

Vegetable Fried Rice

Nutrition Facts			
Serving Size 1 cup (140 g)			
Servings Per Container About 78			
Amount Per Serving			
Calories	150	Calories from Fat	15
		% Daily Value	
Total Fat	2 g		3%
Saturated Fat	0.5 g		2%
Trans Fat	0 g		
Cholesterol	25 mg		8%
Sodium	170 mg		7%
Total Carbohydrate	29 g		10%
Dietary Fiber	<1 g		3%
Sugars	<1 g		
Protein	4 g		
Vitamin A	45%	Vitamin C	10%
Calcium	0%	Iron	2%



A palette pleasing blend of seasoned fried rice, carrots, onions, scrambled eggs, red peppers and green peas.

- All components are fully cooked.
- Minimum culinary experience required.
- Execution and preparation are simple and direct.
- Minimum equipment required for heating: microwave, combitherm or oven.

Ingredients: Cooked White Rice, Carrots, Onions, Scrambled Egg [whole eggs, non fat milk, soybean oil, modified food starch, salt, xanthan gum, citric acid, butter flavor {natural flavor}, pepper], Red Bell Peppers, Green Peas, Water, Rice Seasoning [soy sauce {water, wheat, soybeans, salt}, sugar, corn oil, caramel, sesame seed oil, disodium guanylate, disodium inosinate]. **ALLERGENS:** Eggs, Milk, Soy and Wheat.

Servings per Case: ~78
Meal Equivalency: 3/4 cup = 1 bread, 1 1/4 cup = 1 vegetable

Heating Instruction (1 — 2 lb Rice):
OVEN: Apply non-stick spray on pan. Empty rice into pan and cover with foil. Bake at 375°F for 15 minutes.
MICROWAVE: Poke holes in bag to vent steam. Heat on high for 6 minutes. Knead rice in bag to ensure even heating. Heat an additional 6 minutes. Heating time may vary between microwaves.