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Let our Chili Lime Chicken Rice medley simmer on the stove for a quick and delicious dish! Using Sweet Corn, Green Chili Peppers and Shredded Cheddar Cheese, this easy rice dish is sure to hit the spot.

COOKING DIRECTIONS

1. Open Package. REMOVE AND DISCARD OXYGEN ABSORBER.
2. Bring 3½ cups of water to a boil.
3. Whisk in contents of package.
4. Reduce heat to lowest setting. Cook for 7 minutes, covered. Let stand for 3 minutes. Season to taste.

THRIVE LIFE EXPRESS

There's no need to sacrifice the quality of your meals because of a shortage on time. Our Express meals combine nutritious freeze dried vegetables and tasty herbs and spices to bring your family a flavorful meal in a matter of minutes. So gather around, and taste the mouth-watering convenience of Thrive Life Express.

Nutrition Facts

4 servings per container
Serving size 3/4 cup (69g)

Amount per serving
Calories 260

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 790mg	34%
Total Carbohydrate 44g	16%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 2mg	10%
Potassium 187mg	4%

* 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.

INGREDIENTS: ENRICHED INSTANT RICE (PRECOOKED LONG GRAIN RICE, NIAICIN [NIAICINAMIDE], IRON [FERRIC ORTHOPHOSPHATE], THIAMINE [THIAMINE MONONITRATE], FOLIC ACID), FREEZE-DRIED CHOPPED CHICKEN COOKED WHITE MEAT*, PRECOOKED WILD RICE, CHEDDAR CHEESE* (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO COLOR, POTATO STARCH ADDED TO PREVENT CAKING), SWEET CORN*, VEGETARIAN CHICKEN FLAVORED BOUILLON (SALT, MALTODEXTRIN, NATURAL FLAVOR, YEAST EXTRACT, VEGETABLES [ONION, GARLIC, CELERY, CARROT], TURMERIC EXTRACT, SPICES), FOOD STARCH-MODIFIED, SUGAR, CHILI POWDER, SALT, RED BELL PEPPER*, GREEN BELL PEPPER*, ONION*, CUMIN, ONION POWDER, GREEN CHILI PEPPER*, GRANULATED GARLIC, SMOKED PAPRIKA, NATURAL LIME FLAVOR WITH OTHER NATURAL FLAVORS, GREEN ONION*, CILANTRO*, CITRIC ACID, CHIPOTLE POWDER.

*FREEZE DRIED

CONTAINS: MILK.

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