



900474444 - ZATARAIN'S RED BEANS & RICE MIX 30 OZ

Zatarain's® Reduced Sodium Red Beans and Rice Mix brings Louisiana spirit to your guests in a lower sodium offering:

- Zatarain's Reduced Sodium Red Beans and Rice Mix features a premium blend of red beans, long grain rice, carefully dehydrated vegetables and superior spices and has 55% less sodium than our original Red Beans and Rice Mix without sacrificing flavor.
- Zatarain's Reduced Sodium Red Beans and Rice Mix is kosher and delivers the big, authentic flavors that are at the heart of Louisiana cooking.
- As the nation's leading provider of New Orleans-style foods, Zatarain's has been the authority on New Orleans flavor since 1889.
- There are 6/30 oz. pouches per case. Each pouch features a superior barrier material and is designed to enhance back-of-house efficiencies, with one pouch yielding one full 27" hotel pan.
- Zatarain's Reduced Sodium Red Beans and Rice Mix is great as a stand-alone side or as a base in rice bowls, warm salads and in breakfast skillet.



Brand: Zatarain's®

Nutrition Facts

Serving Size 1/2 Cup (71g) (71g)
Servings Per Container: 12

Amount Per Serving

Calories 250

Calories from Fat 10

% Daily Value*

Total Fat 1 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 470 mg	20%
Potassium 810 mg	23%
Total Carbohydrate 52 g	17%
Dietary Fiber 6 g	24%
Sugars <1 g	

Protein 10 g

Vitamin A 2%	•	Vitamin C 20%
Calcium 0%	•	Iron 0%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbs.		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

Ingredients: Enriched Long Grain Parboiled Rice (Rice, Iron, Niacin, Thiamine Mononitrate, Folic Acid), Red Beans, Onion, Enriched Bleached Wheat Flour (Wheat & Malt Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Modified Corn Starch, Salt, Soy Sauce (Hydrolyzed Soy Protein, Corn Syrup Solids, Salt), Potassium Chloride, Red And Green Bell Pepper, Torula Yeast, Garlic, Yeast Extract, Corn Maltodextrin, Caramel Color, Spices (Including Red Pepper) & Natural Flavor (Including Smoke).

Case Specifications

GTIN	10071429011424	Case Gross Weight	12.43 LB
Pack Size	6 / 30OZ	Case Net Weight	11.25 LB
Shelf Life	450 Days	Case L,W,H	13.38 IN, 11.13 IN, 7.75 IN
Tie x High	12 x 4	Cube	0.67 CF

Preparation and Cooking

Bring the heritage and energy of New Orleans to your tables with easy-to-prepare Zatarain's Reduced Sodium Red Beans and Rice Mix. Follow these kitchen-simple steps. 1. In a full size metal steam tray or other large cooking container, add 12 cups hot water, 2 oz. butter or margarine (optional) and package contents. 2. Stir thoroughly and cover tightly with lid or foil. 3. Place into 400°F preheated oven and bake for 35 minutes or until rice is cooked. Stir occasionally. Sauce should be thin, but will thicken as it stands. 4. Remove from oven and let stand for 5 minutes. 5. Before serving, stir gently to fluff and mix.

Serving Suggestions

Zatarain's® Reduced Sodium Red Beans and Rice Mix is a delicious side dish or accompaniment to:

- Sliced smoked sausage or diced ham
- Fried catfish strips
- Andouille sausage
- Combination plate with chicken, shrimp and catfish
- Cajun pork chops with smoky green beans

Packaging and Storage

To maintain the freshest flavor and color, Zatarain's® Reduced Sodium Red Beans and Rice Mix should be stored in a cool, dry place away from exposure to heat, humidity, moisture, direct sunlight and fluorescent light. Unopened Zatarain's® Reduced Sodium Red Beans and Rice Mix packages are shelf stable and can be held for use for up to 450 days.

Allergens

CONTAINS:

Wheat or Wheat Derivatives

FREE FROM:

Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Milk or Milk Derivatives, Peanuts or Peanut Derivatives, Sesameseeds or Sesame Seed Derivatives, Soybeans or Soybean Derivatives, Treenuts or Treenut Derivatives

Nutritional Claims: Kosher

