

| Nutrition Facts | | | Chicken Curry with Rice | | Santa Fe Style Chicken with Rice | | Teriyaki Chicken with Rice | | Beef & Mushrooms with Noodles | | |
|--|--------------------|---------|-------------------------|-----|----------------------------------|-----|----------------------------|-----|-------------------------------|-----|--|
| Serving Size | | | About ¾ Cup (78g) | | About ¾ Cup (68g) | | About ¾ Cup (91g) | | About 1 Cup (65g) | | |
| Servings Per Container | | | About 32 | | About 32 | | About 32 | | About 32 | | |
| | | | | | | | | | | | |
| Amount Per Serving | | | | | | | | | | | |
| Calories | | | 320 | | 240 | | 330 | | 260 | | |
| Calories from Fat | | | 60 | | 10 | | 5 | | 70 | | |
| | | | % Daily Value* | | % Daily Value* | | % Daily Value* | | % Daily Value* | | |
| Total Fat | | | 7g | 11% | 1g | 2% | 0.5g | 1% | 7g | 11% | |
| Saturated Fat | | | 6g | 30% | 0g | 0% | 0g | 0% | 2g | 11% | |
| Trans Fat | | | 0g | | 0g | | 0g | | 0g | | |
| Cholesterol | | | 10mg | 3% | 10mg | 3% | 10mg | 3% | 20mg | 6% | |
| Sodium | | | 370mg | 15% | 870mg | 36% | 840mg | 35% | 680mg | 28% | |
| Total Carbohydrate | | | 54g | 18% | 45g | 15% | 72g | 24% | 37g | 12% | |
| Dietary Fiber | | | 2g | 8% | 4g | 16% | 2g | 8% | 2g | 6% | |
| Sugars | | | 6g | | 3g | | 20g | | 6g | | |
| Protein | | | 10g | | 13g | | 10g | | 12g | | |
| | | | | | | | | | | | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | Vitamin A | | 15% | | 110% | | 4% | | |
| | | | Vitamin C | | 100% | | 30% | | 2% | | |
| | | | Calories: 2,000 2,500 | | 4% | | 4% | | 6% | | |
| Total Fat | Less than: 65g | 80g | Iron | | 10% | | 10% | | 8% | | |
| 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 | | | | | | | | | |
| Calories per gram | | | | | | | | | | | |
| Fat 9 • Carbohydrate 4 • Protein 4 | | | | | | | | | | | |

CHICKEN CURRY WITH RICE

Ingredients: Precooked Long Grain Rice (Niacin [Niacinamide], Iron [Ferric Orthophosphate], Thiamine [Thiamine Mononitrate], Folic Acid), Flavor Blend (Coconut Cream Powder, Matodextrin, Sugar, Chicken Broth [Maltodextrin, Salt, Yeast Extract, Natural Flavor, Onion, Celery, Parsley, Spinach, Carrot, Garlic, Potato Flour, Xanthan Gum, Spices, Turmeric], Curry Seasoning [Spices, Onion, Garlic, Salt, Sugar, Tumeric, Jalapeno, Cilantro, Citric Acid, Natural Flavor], Modified Food Starch, Yeast Extract, Onion, less than 2% Silicon Dioxide and Sunflower Oil to prevent caking), Freeze-dried Chicken, Green Beans, Carrots. **CONTAINS: COCONUT.** See individual pouch for preparation instructions.

SANTA FE STYLE CHICKEN WITH RICE

Ingredients: Precooked Long Grain Rice (Niacin [Niacinamide], Iron [Ferric Orthophosphate], Thiamine [Thiamine Mononitrate], Folic Acid), Flavor Blend (Enchilada Seasoning [Corn Flour, Chili Pepper, Salt, Onion, Corn Starch, Spices and Garlic], Green Chili Seasoning [Green and Red Bell Peppers, Modified Corn Starch, Cilantro, Green Chili Pepper, Yeast Extract, Spice, Citric Acid, Lime Oil and less than 2% Silicon Dioxide and Sunflower Oil to prevent caking], Corn Starch, Sweet Whey, Salt, Garlic Granules, Green Onion), Black Beans, Freeze-dried Chicken, Green Bell Pepper. **CONTAINS: MILK.** See individual pouch for preparation instructions.

TERIYAKI CHICKEN WITH RICE

Ingredients: Precooked Long Grain Rice (Niacin [Niacinamide], Iron [Ferric Orthophosphate], Thiamine [Thiamine Mononitrate], Folic Acid), Flavor Blend (Sugar, Maltodextrin, Dehydrated Soy Sauce [(Wheat, Soybeans, Salt), Maltodextrin, Salt], Modified Food Starch, Vinegar Powder, Yeast Extract, Onion, Garlic, Spices), Carrots, Freeze-dried Chicken, Green Bell Pepper. **CONTAINS: WHEAT AND SOY.** See individual pouch for preparation instructions.

BEEF & MUSHROOMS WITH NOODLES

Ingredients: Pasta (Wheat), Flavor System (Creamer [Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Dipotassium Phosphate, Mono and Diglycerides, Soy Lecithin, and Silicon Dioxide to prevent caking], Sour Cream Powder [Cream, Nonfat Dry Milk, Cultured Enzymes] Salt, Lactic Acid, Tocopherals, BHT, Contains Less than 2% Silicon Dioxide as anticaking agent, Sodium Citrate as a processing aid, Nonfat Dry Milk, Yeast Extract, Sugar, Salt, Chicken Broth, Onion, Mushrooms, Mushroom Powder, Onion Powder, Guar Gum, Garlic Granules, Locust Bean Gum, Spices) Freeze-dried Beef. **CONTAINS: WHEAT, MILK AND SOY.** See individual pouch for preparation instructions.

Each Nutristore™ pouch contains an oxygen absorber not meant for human consumption. Please remove and discard after opening.

Filled by weight, not by volume.

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 75° F. Sealed bucket up to 10 years. Unopened pouch 5 years when used within 10 year bucket shelf life. Use open pouch within 1 month.

BUCKET CONTAINS: MILK, WHEAT, SOY, AND COCONUT.

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