% Daily Value* Total Fat 1.5g Saturated Fat 0.5g

240

Nutrition Facts

Trans Fat Og Cholesterol Omg 0% Sodium 610mg 27% Total Carbohydrate 46g 17% Dietary Fiber 3g 11% Total Sugars 14g Includes 1g Added Sugars 2% Vitamin D Omcg Calcium 59mg 4% Iron 2mg 10% 15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Lasagna noodles (semolina [wheat], niacin, iron [ferrous sulfate], thiamin mononitrate,

(maltodextrin, modified corn starch, wine

solids, corn syrup solids, malic acid, natural flavor, sorbic acid, sulfites, potassium

onions, modified food starch, white cheddar cheese (cheddar cheese [pasteurized milk, salt, cheese culture, enzymes], salt, lactic acid, natural flavors [contains less than 2% silicon dioxide]), sea salt, sugar, garlic powder, tomatoes, burgundy wine flavor

riboflavin, folic acid), tomato powder,

INGREDIENTS:

sorbate), cheddar cheese powder (dextrose, maltodextrin, whey solids, natural and artificial flavor, corn starch, salt, silicon dioxide, guar gum, annatto, turmeric), olive oil flavor (modified corn starch, maltodextrin, medium chain triglycerides, natural flavor, tricalcium phosphate), parsley, Italian spice (garlic, onion, spices), basil, citric acid, yeasi extract, natural orange color (annatto, beet juice), caramel color, ground fennel Contains allergens: Milk and wheat.

Nutrition Facts

CHOCOLATE PUDDING

5 servings per container 1/3 Cup (58g) Dry Serving size (about 1/2 Cup prepared)

220 Calories % Daily Value* Total Fat 2.5g 8% Saturated Fat 1.5g Trans Fat Og Cholesterol Omg 0% Sodium 95mg 4% Total Carbohydrate 50g 18% Dietary Fiber 1g Total Sugars 30g Includes 27g Added Sugars 54% Vitamin D Omcg 0% Calcium 73mg 6% Iron 1mg 6%

Potassium 306mg 6% *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. INGREDIENTS: Sugar, modified food starch, creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides [with tocopherols, ascorbic acid, citric acid to preserve freshness], sodium aluminosilicate, natural flavor, annatto extract [color], sodium hexmetaphosphate), nonfat dry milk, cocoa,

non-iodized salt, vanilla flavor (dextrose, corn

starch, water, alcohol).

Contains allergen: Milk

160 **Calories** % Daily Value*

7.5 servings per container

ELBOW MACARONI

Nutrition Facts

1/3 Cup (44g) Dry

(about 2/3 Cup prepared)

(2 pouches)

Serving size

Total Fat 0.5g Saturated Fat Og 0% Trans Fat Og Cholesterol Omg 0% Sodium Omg 0% Total Carbohydrate 32g 12% Dietary Fiber 1g Total Sugars 1g Includes Og Added Sugars 0% Vitamin D Omcg 0% Calcium 9mg 0% Iron 1mg 6% Potassium 98mg 2% *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice INGREDIENTS: Elbow macaroni (wheat flour, niacin, ferrous sulfate [iron], thiamin mononitrate, riboflavin, folic acid). Contains allergen: Wheat.

Saturated Fat 0.5g Trans Fat Og Cholesterol 5mg

CHEESE POWDER

15 servings per container

Serving size

Calories

Total Fat 1.5g

Nutrition Facts

2 Tbsp (14g) Dry

(about 2 Tbsp prepared)

Sodium 420mg Total Carbohydrate 7g Dietary Fiber Og Total Sugars 7g Includes Og Added Sugars Vitamin D Omcg Calcium 122mg Iron Omg natural vitamin E (added to preserve

3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. INGREDIENTS: Cheese sauce mix (whey, nonfat dry milk, cheddar cheese (pasteurized milk, salt, cheese cultures, enzymes), salt, natural flavors, butter (cream), buttermilk, lactic acid, annatto, extractives of paprika, freshness), natural orange color (annatto, Contains allergens: Milk

3% 2% 18%

50

% Daily Value*

0% Dietary Fiber 2a 0% 10% 0% 4%

% Daily Value* Total Fat 8g Saturated Fat 4g

Total Carbohydrate 33g

8 servings per container

CREAMY POTATO

SOUP MIX

(2 pouches)

Serving size

Calories

Trans Fat Og Cholesterol Omg Sodium 630mg

Nutrition Facts

1/3 Cup (51g) Dry

220

20%

0%

27%

12%

(about 1 Cup prepared)

Dietary Fiber 2g	/%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 4g	
Vitamin D Omcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 428mg	10%
serving of food contributes to a daily diet. 2, day is used for general nutrition advice.	000 calories a
iNGREDIENTS: Potatoes, creame oil, maltodextrin, sodium caseinate milk derivative], dipotassium phos mono and diglycerides, sodium hexametaphosphate, and silicon d [flow agent]), bleached enriched f (wheat flour, niacin, reduced iron, mononitrate, riboflavin, folic acid, dehydrated potato flakes (potato, monoglycerides, sodium acid pyracitric acid, sodium bisulfite and Bipreserve freshness), corn starch, o	e [a ephate, ioxide flour thiamin enzyme), pphosphate

chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder,

disodium inosinate and disodium guanylate,

non-iodized salt, sugar, yeast extract, onion

spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking),

powder, whey, parsley, turmeric, garlic powder, caramel color. Contains allergens: Milk, soy, and wheat.

