

# Royal Home Pack Nutritional Information

## Premium Wild Rice

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

## Wild N' Cranberry Medley

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

## Brickyard Blend

Nutrition Facts	
Varied servings per container	
<b>Serving size</b>	<b>1.3 oz dry (37g)</b> (1/2 cup prepared)
Amount per serving	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<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®, 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>	<b>1.3 oz dry (37g)</b> (1/2 cup prepared)
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<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>	<b>1.3 oz dry (37g)</b> (1/2 cup prepared)
Amount per serving	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<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>	<b>1.3 oz dry (37g)</b> (1/2 cup prepared)
Amount per serving	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 6mg	<b>0%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 5g	
Includes 1g Added Sugars	<b>2%</b>
<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.

# Royal Home Pack

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### Rustic Medley

Nutrition Facts	
Varied servings per container	
<b>Serving size</b>	<b>1.3 oz dry (37g)</b> (1/2 cup prepared)
Amount per serving	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	6%
Potassium 108mg	2%

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Parboiled White Rice, Job's Tears, Wild Rice, Black Quinoa, Green Split Peas and Yellow Split Peas.

### Autumn Harvest Blend

Nutrition Facts	
Varied servings per container	
<b>Serving size</b>	<b>1.3 oz dry (37g)</b> (1/2 cup prepared)
Amount per serving	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 37mg	3%
Iron 1mg	6%
Potassium 164mg	3%

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Parboiled White Rice, Dry Roasted Wild Rice<sup>®</sup>, and Dehydrated Carrots and Celery.

### Amber Blend

Nutrition Facts	
Varied servings per container	
<b>Serving size</b>	<b>1.3 oz dry (37g)</b> (1/2 cup prepared)
Amount per serving	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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<sup>®</sup>, Red Rice, Job's Tears, Pecan Style Brown Rice, Red Quinoa, and Millet.

### Banquet Blend

Nutrition Facts	
Varied servings per container	
<b>Serving size</b>	<b>1.3 oz dry (37g)</b> (1/2 cup prepared)
Amount per serving	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 1mg	6%
Potassium 83mg	2%

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Parboiled White Rice and Dry Roasted Wild Rice<sup>®</sup>.



**Chieftain<sup>®</sup>**  
Wild Rice Company

800-262-6368  
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# Royal Home Pack Nutritional Information

## Herb Seasoning

Nutrition Facts	
Varied servings per container	
<b>Serving size</b> 1 tsp dry (3.4g)	
Amount per serving	
<b>Calories</b>	<b>10</b>
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 360mg	16%
<b>Total Carbohydrate</b> 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 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.

## Maple Apple Seasoning

Nutrition Facts	
Varied servings per container	
<b>Serving size</b> 1 tsp dry (3.4g)	
Amount per serving	
<b>Calories</b>	<b>10</b>
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 360mg	16%
<b>Total Carbohydrate</b> 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 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.

## Savory Chicken Seasoning

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

\*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.

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.