

# Artisan Home Pack

## Nutritional Information

### Premium Wild Rice

Nutrition Facts	
Varied servings per container	
<b>Serving size</b>	1.3 oz dry (37g) (1/2 cup prepared)
Amount per serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 21g	8%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	6%
Potassium 158mg	3%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

100 % Minnesota Cultivated Wild Rice

### Northwoods Blend

Nutrition Facts	
Varied servings per container	
<b>Serving size</b>	1.3 oz dry (37g) (1/2 cup prepared)
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 24g	9%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron .31mg	2%
Potassium 76mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Parboiled Brown Rice, Dry Roasted Wild Rice<sup>®</sup>, Dehydrated Carrots and Celery, and Red Rice

### Brickyard Blend

Nutrition Facts	
Varied servings per container	
<b>Serving size</b>	1.3 oz dry (37g) (1/2 cup prepared)
Amount per serving	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 8mg	1%
Iron 1mg	6%
Potassium 168mg	4%

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Dry Roasted Wild Rice<sup>®</sup>, Red Rice, Brown Rice, Black Rice Beans, Black Beluga Lentils, Red Quinoa, and chunks of Red Bell Pepper.

### Kale and Grain Medley

Nutrition Facts	
Varied servings per container	
<b>Serving size</b>	1.3 oz dry (37g) (1/2 cup prepared)
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 17mg	1%
Iron 1mg	6%
Potassium 130mg	3%

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Parboiled Brown Rice, Dry Roasted Wild Rice, Kale Flakes, French Green Lentils, Red Bell Pepper, Job's Tears, Red Quinoa.

### Savory Mushroom Blend

Nutrition Facts	
Varied servings per container	
<b>Serving size</b>	1.3 oz dry (37g) (1/2 cup prepared)
Amount per serving	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 25g	9%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron .38mg	2%
Potassium 97mg	2%

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Par-boiled Brown Rice, Premium Wild Rice, Bolete Mushroom Pieces, Red Rice, Red Quinoa.

### Majestic Blend

Nutrition Facts	
Varied servings per container	
<b>Serving size</b>	1.3 oz dry (37g) (1/2 cup prepared)
Amount per serving	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 6mg	0%
<b>Total Carbohydrate</b> 25g	9%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 1g Added Sugars	2%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 125mg	3%

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Par-boiled White Rice, Wild Rice, Diced Apricots (Apricots, Rice Flour, may contain 2% or less of Sulfur Dioxide), Golden Raisins Raisins (Vegetable and/or Sunflower Oil, Sulfur Dioxide), Pepitas, Diced Pineapple (Pineapple, Sugar, Citric Acid, Sulfur Dioxide), Onions, Red Bell Peppers, Red Quinoa.

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### Calico Creek

Nutrition Facts			
4 servings per container			
Serving size 2.5 oz dry (71g) (1 cup prepared)			
	Rice		with seasoning
Calories	220		240
	% DV*		% DV*
Total Fat	1g	1%	1.5g 2%
Saturated Fat	0g	0%	0g 0%
Trans Fat	0g		0g
Cholesterol	0mg	0%	0mg 0%
Sodium	0mg	0%	814mg 35%
Total Carb.	46g	17%	51g 19%
Dietary Fiber	2g	7%	2g 7%
Total Sugars	1g		4g
Incl. Added Sugars	0g	0%	1g 2%
Protein	5g		6g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	7mg	0%	24mg 2%
Iron	1mg	3%	1mg 6%
Potassium	150mg	2%	223mg 5%

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Wild rice, brown rice, red rice, and Job's tears. Seasoning: Dehydrated Onion, Salt, Hydrolyzed Corn Gluten, Dextrose, Sugar, Dehydrated Bell Peppers, Soybean Oil, Garlic Powder, Parsley, Autolyzed Yeast Extract, Thiamine Hydrochloride, Spice Extractives, Disodium Inosinate, Disodium Guanylate.

