

Shakshuka

Directions:

1. Open pouch and remove oxygen absorber.
2. Prepare in pouch or other suitable container.
3. Add 2 cups (16 oz) boiling water to ingredients or fold /crease & fill pouch to "E-Z Fill Line" 8.
4. Stir thoroughly then seal pouch or cover.
5. Let stand 10 - 12 minutes; stir again & serve.

Ingredients: Instant White Rice, Monterey Jack Cheese [(Pasteurized Milk, Cheese Cultures, Salt, and Enzymes), may contain cellulose to prevent caking], Tomato Powder, Romano Cheese (Pasteurized Milk, Cheese Cultures, Salt, and Enzymes) and Disodium Phosphate, Precooked Scrambled Egg Curds Freeze Dried (Whole Eggs, Corn Starch, Salt, Citric Acid, Xanthan Gum), Bell Pepper Red & Green Combo, Parmesan Cheese (Partially Skim Milk, Culture, Salt, Enzymes) and Disodium Phosphate, Tomato Flakes, White Onion, Potato Starch, Sugar Organic, Soy Flour (Textured Vegetable Protein), Sea Salt, Garlic Granulated, Sweet Cream Powder, Paprika, Red Pepper Crushed, Cumin, Cayenne Pepper (Ground Red Pepper), Cilantro.

Contains: Milk, Soy, Egg.

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Contains Bioengineered Food Ingredients
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Nutrition Facts

2 servings per container

Serving size

1/2 package (91g)

	Per Serving		Per Container	
Calories	390		780	
	% Daily Value ^a		% Daily Value ^a	
Total Fat	14g	18%	29g	37%
Saturated Fat	8g	40%	16g	80%
Trans Fat	0g		0g	
Cholesterol	150mg	50%	305mg	102%
Sodium	800mg	35%	1600mg	70%
Total Carbohydrate	27g	10%	54g	20%
Dietary Fiber	3g	11%	7g	25%
Total Sugars	11g		22g	
Includes Added Sugars	3g	6%	6g	12%
Protein	21g		41g	
Vitamin D	1mcg	6%	2mcg	10%
Calcium	274mg	20%	551mg	40%
Iron	3mg	15%	7mg	40%
Potassium	1266mg	25%	2546mg	50%

^aThe % 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



0g TRANS FAT
PER SERVING



GLUTEN
FREE



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