

Item # 405832

Desc: Cajun Rice Red Beans

<b>Nutrition Facts</b>			
Serving Size 1/4 cup (dry) (48g)			
Servings Per Container Varied			
Amount Per Serving			
<b>Calories</b>	180	Calories from Fat	20
		% Daily Value*	
<b>Total Fat</b>	2 g		3 %
Saturated Fat	0 g		0 %
Trans Fat	0 g		
<b>Cholesterol</b>	0 mg		0 %
<b>Sodium</b>	390 mg		16 %
<b>Total Carbohydrate</b>	34 g		11 %
Dietary Fiber	2 g		8 %
Sugars	1 g		
<b>Protein</b>	4 g		
Vitamin A	2%	Vitamin C	25%
Calcium	2%	• Iron	10%

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

**405832 Cajun Rice/Red Beans**

Ing: Long grain rice, red beans, toasted onions (onion, canola oil, palm oil, wheat flour, salt), canola oil, Cajun seasoning (sea salt, black pepper, cayenne pepper, onion, dextrose, garlic, white pepper, soybean oil, paprika, hot red pepper, oregano, natural lemon flavor, silicon dioxide, thyme, cumin, spice extractive, sage), red bell peppers, garlic, natural pork flavoring, sea salt, tomato powder, carrot, natural hickory flavor, natural bacon flavor, black pepper.

\*\*Contains: Wheat & 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.

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**Cajun Rice & Red Beans**

1-3/4 cup Water

1 cup Cajun Rice & Red Beans

2 Tablespoons Oil or Bacon Fat (optional)

In a heavy bottomed kettle, bring the water to a boil, add the Cajun Rice & Bean mix.

Return to a boil, stir once, cover and reduce heat to low. Simmer, undisturbed for 15 minutes, remove from heat, keep it covered and allow it to steam for 10 minutes, fluff with a fork. Serve. Great with added Seafood (fish, shrimp, scallops) and/or Smoked Sausage slices.