Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 3.5	5%	Total Carb. 19g	7%
	Saturated Fat .5g	3%	Fiber 0g	0%
Serving Size 3.0 fl oz	Trans Fat 0g		Total Sugars 1g	
	Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
	Sodium 110mg	5%	Protein 2g	
Calories per serving 120	Vitamin D 0% · Calc	ium 0% ·	Iron 2% · Potassium 2%	6

Cajun Rice

Ingredients: water, basmati rice, celery, green bell pepper, yellow onion, red bell pepper, olive oil, green onion, low sodium vegetable base, garlic, cajun seasoning, smoked paprika