

Item # 405835

Desc: Quinoa Pilaf Spicy

Nutrition Facts			
Serving Size		1/4 cup (dry) (42g)	
Servings Per Container		Varied	
Amount Per Serving			
Calories	140	Calories from Fat	25
		% Daily Value*	
Total Fat	3 g		5 %
Saturated Fat	0 g		0 %
Trans Fat	0g		
Cholesterol	0 mg		0 %
Sodium	540 mg		23 %
Total Carbohydrate	25 g		8 %
Dietary Fiber	2 g		8 %
Sugars	1 g		
Protein	4 g		
Vitamin A	2%	Vitamin C	2%
Calcium	2%	• Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

405835 Spicy Quinoa Pilaf

Ing: Whole Grain Millet, Jasmine Rice, Whole Quinoa, Potatoes, Turkey Broth (with salt), Expeller Pressed Canola Oil, Sweet Corn, Carrots, Sea Salt, Sun-Dried Tomato, Natural Flavor, Cumin, Jalapeno Pepper, White Pepper, Garlic Powder, Spice Extractives, Cilantro.

**Contains: Soy Ingredients.

**Good Manufacturing Practices are used to sequence ingredients in our production facility that also processes products containing peanuts, tree nuts, soy, fish, milk, egg, crustacean shellfish and wheat ingredients.

Product information/materials may change.

Refer to the package or call for updates.

Spicy Quinoa Pilaf

2 cups water

1 cup spicy quinoa pilaf

2 tablespoons butter (optional)

Bring the water to a boil in a heavy bottomed sauce pan (add the butter if desired). Add the spicy quinoa pilaf mix to the water; stir once; reduce heat to low and simmer covered for 15 minutes. Remove from the heat and allow it to steam, covered for 5 minutes. Fluff with a fork and serve.

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