

Our packaging is 100% recyclable and earth friendly.



Beecher's contributes 1% of all sales to the PURE FOOD KIDS FOUNDATION providing education to children about the benefits of healthy eating and nutrition.



For more information, please visit [www.beecherscheese.com](http://www.beecherscheese.com) or email us at [thestaff@beecherscheese.com](mailto:thestaff@beecherscheese.com).



ALL food produced by Beecher's Handmade Cheese is free of all artificial preservatives, coloring and flavor enhancers. It's just authentic, original, full-flavored food, handcrafted in traditional ways with the freshest ingredients available.

is sold only when it meets our rigorous standards — when a simple vat of milk becomes the pride of the Beecher's Fleet. Whether it's our handcrafted cheses or our *Gluten Free Kale and Brown Rice Gratin*, we follow one simple, guiding principle: flavor and purity go hand in hand. All of our products are free of harmful additives and preservatives. The Beecher's Credo says it best:



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 cheese, including our signature Flagship.



## IT'S ALL ABOUT THE CHEESE

### Nutrition Facts

Serv. Size: 1 cup (227g)  
Servings per container: about 2  
Calories 350  
Fat Cal. 200  
Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*
Total Fat 22g	34%
Sat. Fat 11g	53%
Trans Fat 0g	
Cholest. 50mg	17%
Sodium 630mg	26%
Total Carb. 22g	34%
Dietary Fiber 2g	7%
Sugars 5g	
Protein 15g	17%
Calcium 45%	
Vitamin C 50%	
Vitamin A 90%	
Iron 69%	

THIS FACILITY IS FREE FROM PEANUTS AND TREE NUTS.

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



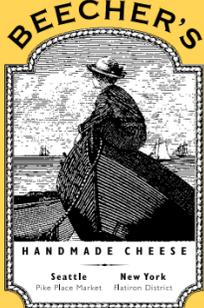
INGREDIENTS: Whole milk, Flagship cheese (pasteurized milk, salt, cultures, enzymes), brown rice, onion, kale, canola oil, gluten free rice flour (white rice), apple cider vinegar, kosher salt, garlic, black pepper, nutmeg.  
CONTAINS: Milk.

# GLUTEN FREE KALE AND BROWN RICE GRATIN

A flavorful, earthy dish of kale, brown rice, and caramelized onions, capped with Beecher's Flagship cheese.



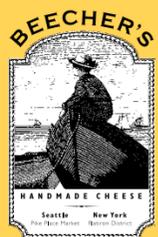
COOK THOROUGHLY  
KEEP FROZEN



Straight from the heart of Seattle's Pike Place Market and New York City's Flatiron District

Authentic • Original  
Vegetarian  
Serves 2-4

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



# GLUTEN FREE KALE AND BROWN RICE GRATIN

Kale, brown rice, and caramelized onions capped with Beecher's Flagship cheese.

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](http://www.beecherscheese.com)



### FOR FOOD SAFETY AND QUALITY FOLLOW THESE COOKING INSTRUCTIONS \*

**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 1 1/2 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.