



## Nutrition Facts

about 3 servings per container

**Serving size**

**2/3 cup (115g)**

	Per serving		Per container	
<b>Calories</b>	<b>120</b>		<b>350</b>	
	% Daily Value*		% Daily Value*	
<b>Total Fat</b>	3.5g	4%	10g	13%
Saturated Fat	1g	5%	2g	10%
Trans Fat	0g		0g	
<b>Cholesterol</b>	0mg	0%	5mg	2%
<b>Sodium</b>	320mg	14%	960mg	42%
<b>Total Carbohydrate</b>	19g	7%	57g	21%
Dietary Fiber	2g	7%	6g	21%
Total Sugars	7g		22g	
Includes Added Sugars	0g	0%	0g	0%
<b>Protein</b>	3g		8g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	0mg	0%	10mg	0%
Iron	0mg	0%	0.1mg	0%
Potassium	120mg	2%	360mg	8%

\*The % Daily Value 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.

### Microwave Oven Cooking Instructions:

1. Place face down in microwave-safe dish. Do not puncture package.
2. Microwave on High Power for 4.5 to 5.5 minutes\*. During cooking, the bag will slowly inflate. Special vents in the bag will allow steam to escape while cooking. The pouch should cook inflated at full steam pressure for 30 to 60 seconds.
3. Let bag stand for 2 minutes before opening. Carefully handle bag at corners and shake gently to mix. Tear or cut the top of the bag open. Pour contents out and mix well. Enjoy!

\*Per 1100 watt microwave. Increase cook time as needed if a lower wattage oven is used.

**Cook to 165°F for quality and food safety.**

**KEEP FROZEN. DO NOT THAW.**

**INGREDIENTS:** CORN, WATER, LESS THAN 2% OF: BUTTER (CREAM), BUTTERFAT, SOYBEAN OIL, SALT, FOOD STARCH-MODIFIED, ENZYMES, SUGAR, BLACK PEPPER, NATURAL FLAVOR, TURMERIC & ANNATTO (COLOR), XANTHAN GUM, CITRIC ACID.

**CONTAINS: MILK.**

**NET WT. 12 OZ (340g)**

**STRONG ROOTS. BRIGHT FUTURE.**

