

Broccoli, Rice, and Cheese Casserole (4.75 Lbs)

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Nutrition Facts

About 10 servings per container

Serving size 1 Cup(220g)

Amount per serving

Calories **310**

% Daily Value*

Total Fat 17g 22%

Saturated Fat 8g 40%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 800mg 35%

Total Carbohydrate 29g 11%

Dietary Fiber 1g 4%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 0mcg 0%

Calcium 208mg 15%

Iron 1mg 6%

Potassium 135mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, BROCCOLI, PASTEURIZED PROCESS AMERICAN CHEESE (Cultured Milk, Water, Cream, Salt, Sodium Phosphate, Sodium Citrate, Lactic Acid, Sorbic Acid (preservative), Apo-Carotenal (color), Enzymes), ENRICHED LONG GRAIN WHITE RICE (Long Grain Parboiled Rice, Iron Phosphate, Niacin, Thiamine Mononitrate, and Folic Acid), NON-DAIRY CREAMER (Corn Syrup Solids, Sunflower Oil, Sodium Caseinate [a milk derivative], Dipotassium Phosphate, Lecithin, Sodium Silico Aluminate, Tocopherols [added to protect flavor], Artificial Flavor), MARGARINE (Palm Oil, Water, Soybean Oil, Salt, Contains Less Than 2% of Natural Flavor [includes Milk], Soy Lecithin, Beta Carotene [color], Vitamin A Palmitate [added]), ONION, CHICKEN BASE (Roasted Mechanically Separated Chicken, Salt, Sugar, Hydrolyzed Wheat Gluten, Rendered Chicken Fat, Onion Powder, Disodium Inosinate & Disodium Guanylate, Extract of Turmeric, Spice Extractives), CELERY, NON-FAT DRY MILK (Skim Milk Solids), ENRICHED BLEACHED WHEAT FLOUR (Niacin, Iron [reduced], Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), MODIFIED CORN STARCH, GELATIN, MALTODEXTRIN, SALT, YEAST EXTRACT (Yeast Extract, Sunflower Oil), GARLIC POWDER, XANTHAN GUM, HYDROLYZED VEGETABLE PROTEIN (Hydrolyzed Corn Protein, with Palm and/or Sunflower Oil Added), WHITE PEPPER, NATURAL CHEESE FLAVOR (Maltodextrin, Whey Solids, Natural Bleu Cheese Flavor, Salt), ANNATTO TURMERIC BLEND (Silicon Dioxide, Polysorbate 80, Propylene Glycol, Turmeric Oleoresin and Annatto Extract (for Color)), NATURAL CHEESE FLAVOR (Maltodextrin, Natural Cheddar Cheese Flavor, Whey Solids, Salt, Disodium Phosphate).

Contains Milk, Soy, Wheat.