



Nutrition Facts

about 20 servings per container

Serving size
1/4 cup (45g)

Calories
per serving **170**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1.5g	2%	Total Carbohydrate 34g	12%
Saturated Fat 0g	0%	Dietary Fiber 2g	7%
Trans Fat 0g		Total Sugars 0g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 0mg	0%	Protein 3g	
Vitamin D 0mcg 0%			
Calcium 0mg 0%			
Iron 1mg 6%			
Potassium 115mg 2%			

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

INGREDIENTS: Brown rice.
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Questions? Comments?
Call 1-800-226-9522 Monday-Friday,
8am to 4pm Central Time. Please have
package available when calling.

* Based on Nielsen non-instant rice category data 2018