

Uncle Ben's®

RED BEANS & RICE

Nutrition Facts

Serving Size 2 oz dry (57g/about 1/3 cup
rice/bean mixture and 1 1/2 Tbsp.
seasoning mix) (About 1 cup cooked)
Servings Per Container about 13

Amount Per Serving

Calories 200 **Calories from Fat** 5

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 530mg **22%**

Potassium 680mg **19%**

Total Carbohydrate 41g **14%**

Dietary Fiber 6g **24%**

Sugars 3g

Protein 7g

Vitamin A 0% • Vitamin C 4%

Calcium 8% • Iron 10%

Thiamin 15% • Niacin 10%

Folate 25%

*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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED LONG GRAIN PARBOILED RICE
[LONG GRAIN RICE, IRON (FERRIC ORTHOPHOSPHATE),
THIAMIN (THIAMINE MONONITRATE), FOLATE (FOLIC
ACID)]; PRECOOKED RED BEANS; HYDROLYZED
SOY/CORN/WHEAT PROTEIN; SUGAR; ONION POWDER;
VEGETABLES* (GREEN BELL PEPPER, RED BELL
PEPPER); POTASSIUM CHLORIDE; MODIFIED CORN
STARCH; AUTOLYZED YEAST EXTRACT; SPICES; GARLIC
POWDER; PARSLEY*; YEAST EXTRACT; TORULA YEAST;
SALT; XANTHAN GUM; AMMONIUM CHLORIDE;
NATURAL FLAVORS; MALTODEXTRIN; SMOKE FLAVOR;
TARTARIC ACID. *DRIED.

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INGREDIENTS: ENRICHED LONG GRAIN PARBOILED RICE (RICE, IRON, NIACIN, THIAMINE MONONITRATE, FOLIC ACID), RED BEAN, ENRICHED BLEACHED WHEAT FLOUR (WHEAT & MALT BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ONION, SEA SALT, MODIFIED CORN STARCH, SOY SAUCE (HYDROLYZED SOY PROTEIN, CORN SYRUP SOLIDS, SALT), RED & GREEN BELL PEPPER, TORULA YEAST, YEAST EXTRACT, GARLIC, CARAMEL COLOR, SPICES (INCLUDING RED PEPPER), AND NATURAL FLAVOR (INCLUDING SMOKE).

INGREDIENTES: ARROZ PARBOILIZADO DE GRANO LARGO ENRIQUECIDO (ARROZ, HIERRO, NIACINA, MONONITRATO DE TIAMINA, ÁCIDO FÓLICO), FRIJOLES ROJOS, HARINA DE TRIGO REFINADA Y ENRIQUECIDA (HARINA DE CEBADA MALTEADA Y TRIGO, NIACINA, HIERRO, MONONITRATO DE TIAMINA, RIBOFLAVINA, ÁCIDO FÓLICO), CEBOLLA, SAL MARINA, FÉCULA DE MAÍZ MODIFICADA, SALSA DE SOYA (PROTEÍNA DE SOYA HIDROLIZADA, SÓLIDOS DE JARABE DE MAÍZ, SAL), PIMIENTOS MORRONES ROJOS Y VERDES, LEVADURA DE TORULA, EXTRACTO DE LEVADURA, AJO, COLORANTE CARAMELO, ESPECIAS (INCLUIDA PIMIENTA ROJA) Y SABORIZANTES NATURALES (INCLUIDO HUMO).

Red Beans & Rice



ZATARAIN'S
NEW ORLEANS, LA 70114

Nutrition Facts/Datos de Nutrición

Serving Size/Tamaño por Ración: 1/2 cup dry mix/ 1/2 taza mezcla en polvo (71g) (1 cup prepared/finde 1 de taza)
Servings Per Container about/Raciones por Envase cerca de 12

Amount Per Serving/Cantidad por Ración	
Calories/Calorías 250	Calories from Fat/Calorías de Grasa 5
% Daily Value/% Valor Diario*	
Total Fat/Grasa Total 1g	2%
Saturated Fat/Grasa Saturada 0g	0%
Trans Fat/Grasa Trans 0g	0%
Cholesterol/Colesterol 0mg	0%
Sodium/Sodio 480mg	20%
Potassium/Potasio 1150mg	33%
Total Carbohydrate/Carbohidrato Total 50g	17%
Dietary Fiber/Fibra Dietética 6g	24%
Sugars/Azúcares less than/menos de 1g	

Protein/Proteínas 10g

Vitamin A/Vitamina A 4% • Vitamin C/Vitamina C 25%
Calcium/Calcio 6% • Iron/Hierro 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

*Los porcentajes de Valores Diarios están basados en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores o menores dependiendo de sus necesidades calóricas:

	Calories/Calorías	2,000	2,500
Total Fat/Grasa Total	Less than/Menos de	65g	80g
Sat. Fat/Grasa Saturada	Less than/Menos de	20g	25g
Cholesterol/Colesterol	Less than/Menos de	300mg	300mg
Sodium/Sodio	Less than/Menos de	2,400mg	2,400mg
Potassium/Potasio	Less than/Menos de	3,500mg	3,500mg
Total Carbohydrate/Carbohidrato Total		300g	375g
Dietary Fiber/Fibra Dietética		25g	30g

PRODUCT CONTAINS 480MG OF SODIUM. OUR ORIGINAL RED BEANS AND RICE MIX CONTAINS 1120MG SODIUM PER SERVING.

ESTE PRODUCTO CONTIENE 480MG DE SODIO. NUESTRA MEZCLA ORIGINAL DE ARROZ Y FRIJOLES ROJOS CONTIENE 1120MG DE SODIO POR PORCIÓN.