

Millennial Home Pack Nutritional Information

Premium Wild Rice

Nutrition Facts	
Varied servings per container	
Serving size	1.3 oz dry (37g) (1/2 cup prepared)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 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

Amber Blend

Nutrition Facts	
Varied servings per container	
Serving size	1.3 oz dry (37g) (1/2 cup prepared)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 1mg	6%
Potassium 110mg	2%

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Parboiled Brown Rice, Dry Roasted Wild Rice[®], Red Rice, Job's Tears, Pecan Style Brown Rice, Red Quinoa, and Millet.

Brickyard Blend

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

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Dry Roasted Wild Rice[®], 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	
Serving size	1.3 oz dry (37g) (1/2 cup prepared)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 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.

Wild N' Cranberry Medley

Nutrition Facts	
Varied servings per container	
Serving size	1.3 oz dry (37g) (1/2 cup prepared)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 19mg	1%
Iron 1mg	6%
Potassium 95mg	2%

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Parboiled White Rice, Cranberries (Cranberries, Sugar, Sunflower Oil), Wild Rice, Pepitas.

Northwoods Blend

Nutrition Facts		
4 servings per container		
Serving size	2.4 oz dry (67g) (1 cup prepared)	
Amount per serving		
Calories	230	
% Daily Value*		
	Rice	with seasoning
	1g	1g
Total Fat	1g	1g
Saturated Fat	0g	0g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	80mg	840mg
Total Carb.	49g	48g
Dietary Fiber	3g	3g
Total Sugars	6g	8g
Incl. Added Sugars	0g	1g
Protein	7g	6g
Vitamin D	0mcg	0mcg
Calcium	45mg	55mg
Iron	1mg	1mg
Potassium	575mg	572mg

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Wild rice, brown rice, carrots, celery and red bell peppers.
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.

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Calico Creek

Nutrition Facts				
4 servings per container				
Serving size 2.5 oz dry (71g) (1 cup prepared)				
Amount per serving		Rice		
Calories	220	with seasoning	240	
% Daily Value*				
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)				
Amount per serving		Rice		
Calories	210	with	210	
% Daily Value*				
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.