Nutrition	Amount/serving	% DV	Amount/serving	% DV
Facts	Total Fat 4g	5%	Total Carb. 19g	7%
	Saturated Fat .5g	3%	Fiber 0g	0%
Serving Size 0.4 cup	Trans Fat 0g		Total Sugars 1g	
	Cholesterol Omg	0%	Incl.0g Added Sugars	0%
	Sodium 100mg	4%	Protein 2g	
Calories per serving 120	Vitamin D 0% · Calo	ium 0% ·	Iron 4% · Potassium 2%	6

Coriander & Cardamom Spiced Rice

Ingredients: water, basamati rice, yellow onion, olive oil, low sodium vegetable base, garlic, coriander, kosher salt, cardamom, coriander, black pepper, bay leaf