Calories % Daily Value Total Fat 4.5g

Nutrition Facts

1/3 Cup (65g) Dry

28%

16%

(about 3/4 Cup prepared)

CHEESY BROCCOLI

8 servings per container

RICE

(1 pouch)

Serving size

Sodium 640mg

Saturated Fat 2.5g 13% Trans Fat Og Cholesterol 10mg 3%

Total Carbohydrate 45g Dietary Fiber Og Total Sugars 9g Includes Og Added Sugars 0% Vitamin D Omcg 0% 10% 6% 8% *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

extract [color], sodium hexmetaphosphate) corn starch, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), dehydrated broccoli (broccoli, sucrose), onions, onion powder, natural orange color (annatto, beet juice), parsley. Contains Allergens: Milk, and soy.

1/2 Cup (54g) Dry Serving size (about 1 Cup prepared) 190 **Calories**

CHICKEN FLAVORED

Nutrition Facts

NOODLE SOUP MIX

(1 pouch)

Cholesterol 20mg Sodium 1180mg Total Carbohydrate 40g Dietary Fiber 2g Total Sugars 5g Includes 2g Added Sugars Protein 5g Vitamin D Omcg Calcium 33mg

Iron 1mg

Total Fat 1.5g

Saturated Fat Og

Trans Fat Og

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advic INGREDIENTS: Egg noodles (durum wheat semolina, durum wheat flour, eggs, niacin, iron, (ferrous sulfate), thiamin, monoitrate, riboflavin, folic acid), maltodextrin, vegetarian chicken base (maltodextrin

Contains allergens: Egg, and wheat

Amount per serving **Calories** % Daily Value* **Total Fat** 7g

CORN CHOWDER

4 servings per container

Serving size

Saturated Fat 3g

Trans Fat Og

(1 pouch)

Total Carbohydrate 31g 11% Dietary Fiber 1g 4% Total Sugars 4g Includes 2g Added Sugars

4% Protein 2g Vitamin D Omcg 0% Iron Omg Potassium 262mg 6% *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. INGREDIENTS: Creamer (maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate [a milk derivative], dipotassium

priospinate, mono and digiveerides juint roccopierios, ascorbic acid, citric acid to preserve freshness], sodium aluminosilicate, natural flavor, annatto extract [color], sodium hexmetaphosphate), modified food starch, dehydrated potato flakes (potato, monoglycerides, sodium acid pyrophosphate, citric acid, sodium bisulfite and BHA to preserve freshness), exidens expus hors (one purpos coldes citric acid, sodium bisulfite and BHA to preserve freshness), chicken soup base (corn syrup solids, salt, corn starch hydrolyzed corn and soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate onion powder, abdoulim inosinate and discolaring Yuanyiate, spices, turmeric, dehydrated parsley, and silicon dioxide added to prevent caking), freeze-dried corn, sea salt, sugar, corn flakes, Worcestershire flavor (Worcestershire sauce Urinegar, molasses, corn syrup, salt, caramel color, garlic, sucrose, spices, tamarind, and natural flavors), maltodextrin patrial button flavor (Whose colide parame medifical button. natural butter flavor (whey solids, enzyme modified butter, maltodextrin, salt, butter, guar gum, annatto and turmeric), onions, bacon flavored bits (textured vegetable protein onions, pacton lavored bits (textured vegetatine protein [soy flour, caramel color, red #3], soybean oil, salt, natural flavoring), celery slices, sweet corn flavor (maltodextrin, modified food starch, sugar, natural and artificial flavor. Contains 2% or less of each of the following: silicon dioxide, sorbitol, fructose), vegetable broth flavor (natural flavoring, salt careta bauder, teamber pounder laboration). salt, carrot powder, tomato powder, onion powder, leek powder, garlic powder, herbs and spices [bayleaf, celery, powder, garlic powder, neros and spices [baylear, celery, thyme]), garlic, yeast extract, corn flour (corn masa flour, trace of lime), roasted green bell pepper (modified potato starch, natural flavor, green bell pepper powder, salt), bacon flavor (yeast extract, autolyzed yeast extract, maltodextrin, natural flavor, salt, smoke flavor, rendered bacon flavored fat, hydrated silicon dioxide, rosemary extract, mixed tocopherols). Contains allergens: Milk, and soy.

Cholesterol Omg Sodium 990mg

Nutrition Facts

1/3 Cup (45g) Dry

190

9%

0%

43%

(about 1 Cup prepared)

Calcium 154mg Iron 1mg Potassium 399mg INGREDIENTS: Rice (parboiled long grain rice, enriched with ferric orthophosphate [iron], niacin, thiamin mononitrate [thiamin], and folic acid [folate]), cheese sauce mix (whey, nonfat dry milk, cheddar cheese (pasteurized milk, salt, cheese cultures, enzymes), salt, natural flavors, butter (cream), buttermilk, lactic acid, annatto, extractives of paprika, natural vitamin E

(added to preserve freshness), creamer

(maltodextrin, palm oil, contains 2% or less of the following: sodium caseinate [a milk

derivative], dipotassium phosphate, mono

and diglycerides [with tocopherols, ascorbic acid, citric acid to preserve freshness],

sodium aluminosilicate, natural flavor, annatto

% Daily Value*

0%

7%

51%

15%

4%

2%

6%

6%

phosphate, mono and diglycerides [with tocopherols, hydrolyzed corn protein, salt, corn starch, sugar, onion and garlic powder, spices [including parsley], extractives of turmeric, silicon dioxide added to prevent caking), carrots, modified food starch, onions, celery slices, dehydrated peas, garlic powder, celery seed, white pepper, xanthan gum, parsley.