

WILD RICE PILAF

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Our Wild Rice Pilaf compliments almost every dish with its hand-crafted recipe designed in our kitchen! With a blend of Thrive Life Chopped Onions, Green Peas, Celery, and Carrots, eating veggies is delicious!

COOKING DIRECTIONS

1. Mix contents of package with 2½ cups boiling water.
2. Add 2 tablespoons butter to the rice.
3. Simmer for 5 minutes covered.
4. Let stand for 5 minutes. Season to taste.

THRIVE LIFE EXPRESS

There’s no need to sacrifice the quality of your meals because of a shortage on time. Our Express meals combine nutritious freeze dried vegetables and tasty herbs and spices to bring your family a flavorful meal in a matter of minutes. So gather around, and taste the mouth-watering convenience of Thrive Life Express.

Nutrition Facts

Serving Size ¾ Cup, dry (58g)
 (About 1 Cup prepared)
 Serving Per Container 4

Amount Per Serving	
Calories 210	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 730mg	30%
Total Carbohydrate 44g	15%
Dietary Fiber 2g	8%
Sugars 3g	

Protein 5g	
Vitamin A 6%	• Vitamin C 8%
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:

	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
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: ENRICHED INSTANT RICE (PRECOOKED LONG GRAIN RICE, NIACIN [NIACINAMIDE], IRON [FERRIC ORTHOPHOSPHATE], THIAMINE [THIAMINE MONONITRATE], FOLIC ACID), PRECOOKED WILD RICE, VEGETARIAN CHICKEN FLAVORED BOUILLON (SALT, MALTODEXTRIN, NATURAL FLAVOR, YEAST EXTRACT, VEGETABLES [ONION, GARLIC, CELERY, CARROT], TURMERIC EXTRACT, SPICES), PEAS, ONION, BUTTER POWDER (BUTTER [SWEET CREAM, SALT, ANNATTO COLOR], NONFAT MILK SOLIDS, SODIUM CASEINATE AND DISODIUM PHOSPHATE), SALT, CARROTS, SUGAR, ONION POWDER, GRANULATED GARLIC, CELERY, PEPPERCORN BLEND (SPICES, RED AND GREEN DEHYDRATED BELL PEPPER, AND LESS THAN 2% SUNFLOWER OIL TO PREVENT CAKING), BASIL, PARSLEY, GREEN ONION.

CONTAINS MILK.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND COCONUT PRODUCTS.

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