

Prepared for Beecher's Handmade Cheese
Seattle, WA 98101 - New York, NY 10003

INGREDIENTS: Whole milk, Flagship cheese (pasteurized milk, salt, culture, enzymes), brown rice, onion, kale, canola oil, gluten free rice flour (white rice), apple cider vinegar, kosher salt, garlic, black pepper, nutmeg.

CONTAINS: MILK.

Nutrition Facts	
Serving Size 1 cup (227g)	
Serves Per Container 2.5	
Calories 350	
% Daily Value*	
Total Fat 22g	34%
Saturated Fat 11g	53%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 630mg	26%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	
Sugars 5g	
Protein 15g	30%
Vitamin A 90%	• Vitamin C 50%
Calcium 45%	• Iron 6%
* The % 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	
Less than 65g	80g
Total Fat	25g
Less than 300mg	300mg
Cholesterol	2,400mg
Less than 2,400mg	300g
Sodium	375g
Total Carbohydrate	25g
Dietary Fiber	30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Our packaging is 100% recyclable and earth friendly.



For more information please visit www.beecherscheese.com or email customerlove@beecherscheese.com



Beecher's Handmade Cheese are proud of, and eat ourselves. It's just authentic and original food, full of flavor.

Join us at beechersfoundation.org. changes in their diet as a result.



In keeping with our commitment to pure food, Beecher's donates 1% of all sales to The Beecher's Foundation, which is on a mission to radically improve our food landscape. Through direct programming, the foundation educates and inspires people to eat real food and vote with every food dollar.



Since the nonprofit 501(c)(3) was formed in 2004, more than 150,000 youth, teens, and adults have experienced the foundation's unique food education workshops in New York City and the Puget Sound region. Over one-third report having made material

IT'S THE CHEESE
Located in Seattle's Pike Place Market and New York City's Flatiron District, visitors to our glass-walled cheesemaking kitchens witness firsthand the centuries-old craftsmanship that goes into every batch of our award-winning cheeses.

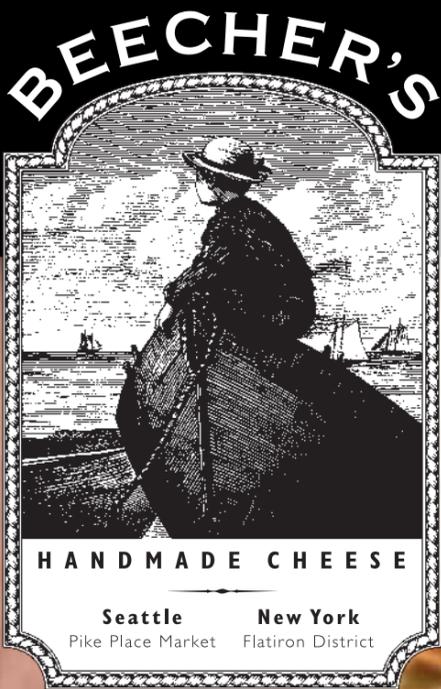


KALE AND BROWN RICE GRATIN

It's really about the caramelized onions and plenty of Flagship cheese. Gratin should always taste this good!



**COOK THOROUGHLY
KEEP FROZEN**



Seattle Pike Place Market New York Flatiron District

Authentic • Original

VEGETARIAN
SERVES 2 - 4

NET WT. 20 oz. (1 lb. 4 oz.) 567 g



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At Beecher's Handmade Cheese, we care deeply about the health, well-being and culinary delight of our customers. We have a passion for — and a commitment to — a philosophy of wholesome nutrition. Try any one of our award-winning products and experience that passion firsthand.

www.beecherscheese.com



COOKING INSTRUCTIONS *
FOR FOOD SAFETY AND QUALITY, FOLLOW THESE

CONVENTIONAL OVEN: Preheat oven to 375°F. Remove heat safe film. Place pan directly on the middle oven rack and bake for 35 to 45 minutes or until sauce is bubbling throughout pan and top is browned in places. If top browns too quickly, cover with foil until finished cooking. Remove from oven; contents will be very hot. Stir gently and let set for up to 5 minutes before serving.

MICROWAVE: Leave heat-safe film on tray and cut a 2-inch slit into the film. Place pan onto a microwave-safe plate and microwave for 6 minutes on high power. Carefully remove the film. Return pan to the microwave and cook for 1 to 1½ minutes longer, or until sauce is bubbling on the edges. Stir gently and let set for up to 5 minutes before serving.

*Ovens vary; cook to an internal temperature of 165°F as measured with a food thermometer. Keep frozen until ready to bake.