

# Nutrition Facts

**Serving Size**  
**1/2 cup**

**Calories**  
per serving **180**

Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 5g	<b>7%</b>	<b>Total Carb.</b> 29g	<b>10%</b>
Saturated Fat 1g	4%	Fiber 4g	14%
<i>Trans Fat</i> 0g		Total Sugars 2g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 230mg	<b>10%</b>	<b>Protein</b> 6g	

Vitamin D 6% · Calcium 2% · Iron 8% · Potassium 15%

## Mushroom Rice Pilaf

Ingredients: water, basmati rice, mushroom, cremini, shiitake mushroom, yellow onion, olive oil, white wine, low sodium vegetable base, garlic, kosher salt, thyme, black pepper