

# Nutrition Facts

**Serving Size**  
1/2 cup

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

Amount/serving

% DV

**Total Fat** 5g

**7%**

Saturated Fat 1g

**4%**

*Trans Fat* 0g

**Cholesterol** 0mg

**0%**

**Sodium** 230mg

**10%**

Amount/serving

% DV

**Total Carb.** 29g

**10%**

Fiber 4g

**14%**

Total Sugars 2g

Incl.0g Added Sugars

**0%**

**Protein** 6g

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

## Mushroom Rice Pilaf

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