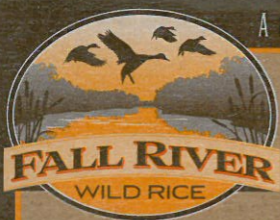


A GROWER OWNED COOPERATIVE



# Wild Rice

100% NATURAL

Net Wt. 8 oz. (227 g)

# Nutrition Facts

Serving Size: 1/2 cup

(Makes about 1 1/2 cups cooked)

Servings per container: About 2

Amount per Serving

Calories 320      Cal. from Fat 10

% Daily Value\*

Total Fat	1g	2%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0g	0%
Sodium	10mg	0%
Total Carbohydrate	68g	23%
Sugars	1g	0%
Dietary Fiber	6g	24%

Protein 10g

Vitamin A 0% • Vitamin C 0%  
Calcium 2% • Iron 10%

Percent Daily Values are based on a  
2,000 calorie diet.

INGREDIENTS: 100% WILD RICE