Uncle Ben's Honey BBQ Flavored Red Beans and Brown Rice, #40666

Ingredients

Whole Grain Parboiled Brown Rice, Precooked Red Beans, Sugar, Salt, Dextrose, Corn Maltodextrin, Tomato*, Potassium Chloride, Honey*, Molasses*, Garlic Powder, Natural Flavors, Onion Powder, Sunflower Oil+, Black Pepper, Extractives of Paprika (Color), White Vinegar*, Modified Corn Starch, Salt.
*Dried

+Adds a Trivial Amount of Saturated Fat

May Contain Milk

Newington Foods and Nutrition Services Updated August 2013

Uncle Ben's Honey BBQ Flavored Red Beans and Brown Rice, #40666

Please Note: Serving size is ½ cup prepared.

This is a representation of the nutrition label. The actual nutrition label on the product may vary slightly.

Newington Foods and Nutrition Services Updated August 2013

NUTRITION FACTS

Serving Size: 2 OUNCES DRY (57g)about 1 Cup

Cooked

Amount Per Serving

Calories 200 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol Omg 0%
Sodium 460 mg 19%
Potassium 400 mg 11%
Total Carbohydrate 43g 14%
Dietary Fiber 5g 20%

Sugars 7g

Protein 6g

Vitamin C 0% Vitamin A 0% Iron 6% Calcium 4% Folate 15%

^{*} Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.