

NUTRITIONAL FACTS

MAGGIE & MARY'S

Cheddar Broccoli

Nutrition Facts	
Serving Size 1/4 Cup (24g)	
1 cup Prepared	
Servings Per Container 6	
Amount Per Serving	
Calories 100	Calories from Fat 40
% Daily Value(DV)*	
Total Fat 4g	6%
Saturated Fat 1.5g	9%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 820mg	34%
Total Carbohydrate 13g	4%
Dietary Fiber less than 1g	2%
Sugars 5g	
Protein 2g	
Vitamin A 4% · Vitamin C 2%	
Calcium 8% · Iron 2%	
* Percent Daily Values (DV) based on a 2,000 calorie diet.	

INGREDIENTS: Modified Corn Starch, Whey, Cheddar & Blue Cheese (Milk, Cheese Cultures, Enzymes), Dehydrated Vegetables (Potatoes, Broccoli, Onions, Garlic, Celery, Parsley), Salt, Corn Syrup Solids, Palm Oil, Nonfat Milk, Chicken Fat, Lactose, Soybean Oil Dipotassium & Disodium Phosphates, Xanthan Gum, Sugar, Dehydrated Chicken, Natural & Artificial Flavors, Silicon Dioxide (prevents caking), Butter (Cream, Salt), Dextrose, Sodium Caseinate, Hydrolyzed Corn Protein, Citric Acid, Lactic Acid, Torula Yeast, Disodium

Inosinate and Disodium Guanylate, Color Added, Soy Lecithin and Spice.

Contains: Dairy and Soy

NUTRITIONAL FACTS

Maggie & Mary's

Classic Wild Rice

Nutrition Facts	
Serving Size 1/4 Cup (28g)	
1 cup Prepared	
Servings Per Container 6	
Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value(DV)*	
Total Fat 0.5g	1%
Sodium 660mg	28%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	17%
Sugars 3g	
Protein 4g	
Vitamin A 10% · Vitamin C 30%	
Iron 8%	
Not a significant source of saturated fat, trans fat, cholesterol, and calcium.	
* Percent Daily Values (DV) based on a 2,000 calorie diet.	

INGREDIENTS: Wild and White Rice, Modified Corn Starch, Whey, Dehydrated Chicken Meat, Corn Syrup Solids, Palm Oil, Salt, Chicken Fat, Nonfat Milk, Dehydrated Vegetables (Onions, Carrots, Celery, Red Bell Peppers, Parsley, and Garlic), Lactose, Maltodextrin, Hydrolyzed Corn Gluten, Sugar, Disodium Inosinate and Disodium Guanylate, Xanthan Gum, Sodium Caseinate, Dextrose, Dipotassium and Disodium Phosphate, Torula Yeast and Yeast Extract, Silicon Dioxide (prevents caking), Mono & Diglycerides, Natural Flavor (Contains Soybeans and Wheat), Turmeric Extract (added for color), and Spices.

Contains: Soy, wheat, dairy

NUTRITIONAL FACTS

Maggie & Mary's

Roadhouse Chili

Nutrition Facts	
Serving Size 1/4 Cup (29g)	
1 cup Prepared	
Servings Per Container 6	
Amount Per Serving	
Calories 120	Calories from Fat 40
% Daily Value(DV)*	
Total Fat 4.5g	7%
Saturated Fat 2g	9%
Cholesterol 10mg	4%
Sodium 770mg	32%
Total Carbohydrate 16g	5%
Dietary Fiber less than 1g	2%
Sugars 4g	
Protein 3g	
Vitamin A 10% - Vitamin C 4%	
Calcium 6% - Iron 2%	
Not a significant source of trans fat.	
* Percent Daily Values (DV) based on a 2,000 calorie diet.	

INGREDIENTS: Dehydrated Red Beans, Dehydrated Vegetables (Tomatoes, Onions, Chili Pepper, Green Bell Pepper, Garlic), Modified Corn Starch, Salt, Spices, Extractives of Paprika (added for color), Soybean Oil, Sugar, Xanthan Gum, Citric Acid, and Disodium Inosinate and Disodium Guanylate.

Contains: Soy