MOUNTAIN HOUSE®

SAVOR THE ADVENTURE™

Wherever your adventure takes you, Mountain House will be there with hot, delicious meals that are easy to prepare and enjoy within minutes!

Our durable, lightweight pouches are easy to pack and carry. Convenient just-add-water prep in the pouch means that you have more time to do what you love, without the hassles of cooking and cleanup. Dozens of classic recipes give you the variety and comfort you crave as you set out in the morning or at the end of a long day.

How do we do it? We use only the highest quality ingredients and cook our meals the old-fashioned way, allowing the flavors to blend naturally. The result is home-cooked flavor, no matter where you are.

For over 45 years, Mountain House has been the trusted brand of outdoor enthusiasts.

Savor the adventure™!

Nutrition Facts

Serving Size 1 cup (60g) dry mix
(Makes 1 cup prepared)
Servings Per Container About 3

Amount Per Serving	
Calories 270	Calories from Fat 80
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 750mg	31%
Total Carbohydrate 41g	14%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 6g	12%
Vitamin A 6% •	Vitamin C 6%
Calcium 2% •	Iron 10%

*Percent Daily Values (DV) 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
Total Carb.		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

0 41133 53105 4

INGREDIENTS:

Precooked Enriched Rice (rice, niacinamide, ferric orthophosphate, thiamine mononitrate, folic acid) • Cooked Chicken (chicken meat, salt) • Corn Oil with Spice Extract • Pimientos (pimiento, citric acid)

Less than 1% of: Modified Corn Starch • Hydrolyzed Vegetable Protein (corn, soy, wheat gluten, soybean oil) • Sea Salt • Chicken Fat • Sugar • Onion Powder • Seasoning (maltodextrin, natural flavor) • Spice • Turmeric

Contains: Soy, Wheat,

OREGON FREEZE DRY®

MOUNTAIN HOUSE is a division of OREGON FREEZE DRY, INC.
Albany, Oregon 97321
Toll-Free: (877) 366-3877
www.mountainhouse.com

Preparation instructions

1. Open package at tear notch. Remove and discard oxygen absorber*.
2. Carefully add 2 Cup(s) boiling water.

3. Stir carefully and close zipper. Optional: After 4 minutes stir again.
4. Let stand 8-9 minutes. Stir and enjoy right out of the pouch!

*If you forget to remove oxygen absorber before adding water, don't worry. Your food is still safe to eat. Simply remove and discard absorber.

Serving sizes are based on USDA/FDA 'Reference Amounts Customarily Consumed' and are for comparison purposes. Your mileage will vary based on your metabolism and activity level. We recommend determining your caloric needs and basing your purchasing decisions on calories rather than 'servings'.

3253105
DW Rev. 1407AL