



# Nutrition Facts

about 20 servings per container

**Serving size**  
1/4 cup (45g) dry

**Calories** **160**  
per serving

Amount/serving	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>

Vitamin D 0mcg 0% • Calcium 10mg 0%  
Thiamine 0.26mg 20% • Niacin 1.9mg 10%

Amount/serving	% Daily Value*
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber <1g	<b>2%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	

Iron 1.9mg 10% • Potassium 50mg 0%  
Folate 174mcg DFE (104mcg folic acid) 45%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** LONG GRAIN RICE ENRICHED WITH FERRIC PHOSPHATE, NIACIN, THIAMINE MONONITRATE, FOLIC ACID.  
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