

# Pepper Beef with Rice

## Directions:

1. Open pouch and remove oxygen absorber.
2. Prepare in pouch or other suitable container.
3. Add 2 cups (16oz) boiling water to ingredients or you may crease / fold pouch at water line 8 then fill to water line 8.
4. Stir completely and cover. Let stand 10-12 minutes.



**ALL NATURAL\***



**GLUTEN FREE**



**0g TRANS FAT  
PER SERVING**

\*Minimally processed, no artificial ingredients

**INGREDIENTS:** Instant White Rice, Cooked Freeze-Dried Diced Beef, Corn Starch, Cooked Powdered Beef [Cooked Beef, Natural Flavor (Extract of Rosemary)], Mixed Red & Green Bell Pepper, Low Sodium Salt (Sodium, Chloride, Potassium), Chopped Onion, Low Sodium Beef Flavor Broth Mix {Maltodextrin, Natural Flavor [Maltodextrin, Yeast, Salt, Natural Flavor, Soy Sauce (Soybeans, Salt), Spice], Torula Yeast, Salt, Dehydrated Vegetables (Onion, Celery, Spinach, Parsley, Carrot, Garlic), Caramel Color, Spices. Not more than 2% Soybean Oil added as a processing aid.}, Garlic Granules, Fructose, Black Pepper, Parsley Flakes.

**Contains Soy.**

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## Nutrition Facts

Serving Size 3 oz (85g)  
Servings Per Container 2

Amount Per Serving

**Calories 310** Calories from Fat 30

% Daily Value\*

**Total Fat** 3.5g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 25mg **8%**

**Sodium** 580mg **24%**

**Total Carbohydrate** 72g **24%**

Dietary Fiber 2g **8%**

Sugars 2g

**Protein** 14g

Vitamin A 25% • Vitamin C 90%

Calcium 4% • Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

