



Asian Style Teriyaki

with Freeze Dried Beef

Kit

DIRECTIONS for 2 Servings:

2/3 cup rice, 1/3 cup sauce mix, 2 cups water.

Add ingredients to boiling water; stir well. Reduce heat. Cook on a low boil 15-18 minutes, stirring frequently.

Refrigerate after opening.

Nutrition Facts

Serving Size: 1/3 cup rice + 8 tsp sauce mix (59g)

Servings Per Container: 20

Amount Per Serving	
Calories 190	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Transfat 0g	
Cholesterol 10mg	4%
Sodium 1230mg	51%
Total Carbohydrate 45g	15%
Dietary Fiber less than 1g	4%
Sugars 5g	
Protein 10g	
Vitamin A 30%	• Vitamin C 40%
Calcium 4%	• 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 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9	Carbs 4 Protein 4

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INGREDIENTS: Enriched precooked long grain rice (rice, niacin, iron [ferric orthophosphate], thiamine [thiamine mononitrate], folic acid), freeze dried beef chunks (salt added), beef base (salt, hydrolyzed soy protein [including partially hydrogenated soybean oil], sugar, torula yeast, corn starch, caramel color, maltodextrin, onion powder, yeast extract and natural flavor, citric acid, silicon dioxide), chopped onion, white granulated sugar, teriyaki flavor (powdered soy sauce, salt, toasted sesame seed oil, silicon dioxide [anti-caking agent], natural flavor, soybean oil), chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), red and green bell peppers, carrot dices, peas, garlic powder, yeast extract, sauteed onion flavor (natural flavors [contains wheat, milk, soybeans], onion powder, tapioca maltodextrin, autolyzed yeast extract, enzyme modified butter and buttermilk powder [butter {cream, salt}, dry buttermilk, mono and diglycerides], salt, tricalcium phosphate, silicon dioxide).

Contains allergens: Soy, wheat, and dairy.

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

No MSG added.

Contains oxygen absorber. Discard immediately upon opening.

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%). Sealed: to 25 years / Opened: to 1 year

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

20 SERVINGS
NET WT. 2.0 LBS 9.92 OZ (1.18 kg)