

CHMS Feeding Children Worldwide Food Pack

The four main ingredients are:

1. Vitamin Flavoring mix
2. Dyed vegetables
3. Concentrated soy with seven minerals added
4. Rice

Feeding Children Worldwide

799 S. Mclean Blvd, Suite 105, Elgin, IL. 60123 USA



"Racing to Eradicate Hunger Worldwide"sm
www.feedingchildrenworldwide.com

Fortified Rice-Soy Casserole Chicken Flavored

Serves 6

Directions: Add contents of package to 6 cups of boiling water. Stir and cover. Boil over low heat for 20 minutes, stirring occasionally. Add more water if needed. Simmer 5 minutes or until rice is tender. To enhance flavor add oil, raisins, curry powder, or any of your favorite seasonings.

Nutrition Facts

Serving Size 1/2 cup dry (65g)
 Servings Per Container 6

Amount Per Serving		Calories from Fat 5	% Daily Value*
Calories 220			
Total Fat 0.5g			1%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 940 mg			35%
Potassium 420mg			12%
Total Carbohydrate 43g			14%
Dietary Fiber 1g			4%
Sugars 3g			
Protein 11g			
Vitamin A 60%	•	Vitamin C 60%	
Calcium 15%	•	Iron 60%	
Vitamin D 50%	•	Vitamin E 50%	
Thiamine 70%	•	Riboflavin 60%	
Niacin 70%	•	Vitamin B6 60%	
Folate 50%	•	Vitamin B12 90%	
Biotin 50%	•	Pantothenic Acid 50%	
Phosphorus 20%	•	Iodine 50%	
Magnesium 30%	•	Zinc 45%	
Copper 35%	•	Manganese 50%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	2,000	2,500
Calories		
Total Fat	less than 65g	80g
Saturated Fat	less than 20g	25g
Cholesterol	less than 300mg	300mg
Sodium	less than 2,400mg	2,400mg
Potassium		3,500mg 3,500mg
Total Carbohydrates	300g	375g
Dietary Fiber	25g	30g

Ingredients: Rice, Soy Flour, Salt, Dextrose, Dried Vegetables (Carrot, Onion, Tomato, Celery, Cabbage, Bell Pepper), Sweet Dairy Whey, Hydrolyzed Corn Protein, Soybean Oil, Turmeric, Onion Powder, Disodium Inosinate, Disodium Guanylate, Artificial and Natural Flavor. **VITAMINS AND MINERALS:** Magnesium Sulfate, Calcium Phosphate, Ascorbic Acid, Vitamin E Acetate, Ferric Ortho Phosphate, Biotin, Vitamin A Palmitate, Niacin, Calcium Pantothenate, Zinc Oxide, Manganese Sulfate, Copper Gluconate, Vitamin D3, Pyridoxine Hydrochloride, Vitamin B2 Riboflavin, Thiamine Hydrochloride, Thiamine Mononitrate, Folic Acid, Vitamin B12 Cyanocobalamin, Potassium Iodide.

NET WT 13.8 OZ (390g)