### Rustic Prairie

Nutrition Facts			
4 servings per container			
Serving size 2.2 oz dry (63g) (1 cup prepared)			
	Rice		with
Calories	210		210
	% DV*		% DV*
Total Fat	1g	1%	1g 1%
Saturated Fat	0g	0%	0g 0%
Trans Fat	0g		0g
Cholesterol	0mg	0%	0mg 0%
Sodium	0mg	0%	820mg 36%
Total Carb.	45g	16%	44g 16%
Dietary Fiber	3g	11%	3g 11%
Total Sugars	1g		2g
Incl. Added Sugars	0g	0%	1g 2%
Protein	7g		7g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	43mg	3%	46mg 4%
Iron	2mg	11%	2mg 11%
Potassium	201mg	4%	240mg 5%

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Wild rice, white rice, job's tears, black quinoa and split green and yellow peas. Seasoning: Salt, Maltodextrin, Dehydrated Onion, Hydrolyzed Corn Protein, Dehydrated Garlic, Sugar, Yeast Extract, Natural Flavor (Maltodextrin, Salt, Guar Gum, Sodium Bicarbonate, Natural Flavor, Sunflower Oil, Yeast Extract), Dehydrated Red Bell Pepper, Natural Flavor, Parsley, Dehydrated Celery and Spinach, Turmeric, Spice Kombu Extract, Shiitake Extract, and Spice Extractive.

### Savory Chicken Seasoning

Nutrition Facts	
Varied servings per container	
Serving size 1 tsp dry (3.4g)	
Amount per serving	
Calories	10
% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	360mg 16%
Total Carbohydrate	2g 1%
Dietary Fiber	0g 0%
Total Sugars	1g
Includes 0g Added Sugars	0%
Protein	0g
Vitamin D	0mcg 0%
Calcium	4mg 0%
Iron	0mg 0%
Potassium	28mg 1%

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Dehydrated Onion, Salt, Hydrolyzed Corn Gluten, Dextrose, Sugar, Dehydrated Bell Peppers, Soybean Oil, Garlic Powder, Parsley, Autolyzed Yeast Extract, Thiamine Hydrochloride, Spice Extractives, Disodium Inosinate, Disodium Guanylate.

### Garlic Peppercorn Seasoning

Nutrition Facts	
Varied servings per container	
Serving size 1 tsp dry (3.4g)	
Amount per serving	
Calories	10
% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	360mg 16%
Total Carbohydrate	2g 1%
Dietary Fiber	0g 0%
Total Sugars	1g
Includes 0g Added Sugars	0%
Protein	0g
Vitamin D	0mcg 0%
Calcium	4mg 0%
Iron	0mg 0%
Potassium	28mg 1%

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Dehydrated Vegetables (Onion, Garlic, Carrots, Red Bell Peppers), Salt, Hydrolyzed Corn Gluten, Sugar, Maltodextrin, Vegetable Flavor (Maltodextrin, Onion, Salt, Sugar, Yeast Extract, Corn Oil, Carrot, Celery, Spices and Red Wine), Autolyzed Yeast Extract, Spice, Silicon Dioxide added to prevent caking, Soybean Oil, Disodium Inosinate, Disodium Guanylate, Turmeric, Natural Flavor.

### Maple Apple Seasoning

Nutrition Facts	
Varied servings per container	
Serving size 1 tsp dry (3.4g)	
Amount per serving	
Calories	10
% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	360mg 16%
Total Carbohydrate	2g 1%
Dietary Fiber	0g 0%
Total Sugars	1g
Includes 0g Added Sugars	0%
Protein	0g
Vitamin D	0mcg 0%
Calcium	4mg 0%
Iron	0mg 0%
Potassium	28mg 1%

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Sugar, Brown Sugar, Dextrose, Dehydrated Apples, Salt, Corn Starch, Citric Acid, Soybean Oil, Spices, Natural Maple Flavor with other Natural Flavors and not more than 1% Silicon Dioxide added to prevent caking.

### Herb Seasoning

Nutrition Facts	
Varied servings per container	
Serving size 1 tsp dry (3.4g)	
Amount per serving	
Calories	10
% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	360mg 16%
Total Carbohydrate	2g 1%
Dietary Fiber	0g 0%
Total Sugars	1g
Includes 0g Added Sugars	0%
Protein	0g
Vitamin D	0mcg 0%
Calcium	4mg 0%
Iron	0mg 0%
Potassium	28mg 1%

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Salt, Maltodextrin, Dehydrated Onion, Hydrolyzed Corn Protein, Dehydrated Garlic, Sugar, Yeast Extract, Natural Flavor (Maltodextrin, Salt, Guar Gum, Sodium Bicarbonate, Natural Flavor, Sunflower Oil, Yeast Extract), Dehydrated Red Bell Pepper, Natural Flavor, Parsley, Dehydrated Celery and Spinach, Turmeric, Spice Kombu Extract, Shiitake Extract, and Spice Extractive.