

EXTRA LONG GRAIN®

NATURAL  
BROWN  
RICE



**RECIPES • RECIPES**  
Exciting Cookbook Offer  
(See back for details)

NET WT 32 OZ (2 LB) 907g

NATURAL  
BROWN  
RICE  
**RICELAND®**

NET WT  
32 OZ  
(2 LB)  
907g

# Nutrition Facts

Serving Size 1/4 cup (42g) dry  
About 3/4 cup cooked  
Servings About 22

Calories 150  
Calories from fat 10  
\*Percent Daily Values (DV) are based on a  
2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 1g	2%	Potassium 100mg	3%
Saturated Fat 0g	0%	Total Carb. 32g	11%
Trans Fat 0g		Dietary Fiber 1g	4%
Sodium 0mg	0%	Protein 3g	
Iron 2% • Thiamine 10% • Niacin 10% • Folate 2%			

Not a significant source of calories from fat, cholesterol, dietary fiber, sugars, Vitamin A, Vitamin C, and calcium.

**INGREDIENTS: LONG GRAIN BROWN RICE. STORE BROWN RICE IN REFRIGERATOR OR FREEZER**



**Riceland Foods, Inc.**  
P.O. Box 927, Stuttgart,  
Arkansas 72160 U.S.A.

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