

Nutrition Facts

Serving Size 1/4 cup (44g) dry
About 1 cup cooked
Servings About 21

Calories 160

Calories from fat 10

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 1.5g	2%	Potassium 95mg	3%
Saturated Fat 0g	0%	Total Carb. 33g	11%
Trans Fat 0g		Dietary Fiber 2g	6%
Sodium 0mg	0%	Protein 4g	

Iron 4% • Thiamine 10% • Niacin 10% • Folate 2%

Not a significant source of cholesterol, sugars, vitamin A, vitamin C, or calcium

INGREDIENTS: LONG GRAIN PARBOILED BROWN RICE.

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